



Michael McWhinnie, a future Belmont farmer, gives his hens a ride in the parade.



Ron Mitchell, Parade Grand Marshal, and his wife Gerry as chauffeur.

# Sunshine arrives just in time for Belmont’s Old Home Day celebration

BY DONNA RHODES  
dhrhodes@salmonpress.news

BELMONT — Last Saturday, the Town of Belmont celebrated their 148th Old Home Day since the town was incorporated under the name of Belmont. Despite some morning showers, the sun finally

shown over all the festivities and everyone enjoyed a day and evening filled with music, numerous activities, craft vendors and of course, lots of great food. After a community pancake breakfast under the Tioga Pavilion, runners lined up for the

49th annual Belmont 10-Mile Road Race and the shorter Tioga Fun Race. Cheered on by residents all along the challenging course, it was Corey Lanum of Meredith who crossed the line first with a time of 1:07:12 while Elizabeth Beeson led the way for the

women with her time of 1:12:22. For the Fun Run, Micah Edgren topped the field with his time of 7:22. Competitors said that cool temperatures that followed the early morning rain made this year’s challenging race quite comfortable for the participants.

Throughout the morning many people browsed and shopped the craft vendors who lined the town green or relaxed on the lawn to enjoy the bluegrass/folk music of the Tyler Road Band. Children also enjoyed a number of games and friendly competi-

tions. This year, a portable climbing wall added to the fun, and boys and girls between the ages of three and eight also lined up to take part in the popular Pedal Tractor Pull. Top finishers in three age divisions received a special trophy, SEE BELMONT, PAGE A15

Early deadlines for Labor Day

MEREDITH — The offices of the Winnisquam Echo, located at 5 Water St. in Meredith, will be closed Monday, Sept. 4 in observance of Labor Day. To ensure that our Sept. 7 edition arrives in subscribers’ mail boxes on schedule despite the holiday, the submission deadline for any press releases, letters to the editor, and obituaries intended for publication that week has been moved up to Friday, Sept. 1 at 4 p.m. Submissions can be dropped off in person at our offices or e-mailed to Editor Brendan Berube at brendan@salmon-

press.news. Any submissions received at 4 p.m. on the 1st will be held for publication on Sept. 14. For information regarding the holiday deadlines for display advertising, please contact Tracy Lewis (tracy@salmonpress.news) or Beth Tobyne (beth@salmonpress.news) in Sales at 279-4516, ext. 110. The staff of the Winnisquam Echo thanks our readers for their cooperation with these changes in our normal schedule, and would like to wish everyone a safe and happy Labor Day weekend.

## A childhood dream comes true at Northfield’s Vining Way Farm

BY DONNA RHODES  
dhrhodes@salmonpress.news

NORTHFIELD — Nestled in the woods of Northfield, in the shadow of Highland Mountain, is Vining Way Farm, where Dana Di Paolo’s childhood dream of one day owning a “hobby farm” has now come true. “God’s been good to me and through a lot of hard work here we are today,” said DiPaolo. DiPaolo currently lives year round with his family in Wakefield, Mass., but spends his “downtime” at the remote property he purchased in 2011. “My wife saw this place and knew it was what we wanted for our future,” he said. After renovating the



Vining Way Farm’s property manager, John Ciriello, and his assistant Starr Trefrey are shown holding “Chris” and “Jake,” two large Shamo chickens who readily come out to greet visitors to their home in rural Northfield.

existing home to meet their family’s needs, DiPaolo started working on his own dream by build-

ing barns and other outdoor shelters for some unique birds he brought to the farm. An avid outdoorsman, he also added a pond that he stocked with three species of trout and looks forward to the completion of his newest expansion that of a horseback riding facility for children with autism.

“My brother-in-law has a child who’s autistic, and one of my friends does as well, so this is something that means a lot to me. I want children to come here and spend time with a horse in our riding ring and just enjoy a day on the farm. That’s my whole focus now,” said DiPaolo.

In the meantime, Vining Way Farm is home to a variety of ornamental and heritage fowl, including typical bobwhites, the lesser-known

snow quail, massive Shamo chickens, Call Ducks and Appleyard Ducks. There is even a breeding pair of Rosella Parrots, an unusual species that is hardy to New Hampshire’s challenging climate.

Farm manager John Ciriello explained Call Ducks are known for their loud voice and were SEE FARM, PAGE A15

## Record numbers turn out for Belknap County Fair

BY ERIN PLUMMER  
mnews@salmonpress.news

BELMONT — Animal showings, music, food, tractors and monster trucks, and opportunities for kids to shine could be found at the annual Belknap County 4-H Fair. The 74th annual fair took place over the weekend at the county fairgrounds with a wide array of events and offerings for people of all ages. Past fair president Fran Wendelboe said numbers over the weekend were near record, especially on Saturday. Despite earlier con-



Landon Akerstrom with his sleeping pig Snowflake.

PHOTO BY ERIN PLUMMER

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DONNA RHODES

Some of the young readers at the Hall Memorial Library gathered on the lawn of the library in Northfield last week to enjoy an ice cream social as the “Build A Better World” summer reading program came to a close.



DONNA RHODES

Brothers Oliver and Liam were proud to show off all the beads they earned through Hall Memorial Library’s summer reading program this year.

# Summer reading program comes to a close at Hall Memorial Library

BY DONNA RHODES  
dhrhodes@salmonpress.news

NORTHFIELD — As the 2017 Summer Reading program, titled “Build a Better World,” came to a close last week, Children’s Librarian Julie Dynlingowski of Hall Memorial Library held an ice cream social for the boys and girls where they had the opportunity to build the dessert of their desire after taking

part in a summer filled with great books and special events. Dynlingowski said that throughout the past several weeks, young readers earned beads for a great reading necklace that would allow them to see first hand how many books they had enjoyed over the summer. “We had roughly 100 boys and girls sign up for summer reading this

year, and while not all attended regularly, we had a very dedicated group of readers. For every 100 minutes they read they got to add a bead to their necklaces,” Dynlingowski said. In addition to time spent with a good book, the children also earned other beads by filling in a special Bingo Card Dynlingowski and the staff provided. Listed on each

of the squares were challenges as simple as read for 10-minutes, read with a friend or read with a sibling. Other fun squares on the cards asked them to read in a bathing suit or even a inside a blanket tent on a rainy day. Those who attended several library events, such as Touch A Truck, a drama presentation of “Beauty and the Beast”

by the Hampstead Players, and the fun-filled Teddy Bear Sleepover at Hall Memorial Library last week, also got to select special animal beads to add to their necklaces. “We went to them all, but I think the Ice Cream Social was the best,” said eight-year-old Elise of Northfield. Elise and her sisters spent a lot of time reading this summer. Her favorite books were “Phoebe and the Unicorn” and “Not Quite Narwhal.”

series was most interesting this summer and said he has three more of them at home that he will continue to read as he awaits the start of the new school year. For five-year-old Audrianna, all the books she read were great, but “Good For Nothing” topped her summer reading list. Not all of the participants were able to read on their own, but that didn’t mean they couldn’t take part in the fun. Young Liam’s mom Melissa said she and her four-year-old spent a lot of time reading together and it made for a very fun summer.

## SANBORNTON POLICE LOG

SANBORNTON — The Sanbornton Police Department responded to 53 calls for service during the week ending Aug. 12. The breakdown was as follows: one abandoned vehicle, one administrative license suspension, one in the “All

Others” category, four animal/dog bite complaints, eight requests to assist other departments, one report of criminal threatening, one report of disorderly conduct, one report of an individual endangering the welfare of a child, two house

checks, four medical/fire calls, one missing person report, three money relays, one request for motorist assistance, one motor vehicle accident, four motor vehicle warnings, one neighborhood dispute, seven requests for police informa-

tion, one report of possession of drugs, one complaint of reckless operation, one road hazard complaint, two sex offender registrations, one report of a suspicious vehicle or activity, two thefts, two V.I.N. verifications, and one welfare check.

## TILTON POLICE LOG

TILTON — The Tilton Police Department responded to 323 calls for service and made the following arrests during the week of July 24-30. Please note that the names of juveniles, and those of individuals taken into protective custody but not formally charged, have been withheld.

Arrested during this time period were Felicia Cunningham (as a Habitual Offender), Justin Rapozo (in connection with a warrant), Caitlyn Fillion (in connection with a warrant, and for criminal trespassing), Peter Welch (for driving after suspension), and Crystal Hawthorne (in connection with a warrant).

## Police, fire personnel to update Harmony Grange on emergency preparedness

SANBORNTON — Harmony Grange #99 will host Sanbornton Emergency Preparedness on Tuesday, Sept. 5 at the Sanbornton Public Library upstairs.

Sanbornton Police and Fire will explaining the area’s emergency preparedness. Questions will be taken. Contact Scott Burns for any questions at 203-7727.

## HALL MEMORIAL LIBRARY

- Monday, Aug. 14**  
Chess Club, 3-5 p.m.  
Math Tutor, 4 p.m.  
Trustees Meeting, 5 p.m.  
Open to the Public

**Tuesday, Aug. 15**  
Spanish Club, 10 a.m.  
Tech Tuesday, 2-4 p.m.

**Wednesday, Aug. 16**  
Story Time, 10:30 a.m.

**Friday, Aug. 18**  
Sit and Knit, 2-5 p.m.

**Saturday, Aug. 19**  
Let’s Go Lego

**New Items**  
“Wired” by Julie Garwood

- “Paradise Valley” by C. J. Box  
“Hello Sunshine” by Laura Dave  
“The Late Show” by Michael Connelly  
“Final Girls” by Riley Sager  
“The Breakdown” by B. A. Paris

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# Opinion

A4 Thursday, August 17, 2017

WINNISQUAM ECHO

## STRATEGIES FOR LIVING

### *The meaning of life*

BY LARRY SCOTT

For each one of us, the fantasy of childhood and the dreams generated during our teen-age years inevitably give way to a search for reality. Every thinking man must give serious thought to four fundamental questions, those dealing with origin, meaning, morality and destiny. Where he comes out on each of these will determine how he sees himself, the principles he will live by, and the ultimate outcome of his life after death.

