

Southwick School’s Roy named School Nurse of the Year



Colleen Roy

NORTHFIELD — Colleen M. Roy MSN, RN, NCSN has received the Excellence in Education, School Nurse of the Year award. She was nominated by her fellow school nurse colleagues of the Winnisquam Regional School District: Bobbie LaBranche, Kay Romero, Kellie Allen and Melanie Leathers. Her nomination was strongly supported by Winnisquam Superintendent, Mr. Robert Seaward, her principal, Mr. Siza Mtimbiri, many staff members and members of the community. She has been the school nurse for Southwick School in Northfield for the past 11 years, where she has been working tirelessly to maintain and improve the health of the entire

school community.

Roy received her Associate’s degree in Nursing from the New Hampshire Technical Institute, her Bachelors in Nursing from Chamberlain University and her Masters in Nursing from Southern New Hampshire University, graduating summa cum laude.

Roy is respected by her nurse colleagues, teaching staff, students and families and excels in all areas of school nursing. She provides compassionate and knowledgeable care to her students and staff. She has an extraordinary ability to access health information, current data and resources that she readily shares with her fellow nurses and school community. This year in particular, she has worked non-stop

to keep abreast of the latest public health recommendations, participating in the New Hampshire School Nurse Association (NHSNA) task force and community committees over the summer, and throughout the year including weekends and evenings to help her schools reopen safely. She regularly demonstrates her knowledge of nursing practice when consulted regarding unusual diagnoses or situations, invariably providing recent research, references to school nurse resources or public health entities. She also is a mentor to the newer school nurses in the district and to those working to further their education. She is a great role model for her colleagues, exemplifying all that a school nurse should be. Roy’s calm approach, caring

demeanor and her sense of humor are valued strengths, especially during this past year.

As noted by Superintendent, Robert Seaward, “Colleen’s commitment to the staff, students and the entire community is simply amazing. Not only is she a devoted nurse who works tirelessly, providing her students with the very best medical care and education on a daily basis, but she is also in charge of all nursing related matters that come to my attention at the SAU....Colleen has been at the center of all pandemic planning, participated in community forums and communicated with all levels of stakeholders about the importance of taking the pandemic seriously. Truly, Colleen has been

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Philosophy and art at the Belmont Library

BELMONT — The library has arranged a NH Humanities book discussion in place of our regular Thursday book group. SNHU professor Dr. Kiki Berk will be leading a discussion on Massimo Pigliucci’s “How to be a Stoic: Using ancient philosophy to live a modern life.” Get in touch with the library for the link to the meeting on May 13 at 1 p.m.

We here at the Belmont Library are trying something a little different for storytime right now. There’s a month long themed display- coming up, National Physical Fitness Month—take one or two books and a craft/ STEM kit. Wednesday mornings we’ll post a short video (roughly five minutes) on the library’s Facebook, Twitter, and Instagram.

Choose from two take n’ make projects in May. Both faux watercolor surprise and decoupage flower pots come with all the supplies needed to make these decorations. Stop by the library or call for curbside pick up to make these fun projects your own.

Our Friday Fiction book group meets in person outside if the weather cooperates on Friday, May 21 at 10:30 a.m. to discuss “The Masterpiece” by Fiona Davis. In this captivating novel, New York Times bestselling author Fiona Davis takes readers into the glamorous lost art school within Grand Central Terminal, where two very different women, fifty years apart, strive to make their mark on a world set against them. Ebooks and audiobooks are available through

nh.overdrive.com with your library card; physical copies are available at the library. Contact the library for meeting information.

The Library will be closed Monday, May 31 for the holiday observance.

The Belmont Public Library is open six days a week and any time at www.belmontpubliclibrary.org, serving the community with books, digital resources, and cultural programming. In 2018, the library celebrated 90 years in the same building and 125 as Belmont’s community library.

For more information, contact: Eileen Gilbert 267-8331 bpl@belmontnh.org PO Box 308 Belmont, NH 03220

Raider boys and girls pick up solid wins in Meredith



JOSHUA SPAULDING

Emma Winslow breaks from the blocks in the 100 meters last Tuesday at Inter-Lakes.

BY JOSHUA SPAULDING
Sports Editor

MEREDITH — The Belmont track team traveled to Meredith on Tuesday, April 20, for a meet against the host Lakers and Division II Kingswood.

Helena Papadopolous won the javelin with a toss of 56 feet, nine inches, Lily Carter threw 49 feet, four inches for third place and Haley De-flumeri finished in fifth place with a throw of 28 feet, five inches.

Molly Sottak took the win in the shot put with a toss of 26 feet, three inches and Emma Roberts finished in second place with a throw of 24 feet, nine inches.

Emma Winslow won the 100 meters in a time of 13.3 seconds, Jada Edgren finished in fourth place in a time of 13.6 seconds and Cate McDonald finished in seventh place in 14.2 seconds. Deann Bourque finished in 15.8 seconds, Papadopolous finished in 15.9 seconds, Aspen

Fillebrown finished in 16.3 seconds and Carter finished in 16.9 seconds.

Edgren won the 200 meters with a time of 28.1 seconds with Fillebrown finishing in sixth place in 39 seconds.

Bourque finished in second place in the 100-meter hurdles with a time of 20.2 seconds.

Aurora Couto finished in second place in the 1,600 meters with a time of 5:59 and she also placed fourth in the 800 meters in 2:51.5. Alyssa Edgren finished in 2:56.9 for fifth place and Emilie DeFrancesco finished in 3:14.4 for sixth place.

Jada Edgren finished third in the triple jump with a leap of 30 feet, 3.5 inches.

Winslow finished in fourth place in the long jump with a distance of 14 feet, 1.5 inches, McDonald jumped 12 feet, four inches, Bourque jumped 12 feet, Quinn Jewell jumped 11 feet, one inch and Fillebrown jumped eight feet, 6.25 inches.

Roberts took second in the discus with a toss of 55 feet, nine inches, Sottak finished in third at 53 feet, two inches and Carter was fifth at 47 feet, seven inches.

Belmont finished in second in the 4X100-meter relay with a time of 57 seconds and the 4X400-meter relay team finished in third place in 5:15.6.

For the boys, Mitchell Berry took first place in the 110-meter hurdles in a time of 19.3 seconds and also won the 300-meter relay with a time of 53.1 seconds, with Colby Vetter in third place in 55.1 seconds.

Will Riley took the win in the 1,600 meters with a time of 5:08.7, with Jared Whitcomb in sixth place in 5:38.5, Baidyn Lewis finished seventh in 5:47.1, Chris Pare was eighth in 5:49.1, Cody Annis finished in 6:03.2 and Tanner McKim finished in 6:03.5.

Brian Miles won the

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Lakes Region Art Association Gallery relocates to new space

TILTON — “We’ve been planning this for months, and now we’re ready for the big grand opening,” said Tom Hitchcock, President of the Lakes Region Art Association.

“On May 2, 2-5 p.m., we’re inviting the public to come see, hear, taste and help us celebrate LRAA’s big move into our new gallery, Tanger Outlets, 120 Laconia Rd., Tilton, NH suite # 300,” Hitchcock added.

The name of the grand opening is: ‘Fabulous Flowers and Fine Art Festival.’ A number of lakes region florists and garden centers are participating by creating beautiful and inspiring floral, plant and garden displays, juxtaposed with hundreds of fine art paintings and photographs by LRAA members.

