

Free ◆ Our 154th Year ◆ Issue 11 ◆ March 15, 2024



New Bow Fire Chief

The Town of Bow is pleased to announce the promotion of Captain Dennis Comeau to the rank of Fire Chief of the Bow Fire Department. Chief Comeau joined the Bow Fire Department in 2019 and most recently served as a Fire Captain. Prior to going to Bow, he served as a firefighter with the Laconia Fire Department. In 2011, he was named the Lakes Region General Hospital EMS Provider of the Year.

This week in history

March 16, 1850 The Scarlet Letter is published March 17, 1973

Queen Elizabeth II opens the modern London Bridge

March 18, 1776 Parliament repeals the Stamp Act

March 19, 1949 East Germany approves new constitution

March 20, 1965 Lyndon B. Johnson send troops to Alabama march

March 21, 1871

Henry Stanley begins search for David Livingstone

March 22, 1894 First Stanley Cup championship is played



On March 6th, Andover Fire was toned to a reported building fire at 1:10 in the morning at 20 Old College Road. First units on scene had fire coming from the chimney and smoke coming from the eves of the house. A first alarm was requested. What started as a chimney fire spread into the ceiling to the attic. The fire was guickly knocked down and overhaul began. Units cleared the scene around 3:15. Andover was assisted by the Franklin, Wilmot, New London, Salisbury, Tilton/Northfield, Danbury, Hill, Boscawen Fire Departments, Lakes Region Mutual Aid and The Red Cross.

Franklin shooting was justified

Attorney General's Office clears State Troopers in death of Franklin man

Two state troopers were legally justified when they shot and killed a 42-year-old Franklin man late last year, the Attorney General's Office said Friday.

Troopers James Powers and Aramus Caraballo responded to a call to a home on West Bow Street on November 20, 2023, as part of the NH State Police SWAT unit.

Franklin Police were in a standoff with Nate Landrebe, who earlier in the evening attempted to shoot in his neighbor's door. Landrebe was shot and killed hours after the standoff began.

The results of an autopsy determined the cause of his death was multiple gunshot wounds and the manner of his death a homicide.

On the evening of November 19, 2023, a resident of a multiunit apartment building in Franklin called 911 and reported that her neighbor, Landrebe, had just damaged her apartment entrance doorway with what she believed was an ax, according to the final report on the incident released Friday.

Franklin police officers responding to the complaint discovered that a shotgun had been fired into the door.

Landrebe, who was in his apartment, refused to leave. After gunfire was heard coming from the apartment, SWAT was notified and responded to the apartment building, where a standoff ensued.

Around 2:30 a.m. November 20, Landrebe smashed out his rear apartment window, according to the report, and officers repeatedly told him to exit from the front of the building without anything in his hands.

Instead, Landrebe fired three shots from the window, and Caraballo and Powers fired at him.

New London women are Small Business Persons of the Year

Amy Bassett, district director of the U.S. Small Business Administration (SBA) NH District office has announced that Susan Borchert and Betsy Harrison, owners of Counseling

Associates of New London, NH have been selected as SBA's New Hampshire Small Business Persons of the Year. Harrison and Susan Borchert co-founded Counseling Associates

(CA) in 2004, leveraging their combined 40 years of clinical expertise after many years of working together and a mutual vision of providing affordable healthcare.



Happy St. Patrick's Day!

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Coming up: Happy Easter Include Your Business! Call 603-464-3388

Mometown Heroes



Congratulations Sunapee Fire Department on the recent delivery of your new firetruck (left photo) and to Firefighter Cameron Summerton on succesfully passing the NREMT and becoming a Nationally Registered EMT (right photo).

Peterborough Fire & Rescue is celebrating 13 members who joined in March

Don Parkhurst - FF 51 years of service Meas Roeun - FF 34 years of service Jon Sawyer - FF 26 years of service David Fletcher - FF 7 years of service Mitch McQuade - FF/EMT 6 years of service Cody Vaillancourt - EMT 6 years of service Katelynn Vaillancourt - AEMT 6 years of service Steve Brouillette - FF 4 years of service Ryan Hutton - FF/EMT 3 years of service Tim O'Brien - FF/EMT 3 years of service Elizabeth Ratte - PFR Photographer 3 years of service Lisa Walker - FF/EMT 3 years of service Brian Dillon - EMT 1 year of service

New Boston Fire members celebrating January or February anniversaries

Lieutenant Rick Riendeau - 17 Years FF/EMT Jim Waller - 13 Years Paramedic Chris Kelleher - 11 Years EMT Rick Belanger - 11 Years Captain/Fire Inspector Eric Dubowik - 9 Years FF/Paramedic Chris Fyffe - 1 Year FF/Paramedic Jeff Brule - 1 Year FF/Paramedic Remy Suprenant - 1 Year FF/EMT-A Chris D'eon - 1 Year FF/EMT-A Ernest Thomas - 1 Year FF/EMT (EMD) Dan MacDonald - 43 Years FF/EMT-A Connor Fitzpatrick - 5 Years FF/EMT Meg Hoppert - 4 Years FF Andrew Wawrzyniak - 4 Years



Franklin Police recently welcomed Kyle Bolduc as the Department's latest hire. Kyle was pinned by his girlfriend Whitney Hall. Welcome Kyle.

Hillsborough Town Meeting voters approve entire warrant in short order

Hillsborough voters breezed through a 16 Article Town Meeting warrant with few questions and no debate Tuesday night.

Easily approved with a showing of voting cards were Articles requesting: A \$9,494,950.00 Operating Budget.

\$882,592.00 to operate the Water Department.

\$1,051,074.00 to operate the Sewer Department.

An amendment created Article 13 by \$50,000.00, placing \$545,000.00 in the following Capital Reserve Funds:

Ambulance \$100,000.00. Fire Dept. Equipment \$40,000.00. Police Dept. Equipment

\$40,000.00. Building Maintenance

\$150,000.00.

Cemetery Maintenance \$10,000.00.

Fuller Public Library \$75,000.00. Parks \$40,000.00. Sidewalks \$15,000.00. Software/computers

\$50,000.00.

Employee Health \$25,000.00. Also approved were Articles calling for:

\$439,000.00 for Road Work, \$207,000.00 for Stowe Mt

H-D & SAU #34 budgets approved

Hillsboro voters approved the \$24,597,117.00 Operating Budget by a vote of 467-134 but Deering rejected it 107-119 for a combined total of 574-253.

The \$1,156,115.00 SAU #34 budget was approved 390-203 in Hillsboro and 143-81 in Deering. Krista Davison (554) and Stacey Morin (546) were elected to the School Board with Benny Valenzuela (340) finishing third. A petition article directing the School Board to terminate its landscaping contract was approved by a combined vote of 422-390.

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Bridge.

New 3-year collective bargaining agreements with both the town employees and the police unions were approved and funded. The Highway Department received approval to purchase two new trucks and to fund a lease purchase agreement for a new grader. The trucks were partially funded by grants totaling over \$100,000.00.



Peterborough Fire & Rescue's Ladder assisted Bennington in quickly extinguishing a fire at Monadnock Paper Mills.