If he finds no satisfying solution to any of the above, or if he refuses to acknowledge what he knows in his heart of hearts is true, he can always procrastinate. He may deny or ignore what, for him, is truth and refuse to give these important principles any further thought.

Last week, we discussed the issue surrounding our origin; this week: the meaning of life.

I will grant that determining what is meaningful and significant to your life is no easy task. The duplicity of the news media, the biased rantings of our politicians, the principles of right and wrong taught in our schools and universities, all challenge your discovery of truth you can live by. Time has demonstrated all too often how wrong the proponents of their take on truth have been.


I was fortunate in that my parents instilled in me a respect for the Bible as God's Word, and it has been a sure guide to help me throughout life. From my earliest day's I made a decision to acknowledge Jesus Christ as the Lord of my life. I am trusting that, guided by these two expressions of divine truth, the Word and the Christ, my life will not have been lived in vain.

In my case, my family has given me a clue. They reflect the principles I have lived by and the truths I have defended and proclaimed for the last 50 years. As I watch them grow and develop families of their own, I am aware that my life's meaning will become glaringly apparent as they determine the meaning of their existence. They are my legacy.

Some men live to acquire wealth, some in quest of power and influence, and some for unrestrained pleasure. None of these ever appealed to me for I had observed too much heartache in the lives of those who had given their best efforts to accomplishing their objectives. I watched as their dreams crumbled and their personal lives ended in tragedy. I chose to give God priority one very early in life and I have never been sorry.

And don't misunderstand me; I am not boasting. I took the easy way out. Living for God never disappoints, and I remain convinced that the writer of the New Testament book of Hebrews has it right in that, "God is and is a rewarder of those who diligently seek him" (11:6). Life is tough; God never promised to be a cop-out from the pressures and crises of life. My journey has not been without times of heartache and disappointment. I have walked through the valley of despair, but God, often in very unusual ways, brought me through. It has been a rewarding life, and I can only dream of what lies ahead.

You want to talk about it? Hit me up at [rlarry-scott@gmail.com](mailto:rlarry-scott@gmail.com).



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## PET OF THE WEEK

## BEAR

The sweetest, cuddliness and sheer playfulness five-month old Bear, handsome little black kitten, will melt your heart when you see him. Found wandering by himself, he was brought in by a concerned citizen.

Somehow little Bear had become separated from his family.

We've provided vaccines, neutered him, and during the veterinary process found him positive for the feline Leukemia Virus. We've sent his blood for special testing to be sure it is the virus and not vaccine antibodies.

Bear is healthy now. He does have a virus present in his blood which presents zero health concern to hu-

mans. We strongly recommend that should he be adopted into a that already has cats, that they receive their leukemia vaccine as a precaution.

With a loving, indoor, safe home, we can expect Bear to lead a relatively normal life. It's true, he may not live to a ripe old age, but surely he can enjoy life to the fullest right now.

Bear would be happy in just about any home, friendly dogs, kind and respectful children, adults who can commit to an indoor only home, and yes, even other cats, as long as they are already vaccine against the virus.

Please come and visit this adorable fellow.



## North Country Notebook

# Cougar, sturgeon, brook and river



By JOHN HARRIGAN  
COLUMNIST

On the afternoon of Thursday, July 13, Brian Motiejaitis was returning from work to his Bear Rock home in Stewartstown when he saw an animal standing in the road a hundred yards or so ahead.

"That's way too big for a fox," he thought, and the closer he got, the more he thought "mountain lion."

A half-hour later, his wife Kerry was nearing home when she encountered a large, cat-like animal walking up the road ahead. She caught up with it, pulled over, stopped and just stared.

"It was only maybe 15 feet away," she said.

The animal turned and looked at her, walked up an old road, and lay down.

"It was without a doubt a cougar," she said, mentioning in particular the long tail.

"It just laid there, peering at me through the grass," she said.

More or less breathless from the experience,



COURTESY

**Kerry and Brian Motiejaitis are certain about what they saw while returning home from work--one just ahead of the other--near the end of Stewartstown's Bear Rock Road.**

she burst through the door and said to her husband "You'll never guess what I just saw!"

His unhesitating reply: A cougar.

"He sort of took the wind out of my sails," she said ruefully.

+++++

For the early part of my life, the Mohawk River was a mysterious place. First, it was the nearest real river from home, although today, looking at it through older eyes, "river" seems a bit of an exaggeration.

Second, my nearest navigable waterway, Beaver Brook (we built rafts to navigate it) flowed right past our back yard, down over an old dam, into what looked like an impenetrable jungle, and into first the Mohawk and then the Connecticut, which is an actual honest-to-gosh river, all 406 miles of it, from

Pittsburg's Third Connecticut to Long Island Sound.

I've always wondered where the Mohawk got its name, a story lost to history but most convincingly resting with the famed, fierce and feared Mohawks of northwestern New York and points beyond.

Similarly, I've always wondered about the name Battle Bridge, a span carrying Route 26 over the Mohawk about halfway between Colebrook and Dixville Notch. I've long thought that the name derived from a battle at an encampment of Coashaukees--an offshoot tribe of the Wobanaki--and marauding Mohawks driven to snowshoe-clad wanderlust.

Local historian Granvyle "Bud" Hulse said he was told something different. "My father said some Italian stonemasons were building the bridge, and a fight broke out," he said.

I like his story even better.

+++++

In the pages of Hawkeye, a hunting and fishing-oriented statewide paper published in Milford, there loomed the figure of a big fish--of the almost prehistoric kind.

It was a 78-pound lake sturgeon, netted this spring by Vermont Fish and Wildlife biologists in Lake Champlain. The fish had been tagged

during similar test-netting back in 1998. Listed by the state as endangered, lake sturgeon is found only in Champlain and three of its rivers.

These huge fish, strange epidermal formations and barbels and all, are members of same family of sturgeon that once ranged in almost all rivers along the East Coast.

Indeed, a kid fishing in, say, the great eddy on the western shore of Amoskeag Falls in Manchester never knew what might take the bait.

While researching a story a few decades ago at the Manchester Historical Society, I came across an old journal account about a boy who was fishing there in the late 1700s when something took his line and ran with it.

The boy, who must have been fishing with something stronger than horsehair rope, fought the leviathan for more than an hour before tossing the line to helpmates and grasping it under the gills. "And I had him!" was the triumphal quote.

And it was, of course, a sturgeon.

*(This column runs in papers covering two-thirds of New Hampshire and parts of Maine and Vermont. Letters should include town and telephone numbers in case of questions. Write to [campguyhooligan@gmail.com](mailto:campguyhooligan@gmail.com) or Box 39, Colebrook, NH 03576.)*

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# Local photographer’s work on display at Sunflower Foods

LACONIA — Sunflower Natural Foods, located at 390 South Main St., has teamed up with Ian Raymond from Raymond Photography at 616 Main St. to put the finishing touch on their newly renovated store. The display features Raymond’s photographs of seasonal flora, depicting the plants from which some of Sunflower’s health supplements are derived.

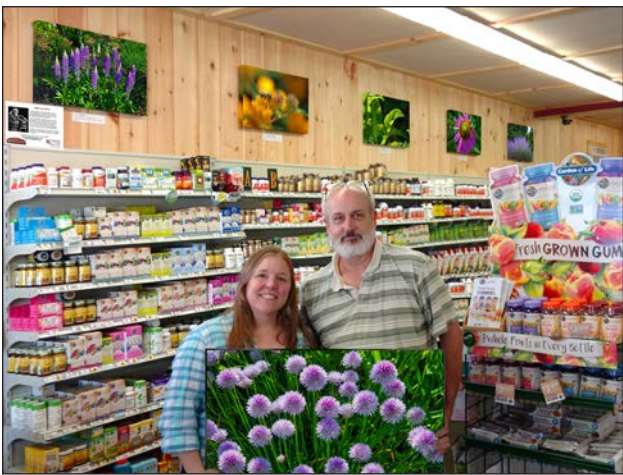
Ian Raymond is celebrating his photographic studio’s 25th year at his Main Street location (39th year working in the photographic industry). The studio specializes in commercial/industrial/architectural photography, including product photography for mail order businesses; fine art portraiture; quality reproductions of original artwork and archival printing for local artists; as well as his fine art photography. His work is available for purchase at Sunflower Natural Foods, at his Main Street studio, at Artisans By The Bay in Meredith, and at Vibes in Concord.

Sunflower Natural Foods has been a community resource for natural foods and alternative health therapies since 1985. Originally on Canal Street, the store

relocated to South Main Street in 1992.

The current Manager, Laura Walker, has worked in the Natural Foods industry for twelve years and in small, local customer service for more than 20 years. She brings her experience as an Educator and Certified Holistic Health Coach as well as her commitment to cultivate awareness in the field of wellness and passion to serve the community.

As Walker states, “Above all, we are here to help. Whether you are searching for a particular product or have questions about natural foods and alternative health therapies, our friendly and knowledgeable staff is always happy to assist you. Sunflower, as a business, is dedicated to connecting people with the products and resources they need to enrich and better their lives. It is our mission to be socially responsible and environmentally sustainable and we’ve designed our business practices to reflect that commitment. We promote optimal health from the individual to the environment. Our dedicated staff includes teachers, a personal trainer and fitness specialist, a yoga instructor,



Laura Walker, manager at Sunflower Natural Foods, and Ian Raymond, owner of Raymond Photography, holding a photograph titled “Chives!” Raymond’s work is currently on display at the newly renovated health food store.

musicians, writers, thinkers, a magician and healthy living advocates.”

Raymond is pleased to be showing his work

at Sunflower.

“I had my work on display at the old location back in the 1980s. It’s great to be back,” he said. “I’ve always loved having this health food store as part of our community, and Laura has done a fantastic job of updating the look and feel of the newly renovated store. I will be changing the exhibit each season with the aim of bringing the natural world in, and to tie the products back to their source.”