LRAA member and Marketing Director for the Festival, Pat Edsall, stated, “We want to reintroduce ourselves as the best place to go and see outstanding examples of fine art and photography by including exhibits from a number of lakes region floral and garden artists to show the relationship between rearranged natural beauty, and that with the creative minds of artists and photographers.”

Adding to the mix, the Fabulous Flowers and Fine Art Festival will include free live music, wine and cheese, a variety of hors d’oeuvres and nabs. Also, a raffle with prizes donated by LRAA members and virtually all retail stores in Tanger Outlets.

“In addition, the public is invited to vote for their choice of a painting or photograph they’d like best to win the People’s Choice Award, and for their choice of the best floral or garden exhibit,” Edsall concluded.

The ‘Festival’ will remain open the month of May. For info: contact the LRAA / Gallery, Thursday-Sunday, 998-0029. Lakes Region Art Association is a 501-c-3 non-profit org. Its objective since 1920, is the support of artists and the arts.

Children's Auction names Jennifer Kelley Executive Director



Jennifer Kelley

LACONIA— Jennifer Kelley, the coordinator of the Greater Lakes Region Children's Auction since October 2018, was recently named executive director of the nonprofit by its Board of Directors.

"I'm thrilled to be continuing my work with the auction," Kelley said. "I am so inspired

and amazed at the level of community engagement in this region. The Lakes Region is like no other community I've ever seen—so giving and connected—and that's truly impressive."

Kelley came to the Children's Auction with a great deal of experience in managing a non-

profit.

She previously served as executive director of Kids Helping Kids in Stamford, Conn., which she founded with her daughter, Lexi, in 2009. That organization has a mission to develop leadership through youth-led service projects to help under-resourced children.

Kelley has a Bachelor's degree in business administration from the University of Vermont and a master's in education from Sacred Heart University in Connecticut. She is also obtaining Diversity Equity and Inclusion certification at the University of South Florida Muma College of Business.

This year marks the 40th anniversary of the Children's Auction, and

Kelley is excited at the auction's growth over the years. She is also impressed that the organization thrives with a 16-member board of directors, and that the annual event is organized and staffed entirely by volunteers.

Since she began working at the auction, Kelley has obtained a Platinum GuideStar rating for the organization, improved communications through a monthly newsletter, blog and increased social media presence, as well as redesigning the website. She has also developed stronger relationships with leaders of local nonprofits by personally visiting almost all the organizations the auction has funded.

Kelley said, "It's powerful for us to know more

about them, learning more about their needs, their struggles, and what they are accomplishing in the area. I'm always looking for ways to share additional resources and recently hosted a webinar to help assist nonprofits in obtaining grants from local corporations and foundations."

As a child, Kelley spent summers in Moultonborough and moved full time to Gilford five years ago. She has enjoyed that her auction work got her out in the community.

"I've enjoyed becoming part of the fabric of the area. Being part of the Children's Auction has allowed me to learn so much and to get to know the community," she said. "I love making

an impact."

In addition to deepening relationships with local businesspeople and increasing sponsorship, Kelley's biggest goal is expanding the circle of people who know about and support the auction.

"There are many homeowners in the area who are not aware of this amazing event and our mission to engage the community to financially support children in need in the Greater Lakes Region," she added. "I feel confident that when they learn about our impact, they will completely support us."

Learn more about the auction at www.ChildrensAuction.com, where you can discover more about sponsorship opportunities and ways to donate.

BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests during the week April 12-19.

Michael Thomas Mellen, age 45, was arrested on April 12 for being a Fugitive From Justice.

Ethan R. Limoges, age 21, of Laconia was arrested on April 13 for Driving After Revocation or Suspension.

Rebecca J. Shambo, age 25, of Belmont was arrested on April 13 in connection with a warrant.

Tyler Jean Gagnon, age 29, of Portsmouth was arrested on April 13 in connection with a warrant.

A 36-year-old female from Belmont was arrested on April 13, and again on April 14, on multiple counts of Dogs at Large.

Charles K. Green, age 23, of Winchester, Tenn. was arrested on April 18 for Driving After Revocation or Suspension-DUI and in connection with multiple bench warrants.

Jared A. Champagne, age 39, of Loudon was arrested on April 18 for Conduct After an Accident.

Tara L. Daoust, age 39, of Laconia was arrested on April 19 for Dealing or Possession of Prescription Drugs and multiple counts of Possession of a Controlled Drug.

LACONIA — The Lakes Region Chamber recently announced the 2021 Officers and Directors at the annual business meeting. Outgoing Chair Chris Dickinson of Northway Bank virtually passed the gavel to Incoming Board Chair, Lori Contraros of T-Bones & Cactus Jack's in Laconia.

"Like many industries, the hospitality industry has been tremendously impacted over the past year," stated Lori Contraros, "We have made hard decisions. We have modified, adjusted and responded to each challenge that we faced. We will continue to stay strong for our customers and our employees.

Local businesses ARE the Lakes Region Chamber and together we will continue to strengthen and grow our local economy."

The Chamber's Executive Board for 2021 include: Board Chair Lori Contraros of T-Bones/Cactus Jack's; 1st Vice Chair Marc McNamara of The Enablement Group; 2nd Vice Chair Dirk Nadon of Lakes Media 104.9 FM The Hawk & Lakes 101.5 FM; Treasurer Penny Raby of Malone Dirubbo & Co; Secretary Darcy Peary of LRGHealthcare and Immediate Past Chair Chris Dickinson of Northway Bank.

The current Board of Directors is represented

by: Ted Fodero of Meredith Insurance Agency; Bob Fitzpatrick of Vista Foods; Brian Chalmers of Meredith Village Savings Bank; Patrick Clausen of Proctor's Lakehouse Cottages; Angi Francesco of Squam Lakes Association; Kara Olson of Laconia Refrigeration; Dr Larissa Baia of Lakes Region Community College; Adam Hirshan of Laconia Daily Sun; Grace McNamara of LRPA-TV; Don St. Gelais of Lakes Region Airport Shuttle; Lisa Byars of Bank of NH; Jeff Mills of Moulton Farm; Jennah Wolak of Service Credit Union; Lorrie Determann of LTD Company & Sarah Laliberte owner of

Mainspire.

The Lakes Region Chamber operations continue to be led by Karmen Gifford, President. The Chamber is currently planning in-person events including a celebration of the Business Inspiration Awards formerly Golden Trowel and Golden Hammer recognitions. The Chamber continues to promote on-line webinars and collaborates with both state and local agencies to provide resources. Workforce is at a critical need. The Chamber will co-host a Virtual Job Fair on May 13 featuring more than 80 employers that are hiring. This event is being promoted throughout the state and across the borders to attract candidates to live and work in our beautiful region.

The Lakes Region Chamber of Commerce is a non-profit, 501c-6 organization supporting business in more than 30 towns/cities. The Lakes Region Chamber is made up of members who make a financial commitment to the Chamber and to the business community. Chamber members work together to improve business in the Lakes Region and the quality of life for residents. For more information about the Lakes Region Chamber, visit LakesRegionChamber.org including a comprehensive Business Directory and Community Calendar of Events.

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THE WINNISQUAM ECHO
PUBLISHED BY
SALMON PRESS

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USPS 024-975
The Winnisquam Echo is published weekly by Salmon Press, P.O. Box 729, 5 Water St., Meredith, NH 03253. Periodicals postage paid at Meredith, NH 03253.
POSTMASTER: Send address changes to the Winnisquam Echo, P.O. Box 729, Meredith, NH 03253.