Join Our Team as a Yard Worker

We have an immediate opening for a full- or part-time seasonal yard person.

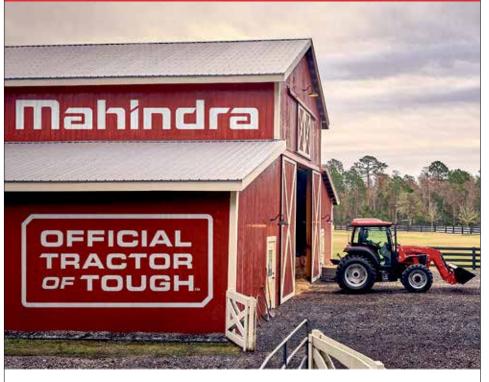


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March 17, 2023

Former Bradford Fire Captain convicted of sexual assault Developer seeks to renovate two vacant Central Square buildings Hopkinton School District voters reject two attempts to reduce budget Warner Maple Fest proceeds to benefit Warner's 250th Birthday Committee

March 18, 2022

Hopkinton's Houston Barn preserved Major expansion planned for New London Park & Ride Warner voters reject sidewalk engineering study H-D Elementary developing outdoor classroom

March 19, 2021

Antrim Community Board approved Henniker honors life of Officer J. Douglas Paul Antrim's Town Report dedicated to Marshall Gale H-D reintroducing an adaptation of Home Ec & Shop

March 20, 2020

Towns & schools adopting Pandemic precautions Antrim's Great Brook School to have new principal Antrim debates maintaining roads to summer homes Deering voters overwhelmingly reject SB2

March 22, 2019

Petitioned article on ATVs stirs debate in Henniker Hopkinton voters reject proposal to sell Bates Building Antrim Town Meeting at Town Hall - 1st in 40 years Warner voters cut \$34,000 from \$3.3 million budget

March 23, 2018

Attorney General threatens Washington officials Popular Hopkinton High School grad dies in Kentucky Warner will have new fire station by end of the year Marathon Henniker meeting sparks debate

March 24, 2017

No music at NHMS track Deering man arrested for road rage with a gun Pay-By-Bag trash program draws Hopkinton debate School Board member resigns after husband arrested

March 23, 2016

New Boston voters reject nearly entire warrant Washington voters reject Police, Fire & EMS Facility If it was on the warrant Henniker voters approved it Dogs & Drugs dominate Deering meeting

March 20, 2015

Bow votes to establish full-day kindergarten New Boston man named Dean of Students Goffstown student wins Poetry Out Loud Contest Francestown Police Chief resigns suddenly

March 21, 2014

Ed Anderson is New London's new Police Chief Dolly Parton selects Heidi Welch for national award Ausbon Sargent Trust acquires 54 Andover acres Hopkinton voters approve \$3 million fire station bond

Hopkinton School District voters nix proposal to adopt SB2

The opening of Saturday morning's Hopkinton School District Annual Meeting was delayed nearly forty minutes to allow the overflow crowd of voters to signin and receive their voting cards.

School Board Chair Andrea Folsom began by saluting Jim O'Brien's 17 years of service to Hopkinton as both a select board and a school board member, including one year when he served on both boards, "We can

agree that his thoughtful and engaged service has made Hopkinton a better place. Thank you, Jim, for your work and know that we wish you all the best!" The audience responded with a standing ovation.

Almost immediately a motion was made to move Article 7, a petitioned Article seeking adoption of the SB2 form of government, from the last to the first discussed.

After a prolonged discussion among passionate speakers on both sides of the issue, the motion to adopt SB2 gained a majority, but failed to gain the required 3/5 vote to pass. It was defeated on a secret ballot vote of 317 yes - 293 no.

In other business, and with much less debate, the proposed \$26.6 million school district operating budget was approved 231-117 by secret ballot. Voters also approved a

\$275,770 contribution to the educational support staff contract providing dental plans, and \$150,000 from taxes and adding another \$200,000 from the surplus fund balance to the building repair and maintenance fund.



It was standing room only at Saturday's Hopkinton School District's Annual Meeting.





Nye (R) examines the 2-headed trout that hatched during Mrs. Richardson's 6th grade Trout in the Classroom Project at HCS.



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Mailton Safely



On March 6th at 9:41 p.m., New London Firefighters were dispatched for a vehicle vs. moose on Interstate 89 Southbound. While en-route to the scene, units were updated that an additional two vehicles had struck the moose. One operator sustained minor injuries.



On March 8th at 11:18 a.m., New London Firefighters were dispatched to a single vehicle crash on Interstate 89 Southbound in the area of Mile Marker 33. The vehicle exited the northbound lanes, traveling across the median into the opposing direction of travel. One occupant was evaluated by New London Hospital EMS.



On March 8th at 7:35 a.m., New London Firefighters were dispatched to the 400 block of Route 103A for a single vehicle motor vehicle crash. One occupant was evaluated by New London Hospital EMS.



New London Firefighters had a busy Saturday evening, responding to multiple calls for vehicle crashes across town.



Sunapee Fire responded to five storm-related incidents, including a tree/wires down on Route 103 and Penacook Path, (left photo). Shortly after midnight on Wednesday, March 13th, Sunapee Fire responded to a residence on Hells Corner for a CO Alarm Activation. Upon arrival, crews found elevated CO readings within the residence. It was determined that the homeowner was having roof work done, and the workers had placed a tarp over their chimney, which covered the exhaust for their furnace and other appliances, therefore causing all the CO to back up into the residence. Sunapee Fire accessed the chimney and cut a hole in the tarp to allow the gases from the furnace and other appliances to exit. Once the house was fully vented, the occupants were allowed to re-enter the residence, and Sunapee Fire cleared, (right photo).

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Around Our Towns



Henniker Area Rotary Club Foundation Chair Dr. Ed Carignan (R) presented a Paul Harris +1 award pin to member Dr. Bob Brust (L).



Hillsborough Police Chief Chris Parsons, Officer Normand, and Officer Patten fearlessly took on the Polar Plunge for Special Olympics. Their bravery not only conquered the icy waters but also raised an outstanding \$1,859 for this amazing cause.



New Boston's Joe English Grange recently recognized two wonderful ladies who exemplify the true character of community service. Edie Jennings has 36 years of Grange service. Arlene Dodge has 31 years of Grange service.



Art Allison (seated) of Post 50 Antrim receives his 50 year membership award from Post 50 commander Steve Roy (standing) Art served in the Marines and Air Force and also served 11 years as the Post 50 Antrim commande.

Dunbarton School District Budget up 6.5% to \$10.2 million

Since 2016, the Dunbarton School District has grown by about 20%, going from 406 students to 487. An additional 18 students arrived last year alone. As a result, the proposed \$10.2 million budget is up 6.5% over the current year. Factors contributing to that increase included: \$123,000 for contractual raises, \$129,000 in growing health insurance costs, and \$112,000 for increased tuition to send students to Bow Memorial and Bow High School.

Before adjourning, Jeff Trexler was thanked for his 17 years of service to the board. Trexler and his wife were given two folding rocking chairs to use when they go camping, along with a standing ovation.