Walker says “We’re so excited to have Ian Raymond’s photography on our wall! Please come check out our summer

installment of beauty!”

Sunflower is open Monday - Friday from 9 a.m. to 6 p.m., Saturday from 9 a.m. to 4 p.m. and closed on Sundays. They offer everything you need for optimal health and wellness including quality vitamins, minerals and herbal supplements, therapeutic grade essential oils, organic and local produce, meats, dairy and eggs, gluten-free foods, natural and organic health and beauty products, green cleaning supplies, housewares, eco-friendly gifts and greeting cards, plus local and fair trade goods.

## Pitman’s Freight Room welcomes Katie Dobbins

LACONIA — Pitman’s Freight Room at 94 New Salem St. in downtown Laconia is pleased to announce the following event for this weekend:

Friday, Aug. 19, 8 p.m., \$20: Katie Dobbins, “She is Free” concert

Boston based artist Katie Dobbins draws from a music palette of contemporary folk and new country to establish a genre uniquely her own. With the heart of a poet and a mastery of storytelling, her songs touch on elements of life and relationships in



bins released her debut album, “She Is Free,” on May 7. Soon after its release, “She Is Free” has received critical acclaim from Music Box Pete, Limelight Magazine, and The Deli Magazine and has received airplay on WATD 95.9, WEMF’s Citywide Blackout, and WMNH 95.3. The show will feature Dobbins alongside two other artists, all performing songs and stories in the spirit of freedom, empowerment, and love.

Doors open at 7 p.m., and we are a BYO Venue! For reservations, call 527-0043.

# The world on your menu

LACONIA — If you’ve noticed the aroma of blintzes and other culinary delights in the air, perhaps it is because chefs are preparing their wares for the 16th edition of the Laconia Multicultural Festival. If the breeze carries a whiff of baklava, perhaps it is because bakers are spreading flaky phyllo dough with sweet nutmeats and honey as they, too, rev up for the much anticipated festival to be held at Rotary Park in downtown Laconia.

Mark your calendar for Saturday, Sept. 9 from 10 a.m. to 4 p.m. The event is held rain or shine and admission is free to all. In addition to diverse food selections from across the globe, the celebration features unique crafts for sale and excellent family entertainment. The award-winning event, co-sponsored by the Laconia Human Relations Committee and the Belknap Mill, celebrates the rich ethnic heritage and cultural diversity of the Lakes Region.

“When people travel, they sample the cuisine of the place or culture they visit,” explained Becky Guyer, Multicultural Festival Director. “In fact, some folks arrange their trips around the restaurants they plan to visit! Well, at our festival, you won’t have to journey far. Food from all around the world will be brought to you!”

“Everyone will want to try the creations offered by our participating vendors,” added Martha Kruse, Entertainment Chair. “There’s food from the Philippines by Liza Kelleher and Egyptian food by the Azmy family. We always look forward

to Asian cuisine from the Lanna Thai Restaurant. A wide range of dessert options provide the perfect ending to your meal. Homemade ice cream from Rock Salt Creamery and Syrian desserts at Aissa Sweets are just a few delights that you can choose from. Finally, you can purchase flavored mustards from

Blackwater Mustards to take home for your pantry.”

“It will all be waiting for you at Rotary Park in downtown Laconia on Saturday, Sept. 9 from 10 a.m. to 4 p.m.,” concluded Becky Guyer. “No reservations or passports are needed. And the whole world will be on the menu!”

ways that lift spirits and challenge the soul. Dobbins’ compelling vocal tones, supported by her acoustic guitar or piano

keyboard, paint her lyrical truths into images that stay with you. Contemporary folk and new country artist Katie Dobbins





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At Clear Path for Veterans, we talk about the life cycle of a warrior. When our military members make the commitment to join the armed services, they do so because of a desire to serve. That desire doesn't end upon the completion of their military service - rather our warriors want to continue their commitment to service and show that healthy Veterans transform communities.  
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well-deserved rest and relaxation. Thousands of soldiers die each year to defend their country. United States Army Staff Sergeant Travis Mills was sure that he would become another statistic when, during his third tour of duty in Afghanistan, he was caught in an IED blast four days before his twenty-fifth birthday. Against the odds, he lived, but at a severe cost—Travis became one of only five soldiers from the wars in Afghanistan and Iraq to survive a quadruple amputation.

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### Chad Stuart Masi, 47

ALEXANDRIA — Chad Stuart Masi died unexpectedly of a cardiac event July 19, 2017 at his home in Charleston, S.C., where he lived with his mother, Donna Masi. Born in Franklin Oct. 17, 1969, the son of Donna and Edward Masi, he was raised in Alexandria until he entered the Army after graduating from Newfound Memorial High School. Chad served 1988-1992 in the 82nd Airborne unit with stays in Europe, and frontline Desert Storm in Afghanistan, protecting the Kurds. He was a commercial diver, post discharge from the army, working on oil rigs off the Louisiana coast and in Alaska. He joined Airforce reserves while in North Pole, Alaska, serving 1996-1997 repairing instrumentation and electronics on planes. He moved to Port

Townsend, Wash. in 1999, to live near his sister, Bonnie. He worked as a diver cleaning municipal water tanks in Idaho, Washington and Oregon, preserving forestry in the Olympic Mountains area, plus had his own odd jobs business (wiring horse stables, felling trees, yard chores for elderly, etc.). He enjoyed many hikes and diving Puget Sound for Dungeness crabs and helping the local dive shop owner. PTSD (“Gulf War Syndrome”) chased Chad since his army days, but he was very proud to have served, an active member of the VFW and American Legion up until his death. His love of food often took him into their kitchens to cook for events and fund raisers. Chad lived back in New Hampshire, in the Alexandria and Belmont

areas, 2004 – 2012 (except for 2007 in Boston), until his move to South Carolina. A bizarre accident in June 2013 caused Chad to become an above knee amputee. Even this didn’t stop his love of the outdoors, ocean, fishing and boating. He finally got his V.A. special water prosthesis in June 2017, allowing him to joyfully play in the waves at Folly Beach S.C. with mom looking on. Chad was predeceased by his father, Edward, on April 25, 1994. He’s survived by sister, Bonnie Masi; brother Lance Masi; and mom, Donna, many friends, and three cats – Timmy, Buzz and Stinkums. A memorial was held at Sunrise Beach, S.C., on July 31, 2017. The family will hold a memorial gathering on Lance’s mountain property in Alexandria.

### Rachel J. Glidden, 98



TILTON — Rachel J. (Faloon) Glidden, 98, a longtime resident of Tilton, died Friday, July 28, 2017 following a period of failing health. Rachel was born in Winn, Maine, Oct. 16, 1918, daughter of Claude and Bessie (Ireland) Faloon. She moved to Tilton in 1945. She was employed for over 20 years with the former Tilton Dress Shop in Franklin, and the Tilton Endless Belt Shop in Tilton for 10 years. Rachel was a member of the International Garments Union. She was a lifelong active member of the Northfield-Tilton Congregational Church in Tilton. Following her retirement, she served as a Foster Grandparent at the Paul Smith School in Franklin for over 21 years, retiring from there at the age of 91. During her younger years, Rachel enjoyed deer hunting. In 2016, she was honored by the Town of Tilton with the

presentation of the Boston Post Cane. She was the oldest resident of Tilton to ever receive the Cane. She was invited to ride in the Old Home Day Parade in a convertible with the banner for “Boston Post Cane” outside. Rachel’s daughter, Ann Glidden, attributed her mother’s longevity to staying active. She and her mom walked often at the local mall, and Rachel continued to care for her own chores and housekeeping into her late 90s. She was predeceased by her husband, John A. Glidden, who died in 1976.

Rachel leaves her son, Claude V. Glidden of Littleton, Colo.; daughters, Betty L. Hanks of Hill and Ann Glidden of Tilton; grandchildren Trisha Bilodeau of Franklin, Danny Hanks of Hill, Michael S. Glidden of Parker, Colo., and David Hanks of Nashua; several great and great, great-grandchildren; and special cousins. Following wishes with Rachel’s through, there were no calling hours. A memorial service was held on Wednesday, Aug. 9, 2017 at 1 p.m. at the William F. Smart Sr. Memorial Home, Franklin-Tilton Road (584 West Main St.) in Tilton. Burial was in the family lot at Park Cemetery in Tilton. Expressions of Sympathy may be made in Rachel’s name to the “Friends Program,” 202 North State St., Concord, NH 03301. For more information, go to [www.smart-funeralhome.com](http://www.smart-funeralhome.com).

### James Vincent Savage, 81

BELMONT — James V. Savage, 81, a resident of Belmont for over 30 years, died Sunday, Aug. 6, 2017 at the Veterans Administration Care Center in Manchester following a period of failing health. Jim was born in Tupper Lake, N.Y., May 12, 1936, son of the late, James H. Savage and Louise (Coutu) Savage. He was a 1954 graduate of Holy Ghost Academy in Tupper Lake and Salutatorian of his class. Jim later attended the Lemoyne College in Syracuse, N.Y., graduating after four years with his Accounting Degree. During the Vietnam War, Jim served honorably from 1959 until 1962 with the U. S. Army, discharged with the rank of Sp4 (T). On March 3, 1962, he married his wife of 55 years, Mary Anne (Perth) Savage. He worked for many years as a self employed Certified Public Accountant and was a member of the Ameri-



can Institute of Certified Public Accountants (AICPA). Jim enjoyed the outdoors, and his favorite hobby, firearms and shooting. He was a parishioner of St. Joseph Church in Laconia, and he and his wife were also active with Immaculate Heart of Mary Church in Concord. He leaves his wife, Mary Anne Savage of Belmont; daughter, Lisa M. Savage of Chichester; son, Vincent J. Savage of Belmont; granddaughter, Alexandria W. Savage of Chichester; a brother, Gerald H. Savage of Tupper Lake,

N.Y.; nieces and nephews, along with many good friends. Calling hours were held Wednesday, Aug. 9 from 5 to 7 p.m. at the William F. Smart Sr. Memorial Home, Franklin-Tilton Road (584 West Main St.) in Tilton. A Mass to celebrate the life of James was held Thursday, Aug. 10 at 10 p.m. at Immaculate Heart of Mary Church, 180 Loudon Rd. in Concord. A gathering followed at the church. Committal prayers followed by military honors were offered Thursday afternoon at 2 p.m. at the New Hampshire State Veterans Cemetery, 110 D.W. Highway, Boscaawen. Those wishing may make memorial donations in Jim’s name to the CCD Program, Immaculate Heart of Mary, 180 Loudon Rd., Concord, NH 03301. For more information, go to [www.smart-funeralhome.com](http://www.smart-funeralhome.com).