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Belknap Mill's Historic Laconia Scavenger Hunt returns for fifth year!

LACONIA — The Belknap Mill is pleased to announce that it will be celebrating the 5th Annual Historic Laconia Scavenger Hunt on Saturday, June 26 from 12:30 - 4 p.m. Over the past four years, this event has grown tremendously, and participants have enjoyed this engaging and fun experience while learning about Laconia's rich history and hidden gems. Laconia still has secrets to find and stories to tell! The 5th Annual Historic Laconia Scavenger Hunt is looking to be the most exciting yet!

Research for clues and challenges began several months ago with help of our volunteer 'Clue Crew.' Players this year will find the number 5 as a regular theme throughout the hunt.

"The biggest hint for teams playing this year is to be very observant; a keen eye will be the stron-

gest advantage a team can have," stated Tara Shore, Program & Operations Manager.

Returning 'Clue Crew' members include Lesley Marden, Jane Connelly, Patti Clifford, and Jess Gulyus. New Crew members, Belknap Mill Board Member, Laura LeMein and Heidi Smith have joined the team this year.

Smith shares, "There is so much to learn about Laconia's history and what a better place to learn about it then by creating clues for the Historic Laconia Scavenger Hunt! I am really enjoying being a member of the 'Clue Crew!'"

On the day of the Hunt, check-in for teams starts at 12:30 p.m. at the Belknap Mill and the Scavenger Hunt will take place from 1 - 3:30 p.m. Teams of up to 6 people will work together to try and tackle as many of the 60 challenges as they

can in the allotted time while documenting each clue with a photo or video taken with a smartphone and texted to a judge to obtain credit.

We invite the community to join us! Create a team with your family, friends or co-workers. The Hunt is appropriate for all ages and levels of knowledge about the history of Laconia. Interested teams can register on the Belknap Mill's new Web site, www.belknap-mill.org.

The \$30 registration fee supports mission driven programming delivered year-round by the Belknap Mill. Participating teams receive a 'Clue Packet' when the Hunt begins. New for this year, the packet will include the opportunity to promote your business, your Scavenger Hunt team, or send a message to a team. Ads are available starting at just \$10 for a quarter



page up to \$40 for a full page and is another great opportunity to support the Mill.

Interested teams, and those who wish to advertise in the Historic Laconia Scavenger Hunt

packet, can find more information at the Belknap Mill's new Web site, www.belknapmill.org. The Historic Laconia Scavenger Hunt is generously sponsored by Bank of New Hampshire. To

learn more about Belknap Mill programs and events please visit us on Facebook, visit our Web site or contact us at: 524-8813.

Spring and summer events coming to Canterbury Shaker Village



CANTERBURY — In partnership with the Capital Area Race Series (CARS) and Millennium Running, Canterbury Shaker Village will be hosting its annual 5K Cross Country Race on Saturday, May 15 at 10 a.m. Run or walk the unpaved course, which is a totally beautiful run through the fields and woods and around the ponds and pastures of the Village.

This will be a safe and socially-distanced event, using the guidelines set forth by Millennium Running and the Centers for Disease Control and Prevention. Masks will be required when checking in, getting ready for the race, and after, but not during. Each runner will start at a specific

time and distance, ensuring that the participants remain safely spread out for the entirety of the race. Visit Millennium Running's Web site, www.millenniumrunning.com, for further details about safety. If you prefer, every race also has an option to run virtually, to accommodate all who wish to run.

To register for the Canterbury XC 5K only, please visit the website at www.shakers.org/canterbury-shaker-village-hosts-annual-5k-race-on-saturday-may-15.

The fee to register is \$25. There will be no day of registration. The registration deadline is Thursday, May 13 at 9 a.m.

To learn more about the CARS Races or to reg-

ister for the entire series, please visit their website at www.runcarsnh.com. For any questions about the Canterbury Shaker Village XC 5K, please email Rae Easter at info@shakers.org.

Thank you to our generous sponsors for supporting this event: Cigna New England, Northeast Delta Dental, D.L. Carlson Investment Group, Franklin Savings Bank, Grappone Automotive Group, Keeler Family Realtors, race-swap.com, Runner's Alley, and Stitches NH.

Village Store Open Saturdays from 11 a.m. - 4 p.m.

Stop by the Village Store on Saturdays from 11 a.m. - 4 p.m. to discover distinctive, artisan-quality goods made with Shaker-inspired

workmanship and ingenuity. Take home an oval box, basket or broom, many of which are handmade in the workshops at the Village. Textiles, soaps, candles and cards are also available, along with a selection of locally-made maple syrup, chocolates and other specialty foods.

The Village Store will also be open during special events, and by appointment any day of the week. To inquire about items for sale or make an appointment to visit the store, please call 783-9511,

ext. 221, or email info@shakers.org.

Reserve the Date
Saturday, May 15 -
Canterbury Shaker Village Cross Country 5K Race.

Registration available now at www.shakers.org.

Saturday, June 12 -
Indoor Tours starting June 12, featuring new themed tours. More details coming soon!

Sundays, starting June 20 -

Music on the Meeting House Green begins on Father's Day with the first of 13 outdoor con-

certs. Every Sunday, 4-5 p.m., through September.

Canterbury Shaker is located at 288 Shaker Rd. in Canterbury, just south of Laconia and north of Concord. For more information, visit www.shakers.org, or call 783-9511, ext. 205.

The museum is a member of the NH Heritage Museum Trail, which connects the public with culturally rich heritage institutions in New Hampshire. For more information, visit www.nhmuseumtrail.org.

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Fighting pandemic fatigue

While more and more people are getting vaccinated, and hospitalizations and deaths are down, the numbers of COVID cases, especially in some rural areas, are climbing. This pandemic is not over, as much as we all want it to be. Life seems to be slowly getting back to normal, however many restrictions, including travel bans and masking are still in place leaving some of us a bit deflated a year later. The number of individuals choosing to vaccinate is hope that there is a light at the end of the tunnel, yet COVID fatigue is still affecting many.

One thing to remember is that we're all in this together, and will all make it through together. Many of us have learned quite a bit about ourselves having been faced with this once in a lifetime scenario. We now know just how extroverted or introverted we all are. Perhaps changes have come by way of new or different opportunities.

Silver linings are still a part of the chatter about town. This is a good sign; however, for those who are gripped by pandemic fatigue, we have a few tips to share. We've all felt it at one point or another over the past year, you are not alone.

Last year, everyone was isolated as businesses and schools closed. We all stayed home for months as the virus took hold of the world. During that difficult time, we all found ways to cope, together. The summer months brought some reprieve, with outdoor events being dubbed 'OK' as long as safety protocols were adhered to. During the winter months we saw another surge that made us all feel as though it would never end.

It's important to talk about and acknowledge just how tough things have been for each and every one of us. The unexpected changes the pandemic delivered were a doozy. Over the past year, we have all worried about loved ones and the burden that comes along with potential changes in finances. Isolation is never easy either. Despite these challenges we are all here, in this together and accolades should be given to everyone who did what they could to help stop the spread, encourage friends and family and for keeping yourselves upbeat as much as possible.

Remember to check in with yourself and take note if you feel impatient, angry, depressed or irritable. Those feelings are normal and make sense given the circumstances, but experts say it's important to be aware.