The week before winter break brought Spirit Week to the Weare Middle School and "Anything but a Backpack Day" on February 21, Ms. Couhie's 5th grade class had a very creative take on the day. Check out the stock pot and laundry basket among the gear selected to bring their things to school not using a backpack.



On International Women's Day the Dunbarton Police Department recognized its phenomenal Office Administrator, Linda Marcoux! Linda is often the first point-of-contact with members of the public that are seeking police assistance. She performs a myriad of administrative tasks and is always willing to take on a challenge. She is compassionate, professional, and an integral part of our daily operations. Thank you, Linda!



Messenger

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🜠 Letters to the Editor

Dear Editor:

Well, so much for transparency on the part of the H-D School Board. Less than one week after the deliberative session, the Board announced plans for a greenhouse to be built on school grounds at an initial cost of over \$106,000. The Board had already put this project out to bid at the time of the deliberative session and saw fit not to mention this outrageous expenditure.

Chairperson, Chris Bober published a letter to the editor last week thanking voters for the great turn out for the deliberative session. Too bad they failed to mention anything about a greenhouse. This should have been a Warrant Issue.

Considering that the High School is desperately in need of a new boiler, how dare the Board be so totally irresponsible to spend taxpayer money on something so unnecessary as a greenhouse. If indeed, the funds for this project are coming from an unfilled position, why not spend it on something that really matters, like heat.

Additionally, what type of upkeep is this structure going to require in the future? There will be increased electric usage, irrigation needs, sidewalks, supplies and plantings for the greenhouse, at what cost? Will additional staff be required to tend this greenhouse, especially on school vacations and during summer when school is not in session? No mention is made of any cost other than the construction of the greenhouse itself.

This project should never have been passed by the Board without public input. What could possibly be the academic benefits to the pupils of our school system? If learning how to grow crops was the intent, it would have served better for local farmers to come to the school for demonstrations, or even to have students visit local farms to get a hands-on experience.

Once the again, the HD School Board has pulled the wool over the eyes of its taxpayers.

Kathleen Carlisle, Hillsborough Taxpayer

I read with interest last week's "Letter to the Editor" from the Hillsboro-Deering School Board. As one of your State Representatives referenced, I want to assure you that I'm diligently researching the expenditures within H-D school district, as well as others, with the goal of finding ways to lessen our property tax burden without creating new taxes that would further burden residents.

Last year the State of NH allocated \$6,522,522 in Adequacy Aid Grants to H-D school district, providing \$6,112 per student with 1050 students enrolled. It's important to recognize that the School Board's letter only highlighted the base adequacy aid, overlooking the other student aid provided by the State. This omission may lead to a misconception of underfunding.

As part of finding ways to decrease taxes, I believe

it's incumbent upon us to clean up loose ends first. Our tax rate is heavily influenced by the budgets we approve. It's not the State's responsibility to construct our budgets at the school or municipal level. Our local elected officials are entrusted with this task, and as residents...and I'm a resident first...it's our duty to ensure these budgets are executed prudently.

Regrettably, I've witnessed several instances where this hasn't been the case. Most recently, the Administration and SB Chairman have, again, cleverly maneuvered to redirect expenditures with approval by a majority board vote, this time moving into our operating budget a \$106,000 greenhouse project, originally slated to be constructed with ESSR III grant funds. (ESSR III is the third round of the Elementary and Secondary School Emergency Relief Fund from The American Rescue Plan Act)

What began as a fully funded grant project with minimal recurring costs, has now evolved into a tax-funded initiative, pulling from our general fund and reallocating surplus dollars intended for an ELA teaching position. This decision not only diverts resources from educational needs but now also imposes future financial burdens on our budget.

The lack of transparency regarding this greenhouse without any public hearings or voter consent, raises concerns about accountability and fiscal responsibility especially at a time when were told it's crucial that we replace the 30-year old boiler at the high school.

Why does this matter? By moving the money from salaries and benefits to the district's maintenance repairs line, they created an expenditure that is now part of our default budget. That money, a one-time expenditure, is not eligible to be removed from next year's default budget. It will increase the avg cost per pupil reported to the State. Additionally, we'll also need to wait until next FY to fund and replace the boiler when we have the resources from tax appropriations and capital reserve funds to encumber the project this year.

The SB wrote that FY 22 finished with "an abnormally large amount of unexpended funds (surplus)." The \$3.1M surplus, attributed to unfilled teaching positions and a health insurance refund, raises questions about budget management and allocation of resources. For us to accumulate \$3.1M surplus, I estimate we would have had at least 20 teaching positions in the budget that went unfilled...unlikely. There were other reasons for this surplus that they are failing to tell us, including the financial impact of the accounting errors found during the audit.

The discrepancy between the FY 22 surplus and subsequent budget increases definitely warrants scrutiny. It's essential to understand where the allocated funds are being directed and whether they align with our educational needs and priorities.

For those who argue the state is not giving enough. While it's true that the state plays a role in education ▶

🜠 Letters to the Editor

funding, it's equally important to recognize the desire for local control, local decision-making; therefore, we must hold the SB accountable for their actions. Simply providing more funds without proper oversight and accountability is not a sustainable solution for any of us.

As your State Representative, I am advocating for responsible actions and transparent decision-making processes to ensure that taxes are allocated efficiently to serve the best interests of students and taxpayers, both now and in the future. It starts with us. Yes, I'm also working with my fellow legislators on these issues, including sharing the things I'm learning from H-D's practices, as we approach the next budget cycle.

Riché Colcombe, State Representative, Hillsborough District 30

Dear Editor:

This election cycle there are three candidates for the Hillsboro-Deering School District (HDSD) School Board. Next Tuesday March 12, Hillsboro-Deering voters will elect two to fill the vacancies of Dr. Heidi Welch and Dr. Jessica Morris as they finished their School Board tenure. I as an existing School Board

eagerly await their arrival.

Now, for the one that is not elected: Take heart, there are those that believe in Term Limits so expect another School Board vacancy at the next election. *Mike Kenney, Hillsboro-Deering School Board*

According to FAIR (Federation for American Immigration Reform) as of March 2023 approximately \$66.4 billion in federal expenditures is attributable to illegal migrant crossers. This cost is staggering and constitutes an increase of 45 percent since 2017 and continues to rise.

Every American citizen has the right to ask our government why unfettered illegal immigration has been permitted since 2020. Unlike in the 1920's, at the dawn of the industrial revolution and corresponding need for labor, many of today's unskilled jobs are being replaced by computer automation. This will inhibit new unskilled migrants from quickly contributing to our country's financial health. Having sympathy for and helping others has always been an American trait but with ever increasing debt, how can we continue at this rate without limits? Politicians lacking any fiscal responsibility will be gone by the time our debt chickens come home to roost.

Illegal crossings in early 2023 totaled more than the individual populations of 38 states: over 8 million people not counting gotaways. 2024 estimates now are over 10 million not to mention the crime, drug and sex trafficking that goes under reported.

Federal and State governments are forced to use funds intended for welfare and Medicare to care for this massive influx of people. Governors and mayors complain they are overwhelmed asking citizens if they can take migrants into their homes. There is no sign of cogent leadership or policy making.