### Robert J. Robillard, 88



SANBORNTON — Robert J. Robillard, 88, of Sanbornton, passed away on Aug. 1 after a brief illness. Robert was born in Providence, R.I. on Aug. 19, 1928, son of Fred and Eva (Gagnon) Robillard. He spent his youth in Central Falls, R.I. and New York City. He graduated in 1951 with a Bachelor of Education from the University of Rhode Island and a Master of Science from Syracuse University in 1959. In 1951, Robert married the love of his life, Harriet (Fuller) Robillard. He was a devoted father to five daughters and one son (Linda Penn and husband, Murray, of Connecticut, Diane Robillard (deceased), Susan Santos and husband, John, of Connecticut, Gail Robillard and husband, Doug Fillion, of Sanbornton, Sandra McGrath and husband, Bill, of Tennessee, and

Robert H. Robillard of Sanbornton). He loved his eight grandchildren (Diana, Jessica, Chuck, Kraig, Jesse, Ryan, Olivia, and Meredith), as well as his 10 great-grandchildren (Joshua, Emma, Eleena, Aaron, Zaley, Koen, Adileen, Evan, Lillian, and Levi). He is also survived by his brothers, Paul Robillard of Rhode Island and Roland Robillard of New Hampshire. His was pre-deceased by his brother, Henry Robillard. Robert was a beloved science teacher

at Tilton-Northfield High School in Tilton, Fayetteville-Manlius High School in Manlius, N.Y., and Fox Lane High School in Bedford, N.Y. He loved bicycling, sailing his Sunfish, traveling the country with his wife in their RV, working on his model train display with his son, and restoring old automobiles, especially Peugeots, Mercedes, and his prized 1968 Silver Shadow Rolls Royce. A private burial has taken place at St. John Cemetery. To honor Robert’s life, please send memorial donations to the Cystic Fibrosis Foundation, P.O. Box 52074 Phoenix, AZ 85072-2074. Assisting the family is the William F. Smart Sr. Memorial Home in Tilton. For more information, go to [www.smartfuneralhome.com](http://www.smartfuneralhome.com).

### Helen Vessichio, 85



HANOVER — Helen (Crawford) Vessichio, 85, of Hanover Terrace, formerly of Northford, North Haven and South Meriden, Conn., passed away Wednesday, Aug. 9, 2017, with her son and daughter in law by her side. She was born in Columbia on Feb. 15, 1932. She was the wife of the late Anthony Vessichio; mother of Robert and Beth (Brown) Vessichio, of Cornish; grandmother of Breana Vessichio and John McNair of Wallingford, Conn. and Brenden Vessichio, Berlin, Conn.; step-grandmother to Sara Ayimbila and Chris Arsenault of

Belmont, Josh Steinbeck of Boulder, Colo. and Jake Steinbeck of West Lebanon. She also left behind many friends, nieces and nephews. Helen was a LPN, and formerly worked at the Yale New Haven Hospital.

Visiting hours were held Sunday afternoon, Aug. 13, from 2 to 5 p.m. at the Bailey Funeral Home, Lancaster. A funeral service was held Monday morning, Aug. 14, at 10 a.m. at the Christ United Methodist Church, Lancaster. Rev. Richard Boyden, pastor, officiated. She was laid to rest beside her beloved mother, Glide Pratt, and Step father George in Summer Street Cemetery, Lancaster. We would also like to ask in lieu of flowers, donations be made in her memory to Alice Peck Day Memorial Hospital, 10 Alice Peck Day Dr., Lebanon, NH 03766 or the Lake Sunapee Region VNA, 107 Newport Rd., New London, NH 03257. Please go to [www.baileyfh.net](http://www.baileyfh.net) for more information or to send an online condolence.

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# Bank of New Hampshire’s Prestige Plus members travel to the Land of Fire and Ice

LACONIA — Bank of New Hampshire’s Prestige Plus members recently returned from a trip of a lifetime as they toured Iceland, the Land of Fire and Ice!

Highlights included: Reykjavik Golden Circle Thingvellir National Park Gullfoss Waterfall Geysir Snaefellsnes Peninsula Cave Hike or Lava Field Walk Breiðafjörður Bay Seljalandsfoss Vík Eyjafjallajökull Volcano Visitor Centre Skogar Museum Skógafoss Jökulsárlón Glacial Lagoon Skaftafell National Park Vatnajökull Glacier Blue Lagoon

Valerie Drouin, SVP - Prestige Plus Manager stated, “This was the first time Bank of New Hampshire has escorted our customers to Iceland since the program’s inception in 1989. The dramatic contrast of a land formed by fire and ice with steaming lava fields, hot springs, fjords, glaciers, and waterfalls, give Iceland a unique beauty.”

Drouin went on to say, “This adventure tour was on many member’s bucket list! Iceland is the fastest growing tourist destination right now. It is extremely satisfying to realize that Bank of New Hampshire is fulfilling people’s dreams through the Prestige Plus travel program.”

The tour began in the beautiful capital city of Reykjavik, where the group enjoyed the city including the quaint old section with the Hallgrímskirkja Church, city hall and harbor. From Reykjavik, the group traveled the Golden Circle, a route encompassing many of Iceland’s most renowned natural wonders. The circle includes a UNES-



Valerie Drouin, SVP - Prestige Plus Manager with her husband, Tom, in front of Gullfoss Waterfall in Iceland.

CO World Heritage site called Thingvellir’s rift valley and one of the globe’s most significant landscapes marking the point where the North American and Eurasian tectonic plates meet. The group marveled at the beauty of the Gullfoss waterfall, a 100-foot double cascade.

A highlight of the trip was a visit to the Snaefellsnes Peninsula and Breiðafjörður Bay, where Prestige Plus members enjoyed a nature cruise where they tried delicious fresh scallops and sea urchin roe straight from the ocean! The cruise also provided up-close viewing of countless birds like puffins, cormorants, fulmars and white tailed eagle.

Then it was on to Iceland’s southern coast and the town of Vík. The group visited a family that keeps alive a 400 year old tradition of catching and preserving Greenland Shark. While in Vík, there was a visit to the Skogar Museum, with a collection covering all aspects of Icelandic life and a visit to one of the largest waterfalls in Iceland, Skógafoss; as well as a trip to the Eyjafjallajökull Volcano Visitor Center.

Another highlight

in Iceland was a visit to Skaftafell, the gateway to Vatnajökull National Park, the largest national park in Europe, with Iceland’s highest mountains and Europe’s largest glacier. A trip to Iceland would not be complete without a visit to the famous Blue Lagoon, a geothermal pool located in the middle of a lava field. Prestige Plus members witnessed steaming lava fields and volcanic landscapes; massive glacier sculpted mountains and valleys with thundering waterfalls, plunging fjords and lupine filled fields. They came away from the journey with wonderful memories of a land of dramatic contrasts.

“We plan all of our trips months in advance and customize them to meet the needs of our valued Prestige Plus members,” stated Drouin. “With 28 years of experience in the bank travel industry, our customers know when they sign up for a trip the quality will be unsurpassed. Our Prestige Plus Travel program was recognized as one of the top bank programs in the country. We plan and arrange these trips as a way to thank our members for choosing Bank of New Hampshire.”

To learn more about Bank of New Hampshire’s Prestige Plus program, contact Valerie Drouin, SVP - Prestige Plus Manager at 527-3207 or [DrouinV@banknh.com](mailto:DrouinV@banknh.com).

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COURTESY

## Rotary Club announces winner of Golden Ticket Raffle

Tilton-Northfield Rotary’s treasurer, Bill Lawrence, was pleased to present Pecco Beaufays with a check for \$10,000 as the winner of their Golden Ticket raffle. The raffle, which began earlier this spring, raised money for Rotary International in their worldwide fight against polio and to provide much needed clean water to people in Honduras. Proceeds from the Golden Ticket campaign will also support the efforts of Winnisquam Regional High School’s InterAct Club, a junior association of Rotary, which is working to provide Shelter Boxes and Disaster Relief around the world.

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# SUPER SENIORS

## Make vacations and travel a key component of retirement

When the time comes to bid farewell to conference calls, meetings and daily commutes, retirees have open schedules to fill with whichever activities they choose. Travel is one exciting way to pass the time.

Traveling can be a rewarding prospect for active seniors, particularly those who successfully preplanned for retirement and have the income to fund various excursions. Many seniors, both in the United States and Canada, find that travel tops their to-do lists once they retire. According to Senior Travel magazine, new travel options are emerging for newly minted retirees looking for something a little different from the status quo.





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The list of destinations retirees have at their disposal is limitless. The following ideas are some of the more popular ways retirees choose to travel.

• Road trips rule. Taking to the highways and byways is an excellent way to see the country. Seniors can customize their routes depending on which places they want to visit. RV travel can be as comfortable or as rustic as travelers prefer. Many seniors spend months traveling in their campers, which offer many of the same amenities of home. Campsites and special RV hook-up sites offer the other necessities of traveling the open road.