Breathing exercises are always suggested as they are the fastest and easiest way to reduce stress. Relax your shoulders and slow your breathing. The physiological response centers on the nervous system.

Limit your screen time. We say this often. Some call it 'doom-scrolling.' Think of the good old days before social media when it was your choice about what you read. Seeing too much negativity can increase that feeling of dread and uncertainty. If you need some good news, simply Google "good news"; we promise, it's out there. If you're trying to unwind, listen to music or watch shows that remind you of simpler times. Some of our favorites include The Beach Boys, Led Zeppelin and The Doors. For a good reset, nothing beats watching re-runs of Three's Company, one the best sit-coms to come out of the 1970's.

In the words of Bernard Beckett, "Human spirit is the ability to face the uncertainty of the future with curiosity and optimism. It is the belief that problems can be solved, differences resolved. It is a type of confidence. And it is fragile."

Send your letters!

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Or, you can e-mail us at echo@salmonpress.news
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and phone number.



COURTESY

Artists of the Month

At the Lakes Region Art Association's April meeting, seven member had their submissions voted as the best in LRAA's Artist of the Month contest. The winners are (L-R), back row: Oil painting by Martha Aucoin, Pastel painting; Duane Hammond, Photograph; Sherwood Frazier, and Watercolor painting: Barbara McClintock. Front row: Ink and brush; Christine Fogg, Acrylic painting; Krista Doran, and 3-D Collage; Paul Foote. Each artist will have their art on display for the Month of May at a number of lakes region banks and libraries. The LRAA / Gallery recently moved to new and larger space, suite 300, Tanger Outlets, 120 Laconia Rd., Tilton. There, hundreds of paintings and photographs are on display Thursday-Sunday 10 a.m.-6 p.m.

STRATEGIES FOR LIVING

Thirty years down . . . and thirty to go!

BY LARRY SCOTT

Thirty years ago, April 29, 1991, I was into my first year as a commercial truck driver with Werner Enterprises out of Omaha, Neb., the beginning of a lifestyle that would last fourteen years. My career and my personal life were all on the line on that April day in 1991; I could only hope it was the start of something good.

It was Monday in America, and George Bush was President. Gas was \$1.14 per gallon, a 1st class stamp was \$.29, and the Dow Jones Average hit 3168.83. Popular TV shows included Cheers, Roseanne, and Simpson and Son.

None of which was of much concern to me. I would soon move to the Seattle area to live on Angelica, my 40-foot sailboat. I would see the country from corner to

corner, be honored with a one-million-mile-accident-free award, survive prostate cancer, remarry my sweetheart, purchase a home in New Hampshire, and finally, retire debt-free to dedicate my final years to writing the story of my life.

Thirty years! In the span of a lifetime, an interlude that came and went far more quickly than you would think. But for me the issue is not where I have been; the issue now is where I am going. I can agonize over past failures, wallow in self-pity, and surrender to guilt ... or I can face the future with a new attitude. I plan to make these the best, most productive years of my life. Heaven awaits!

And what about you? Can you remember where you were thirty years ago, on April 29, 1991? How well have you lived the last 30 years?

Are you a better, wiser, more mature person for having lived the last thirty years, or are they years you'd rather forget?

But the question remains, and this is the question: where will be you be thirty years from now? Your last thirty, whether you like it or not, have set you up for the next thirty and will surely influence where you will be on April 29, 2051. But they do not determine, they do not make certain, where you will be. That is what your today is all about. The choice is up to you.

But one thing is for certain. Like it or not, you will be somewhere on this date thirty years from now. Either you will still be living, or you will have joined the men and women who were here thirty years ago but are no longer with us. George Bush, Doris Day,

Carl Sagan, Whitney Houston, Stephen Hawking, Mother Teresa, Billy Graham, Kobe Bryant, Bob Hope are just a few that come to mind. They are now set for eternity in an existence that has been determined, not by how well they lived, but by what they did with Jesus Christ.

Jesus said, "Let not your heart be troubled. In my Father's house are many mansions, and I go to prepare a place for you, that where I am you may be also." He awaits your decision, for He has prepared for you an existence your mind cannot imagine. This is reality; it will happen. And what it will mean will be determined by what you do now with Jesus Christ.

For more thoughts like these, follow me at indefenseoftruth.net.

LETTERS TO THE EDITOR

A delicious opportunity to support the Children's Auction

To the Editor:

Tagg Team, one of the many great teams that make up the 2021 Community Challenge in support of the Children's Auction, is offering a delicious opportunity to support our fundraising effort helping children and families here in the greater Lakes Region.

Partnering with a generous donation by Winnepesaukee Bay Gulls, we will be selling bags of three bagels for a \$3 donation. The variety will change weekly, and limited quantities will be offered. Bagels will be available at Patrick's on Wednesday evenings at 6 p.m. as part of Patrick's Shuffle event, which takes

place every Wednesday from April 28 through June 9.

We invite everyone to stop by to grab some delicious bagels. Also, consider joining us for the weekly Shuffle at Patrick's beginning at 5 p.m., with a post shuffle raffles at 6 p.m. Participation details are on Patrick's Web site at www.patrickspub.com/the-shuffle.

We are grateful to all the volunteers and supporters of the Children's Auction who help local kids and families!

JUDI TAGGART
GILFORD

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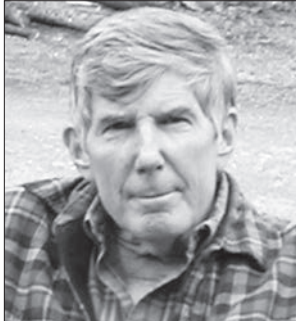
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www.graniteuw.org

North Country Notebook

There was a bit more to it than getting the paper out



By JOHN HARRIGAN
COLUMNIST

What I miss about my life's work is running presses. I still get to write, which I love, but the mechanical end of things, which I loved too, is all memory.

People picturing someone running a country newspaper most naturally focus on the paper itself. The owner always seems to have a notepad and camera. Somewhere back at the office there must be a big machine like a meat grinder. In go news and ads and comics, and out come the papers.

But at a country newspaper, a job-printing shop often comes right along with the newsroom. This means that if the owner-publisher-editor-reporter cannot afford to hire a printer, he has to be one.

At a small shop, "printer" means doing it all--typesetting, arranging and locking lines of type in a heavy metal frame, setting up a press for a particular job (stationery, business cards, envelopes), locking the frame into the press, stacking the paper onto the feed-tray, and making sure everything is ready for the run.

I remember going to New England Press Association publishing and printing shows at the Prudential Center in Boston. Vendors had hospitality events for pooh-bah publishers. There were always a few with ink on their thumbs.

I dream of many things from my newsroom and ownership days, but most often it's about running a press. This can be the big newspaper press we set up in Lancaster in the late '70s at the old railroad junction just south of the Fairgrounds, called (of course) Coös Junction Press, or the elegant Heidelberg down at the job-printing shop, or maybe the Chief 15, a hardy little offset. Most often, it's the Heidelberg

windmill.

I pick up the composing stick. For some jobs, we set the lines of type one character at a time, reverse-cast foundry type pulled from oak or chestnut cases, the order of which I remember to this day. Four cabinets contained around 80 different kinds of type.

But in the dreams, it's my favorite type-face, Garamond, an old and elegant family, named for the Frenchman who designed it, its roots dating back to the Roman.