Most Americans support legal and controlled immigration. Continuous unfettered immigration will drive America into ruin.

Tom Carroll, Hillsborough

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🌠 Dining Guide



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Election Results

ANDOVER

| SELECT BOARD (1) | |
|-----------------------------|-----|
| Pecco Beaufays | 118 |
| Donna Duclos | 106 |
| Allan Hitchmoth | 71 |
| SELECT BOARD (2) | |
| Melissa Geyer | 86 |
| Charles Stewart | 210 |
| Dana Swenson | 230 |
| TOWN TREASURER (1) | |
| Deborah Converse | 134 |
| Kayla Chandler | 153 |
| ANTRIM | |
| SELECT BOARD (1) | |
| William Bryk | 135 |
| John Robertson266 | |
| PLANNING BOARD (2) | |
| Dennis Young | 171 |
| Michael Devine | 174 |
| William Fluhr | 180 |
| Michael Redmond | 145 |
| TOWN CLERK (1) | |
| Diane Chauncey | 358 |
| Mary SherBourne | 77 |
| CEMETERY TRUSTEE (1) | |
| Steven Burkhardt | 169 |
| Clark Craig | 238 |
| BENNINGTON | |
| SELECT BOARD (1) | |
| Jim Cleary | 251 |
| Bethany Craig | |
| BRADFORD | |
| SELECT BOARD (1) | |
| | |

Joseph deFabrizio......35 Mel Pfeifle......134 Chip Meany (write-in).....149

PLANNING BOARD (2)

| Shannon Griffin | 228 |
|-------------------|-----|
| Carol Meise | 180 |
| Joseph DeFabrizio | |
| ZONING BOARD (1) | |

| Joseph DeFabriazio72 | 2 |
|----------------------|---|
| William Duffy197 | / |

DEERING

| HILLSBORO-DEERING SCHOOL BOARD (2) | |
|------------------------------------|--|
| 129 | |
| 150 | |
| 95 | |
| | |

DUNBARTON

| SELECT BOARD (1) |
|------------------|
|------------------|

| Lynn Marcou | 73 |
|------------------|-----|
| Michael Kaminski | 208 |

FRANCESTOWN **PLANNING BOARD (1)**

| Susan Kane | |
|-----------------|--|
| Linda Kunkhardt | |
| Gregory Neilly | |

GOFFSTOWN

BUDGET COMMITTEE (4)

| Adam Barriere | 1364 | |
|---------------------|------|--|
| Israel Carey | 1443 | |
| Elizabeth Dubrulle | | |
| Peter Grigorakakis | 1521 | |
| DanO'Connell | 1355 | |
| Melinee Hebert | 1337 | |
| Craig Stansfield | 1380 | |
| AlanYeaton | 252 | |
| Joe Alexander | 1526 | |
| LIBRARY TRUSTEE (2) | | |
| Theresa Curtis | 1553 | |
| Judy Johnson | 1663 | |
| Lisa Mazur | 1597 | |
| LIBRARY TRUSTEE (2) | | |
| Joe Alexander | 1534 | |
| Brian Campbell | 1711 | |
| Elizabeth Jipson | 1684 | |
| SCHOOL BOARD (3) | | |
| Ellen Vermokowitz | | |
| John Carbonneau | 1586 | |
| Laureb Dukas | 1254 | |
| Lindsay Lombo | 1392 | |
| Virginia McKinnon | 1442 | |
| Donna Pined | 810 | |
| Jared Talbot | 1439 | |
| CDEENEIELD | | |

GREENFIELD

No Contested Races

HANCOCK

No Contested Races

HENNIKER

SELECT BOARD (2)

| Kris Blomback | |
|------------------|-----|
| Peter Flynn | |
| Michael Barnard | 89 |
| Gabriel Reynolds | 119 |
| SCHOOL BOARD (1) | |
| Matt Center | 257 |



Election Results

| Courtney Portillo427 | Emma Phipps | 335 |
|--|---|-----|
| Luke Reynard (write-in)244 | Janet Kidder | 667 |
| HILLSBOROUGH | BUDGET COMMITTEE (3) | |
| PLANNING BOARD (2) | Peter Bianchi | 468 |
| Andrew Morris | Megan Brown | 543 |
| Kim Opperman231 | Karen Epstein | 492 |
| Susanne White | Bob Lyon | 382 |
| Dana Clow168 | Travis Sniffen | 270 |
| HILLSBORO-DEERING SCHOOL BOARD (2) | John Tilley | 574 |
| Krista Davison | LIBRARY TRUSTEE (3) | |
| Stacey Morin | David Click | 430 |
| Benny Valenzuela | Jen Cross | 699 |
| HOPKINTON | Eula Kozma | 621 |
| No Contested Races | Thomas Carley | 517 |
| NEWBURY | SUNAPEE | |
| SELECT BOARD (1) | No Contested Races | |
| Scott Wheeler | WARNER | |
| Alison Kinsman124 | SELECT BOARD (1) | |
| LIBRARY TRUSTEE (1) | Faith Minton | 370 |
| Jeanne Palleiko | Karen Coyne | 330 |
| Sharon Stockel143 | BUDGET COMMITTEE (2) | |
| Lynne Tuohy213 | Richard Bixby, Jr | 344 |
| NEW BOSTON | Alfred Hanson, Jr | 400 |
| SELECT BOARD (1) | James Sherman | |
| Joseph Constance | WASHINGTON | |
| | WASHINGTON | |
| NICholas Brezhlak | No Contested Races | |
| Nicholas Brezniak449 FIRE WARDS (2) | | |
| FIRE WARDS (2) | No Contested Races WEARE | |
| FIRE WARDS (2) Bruce McKim784 | No Contested Races WEARE CHECKLIST SUPERVISOR (1) | 928 |
| FIRE WARDS (2) | No Contested Races WEARE | |

NEW LONDON

SELECT BOARD (1)

| | 225 | |
|-----------------------------|-----|--|
| Emma Phipps | | |
| Janet Kidder | 667 | |
| BUDGET COMMITTEE (3) | | |
| Peter Bianchi | 468 | |
| Megan Brown | 543 | |
| Karen Epstein | 492 | |
| Bob Lyon | | |

John Tilley......574 **LIBRARY TRUSTEE (3)**

| David Click | 430 |
|---------------|-----|
| Jen Cross | 699 |
| Eula Kozma | 621 |
| Thomas Carley | 517 |
| , | |

SUNAPEE

WARNER SELECT BOARD (1)

| SELECT BOARD (1) | | |
|-----------------------------|---|--|
| Faith Minton370 |) | |
| Karen Coyne |) | |
| BUDGET COMMITTEE (2) | | |
| Richard Bixby, Jr | | |
| Alfred Hanson, Jr400 |) | |
| James Sherman335 | 5 | |

WASHINGTON

WEARE

CHECKLIST SUPERVISOR (1)

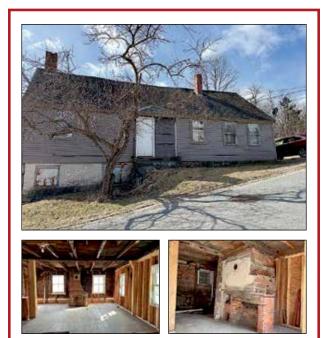
| WINDCOD | | |
|------------------|----|--|
| Maria Fossiano50 | 07 | |
| Kristen Lunden92 | 28 | |

WINDSOR

No Contested Races



Bradford Fire Rescue would like to thank all the Bradford residents that stopped by the firehouse for their pancake breakfast.