• Genealogical tourism is

popular. People hoping to trace their ancestry and visit their ancestral homelands are one of the fastest-growing travel segments. Visiting an old church in Europe where ancestors were married or buying food from a market in which a great aunt or uncle once worked leads retirees on many international adventures. Such trips provide travelers with a unique opportunity to understand their roots up close and personal while enjoying some international travel along the way.

• Exotic tours can be exciting destinations. History buffs or adventure-seeking couples may be particularly attracted to exotic travel destinations that are slightly off of the beaten path. Travel tours may take vacationers to destinations such as excavation sites or backpacking through the rainforest. With passport in hand, seniors can go just about anywhere their desires take them.

• Enjoy a relaxing seaside trip. A seaside vacation can be the perfect trip for seniors who want to put their feet up and sip some cocktails while watching the waves lap the shores. Many beach resorts offer all-inclusive packages for different age groups. Meals, excursions and hotel rooms can be bundled into one affordable, confusion-free price.

• Go cruising. Speaking of all-inclusive vacationing, cruising seems tailor-made for those ages 50 and older because it offers the convenience of accommodations, food, entertainment, and transportation all in one. The various activities offered on the ship mean travelers can find ways to spend their time how they see fit. Cruising couples can opt to spend all of their time on the ship enjoying carefully prepared meals and entertainment or disembark and explore the various ports of call along the way.

Now that they have more free time, retirees can gear up for travel adventures to remember.

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# SUPER SENIORS

## 3 money-saving travel tips for retirees

Though a transient lifestyle is something few people aspire to during much of their lives, come retirement, the idea of staying in a place for only a short time has more appeal.

According to a 2014 study from the Transamerica Center for Retirement Studies, 36 percent of baby boomers want to spend their retirements traveling. Many are succeeding in doing just that, as a study from the luxury travel network Virtuoso found that today's seniors spent an average of just over \$11,000 per year on travel. That was more than any other generation, highlighting just how much older adults like to get out and explore the world.

Retirees who fear they cannot afford to travel can explore the various ways for seniors to cut costs and still satisfy their wanderlust during retirement.

**1. Take advantage of age-related discounts.**

Some adults prefer to hide their ages, but when it comes time to travel during retirement, honesty is the best policy. Many businesses that cater to travelers offer discounts to seniors. Car rental agencies, hotels, travel agencies, and cruise lines may offer direct discounts to customers 65 and older, while membership in organizations such as AAA and AARP may make seniors eligible for additional discounts. Discounts on lodging and airfare might net the biggest savings, but even discounts on various smaller expenses can add up to big savings.

**2. Don't overlook travel agencies.**

While many prospective travelers' first instincts are now to visit various travel websites in an effort to find the most affordable trips, it's important that travelers not overlook travel agencies when planning trips. Travel websites, though a valuable resource, only list the hotels and airlines that agree to be included on their sites. While many participate, some do not, and those that do not may instead work independent of travel websites or partner with travel agencies. Travel agencies have access to the latest information, and many specialize in certain countries, knowing all the attractions visitors to their countries want to see. Travel agencies may offer packages that include admissions to popular attractions, which can be more affordable than planning a trip a la carte.

**3. Travel as part of a group.**

Group travel may not appeal to everyone, but it should appeal to older, budget-conscious travelers. Retirees who are uncomfortable driving at home will likely be even less comfortable driving in foreign countries where the rules of the road are not the same. Traveling in groups, whether it's with a



retirement community, religious organization or another program, can save travelers substantial amounts of money. Many hotels and tourist attractions offer steep discounts for group tours, which

can even be arranged through travel agencies. A hidden benefit of signing up for a group tour is the chance to meet new people and develop new relationships with fellow globetrotters.

Many working professionals hope to spend the bulk of their retirement traveling the globe. While such a goal is potentially costly, there are various ways to save and still see the world.



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# Genesis Behavioral Health finances construction project with Meredith Village Savings Bank

LACONIA — With financing help from Meredith Village Savings Bank (MVSb), Genesis Behavioral Health is consolidating its clinical and administrative offices in Laconia into a single facility at 575 Main St. The new facility will improve patient care, create efficiencies for sustainability and allow for the expansion of services to best meet the needs of the 24 communities it serves. The project is expected to complete in early 2018, and will improve accessibility of Genesis' services in the Lakes Region.

With locations in Plymouth and Laconia,

Genesis is a private non-profit organization that serves close to 4,000 people throughout the greater Lakes Region, providing outpatient and emergency mental health care.

"It has been my pleasure to work with Genesis for the financing of this construction project," said Gracie Cilley, Vice President, and Commercial Loan Officer for MVSb. "I was especially impressed to see how consolidating its offices will increase efficiencies, which helps patients gain better access to services."

"We're very grateful to Gracie and MVSb, who have helped



Margaret Pritchard, Executive Director of Genesis Behavioral Health and Gracie Cilley, Vice President and Commercial Loan Officer for MVSb.

make this project happen," said Margaret Pritchard, Executive Director of Genesis Behavioral Health. "In our new location, we will be able to expand services

need it. It's more critical than ever for patients to have the best possible care they can get."

Founded in 1966, Genesis provides integrated mental and physical health care for people with mental illness. It is designated by the State of New Hampshire as the community mental health center of Belknap and the southern Grafton Counties. Offering outpatient and emergency mental health care, Genesis is a private, non-profit corporation that serves children, adults, elders and their families throughout the Lakes Region. For more information, visit [www.genesisbh.org](http://www.genesisbh.org) or call

524-1100.

For nearly 150 years, MVSb has been serving the people, businesses, non-profits and municipalities of Central New Hampshire. MVSb and its employees are guided by the values of accountability, mutuality, excellence, respect, integrity, teamwork and stewardship. To learn more, visit any of the local branch offices located in Alton, Ashland, Center Harbor, Gilford, Hampton Falls, Laconia, Melvin Village, Meredith, Moultonborough, Plymouth, Portsmouth or Wolfeboro, call (800) 922-6872 or visit [mvsb.com](http://mvsb.com).

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# Meredith Village Savings Bank James D. Sutherland Memorial Scholarship recipients announced

REGION — Meredith Village Savings Bank (MVSB) is pleased to announce this year’s recipients of the James D. Sutherland Memorial Scholarship. The scholarship is awarded annually to one graduating senior each from Gilford, Inter-Lakes, Kingswood, Laconia, Moultonborough, Plymouth Regional and Prospect Mountain High Schools. These schools are located in towns where MVSB has a branch. In 2018, the scholarship will expand to include Portsmouth.

This year’s recipients include:

- Cameron Place of New Durham, son of Daniel and Lynette Place, attending Husson University in Maine
- Jenna Morrison of Plymouth, daughter of Dan’ee Morrison, attending Saint Anselm College
- Johanna Morris of Gilford, daughter of John and Lisa Morris, attending the University of Rhode Island
- Kadidja Conde of Laconia, daughter of Silaty Conde, attending American University in Washington D.C.
- Kelsey Mako of Moultonborough, daughter of Bob and Connie Mako, attending the University of New Hampshire
- Matthew Duffield of Meredith, son of John and Allison Duffield, attending Concordia University in Montreal, Quebec
- Naomi Murzin of Barnstead, daughter of Donald and Rebecca Murzin, attending Keene State College

The Sutherland Memorial Scholarship was established in memory of James Sutherland, who served as President and CEO of Meredith Village Savings Bank between 1982 and 1996. Students interested in applying for the 2018 scholarship are encouraged to contact their guidance office.

For nearly 150 years, MVSB has been serving the people, businesses, non-profits and municipalities of Central NH. MVSB and its employees are guided by the values of accountability, mutuality, excellence, respect, integrity, teamwork and stewardship. To learn more, visit any of the local branch offices located in Alton, Ashland, Center Harbor, Gilford, Hampton Falls, Laconia, Melvin Village, Meredith, Moultonborough, Plymouth, Portsmouth or Wolfeboro, call (800) 922-6872 or visit mvsb.com.

# Laconia Academy offers diploma courses for fall semester 2017

LACONIA — Laconia Academy is the adult evening high school diploma program in the Lakes Region. The diploma program provides adults with a “second chance” to earn a high school diploma.

Laconia Academy serves three types of students.

1. Students who require credit recovery. These students need a couple classes to get them back on track for graduating with their peers from their own high school. (Approval by their High School Principal or Guidance Department is required)
2. Students who require a high school diploma or students who transfer into our diploma program and plan to graduate from our 20 credit diploma program and take a class or classes with Laconia Academy to accomplish this. (Note: This is for any age after high school or students of high school age must be turning 18 over the course of the year and require permission from their high school Principal or Guidance Department.)
3. Students who have graduated from high school but lack pre-requisites for nursing or similar field in the areas of Biology w/Lab, Chemistry w/Lab, Algebra I or II.

The Fall Semester 2017 classes start the week of Sept. 5. The following courses will be offered: Physics, Human Biology & Lab, Chemistry & Lab, Current Events & Global Issues, Foundations Math I, Intro to Creative Writing, Algebra I & II, and Reading the Memoir to Write a Memoir.

One vital piece of paper needed at the time of enrollment is a copy of one’s high school transcript from the last high school attended. It is necessary in order to transfer those previously earned high school credits to one’s current record at Laconia Academy.

Laconia Academy has limited scholarship help for those students demonstrating financial need.

Statistics show that one out of four adults in New Hampshire does not have a high school diploma. This often causes individuals to be ineligible for a job or promotion. Do this for yourself and invest in your future. Go back to school and earn a high school diploma.

Call 524-5712 to learn more or start the enrollment process or stop into the Laconia Adult Education office located at Laconia High School.

Go to [adultedlaconia.weebly.com](http://adultedlaconia.weebly.com) for course offerings.

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## Edward Jones: Financial Focus

### Stay Calm on the Investment “Roller Coaster”

Unless you live near an amusement park that does a lot of advertising, you probably didn’t know that Aug. 16 is National Roller Coaster Day. Actual roller coasters provide people with thrills. But as an investor, how can you stay calm on the “roller coaster” of the financial markets?