I finish the top line. The job is, oh, half-sheet-sized stationery, and it says something like "Willard's Will-o-the-Wisps." And the next line says, in italics, "Vagaries of Weather Captured on Film." And then the address. And if I'm clever about things, I can use the same setup for the envelope.

I add spacing to each line so the whole forms an oblong, and then lock it into a metal frame, called a chase. I lock the chase into the press, a beautiful Century Model made to mark Heidelberg's first centennial (today it is an industry giant).



A well-used Heidelberg windmill press, all loaded up and on the way to somewhere else. (Courtesy presscity.com)

I turn the press over a few times, to ink the type and make sure all is ready. And then I begin the job, slowly at first, and then cranking up to speed once all seems well.

The phone is ringing, the front-office crew are

back and forth, Albert is coming through with a load of wood for the office stove, which by roundabout flow of air (up the front stairway, down the back) can heat the whole place. The wryly named office cat, "Typo," appears for a stretch.

I notice it all, but see and hear nothing, caught up in the job at hand.

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

Comfort Keepers

Managing urinary incontinence

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

Urinary incontinence is an issue that more than half of seniors deal with, and it can affect a senior's health, social connections and self-esteem. Managing incontinence is critical for seniors that want to maintain their independence and quality of life while remaining in their home.

While incontinence is a highly prevalent issue, it's important to remember that incontinence is treatable, and a physician can make recommendations based on the type of incontinence they diagnose.

Why does incontinence happen?

During urination, muscles in the bladder tighten to move urine into a tube called the urethra, while the muscles around the urethra relax and let the urine pass out of the body. When the muscles in and around the bladder don't work properly, urine can leak. Incontinence can occur for short periods of time due to urinary tract infections, constipation, or as a side effect of a medication.

How is incontinence diagnosed and treated?

Depending on the severity of the problem, a doctor may recommend any or all of the following:

A urinalysis to rule out infection or blood in the urine

Blood tests to check on kidney function, calcium and glucose levels

A complete physical exam and thorough discussion of one's medical history

Medicine that calms muscles and nerves to treat an overactive bladder.

Exercises to strengthen the pelvic muscles

If other treatments fail, surgery may be suggested to improve bladder control.

How can incontinence be managed at home?

There are a few lifestyle changes that can help manage incontinence:

Pelvic muscle exercises: Working the muscles that can stop urination can have a positive effect in reducing incontinence.

Timed bathroom breaks: Going to the restroom on a schedule can help those with urge and overflow incontinence.

Fluid and diet management: Avoid food and drinks that irritate the bladder. It's important for seniors to discuss their diet and fluid intake with the doctor before making any changes.

Behavioral changes: There are some habits that can make incontinence worse. These in-

clude smoking, drinking alcohol, lifting objects that are too heavy and consuming caffeine, among others.

Comfort Keepers® can help

If your loved one has specific care needs related to a health issue, like incontinence, we can help. Our caregivers can provide transportation to appointments, medication reminders, support for physician-recommended diet and exercise programs, and help monitor physical changes and symptoms. And, we strive to elevate the human spirit through quality, compas-

sionate, joyful care.

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

About Comfort Keepers

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

of additional items all meant to keep seniors living independently worry free in the com-

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

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Shaker Regional School District
Request for Proposal
Stair Removal & Site Prep

Shaker Regional School District is seeking proposals for the removal of concrete stairs and site preparation for replacement stairs at Belmont Elementary School. The complete proposal can be obtained by visiting the website, www.sau80.org, or by contacting Steve Dalzell at 267-9223x5309.

Shaker Regional School District
Request for Proposal
Precast Stairs

Shaker Regional School District is seeking proposals for the purchase, delivery and installation of precast stairs at Belmont Elementary School. The complete proposal can be obtained by visiting the website, www.sau80.org, or by contacting Steve Dalzell at 267-9223x5309.

Shaker Regional School District
Request for Proposal
Drainage (Swale) for SAU Parking Lot

Shaker Regional School District is seeking proposals for the installation of drainage (swale) for the SAU Parking Lot. The complete proposal can be obtained by visiting the website, www.sau80.org, or by contacting Steve Dalzell at 267-9223x5309.

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Edward Jones: Financial Focus

Look at your financial situation holistically

What's the biggest financial mistake you can make? Choosing the wrong investments? Waiting too long to save for retirement? Underestimating the costs of retirement? All these are reasonable answers, but the biggest mistake you might make is not looking at your financial picture holistically – that is, not bringing into the picture all the elements of yourself.

Let's consider some of them:

• *Your views on helping your family* – Your decisions about helping your family are clearly going to be a major part of your financial strategy – and this is true at virtually all stages of your life. When your children are young, you'll need to decide if you're going to put away money for their college education, and, if so, how much, and in what investment vehicles. When they're young adults, you may also need to decide how much financial support you're will-

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

ing to provide for things such as the down payment on a new home. And when you're drawing up your estate plans, you'll need to consider how to distribute assets to your children, grandchildren or other family members.

• *Your personal beliefs* – As someone with civic, ethical and moral concerns, you want to positively affect the world around you. And that's why you may feel compelled to make charitable gifts throughout your life and then make philanthropy part of your legacy. To accomplish these objectives, you'll want to include gifting techniques in your financial strategy today and your estate plans for tomorrow. Of course, for the estate planning component, you'll need to work with your tax and legal advisors.

• *our purpose in life when you retire* – When you retire, you may be stepping off a career path, but you're

also entering a world of possibilities. How will you define, and live out, your new sense of purpose at this stage of your life? Do you seek to broaden your horizons by traveling around the world? Do you want to give back more to the community by volunteering? Can you spend more time pursuing the hobbies you enjoy? Each of these choices will carry different financial implications for how much you'll need to accumulate for retirement and how much you will need to take out each year from your retirement accounts, such as your IRA and 401(k).

• *Your health* – Your physical and mental health can play big roles in your financial plans and outlook. On the most basic level, the

healthier you are, and the better you take care of yourself, the lower your health care bills will likely be during retirement, which will affect the amount you need to put away for health care. And you also may need to prepare for the costs of long-term care, which can be enormous – in fact, a private room in a nursing home can easily cost \$100,000 per year, according to the insurance company Genworth. It can be challenging to weave all these elements into a single, unified vision, so you may want to get some help from a financial professional. But, in any case, be prepared to look at your situation holistically – because, when putting together a lifetime's financial strategy, every part of your life matters.



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

Baseball Bears start strong but fall to Knights



JOSHUA SPAULDING

Winnisquam catcher Chaz Hibbert fields a throw as Kingswood's James Yarling races home in action last week. Yarling beat the tag to score a run for the Knights.



Marcus Korenkiewicz got the start on the hill for Winnisquam against Kingswood last Thursday.

BY JOSHUA SPAULDING
Sports Editor

WOLFEBORO — With more than five decades of coaching experience at the helm of their respective teams, Kingswood baseball coach Chip Skelley and Winnisquam baseball coach Fred Caruso have seen it all.

However, both coaches counted last Thursday's battle in Wolfeboro as the coldest game they had ever coached. With temperatures dipping below 40 degrees and wind gusts approaching 40 miles per hour, conditions weren't ideal, but the two teams went to work anyway.

Justin Stirt got the start on the hill for Kingswood and the Bears were able to get a run across in the top of the first inning. Garret Mango reached to lead off the game and one out later, Phil Nichols worked a walk before Chaz Hibbert delivered a base

hit to plate the first run of the game. Kingswood got a double from James Yarling against Winnisquam starter Marcus Korenkiewicz but the Bear hurler got out of trouble with no runs crossing.