ANTRIM: Investors take notice! Sellers bought this property 5 years ago to renovate, but after some improvements have decided not to finish. Was 3 bedroom, 2 bath on two parcels. Town water, sewer, near business district. Lovely view, brook on property. **\$199,900**



A HOME ENERGY AUDIT: PART IV



Your Whole-House Plan: Plan your habit changes. Consider the questions below: • Do you forget to turn off lights and electronics?

- Which items could be unplugged when not in use?
- Are you using window coverings for maximum heating and cooling benefit?
- How can you adjust your heating and cooling to By: Joyce Bosse save energy?
- Could you take advantage of time-of-day electricity rates and complete activities that use large amounts of energy (laundry, dishwashing) at night?

Plan your projects. Make a timeline of projects to do now, in the near future, and over the long term. Start by sealing air leaks and move on to other weatherization projects. Also ask yourself the following questions:

- Where are the greatest energy losses in your home?
- What projects would provide the greatest return on time and investment?
- How long will it take for an investment in energy efficiency to pay for itself in energy cost savings?
- How long do you plan to own your current home?
- What would help make your home most comfortable now? What projects should you plan for the future?
- What can you do yourself? What should you hire out? What is your budget?

Purchase materials and complete projects. Search for federal, state, local, and utility incentives such as tax credits and rebates on the Database of State Incentives for Renewables and Efficiency (dsireusa. org). Visit EnergySaver.gov for guides and videos that show you how to complete DIY projects, including caulking, weatherstripping, installing storm windows, and improving your water heater efficiency.

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> > **A**+

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Hillsborough woman on drug charges



Cassandra Sinks, 28, was stopped at the Hillsboro Park and Ride for motor vehicle violations that occurred on Route 202/9. During the roadside investigation, the officer developed a suspicion of drug activity and was granted consent to search the vehicle. The officer seized methamphetamine and drug paraphernalia. The

defendant was arrested, bailed, and released with a future court date.

Hillsboro man on reckless operation

Scott Daegan, 25, was stopped for reckless operation while turning from Bridge Street onto West Main Street. During the roadside investigation, it was determined he was impaired and he had several open containers of alcoholic beverages in the vehicle. The defendant was arrested, bailed, and released with a future court date.

Hillsboro man operating without license

Scott Lovering, 62, turned himself into Hillsboro PD for an active warrant stemming from a previous incident where he was observed operating a vehicle while he did not have a valid license. The defendant was bailed and released with a future court date

Hillsboro man arrested on drug warrant



Lucas Davidson was stopped by NH State Police for a motor vehicle infraction in another town and was arrested for an active Hillsboro PD warrant for drugs. He was arrested and custody was transferred to Hillsboro PD where the defendant was booked and bailed with a future court date.

Hillsboro man arrested on drug warrant



Drew Flanders was taken into custody without incident, at the Hillsboro District Court, on a warrant. This warrant stemmed from an earlier case where the defendant was found to be in possession of a controlled drug. He was booked and released with a future court date.

Sandown woman arrested on a warrant

Officers responded to Hoit Mill Road for a Health and Welfare check. After assisting the individual, another incident occurred where the welfare of children and an incompetent were compromised. A report was taken and an arrest warrant sought for Katherine Pheanis, 33, Sandown, NH. The warrant was granted and shared with the National Crime Information Center (NCIC). On January 18, 2024, the Auburn, NH Police Department located and arrested Pheanis on this warrant. Pheanis was transported to the Weare Police Department for booking, released on personal recognizance bail and handed an arraignment date at Goffstown District Court.

Weare police arrest Mass man for cocaine

While patrolling South Stark Highway, an officer observed a motor vehicle traveling below the posted speed limit with numerous vehicles behind it. The vehicle turned into Lanc-

tot's Plaza – all stores in the plaza were closed at this time. The officer observed the vehicle's rear license plate light was out. A motor vehicle stop was conducted. While speaking with the male operator, Robert Funa, 47, Manchester, NH, it was suspected he had possession of illegal drugs. After a consent search of the vehicle and locating drug paraphernalia, Funa confirmed he was holding crack cocaine on his person and turned it over to the officer. Funa was subsequently arrested and transported to the Weare Police Department for booking. Funa was released on personal recognizance bail with an arraignment date at Goffstown District Court. The vehicle was towed from the scene.

Weare juvenile arrested for sexual assault

Officers received a report of a past tense sexual assault. An investigation was conducted and juvenile petitions were sought. As this case involves juveniles, no further information will be provided.

Weare man booked on felonious assault

Officers responded to a report of a domestic assault on High Rock Road. While on scene and conducting the investigation officers learned of another assault – (a past tense felonious domestic assault). Lucas Landry, 42, Weare, NH, was arrested and transported to the Weare Police Department for booking. Landry was held on preventative detention without bail by the Bail Commissioner. Landry was transported to the Hillsborough County Department of Corrections with an arraignment set for the next court day at Goffstown District Court.

Missouri man on New Boston sexual assault

Daniel Scott Richter, 39, with a last known address of Tanner Road in Branson, Missouri, on aggravated felonious sexual assault and attempted aggravated felonious sexual assault charges, both felonies. He was accused of raping and sexually assaulting a girl on Aug. 7, 2021, in New Boston.

Franklin man arrested reckless conduct

John M. Duchesne, 38, of Franklin has been arrested on first-degree assault and reckless conduct charges, both felonies. He was accused of shooting another man in Franklin with a .45 caliber handgun.

Newport woman arrested DWI charge

On February 27th, Officer Cooper Dion was traveling north on Route 103 near Trask Brook Road when he observed a vehicle in the opposite lane traveling south at a high rate of speed. Ofc. Dion activated his front-facing, moving Radar and acquired a steady, audible tone of 62-MPH in a 50-MPH zone. Ofc. Dion activated his blue lights and stopped the vehicle in the area of Wendell Veterinary Clinic. Ofc. Dion identified the vehicle operator as Crystal Peacock, 23, of Newport. Ofc. Dion then learned that Peacock was suspended in the State of New Hampshire due to a prior DUI conviction. She was then placed under arrest and charged with Driving After Revocation or Suspension; DUI, which is a Class A Misdemeanor. She was then transported to the Sunapee Police Department for booking and processing per department policy. Due to the unavailability of a Bail Commissioner, Peacock was then transported to the 5th Circuit Court in Newport, NH so she could be bailed and released at approximately 12:00 hours with a court date of March 12th, 2024 at the 5th Circuit Court.