Here are some suggestions:

- Know what’s in front of you. If you’ve ever ridden a roller coaster in the dark, you may find it scarier than if you boarded it in daylight – after all, it can be unsettling not to know where you’re going. The same can be said about investing: If you have no idea what’s in front of you, you might find the journey unnerving – and if that happens, you could make panicky decisions, which are usually bad ones. So prepare for the inevitable market volatility – it’s a normal part of the investment landscape.
- Buckle up. When you’re on a roller coaster, you need to buckle your seat belt or use a restraint. You want to have the excitement of the ride, but you certainly don’t want to take unnecessary risks. And you can enjoy some of the excitement of investing without incurring more risk than you are comfortable with, too. One way to lower your risk level is to diversify across a range of investments – stocks, bonds, government securities, and so on. That way, if a market downturn primarily affects just one type of investment, you’ll have some protection. However, although diversification can reduce the impact of volatility on your portfolio, it can’t protect against all losses or guarantee a profit.
- Choose a strategy for the journey. Different people have different ways of handling a roller coaster ride. Some like to throw their hands up, enjoying the feeling of abandon, while others hold on tightly to the bar in front of them. When you invest, you also need a strategy that works for you, and the best one may be the simplest: Buy quality investments and hold them for the long term. How long is “long term”? It could be 10, 20, 30 years or more. Famed investor Warren Buffet says his favorite holding period is “forever.” If you’ve chosen a mix of quality investments appropriate for your risk tolerance, you may be able to hold them until either your goals change or the investments themselves undergo some transformation.
- Stay for the whole “ride.” When you hop on a roller coaster, you’ve got no choice – you’re staying until the ride is over. As an investor, though, you can exit the investment world whenever you like. But if you take a “time out” from investing every time the market drops, you risk still being out of the market when it rallies – and the early stages of a rally are often when the biggest gains occur. Furthermore, if you keep investing during a “down” market, you’ll be buying shares when their price has dropped, which means your dollars can go further – and you’ll be following one of the basic rules of investing: “Buy low.” You can’t take out all the twists and turns of the investment road, but by following the above suggestions, you can help make the ride less stressful – and possibly more rewarding.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. For more information or to sign up for their monthly newsletter, contact your local Financial Advisor.



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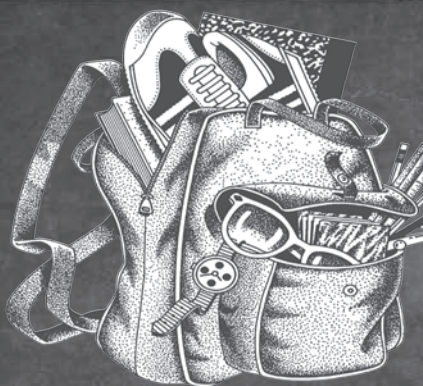
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COURTESY

“Gypsy” comes to Interlakes Summer Theatre for one week only

Rebecca Tucker, Emma Flynn Nancy Barry and Tom Hallett appear in “Gypsy,” the musical at Interlakes Summer Theatre, one week only, Aug. 16-20. For information, visis interlakes-theatre.com or call 707-6035.



BACK-TO-SCHOOL!

7 ways to make mornings less hectic

Many families find the rush is on to make it to school and work on time each morning. Feeling rushed in the morning is a recipe for added stress. Rushing through things is a poor way to begin a day, and those feelings of uneasiness can put a damper on the rest of the day ahead. Making mornings less hectic involves a few different strategies that parents and kids can easily incorporate into their daily routines.

- Wake up slightly earlier. Getting up earlier than normal, even if it's just 15 to 20 minutes before you're accustomed to getting out of bed, can help reduce morning stress. Resist the temptation to hit the snooze button over and over again. A few extra minutes each morning can make you feel more relaxed and make for a smooth, stress-free start to the day.
- Get some work done the night before. Prepare lunches the night before and have them ready in the refrigerator. In addition, lay your clothes for the following day out each night. This saves time and takes a couple more things off your morning to-do list.
- Ease back into a routine. As a new school year dawns or a long vacation comes to an end, begin going to bed earlier and start waking up earlier as well. This can make the transition

from carefree mornings to busy mornings go more smoothly.

- Prep backpacks in the evening. Look through folders, sign paperwork, check assignments, and do whatever is you need to do the night before to save your family from having to scramble in the morning. This ensures those permission slips get signed and items make it back into school bags.
- Opt for school lunch a few times. Look ahead on the school lunch menu and speak with children about which meals they enjoy. Let kids purchase school lunch on those days to give yourself a day off from lunch detail.
- Have quick breakfast foods available. Smoothies, cereal bars, oatmeal, and whole-grain cereals are fast and nutritious ways to start the day.
- Carpool whenever possible. Busy families can save themselves extra work by proposing a neighborhood carpool. Sharing school dropoff detail frees time up for parents once or twice a week, and kids may enjoy traveling to school with their friends. Mornings can be tricky when family members are getting ready for school and work at the same time. By practicing a few daily rituals, it's possible to curb the rush and start the day happier and more relaxed.



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FARM

CONTINUED FROM PAGE A1

therefore used as live decoys for duck hunters in England many years ago. While many Call Ducks can resemble a standard mallard, they have smaller bills and tiny feet and are, actually quite cute, he admitted.

“They’re really a great bird; they’re like a caricature of a mallard,” Ciriello said.

Appleyards are the farm’s most popular ducks, though. Their soft beige, gray and white feathers are quite attractive, and their friendly demeanor has made them a big hit with most visitors to Vining Way Farm.

“They’re just very tame and docile birds. They love to snuggle,” said Starr Trefrey, a caretaker at the farm.

Chickens, such as Wyandottes and Speckled Sussex, are another popular feature of the farm, but the giant Shamo chickens are always an attention-getter.

Shamos, Ciriello explained, are the world’s tallest chickens and are known to be not only friendly but quite intelligent, too. As a demonstration, he brought out “Chris,” the farm’s beloved mascot who not only follows he and Trefrey around the property each day but will also jump high in the air to get a treat.

“Chris was hand-raised by my daughter.



DONNA RHODES

Pretty Appleyard ducks are one of the several breeds of ornamental and heritage fowl that can be found at Vining Way Farm in Northfield.

I don’t think she knows she’s a chicken. She acts more like a dog sometimes,” said Ciriello with a laugh.

DiPaolo said he loves the unique qualities of all his birds, especially the towering Shamos, so while his farm does sell many of the chickens, ducks and quail they raise, they are also selective about those to whom they do sell their birds.

“We interview anyone who wants to buy our birds to make sure they’re going to good

homes and people know what they’re getting into as far as their care,” he said. “We’ve had inquiries from customers overseas, but because of all of the USDA government regulations, we sell mainly to customers right here in New England.”

Education is also one of the goals for Vining Way Farm, so last year Ciriello took an incubator to Sanbornton Central School where children got a first-hand experience in watching

young birds hatch.

DiPaolo praised Ciriello for making that program such a success and said he believes educational outreach like that is a success for his farm as well.

“It was great that we got to do bring that experience to the kids and we hope to do more things like that in the future. Education is really important to us,” he said.

With the coops, incubators and brooding areas all established on the farm, DiPaolo’s next mis-

sion is to complete the horseback-riding component he has dreamt of all these years. He plans to soon bring horses to Vining Way Farm so he can introduce children with autism to the joys of horseback riding. They will start in his newly constructed riding arena then progress to supervised trail rides on the property when they’re capable.

“That’s really been the focus of all my plans. Riding a horse can give children with autism a

feeling of power and control and that’s important to their development. I can’t wait to get it all in place,” said DiPaolo.

For inquiries about the purchase of birds or to arrange a visit to Vining Way farm, interested parties are asked to contact them through the Vining Way Farm Facebook page or by calling DiPaolo at 718-389-4997. A new web site with more information on their latest endeavors will be up and running in the near future.

BELMONT

CONTINUED FROM PAGE A1

adorned with a mini tractor, and they all got a gift certificate to enjoy a free sno-cone, courtesy of Belmont Rotary Club.

At 1 p.m., the crowds gathered all along Main Street for the start of the parade. Before the entries stepped out along the route though, Emcee Tom Murphy first asked for a moment of silence in honor of lifelong resident and town historian Wallace Rhodes, who passed away last month.

“To start the parade, on-lookers were then asked to yell ‘Ring that bell,’ and the bell on top of the Belmont Mill tolled as a final remembrance of Mr. Rhodes and his many contributions to the town,” said Belmont’s Events Coordinator, Gretta Olson-Wilder.

Grand Marshal for this year was Ron Mitchell, who among his many other commitments to the town, also championed the creation of the Lake Winnisquam Scenic Trail.

“Summertime Fun” was the theme for 2017 and floats and marching groups took that theme to heart. Belmont Elementary School’s PTO group dressed appropriately for some fun at the beach and took home the Heart of the Community Award, presented to the annual entry that best illustrates the parade’s theme. This year’s Charles H. Kilborn American Legion Post 58 trophy went to “future farmer” Michael McWhinnie, whose tiny tractor towed his chickens through town in a portable coop. The Lakes Region Girls Softball Team took home the Selectmen’s Trophy and

the First Baptist Church of Belmont was awarded the Albert Akerstrom II Award for their depiction of summertime fun that included a realistic looking campfire, another great way to enjoy a summer night.

Many residents, past and present, gathered at the Belmont Fire Department for their famed chicken dinner before the focal point of activities moved up to Bryant Field where plenty more entertainment was in store.

The American Legion sold pizza at a booth on the field while the friends of Belmont Football also offered additional dinner options while there were also booths for everything from burgers to pulled pork. The local Boy Scouts offered strawberry shortcake for anyone who had missed out on dessert and others sold everything from popcorn to ice cream.

The band, B Street Bombers, provided the music for the evening as families spread out lawn chairs and blankets and prepared for the fireworks show.