Winnisquam plated two more runs in the top of the second inning. With two outs, Mango and Kyler Boudreau both reached and Nichols drove one run home and after Hibbert reached, Nolen Perrino drove in the third run of the game for the Bears, giving them a 3-0 lead.

The Knights got a leadoff base hit from Cole Paro in the bottom of the inning but he was forced at second on a grounder by Calvin Kinville. Andrew Keniston worked a walk but Korenkiewicz started a 1-4-3 double play to get out of the inning.

Stirt found his groove in the third, striking out the side and his teammates got him a couple of

runs in the bottom of the inning. With two outs, Yarling worked a walk and Drew Swinerton singled. A Christos Zavas base hit drove them both in and the Knights were within one at 3-2.

Winnisquam got two-out base hits from Nichols and Hibbert in the top of the fourth, but they were stranded.

Kingswood took the lead in the bottom of the fourth. With one out, Keniston hustled out a double on a pop fly that fell in shallow center. One out later, Jonathan Hossack had a base hit to tie the game and Sheahan followed with a base hit. Yarling then doubled two more runs home and Kingswood was up 5-3. Swinerton reached on an error to plate another run and after Zavas reached on an error to keep the inning going, Mango made a great grab on a line drive to second base to end the inning.

Noah Pearson led off the top of the fifth with a double and Korenkiewicz followed with a base hit. However, Stirt got a pair of strikeouts and a fly ball to center to end the inning.

Keniston had a one-out hit in the bottom of the fifth and one out later, Hossack had a base hit and a Sheahan double plated both runners for the 8-3 lead. Yarling reached on a dropped third strike and a pick-off error brought in two more runs for the 10-3 lead. Swinerton kept the inning going with a base hit but Nichols snared a pop up to end the inning.

Will Danais made a nice grab at shortstop in the top of the sixth inning and in the bottom of the inning, with Mark Labonville taking over on the mound for Winnisquam, Paro and Kinville had base hits to start the inning. However, Labonville got a pop up, a strikeout and

a groundout to close the inning.

Pearson reached in the top of the seventh, but Stirt shut the door for the 10-3 win.

Stirt had 15 strikeouts and Korenkiewicz struck out five.

The two teams played extra innings to start the week, with the Knights scoring twice in the top of the eighth inning to pick up the 9-7 win.

The Bears scored two runs in the bottom of the first before Kingswood scored five in the top of the second. Winnisquam added one in the bottom of the second but Kingswood scored twice in the top of the fourth for the 7-3 lead. The Bears tied the game with four in the bottom of the sixth inning before Kingswood took the lead in the eighth and held on.

Sheahan and Swinerton each had three hits for the Knights while Mango had three hits for the Bears. Swinerton

drove in three runs, Paro drove in two and Nichols drove in two for the Bears.

Tyler Sprince of Kingswood and Nichols were the starting pitchers and each went six innings. Keniston got the win, pitching the final two innings. Nichols struck out eight and Sprince struck out six.

The Bears are scheduled to be at Gilford on Monday, May 3, and to host Gilford on Wednesday, May 5, both with 4 p.m. start times.

The Knights are slated to visit Kennett on Monday, May 3, and will host the Eagles on Wednesday, May 5, with both games scheduled for 4 p.m. starts.

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

Softball Bears get the season started



JOSHUA SPAULDING

Lucy Prunier crosses the plate with the first run of the season for Winnisquam on Thursday.



Emma Griffin stretches to record an out against Kingswood last week.

BY JOSHUA SPAULDING
Sports Editor

WOLFEBORO — After a tough start to the week, the Winnisquam softball team finished

their second game against Kingswood strong as the Bears got their first two games under their belt.

Coach Mark Dawal-

ga's crew was scheduled to open the season the previous week, but Kennett was forced to cancel those games, so the games against Kingswood were the first contests of the season.

The Knights visited Tilton on Monday, April 19, and the Bears managed just one hit against the Division II Knights, with Delaney Skourtis collecting the lone hit.

Three days later, with the wind gusting through Wolfeboro and

snow flurries falling prior to the start of the game, the Bears put together a stronger performance, plating six runs in a loss to the Knights.

Skourtis started the game with an infield hit and after she was forced at second on a groundout by Raina Matthes, Emma Griffin worked a walk. However, the Bears were not able to score. Kingswood came out and scored eight runs against Skourtis in the bottom of the inning.

The Bears got their

first run of the season in the top of the second inning. Lucy Prunier and Madison Gilbert worked walks and Shayla Weisman was hit by a pitch to load the bases. A groundout by Skourtis plated Prunier with the first run of the game.

Winnisquam added one more in the third inning and then scored four in the top of the fifth inning. Rebecca Kulengosky hit an inside the park homer, Matthes had a single in the frame while both Haelie Snow

and Gilbert both worked walks.

The Bears are scheduled to take on Gilford on the road on Monday, May 3, and will be hosting the Golden Eagles on Wednesday, May 5, both with 4 p.m. scheduled starts.

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

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Belmont baseball battles through first three games

BY JOSHUA SPAULDING
Sports Editor

BELMONT — The Belmont baseball team continued to make strides in the right direction over the course of the first few games of the season.

“We’re young and fairly inexperienced, so we are seeing some growing pains to start the season,” said coach Matt LeBlanc. “The team is working hard to establish our identity and are improving every day.”

The Raiders started the season with two games against Newfound. In the opener, the Bears picked up a 6-0 win, with the Raiders managing just four hits on the afternoon. Nate Sottak led the way for Belmont with a base hit, a walk, a hit by a pitch and a stolen base.

Liam Waldron got the start on the hill for the Raiders, pitching three innings and allowing

just five hits, one walk, four strikeouts and two earned runs. Matt Krasnecki went the final four innings, allowing three hits, one walk, two strikeouts and no earned runs.

“It wasn’t a good day on the field, as (we) committed five defensive errors,” LeBlanc said.

The Raiders took on the Bears again two days later and this time dropped a 2-0 decision.

Sottak started on the mound for Belmont and pitched all six innings, allowing five hits, two walks, four strikeouts and one earned run.

The Raider senior also had a base hit and a stolen base and Jason Gaudette Jr., Jamison Gaudette and Jonny Phillips also had base hits for Belmont.

“Though we cleaned it up defensively, we were still unable to push any runs across the plate,” LeBlanc stated.

The third game was a 1-0 loss against Inter-Lakes, though Belmont was able to have their best offensive performance of the season to date, banging out seven hits.

“(We) applied pressure but were unable to get any runs on the board,” LeBlanc said.

Sottak had three singles and a stolen base, Jason Gaudette Jr. had a base hit, Phillips had a pair of hits and Krasnecki added a base hit.

Waldron got the start again, going six innings, allowing just four hits, one walk and one earned run while striking out five.

“I have no doubt that we will start stringing some hits together and score some runs for our pitchers, who have pitched well enough to win,” LeBlanc said. “The compete level is there and we will continue to work toward our first win of the season.”



Nate Sottak throws a pitch during action in the opening week of the season. RC GREENWOOD
josh@salmonpress.news.