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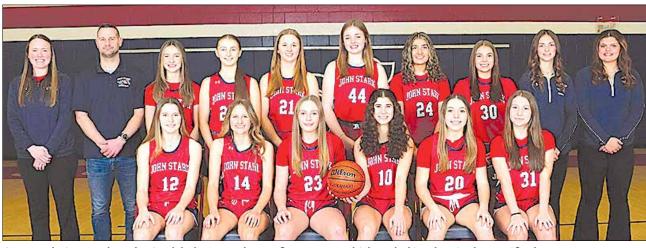
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🜠 Sports



Congratulations to the John Stark lady Generals on a fine season, which ended in a loss in the semifinals.

GIRLS BASKETBALL DIVISION II SEMIFINALS

No. 1 Concord Christian 68, No. 4 John Stark 50: After falling behind 13-2 early into Wednesday night's Division II semifinal, No. 4 John Stark looked to be in deep trouble against No. 1 Concord Christian. The Kingsmen came out asserting their game, forcing turnovers and knocking down shots, and the Generals didn't seem to have an answer. The deficit was 22-11 after the first quarter, and while an Eleanor Girardet 3-pointer for John Stark cut the score to 26-24 just three-and-half minutes later, that was as close as it would come. CCA subsequently took a timeout, outscored the Generals by 13 heading into halftime and walked away with a 68-50 victory.

BOYS HOCKEY DIVISION III SEMIFINALS

No. 2 Pembroke-Campbell 5, No. 6 Kearsarge/Plymouth 0: Pembroke-Campbell controlled Wednesday night's semifinal from start to finish, by outshooting the Cats 17-6 in the first period, with Caden Mix's goal one minute into the game (off an assist from Cam Plumb) giving PAC an early 1-0 lead.

HILLSBORO-DEERING SPRING SPORTS

HDHS will hold tryouts/practices for spring sports on the following dates/times, and at the following locations: Monday - 3/18/24 **Track practice** - 3:00-5:00pm at HDHS Cafeteria. **Boys Lacrosse** practice - 4:00-5:30pm at HDHS Boys Lax Field. **Girls Lacrosse** practice at John Stark - time TBD. **Baseball** practice - 5:00-6:30pm at HDHS Baseball Field. **Softball** practice - 5:00-6:30pm at HDHS Softball Field.

All athletes must be signed up on the school website at www.hdsd.org/athletics, before they can attend a practice or tryout.

All athletes trying out must have a current physical on file with the school nurse, or one ready to turn in to their coach. All athletes trying out must also have current Impact test results readily available if needed. Impact tests will be given to those athletes who need one before their season starts. Lastly, all athletes are responsible for their own hydration for the entirety of the season. Thanks and Good Luck!

Great Brook & Kearsarge Middle Schools Drone Competition



Saturday 19 teams from Vermont, New Hampshire and Massachusetts competed in New Hampshire's First Aerial Drones Competition co-sponsored by Great Brook and the Kearsarge School District. The three teams from Great Brook's Drones Club all finished in the top eight, which qualified each to participate in the teamwork final round. The duo of Ethan and Bodhi, the "Mavericks," won three of the eight trophies overall: the Excellence Award, Skills Champion and Teamwork Champion. The Mavericks placed them fifth of over 400 teams in the World Skills middle school standings. The Great Brook Drones Club is raising money to head to the national middle school drone championship in Chattanooga, Tenn., in May. For information about the REC Foundation aerial drone programs, go to its website at robotevents. com/robot-competitions/adc.

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Meighbors Remembered **6 (1997)**

Andrew Steven Gaskell

KENTUCKY - Andrew Steven Gaskell, 35, husband of Kelsey Rae Royse Gaskell, passed to the hands of God Saturday, March 2, 2024. Born in Peterborough, New Hampshire, on February 27, 1989, he was the son of Donald Paul and Sheryl Yvonne Chambers Gaskell. In addition to his parents and loving wife of 12 years, he is survived by his brother, Timothy (Whitney) Gaskell of Holly, MI; grandmothers, Gwendolyn J. Gaskell of Washington, NH, and Lyndall (Toney) Chambers of Hamton, VA; mother-in-law and father-in-law, Diana and Ronnie Royse; brother-in-law, Andrew (Kayla) Royse; nieces, Elli, and Rosie; nephew, Rhett; Goddaughter, Charlee; and many aunts, uncles, and cousins. Memorial contributions are suggested to Right-Angle Lodge Childrens Christmas Fund, 7735 Irvine Road, Winchester, Kentucky 40391.

Douglas G. Richardson

SUNAPEE - Douglas G. Richardson died peacefully at home surrounded by family. Born and raised in Med-



ford, MA, "God's Country," he was the 5th of 8 children. Douglas is predeceased by his wife, Joyce W. Hill Sargent Richardson; his parents, George and Andrea (Madson) Richardson; sisters, Andrea 'Dot' Ferris, Evelyn Flagherty, and Ethel McDonald; brothers, Russell, Bill 'Wimpy' and Wayne. He is survived

by his brother, Stuart; his children, Barbara (Sargent) Scott, Howard Sargent, Susan (Sargent) Farrington, and Douglas G. Richardson, Jr. He also leaves behind 9 grandchildren and 15 great grandchildren. His celebration of life ("any excuse for a party") will be on March 16, 2024 at Milestone Farm, 175 North Road, Sunapee NH, from 11:00 a.m. onward.

Reed F. Curry

PETERBOROUGH - Reed F. Curry, 73, of Peterborough, passed away peacefully and surrounded by the love of his



family on March 3, 2024, at Jaffrey Rehabilitation and Nursing Center. He was born on April 21, 1950, in New Bedford, MA, the son of George and Helen (Bettencourt) Curry. Reed Curry is survived by his wife, Jayne (Anthony) Curry; son, Dan Curry and partner, Tatiana; brother, David Curry; and sister, Ann Kerouac.

Nieces and nephews include Anna, Maggie, and Jenny Lightfoot; Matthew and David Woodley; Cale and Caitlan Anthony; Chris Kerouac; and many grandnieces, nephews, and cousins. Predeceased by daughter, Rachel; brother, Steven Curry, and parents. Services will be announced at a later date.

Brent MacDonald Cameron

NEW LONDON - Brent Cameron died unexpectedly at his home in New London, NH at the age of 57. He was born on May 11th, 1966 in Concord, NH to Hugh and Judy Cameron. Brent is predeceased by his parents, Hugh & Judy Cameron of Bow, New London and Pine Island, FL. He leaves his sister, Joan Cameron Gordon and her husband, Andy of Amherst, NH; his nephews and niece,

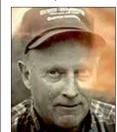


Alexander Gordon of Bangor, ME, Jackson Gordon of Los Angeles, CA and Amanda Gordon of San Fransisco, CA. He also leaves his aunt, Mary Ellin Cameron and cousin, Jessica of Salisbury, NH, his aunt, Barbara Burns of North Sutton, NH and cousins, Jason and Jennie, as well as cousins Kathy, Jennifer and

Peter Cameron. His beloved dog, Bentley remains in the care of his Aunt Mary Ellin. Visiting hours will be held at Chadwick Funeral Home, 235 Main Street, New London on March 23rd 3-5 p.m. and all are welcome. In lieu of flowers please donate to https://donate.bbrfoundation.org A graveside service will be planned for late spring.