“As dusk settled in, the decision was made to move up the fireworks

by one half hour to outsmart the rain storm that was present on the weather radar,” said Olson-Wilder. “Luckily, the rain held off until

the crowd cleared the field and was on their way home, concluding another wonderful end to this annual Belmont tradition.”

**Town of Northfield**  
**Zoning Board of Adjustments**  
**Northfield Town Hall**  
**Monday August 28, 2017 at 7:00 PM**  
**AGENDA**

Cathy Keyser: Application for a Special Exception to create an ADU in the R2 Zone located at 98 Park Street (Tax Map U08-24)  
Mary Tilton: Application for a variance from Article 7 Section 7.2 of the Northfield Zoning Ordinance to allow the construction of a garage within the setbacks at 620 Concord Road (Tax Map R09 Lot 34) on 2.75 acres in the Conservation Zone.  
Approval of Minutes: June 26 2017 & July 24 2017  
Respectfully,  
Kent Finemore, Chairman

*The Town of Northfield complies with the Americans with Disabilities Act regulations. Please contact the Selectmen's Office at 286-7039 if you need special assistance in order to attend this meeting.*

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## Contorchick starts first season as AD at Winnisquam

BY BOB MARTIN

BOB@SALMONPRESS.NEWS

TILTON — Brian Contorchick has always had an affinity for both sports and education. After 14 years of being in the classroom, he is now able to combine both loves in his role as the athletic director at Winnisquam Regional High School.

“It was really kind of interesting,” said Contorchick. “Full-time athletic director positions are at a premium in the state of New Hampshire. There is a ton of competition for them. So I wasn’t even planning on getting the position, but I am very, very happy to be here.”

Contorchick has taught he last nine years in the Granite State, with the last six as a social studies teacher at Nute High School in Milton. Since he didn’t think he would be getting this job, he planned his summer as a teacher by working on committees and putting his dues.

Contorchick started the new position on July 1 and said it has been busy right off the bat. He said he is fortunate enough to know the outgoing athletic director, Becky Zumbach, who has since taken a teaching position in the Inter-Lakes School District.

A New Hampshire native, Contorchick grew up in the small town of Hinsdale and currently

lives in Newmarket. He is a graduate of the University of New Hampshire, and while there didn’t think he wanted to go into education.

His uncle was a juvenile probation officer in Pennsylvania and Contorchick decided to shadow him one day. This led him to his desire to work with children, and after graduating from UNH he got a job as a residential counselor for adolescents at risk in Lawrence, Mass. This was a 10-bed residential facility that Contorchick said was very intense.

He moved on to being an EPA and OSHA coordinator for a company in Massachusetts, but then decided to switch his career. Contorchick got hired as the ninth grade social studies teacher in Winchester, Va. in a high school that was about 1,500 students.

“This was night and day compared to my high school,” said Contorchick.

Contorchick, who was a three-sport athlete in high school playing soccer, basketball and baseball, had done some coaching while at UNH. While in Virginia he decided to continue this, and coached freshman girls’ volleyball, freshman boys’ basketball and the baseball team.

He said that this is such a different way to get to know students rather than in the classroom, and it is some-



Brian Contorchick is the new athletic director at Winnisquam Regional High School.

thing that he has always loved.

After teaching for five years in Virginia, he decided that he missed the snow too much and wanted to come back home. Contorchick taught at Bedford for three years and was the volunteer assistant in the volleyball program, coached JV basketball and started a crew team.

“I am really proud of the crew team,” said Contorchick. “It has really blossomed. I think we had 20 kids the first season and now it is up over 100.”

“I really started thinking about all this when I was at Bedford,” said Contorchick. “I did game manager stuff for the AD there, and I would set up and break down the field, announcing, clock, book, that sort of thing. I really enjoyed it.”

Contorchick said this,

and starting the crew program were vital to the direction of his career.

“I saw more of the organizational side of things and realized what I would like to do,” said Contorchick.

Contorchick said this was a turning point in how he wanted to be involved with athletics. He eventually became the varsity girls’ basketball coach at Prospect Mountain, and said he really enjoyed running his own program.

The commute was a bit too much so he needed to put off his coaching duties at Prospect Mountain, but the Nute basketball coach, Scott Currier, landed a principal job at the school. They needed a coach and Contorchick got the job as head coach, which he did for a year before taking an internship at Oys-

ter River.

After all these coaching jobs and teaching position, and getting a master’s degree in athletic administration at Plymouth State University, Contorchick knew it was time for him to move up the ranks.

“I applied for pretty much all the AD jobs out there I thought I could handle,” said Contorchick. “I am very happy where I ended up.”

This is the first time Contorchick has been an AD, although he has headed some committees and smaller groups. A goal for Contorchick in the first couple of months is to get to know the district and its students, teachers, parents and athletes.

He also has some ideas on how to improve the athletic program in the district, which Contorchick said involves

things like equipment and facilities.

“I want to figure out how I can best help this athletic program,” said Contorchick.

Contorchick said he has spoken with many of the local athletic directors, and has gotten a chance to get to know the Winnisquam coaches. He said everyone has been incredibly helpful in the beginning stages of his position.

“They are all really helping me in the process of moving along,” said Contorchick.

After teaching for 14 years, Contorchick said this will be a major change. He is ready for the challenge, he said.

“I find that I actually like this type of problem solving, paper pushing and other aspects of the job,” said Contorchick. “I am really looking forward to it.”

## Wanakee Wilderness 5K is Saturday

MEREDITH — The fifth annual Wanakee Wilderness 5K will take place on Saturday, Aug. 19, at 9 a.m. at Wanakee, 75 Upper New Hampton Road, Meredith.

The cross country course begins at the farmhouse, then transitions to dirt paths and hiking trails that traverse the hills and fields around Wanakee, ending back in main camp. This is a hilly course that climbs over 300 feet in elevation, be sure to look around and enjoy the beautiful views.

The registration fee is \$25 for all participants who register until Aug. 18. Race day registration will be \$30. The first 150 participants who register will receive an exclusive race t-shirt. All fitness levels welcome. This event is designed for the whole family to enjoy. Register online or by downloading a registration form at [www.wanakeewilderness5k.com](http://www.wanakeewilderness5k.com) and mail it in with your registration fee.

Race day registration starts at 7:30 a.m. with the race beginning at 9

a.m., rain or shine. All race participants and supporters are invited to join in for the awards ceremony immediately following the finish of the race and Wanakee’s annual Homecoming barbecue starting at 11:30 a.m.

In addition to the 5K, the day’s events will include music, family fun, hiking, games, swimming and canoeing at the waterfront (with certified lifeguards on duty), a silent auction, and the annual Homecoming chicken barbecue. The

cost of the barbecue is \$10 adults/\$5 12 and under/free for children five and under.

Proceeds from this event go toward the camp’s facility major improvements projects and camp scholarships.

Wanakee Wilderness 5K is a USATF sanctioned event and part of the 2017 Meredith Harvest 4-Way Race Series—4 Races, 4 Months, 4 Good Causes. For information on the WW5K and other scheduled races in the series, visit [www.harvest4way.com](http://www.harvest4way.com).

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BOB MARTIN

The Gilford-Belmont football team began official practices last week in preparation for the upcoming season, which begins on Sept. 2 at home against Kennett.



BOB MARTIN

The Gilford-Belmont football team hopes to improve off of last year's 1-8 record.

# Football season kicks off for Gilford-Belmont

BY BOB MARTIN  
Bob@Salmonpress.news

GILFORD —The dog days of summer are still upon us, but there is a feeling of fall at Gilford High School practice field where the teams have already begun practicing. The first to do so was the Gilford-Belmont football team, which hopes to improve off of the dismal 1-8 season of last year.

“It’s always good to start a new season, especially when last year didn’t exactly pan out how we wanted,” said coach Josh Marzahl. “We are looking to improve in different areas of the game and get better every day.”

Marzahl is in his second year as head coach, after being the junior varsity coach the year prior. After Belmont and Gilford merged, the Golden Eagles made the difficult transition going from Division 3 to Division 2.

Practice for the Golden Eagles officially started on Aug. 9, but the team has had plenty of 7 on 7 drills and conditioning leading up. Practices were with just helmets and shoulder pads to start, but have since moved onto full pads. Early in the season, much of the drills are focused on fundamentals and conditioning.

“It is a lot of doing walk throughs and conditioning,” said Marzahl. “We have a lot of players who do two ways, so we have to make sure they are conditioned enough for that. We can’t hit much at the beginning obviously, but this is where we can teach things like blocking techniques.”

Marzahl said it is also a time where they can figure out how to get players involved where they can most help the team.

Marzahl said this is a very freshman heavy

team, with about 25 of the 45 players entering their first year of high school. This can be difficult due to inexperience, but also bodes well for the future of the program.

This year Marzahl said there are a couple of seniors who he expects to shine for the

Golden Eagles. One is a four-year starter named Ethan Orm, who plays tackle on both offense and defense. Orm is about six foot, four inches and more than 300 pounds, Marzahl said, and should prove to be a force to be reckoned with.

“He is really solid on both defense and offense,” said Marzahl.

Marzahl also said a player on the rise to look out for is running back Dylan Gansert.

“Defensively he led the way, but for running back he was kind of our backup last year,” said

Gansert. “So while he didn’t have huge stats, he definitely has the skillset to be a top player.”

The Gilford-Belmont football team will kick off its season at home against Kennett on Sept. 2 at 1:30 p.m.



COURTESY PHOTO

PICTURED (l to r), Rylie Treat, Tori Ritchie and Nicole Turpin playing for LRU in spring 2017.

## Lakes Region United looking to expand girls’ soccer opportunities

REGION — For the past 10 years, Lakes Region United Soccer Club has offered opportunities for local soccer players to join a competitive travel team and play against other clubs throughout the state. When the club was formed it consisted of a single team, but has now grown to offer opportunities for hundreds of Lakes Region players through the fall season, indoor winter training and the spring season. During fall and spring the teams play competitively in the New Hampshire Soccer League.