HIGH SCHOOL SLATE

Thursday, April 29

GILFORD
Boys’ Lacrosse at Inter-Lakes; 4
Boys’ Tennis vs. Inter-Lakes; 4
Girls’ Lacrosse vs. Inter-Lakes; 4
Girls’ Tennis at Inter-Lakes; 4

Saturday, May 1

BELMONT
Track Home Meet; 10
GILFORD
Track at Belmont; 10

Monday, May 3

BELMONT
Baseball at Laconia; 4
Softball at Laconia; 4
GILFORD
Baseball vs. Winnisquam; 4
Girls’ Lacrosse vs. Laconia; 4
Softball vs. Winnisquam; 4
WINNISQUAM
Baseball at Gilford; 4
Softball at Gilford; 4

Tuesday, May 4

BELMONT
Track at Gilford; 4
GILFORD
Boys’ Tennis vs. Moultonborough; 4
Girls’ Tennis at Moultonborough; 4
Track Home Meet; 4
WINNISQUAM
Track at Laconia; 4

Wednesday, May 5

BELMONT
Baseball vs. Laconia; 4
Softball vs. Laconia; 4
GILFORD
Baseball at Winnisquam; 4
Softball at Winnisquam; 4
WINNISQUAM
Baseball vs. Gilford; 4
Softball vs. Gilford; 4

Thursday, May 6

GILFORD
Boys’ Tennis at Moultonborough; 4
Girls’ Lacrosse at Belmont; 4
Girls’ Tennis vs. Moultonborough; 4

All schedules are subject to change.

THE HIGHLANDS VILLAGE DISTRICT

NOTICE OF ANNUAL MEETING REGARDING 2021 WATER AND SEWER BUDGET

TO THE RESIDENTS OF THE
HIGHLANDS VILLAGE DISTRICT,
NORTHFIELD, NEW HAMPSHIRE

Notice is hereby given that the Highlands Village District’s Annual Meeting will be held on Saturday, May 1st, 2021 at 10:30 AM at the Northfield Town Hall, 21 Summer Street, Northfield, New Hampshire.

Commissioners of the
Highlands Village District

Social distance accommodations will be made in the downstairs meeting room of the Northfield Town Hall.

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COURTESY

Huot students win awards at Small Engine Competition

The Huot Career and Technical Center is pleased to announce awards won by two of our students at the NH Auto Dealers Association (NHADA) annual Small Engine Competition held April 7 at MB Tractor in Tilton. Riley Demers (HTC/GHS) won a second place award which includes an \$800 scholarship that may be used for automotive related programs at several Community College System of NH schools. The Huot Center is pleased to report that Tristan Dow (HTC/GHS) won first place overall and a \$1,000 scholarship. Both students are in their first year at the Huot Center. The Huot Center wishes to thank NHADA, CCSNH and MB Tractor for their support of this event. Congratulations are also extended to our program instructor Lisa Diggins for her work with these students.

Bank of New Hampshire promotes Nancy O'Connor to AVP – Retail Lending Processing/Post Closing Manager



Nancy O'Connor

LACONIA — Bank of New Hampshire is proud to announce the promotion of Nancy O'Connor to Assistant Vice President – Retail Lending Processing/Post Closing Manager. In this role, she will supervise the daily operations of the processing, closing and post-closing areas of the bank's Retail Lending team. She will ensure the staff is well trained in all aspects of their positions and that loan files are completed in compliance with federal and state regulations, expediting the loan process for customers.

O'Connor joined Bank of New Hampshire in 2012 as a Mortgage Loan Processor, and later continued on the Retail Lending team as a Senior Processor/Closer and Mortgage Loan Assistant. Nancy brings expertise and experience to her new role with over thirty years of experience in the lending industry.

"I am very excited and pleased to have Nancy in this role," said Melissa Mansfield, VP – Retail Lending Operations Manager for Bank of New Hampshire. "Her hard work, dedication and commitment to providing outstanding customer service made her the perfect choice. With Nancy's years of experience in residential lending, she brings a wealth of knowledge to this leadership role."

Bank of New Hampshire, founded in 1831 provides deposit, lending and wealth management products and services to families and businesses throughout New Hampshire and southern Maine. With 21 banking offices and assets exceeding \$2 billion, Bank of New Hampshire is the oldest and one of the largest independent banks in the state. Bank of New Hampshire is a mutual organization, focused on the success of the bank's customers, communities and employees, rather than stockholders. For more information, call 1-800-832-0912 or visit www.BankNH.com.

TRACK

CONTINUED FROM PAGE A1
discus with a toss of 94 feet, seven inches, Richard Johnson tossed 61 feet, one inch and Majok Majok finished at 44 feet, 8.5 inches.

Nick Kafkoulas won the 100-meter dash with a time of 12.01 seconds, Vetter finished second in 12.13 seconds, Brandon Robichaud finished in 12.9 seconds, Kyle Whitcomb finished in 13.2 seconds, Demetri Kafkoulas finished in 13.32 seconds and Juan Montoya finished in 13.35 seconds.

Bryce Hall won the high jump with a leap of five feet, 10 inches and Kaden Jewell cleared five feet, two inches.

Miles finished in fourth place in the shot put with a toss of 33 feet, seven inches and Majok threw 26 feet, 5.5 inches.

Jacob Cress finished in second place in the triple jump with a leap of 33 feet, three inches and Tom Mortell finished in third place with a distance of 30 feet, 7.25 inches.

Hall picked up a sixth place in the long jump at 16 feet, four inches, Cress jumped 16 feet, Robichaud leaped 15 feet, five inches, Vetter jumped 15 feet, 3.5 inches, Mortell reached a distance of 15 feet, .25 inches and Nick Kafkoulas jumped 14 feet, 5.25 inches.

Cress snagged a second place in the javelin with a toss of 120 feet, three inches.

In the 800 meters, Lewis finished in fourth place in 2:36.6, Jared Whitcomb was sixth in 2:39.8, McKim was eighth in 2:50.5 and Annis was ninth in 3:00.4.

In the 400 meters, Demetri Kafkoulas was fifth overall in a time of 64.8 seconds and Robert McWhinnie finished in a time of 78.2 seconds.

Jewell finished third in the 200 meters in 26.5 seconds, Mortell finished in 27.6 seconds, Kyle Whitcomb finished in 27.7 seconds and Johnson finished in 30.9 seconds.



Mitchell Berry won the 110-meter hurdles (pictured) and the 300-meter hurdles last Tuesday in Meredith.

onds.

Belmont finished in second in the 4X100-meter relay in a time of 49.4 seconds and in the 4X400-meter relay, the Raiders were third in 4:04.1.

Belmont is slated to host a meet on Saturday, May 1, at 10 a.m. and will be at Gilford on Tuesday, May 4, at 4 p.m.

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

At right: Aurora Couto finished in second place in the 1,600 meters last week in a meet at Inter-Lakes.



Kaden Jewell clears the high jump bar in action last week in Meredith.



PET OF THE WEEK

SASHA

Sasha is a wonderful girl who loves to play! She is perfect if you are looking for lots of personality in a medium sized package! Sasha loves to play with her toys, and already has excellent house training habits. Sasha is working on her leash skills, impulse control skills, and sharing her things. She is looking for a quiet home, where she can continue building her skills with positive reinforcement, and get lots of play time and walks! Sasha would do well in a home with adult humans, no cats, and no dogs- she wants to be your one and only four legged friend!



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ROY

CONTINUED FROM PAGE A1

the foundation upon which we have built so much of our response to the COVID pandemic."

The Principal of her school, Siza Mtimbiri, notes he has found, "Colleen to be an extremely dedicated provider with a passion for students and adults in our school and district at large."