Howard D. George

ANDOVER - Howard D. George, 88, of Bridge Road, died Thursday, March 7, 2024 at the White River Junction



VA Hospital. He was born in New London, NH on Sept. 22, 1935 the son of William and Grace (Whitaker) George. He was a lifelong resident of Andover. Members of his family surviving include his wife of 65 years, Eleanor (Smith) George of Andover, NH, a son and his wife, Garry and Lynn George, a daughter, Sally

George, all of Andover, NH; four grandchildren, Jeffrey (Melissa) Connor and their son, Jack, Jennifer Lee and her two children, Christyna and Lyndsey, Cory George and his two children, Novalynn and Azalea and their mother, Chantelle Harris, and Jessica (Kenny) Hodge and her children, Kalvin and Karmelo. A graveside service will be held at the convenience of the family.

Jeanette L. Marcucci

FRANKLIN - Jeanette Marcucci (née Lemire), a longtime resident of Eastham, MA, died on March 7, 2024, after a



period of declining health. She was 88. Born in Franklin, NH, Jeanette was the youngest of 10 children. Each of her parents, as teenagers, emigrated to Franklin from Canada in 1910. Jeanette is predeceased by her husband, Stephen Marcucci of New Haven, CT; her parents, Nestor and Marie (Lavoie) Lemire; and

her siblings, Esther, Germaine, Benoit, Clement, Armand, Theresa, Juliette, Paul, and Henry. Jeanette is survived by 28 nieces and nephews and by family who remember her lovingly as a devout Catholic, a world traveler, a patron of the arts, an actress in community theater, a chronicler of family history, a loyal Red Sox fan, and a kind and generous soul who truly embodied joie de vivre. In lieu of flowers, gifts may be made in her name to: Dana-Farber Cancer Institute, P.O. Box 849168, Boston, MA 02284 or via jimmyfund.org/gift. A calling hour will be from 10-11 a.m. on Friday, March 15th, at St Paul Church -St. Gabriel Parish, 110 School St., Franklin with a Mass of Christian Burial to follow at 11:00 am. Interment will be later at Holy Cross Cemetery in Franklin, NH. Thibault-Neun Funeral Home is assisting with arrangements and an online guestbook is available at www.neunfuneralhomes.com

Manual Street Street Formation Street Formation Formatio

FRIDAY MARCH 15

ART EXHIBITION: "Form and Texture: Contemporary Works In Fiber" at AVA Gallery and Art Center, 11 Bank Street in Lebanon, NH. 11:00am-5pm. More than a dozen fiber artists will have their works displayed in the Linda Roesch Visual Arts Gallery going on through April 11. Free.

SATURDAY MARCH 16

CELTIC MUSIC SHOW: he Jordan TW Trio at the Claremont Opera House, in Claremont, NH, 8pm. Putting a fresh spin on traditional Celtic music, the Jordan TW Trio delivers a dynamic show full of lively fiddle tunes. haunting airs and classic sing-alongs. For over a decade, the Jordan TW Trio have blended the music of Ireland and Scotland with their own original material, drawing on multiple genres. \$25 plus fees. 603-542-0064. TAP INTO MAPLE: 928 White Oaks Road, Laconia, NH. 90 minute programs begin at at the top of each hour, 10 am-2 pm. Experience a Northeast tradition that predates New England—making maple syrup! From tapping a tree to tasting delicious maple syrup, you will take an inside look into every step of the syrup making process. Our naturalists will help you identify maple trees, learn the parts of the tree and their functions, and how the maple sap is turned into syrup. Snowshoes or snow cleats available (no extra charge) to borrow or guests may bring their own. Activity includes around 1 mile of walking on trails with uneven terrain and hills Cost: \$15 (Non-Members); FREE for Members.

TUESDAY MARCH 19

ENVIRONMENTAL LECTURTES: The 2024 Cottrell-Baldwin Environmental Lecture series takes place

Tuesdays, March 19 - April 9, from 7:00-8:30pm, at Fox Forest's Henry I. Baldwin Environmental Center, 309 Center Road in Hillsborough. This year's topics and speakers are: "The Forgotten Forest Primeval," film by Ray Asselin, with Q & A by the NH Natural Heritage Bureau's Jessica Bouchard; March 19. "Remember Winter?" film by and discussion with Gabriel Andrus; March 26. "A Forest Carbon Primer," presentation and discussion with University of Vermont Professor Tony D'Amato; April 2. "The Promise of Building Big with Wood: An Environmental and Economic Answer," presentation and discussion with UNH Cooperative Extension Forest Industry Specialist Andy Fast; April 9. There is no cost to attend, but space is limited and registration in advance is appreciated.

WEDNESDAY MARCH 20

HILLSBOROUGH COMMUNITY THRIFT: To celebrate our upcoming second year of being open there will be a \$2 per bag sale of clothing on March 20 and 23. All you can bag for \$2. All shoes will be \$2 per pair. Hillsborough Community Thrift, 61 W. Main St.

THURSDAY MARCH 21

SOLAR ECLIPSE: March program with NH Astronomical Society, 6:00pm at Fuller Public Library. Learn about a solar eclipse and how to view one safely.

NH HUMANITIES PROGRAM: Rebecca Rule, 7:00pm, Greenfield Library. Free, also, Launch of New Greenfield Historical Society Book. 603-547-3403.

FRIDAY MARCH 22

MONADNOCK CONSERVANCY: invites the public to Stories About This Place at the Peterborough Town House. The doors will open at 6:00pm and the program will run from 6:30-8:30pm. The event is free, in-person, and open to the public.

SATURDAY MARCH 23

PEEPS CONTEST: Enter Fuller Public Library's Peeps Diorama Contest by March 23. Your diorama must feature Peeps, be titled, and add your name to the bottom. Prizes will be awarded, all ages are welcome to enter. EASTER COOKIE WALK: 9:30am-12:30pm at Town Hall. Come join The Warner Historical Society for a Sweet Treat. Cookie Boxes \$10/each and Cookie Bags \$5/each. We will also have a surprise guest ... The Easter Bunny. MUSIC OF FREDDIE MERCURY AND QUEEN: at the Claremont Opera House, Claremont, NH, 7:30pm. Jesse Agan and his band honors the unique one-of-a-kind voice of Freddie Mercury, along with the artistry and complex musicality that Queen brought to life with every show. They encompass Queen's high energy Rock 'N' Roll with killer guitar solos, tight harmonies and catchy melodies, keeping audiences of all ages engaged and entertained from start to end. Join the band as they take you on a journey with iconic songs like "We Will Rock You", "We Are The Champions", "Another One Bites The Dust", "Bohemian Rhapsody", and many more! \$25 + fees. 603-542-0064.

THURSDAY MARCH 28

MAUNDY THURSDAY: 7:00pm at Smith Memorial Church, 30 West Main St., Hillsboro. The Hillsboro Methodist Church and Smith Memorial Church remember this solemn night with a Tenebrae Service and Communion.

FRIDAY MARCH 29

GOOD FRIDAY: 3:00pm procession with a cross from the Hillsboro Methodist Church to Smith Memorial Church, 30 West Main St., Hillsboro for a worship service on the 7 Last Words of Christ at 3:15pm.

SATURDAY MARCH 30

RABIES CLINIC: 12:00pm-2:00pm Bessie Rowell Community Center, Franklin. All dogs must be on a leash, all cats must be in carriers, \$15/dog or cat.

SUNDAY MARCH 31

SUNRISE SERVICE: The traditional community Easter sunrise service is at Intrepid Farm on Center Road (near Fox Forest) at 6:00am.

EASTER WORSHIP: at Smith Memorial Church, 30 West Main St., Hillsboro, begins at 10:30am and is followed by a special Easter egg hunt for the children.

SATURDAY APRIL 6

INDOOR FLEA MARKET AND CRAFT SALE: to benefit Pillsbury Public Library, 9:00am - 2:00pm at Warner Town Hall. Free admission.

LINE DANCE LESSONS: Hillsborough American Legion. Ages 16+ 4:00pm-7:00 pm, 21 7:00pm-9:00pm \$10. Proceeds to benefit fun scholarships for community youth.

DIET AND DENTAL HEALTH



Dr. Esin Narli

are generally good for dental health? A: You're right about the sugar. Your mouth is full

Q: I know sugar's not good for teeth. What foods

of bacteria that naturally occur there. The bacteria love sugar – and starch. And when your teeth are not thoroughly clean, the bacteria eat the sugar and starch that form a film on your teeth – the

plaque. The byproduct of their eating is acid that can eat through the enamel. That's decay.

It's hard to avoid sugar entirely, and you don't have to. Fruit, milk, bread, cereals and vegetables all contain sugar. But avoid sugary snacks. The American Dental Association estimates each sugary snack results in an acid attack on your teeth of 20 minutes or more.

If you feel the urge for a snack, reach for fruit, nuts, seeds raw vegetables, plain yogurt, popcorn, dill pickles and olives. Sugar and starches eaten as part of a meal are less harmful than when eaten alone. During a meal, your mouth is producing substantial saliva, which helps wash away food particles.

Avoid things like cake, chips, cookies and crackers when you're eating them by themselves. In general, eat a balanced diet, including the FDA recommended portions of break and grain, fruit, vegetables, meat, poultry and fish, and dairy – milk, cheese and yogurt. Ask your dentist for more information on healthy eating habits.

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TAKE YOUR MEDICINE



Statin therapy does not exacerbate muscle injury, pain or fatigue in people engaging in moderate-intensity exercise, such as walking, according to a study published in the Journal of the American College of Cardiology. The findings are reassuring for people who experience muscle pain or fatigue from statins but need to engage in physical activity to keep their cholesterol levels low and

their hearts healthy. Statins have long been the gold standard for lowering LDL or "bad" cholesterol and preventing cardiovascular disease (CVD) events, but while generally well-tolerated, they can cause muscle pain and weakness in some. Physical activity is also a cornerstone of CVD prevention, especially when combined with statins; however, studies have shown vigorous exercise can increase muscle damage in some statin users, which can lead to decreased physical activity or cause people to stop taking their medication.

The accepted clinical practice of using beta blockers over the long term to curb the risk of further heart attacks or death doesn't seem to be warranted in patients who don't have heart failure, suggests a large study published in the journal *Heart*. The researchers found no difference in these risks between patients taking beta blockers more than a year after their heart attack and those who weren't on these drugs. Beta blockers are a class of drugs that are predominantly used to manage abnormal heart rhythms, as well as angina and high blood pressure. They are routinely prescribed after a heart attack to lower the risk of recurrence and other cardiovascular complications — a practice referred to as secondary prevention. But, the researchers point out, beta blockers are associated with several side effects such as depression and fatique.

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OTTOMAN: Large Chocolate Brown Ottoman. 42' wide, X 35" deep x 20" high on Casters. Converts to single bed. Purchased new. Very good condition \$225. Call 603-478-5327.

FREE

FREE TO GOOD HOME: Cute English Bulldog pup ready for a new home. Free to a caring family. Contact: danapinzke17@gmail.com

HELP WANTED

PT KITCHEN COOK WANTED: Friendly, laid back environment. Breakfast and/or Day Cook hours. Cooking in our kitchen is like cooking for a big family. Call us @ (603) 464-5561.

Looking for help? Something to sell?

Send your Classifieds to: Granite Quill Publishers 246 West Main St., Hillsboro, NH or email: leighb@tds.net

HELP WANTED DELIVERY DRIVER

Deliver The Messenger to Hopkinton, Bradford, Warner, Newbury, Sunapee & New London

Friday Mornings: Approximately 4 hours. \$100/week. Call 464-3388 for interview.



Four hour (evenings, 5-9pm) and seven hour (weekends, 8am-3pm) shifts available, **\$20 per hour**. Other incentives available.

Weekend drivers needed. Immediate openings. Call Jon at 603-588-2427.

WASHINGTON, NH NOTICE OF A PUBLIC HEARING

Notice is hereby given that a Public Hearing will be held **Tuesday, April 2, 2024** at 6:30 PM in the upper hall at Town Hall.

• To discuss the Business Permit application by Jon Piatt for his Carpentry and woodworking business at 135 Old Marlow Road, TM 11-36.

The public is invited to attend or comment in writing to the Planning Board prior to the hearing.

The Planning Board will hold their regular meeting after the hearing concludes.

TOWN OF ANTRIM NOTICE OF PUBLIC HEARING

ACCEPTANCE OF UNANTICIPATED REVENUE

Notice is hereby given in accordance with RSA 31:95-b that on **Monday, March 25, 2024**, at 6:00 pm at the Antrim Town Hall, 66 Main Street, the Select Board will hold a public hearing to accept unanticipated revenue in the amount of \$14,099.50. Any interested person may attend, and present testimony related thereto.

PUBLIC NOTICE EMERALD LAKE VILLAGE DISTRICT

2024 Loan / Bond Hearing & Budget Review -March 21, 2024 @ 6:30 PM

Emerald Lake Village District will hold a Loan / Bond & Budget Hearing on Thursday, March 21, 2024 at 6:30 p.m. at the Emerald Lake Village District office, 147 West Main Street, Hillsborough, NH. The purpose of the hearing is to discuss a loan from the Drinking Water State Revolving Loan Fund in the amount of \$1,300,000 to be used for water main replacements. Additionally a review of proposed warrant articles will occur.

•• FOR RENT •• Prime, highly visible West Main St. location!

Large Dedicated Office or Retail Area Plus Shared Conference Room, Kitchenette & Bathroom. \$750/Month Electricity Included. Call 603-464-3053 for a showing!



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Hillsboro Christian School

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2 SEATING TIMES: 5:00 PM & 6:30 PM CALL TO RESERVE YOUR SEAT — 603-478-2233 *TAKE OUT ALSO AVAILABLE

FRIDAY • MARCH 22, 2024 337 2ND NH TPKE, HILLSBORO NH 03244

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