He also reports, "Her transformational leadership style is inspirational in moving teams to meet students' needs

in exceptional ways. Her exemplary leadership, as she collaborates with other nurses in the District, enables us to not only stay open during the COVID-19 pandemic, but to provide a safe space for students and adults to thrive. Thus far, her 30-year commitment, with 11 of those years dedicated to our District, speaks to her compassionate passion and dedication imbued with the highest ethical standards, unusual skill and knowledge of her craft."



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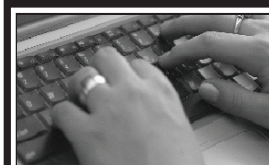
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NH Dept. of Environmental Services,
Water Division

Winnepesaukee River Basin Program

Position #18142

Treatment Plant Operator I

Labor Grade 14: \$34,798.40-47,819.20

This full-time 40 hour/week position is located in Franklin, NH with normal work hours from 7:00am to 3:15pm. This position assists in the daily operations of the Winnepesaukee River Basin Program's (WRBP) facilities; including wastewater treatment plant, pump stations and collection system, to ensure proper operation and compliance with State and Federal regulations. Minimum qualifications for this position are a High school diploma or G.E.D. equivalent and two years' experience in a waste or water treatment plant or a related industry. Each additional year of approved formal education may be substituted for one year of required experience.

License/Certification: Must possess a valid driver's license.

Special Qualifications: Must be able to perform occasional strenuous activity, including climbing ladders and heavy lifting.

Must work a schedule which includes weekend and holiday rotation. Must be willing to respond to callbacks and to participate in rotating, on-call duty for snowplowing and SCADA. Must be willing to carry a pager or cell phone to receive notification of callbacks. Must have basic computer literacy for Microsoft Office Explorer (internet) and Outlook (email) applications. Driving record review required.

Visit <https://www.des.nh.gov/waste/wastewater/winnepesaukee-river-basin-program> for more information about the WRBP and the State Human Resources webpage <https://das.nh.gov/hr/> for information about State employee benefits. For further information please contact Art O'Connell, Operations Supervisor at Arthur.J.OConnell@des.nh.gov or at 603-934-9925.

Submit a fully completed state application and supporting documents by the closing date to NHDES, PO Box 95, Concord, NH 03302-0095 Attn. HR. You may also contact Raymond Wilson, HR Coordinator at 603-271-1496 or at raymond.wilson@des.nh.gov. Open until filled. EOE

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Local artist hosting outdoor painting classes

TILTON—Artist Acacia Rogers will be teaching a beginner friendly seven-week crash course in outdoor painting this spring! It will start at the LRAA Gallery, 120 Lacomia Rd. (Tanger Outlets), Suite 300, Tilton, and continue in various local outdoor locations, to be determined.

Beginning Thursday, May 13, 10:30 a.m.-2p.m. Dates are as follows: May 13, 20, & 27 and June 3, 10, 17, & 24. Students will bring their own materials. Refer to the supply list on her Web site, AcaciaRogers.wix.com/FineArt or contact Acacia for more details.

Take your easel outdoors this spring and paint the beauty of nature on-location in the fresh air and sunshine! This seven-week begin-

ner and intermediate friendly class is a great introduction to the wonders and challenges of painting “En Plein Air” like the many masters before us.

We will cover everything from the basic set-up and materials needed for painting outside, to sketching and replicating the scene before you, to creating the colors of nature, capturing light, and so much more! Visit three scenic locations around the lakes region and enjoy multiple live demos, side by side easel time, critiques, and even group lunches. Join us in May and have fun creating art outdoors while enjoying this year’s beautiful weather!

Acacia Rogers is a passionate self taught artist, and has been her entire life, over 10 years

of which have been dedicated to various painting mediums. Her inspiration mostly comes from nature and the beauty of the natural world, with a particular affinity for animals and wildlife. Her first memories of artistic inspiration as a child are of older Disney movies and their whimsical, fluid, and creative animation style. Particularly the work of Aaron Blaise stood out to her, who worked on movies such as the “The Lion King,” “Mulan,” “Brother Bear,” and “Aladdin.” She later included in her repertoire portraiture, still life, and landscape, slowly and painstakingly building up her skill through practice and research to learn the ins and outs of painting. She absolutely loves everything about the process



of learning to paint. She now paints full time, and works alongside many accomplished artists from a colorful array of different backgrounds. She currently shows her

work in the Ceres gallery in Portsmouth, and is the active Vice President of the Lakes Region Arts Association.

To learn more about Acacia Rogers or

to sign up, e-mail AcaciaRogersArt@gmail.com or visit AcaciaRogers.wix.com/FineArt.

Debra Claffey demos encaustic painting to LRAA members



TILTON — At the Lakes Region Art Association’s monthly members meeting, April’s guest speaker, was Debra Claffey. She is a highly accomplished and an award-winning encaustic painter.

Encaustic painting, also known as hot wax painting, involves beeswax to which a variety of colored pigments are added. It is very adapt-

able to manipulation, with her use of mixed media and multi layers for carving into and building up multiple layers. Substrates used to paint on, can vary between prepared wood, canvas, watercolor paper, card stock or just plain paper.

Her presentation and video talk included many visuals of her works which was fol-

lowed by a demonstration on how to paint in encaustics. Her impressive art background, schooling, talent and her BFA in Painting from the School of the Museum of Fine arts in Boston and Tufts University, including an Associate’s degree in Horticultural from the University of NH, more than establish her credentials as a highly accomplished encaustic artist. Claffey has curated five exhibitions, and in June 2017, she curated and orga-

nized “The Space Between Shadow and Light” for the Eleventh International Encaustic Conference in Provincetown, Mass. She’s also past president of New England Wax, and past president of the New Hampshire Chapter of the Women’s Caucus for Art. Raised in Connecticut, Claffey now calls NH home where she teaches and paints.

Claffey was introduced by LRAA Director of Marketing, Pat Edsall.

COURTESY
Guest Speaker at the Lakes Region Art Association, Debra Claffey presented a slide show and an onsite demonstration on how to paint using beeswax and pigments to create an encaustic painting.

HELP WANTED

WHITE MOUNTAINS REGIONAL SCHOOL DISTRICT

2020-2021 School Year
Professional & Support Staff

2021-2022 School Year
Professional & Support Staff

WHITE MOUNTAINS REGIONAL SCHOOL DISTRICT
Paraeducator

WHITEFIELD ELEMENTARY SCHOOL
Food Service Department-Cook

LANCASTER ELEMENTARY SCHOOL
Educational Tutor 11:45 a.m.- 2:30 p.m. Daily

Applicants must hold the appropriate NH credential for most positions or a Statement of Eligibility (SOE) issued by the NH Department of Education.

For further information, contact:
Cody Arseneault, HR/Payroll Manager
White Mountains Regional School District, SAU #36
14 King Square
Whitefield, New Hampshire 03598
TEL.: 603-837-9363/FAX: 603-837-2326
Email: codyarseneault@sau36.org

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One-Year ESSER Funded School Nurses (2 positions)
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WHITEFIELD ELEMENTARY SCHOOL
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HELP WANTED



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Submit applications to:

Ashley Dolloff, Human Resources Director
ashley.dolloff@interlakes.org
Inter-Lakes School District
103 Main Street, Suite 2, Meredith, NH 03253

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No in person or phone inquiries, please.



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