US Youth Soccer registrations show that there are more than three million youth soccer players across the USA, and the gender split between boys and girls is very close to 50/50. Lakes Region United is hoping to move closer to that national split and is actively looking for more

girls to sign up and play. This will give the club more flexibility to offer additional single-gender teams.

Coach Steven Hepburn said, “we have some girls who have played really well on a co-ed team but have expressed an interest in playing on all-girl teams in the future. I would love to see Lakes Region United offer that flexibility. We like to place

players in the best environment for their development and having additional options can only help”

This fall, Lakes Region United is aiming to offer two girls’ only teams: U15 for birth years 2003/2004 and U13 for birth years 2002/2001, along with boys/co-ed teams from U11-U15 and an Early Development Program for 6-9 year olds. Regis-

tration for all teams is open now.

Lakes Region United is a parent and volunteer-run soccer club drawing athletes from around New Hampshire’s Lakes Region, offering competitive travel soccer for boys and girls up to age 18. For more information or to sign up, please contact info@lrusoccer.com or visit www.lrusoccer.com.

## Fit for a Cure 5K is Sept. 24

TILTON — Tanger Outlets Tilton in conjunction with Under Armour, Northeast Communications, AutoServ, Belknap Landscape Company and Laconia Daily Sun, will host the ninth annual Fit for a Cure 5K run/walk presented by Under Armour. The first 1,000 registrants will receive an Under Armour race

t-shirt. All finishers will receive a commemorative participant medal and shopping discounts. Prizes will be awarded to top three male and female winners along with division winners in each age category. There is a discounted registration fee if you register before Sept. 22..

The race takes place Sunday, Sept. 24, at 8:30

a.m. at the Tanger Outlets at 120 Laconia Road in Tilton.

For more information or to register, visit www.tangeroutlets.com/race. If a business or organization will have 10 or more participants, please contact Tanger General Manager Eric Proulx at eric.proulx@tangeroutlets.com for group discount information.



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# Sanbornton residents pedal for a good cause

BY BOB MARTIN

Bob@salmonpress.news

**SANBORNTON** — Both Michelle Dow and Bob Holmes, like most other people in the world, have seen the tragedy of cancer affect friends and loved ones. On Aug. 5 and 6, the Sanbornton residents rode 192 miles on their bikes in the Pan-Mass Challenge, which helps fund the Dana-Farber Cancer Institute.

“It was awesome,” Dow said. “We had a little rain on Saturday for like 20 miles, which just made it a little slower and slippery. We had really bad headwinds in Truro, which definitely made things challenging. My legs were definitely feeling the burn.”

Dow rides for the team “Lick Cancer,” which is made up of about 150 riders hailing from the Acton, Mass. area that Dow grew up in. They had a goal of \$1 million for the event and are just short of that at this time. She said everyone on the team has been touched by cancer in some way. Some of the members have been riding for more than 20 years.

“They are so awesome and supportive,” said Dow. “They are a great team- the type of people that pick you up and make you feel good when the ride is tough.”

This is the third year



BOB MARTIN

**Bob Holmes met up with family members at his former hometown of Franklin before the Pan-Mass Challenge, which is a 192-mile bike ride in support of the Jimmy Fund.**

that Dow rode in the PMC, and she said it was due to being a physical therapist and working constantly with patients who have either battled cancer or are currently going through chemotherapy. Since she isn’t a doctor, Dow said this is a way she can help.

Leading up to the ride Dow would ride 25 to 50 miles per week, weight lift and run to get in shape. She also worked on various fundraising endeavors to raise funds for the event.

Dow still has funds coming in, but she was just under \$5,000 raised as of press time. Last year she raised \$3,614.20 for her long ride from Sturbridge to Provincetown.

To donate to Dow’s cause log onto <http://www2.pmc.org/profile/MD0358>.

Holmes was riding in honor of his late mother, who was a survivor of ovarian cancer but ended up passing away from pulmonary diseases several years ago. His uncle



BOB MARTIN

**Michelle Dow took part in the Pan-Mass Challenge as part of Team Lick Cancer.**

was also a leukemia survivor.

“These are the two inspirations of why I ride,” said Holmes.

He said his mother was one of the few percent who survived the illness, saying that when she had that type of cancer it was often a sure death.

He grew up in Franklin, Mass. and to his surprise and delight, his nieces and one of their husbands were at a rest stop in town to greet him. Holmes said this was touching because when his parents were alive it would be where he would meet them.

“It was a bittersweet feeling,” said Holmes.

Holmes said this year, to his surprise, he saw way more people who were dehydrated at the ride. He said this could have had to do with the rainy weather on Saturday, which oftentimes leads to people not taking care of themselves physically when they are wet.

“It went great,” said Holmes. “I’m over and I’m tired, but it went really. One thing is I hate riding in the rain. The sun didn’t come out, which was a blessing because in the past when that happens it turns into such a sauna. All in all, it was good.”

Holmes said his times this year were ahead of

schedule and better than he expected, which he said was most likely due to him ramping up his training.

This was the 18th year Holmes was riding in the Pan-Mass Challenge. Unlike other riders, he rides solo rather than being on a team. Funds for the event roll in until the end of September, but since he started riding he has raised more than \$100,000 which goes to the Jimmy Fund- the main source of fundraising for the Dana-Farber Cancer Institute.

Those wishing to add to his total can do so by going to <https://donate.pmc.org/> and searching for “Bob Holmes.”

This is the 38th year of the event, and 100 percent of the proceeds are given to Dana-Farber Cancer Institute. It started with only 36 people and has grown to more than 6,200 riders of all ages from 50 states and eight countries. There are 12 routes that go through 46 towns in Massachusetts.

Since its inception it has raised \$547 million and while funds are still coming in, it has raised just over \$38 million this year.

For more information log onto [pmc.org](http://pmc.org).

# Run Your Buns Off race set for Sept. 2

**BRISTOL** — When is the last time you ran your buns off? Well, this Labor Day weekend you can. Come and see what the locals and vacationers have been talking about for the last seven years.

On Saturday, Sept. 2, at 9 a.m., runners and walkers will leave from Basic Ingredients Bakery located on Route 3A in Bristol to “run their buns off” for a 4.2-mile professionally timed run/walk. The reward for the hard work is a homemade sticky bun waiting for you at the finish line.

Hosted by the New-

found Area Charitable Fund, the Run Your Buns Off race committee is excited to announce that two charitable organizations were selected, through an application process by the NACF board, as this year’s beneficiaries. The TapPLY Thompson Community Center (TTCC) located in Bristol has been serving thousands of area youth since 1946 with year-round after school, summer and sports programming. The TTCC’s Teen Council is raising funds for a gymnasium renovation project and they want to be sure they reach their goal so

it can be ready for decades of future use. The second beneficiary is the Day Away program, which also serves the Newfound region by providing respite for caregivers of eligible individuals through a social day care program. “This year we are honored and excited to be able to assist both the young and the not-so-young in our communities through our beneficiary selections,” says Garlyn Manganiello, NACF Vice-President and co-founder of the race.

“The NACF Board is dedicated to assisting local charitable groups

and causes, which promote wellness, fitness and health education, as well as activities in the Newfound region,” says Audrey Goudie, NACF President. “Each year we select one or more local charities which exemplify these goals as the race’s beneficiary.”

Goudie continues, “Since the first Run Your Buns Off road race in 2010, we have given back over \$51,000 to worthy causes and programs in our community and that makes us very proud.”

Individual runners, walkers and teams of all ages are encouraged to participate. The top

three male and female runners, as well as the fastest team will be awarded prizes and everyone has a chance to win at the huge raffle filled with goodies, including a paddleboard, donated by local businesses and beyond. Basic Ingredients bakery and gift shop items are for sale throughout the day.

Why not do your part to help support two great local causes all the while indulging in a delicious treat, having fun with family and friends and getting yourself some exercise on Labor Day weekend? The cost is \$22 per runner/walker, until day of race when the price is \$25. You can register for the Run Your Buns Off 4.2-miler online today at [www.lightbox-reg.com/buns\\_2017](http://www.lightbox-reg.com/buns_2017).

For more information on becoming a sponsor or for registration questions, please e-mail [run-yourbunsoff@gmail.com](mailto:run-yourbunsoff@gmail.com) and you can always stop by Basic Ingredients bakery and register in person.

# Register for flag football season

**MEREDITH** — Registration is open for the Fall 2017 season of Lakes Region Flag Football. The LRFFL is a 100 percent non-contact NFL Flag youth flag football program, and is open to all boys and girls in the Lakes Region area in five age divisions, 6U,

8U, 10U, 12U and 15U, player’s age as of Sept. 1.

The fee for the Fall 2017 season is \$75. Each player will receive an NFL Flag reversible team jersey and a set of NFL flags to keep. Credit card payments are accepted online, and checks are also accepted.

Register online at [lrffl.com](http://lrffl.com).

The Fall 2017 season schedule is posted at [lrffl.com](http://lrffl.com). Team practices for the 8U, 10U and 12U divisions are one hour per week, typically on Wednesday nights in Meredith, while the 6U and 15U divisions

practice on game days. Games are one hour long and are played primarily on Sunday afternoons at Inter-Lakes High School.

Like the league on Facebook at [lakesregion-flagfootball](https://lakesregion-flagfootball).

Questions? E-mail [lrffl@metrocast.net](mailto:lrffl@metrocast.net).

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- 24-hour maintenance provided
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---------------------------------------	--	--

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**Moultonborough: 603-253-7766**  
60 Whittier Hwy # 3 | Moultonborough NH 03254

**Meredith: 603-279-6000**  
290 Daniel Webster Hwy | Meredith NH 03254

**Bristol: 603-744-5411**  
459 Lake Street | Bristol NH 03222



**Meredith, NH | MLS # 4618522 | \$309,900**  
Come sit on the farmers porch of this 3 BR / 2 BA ranch and enjoy seasonal views of Lake Winnisquam. Home has deeded water access to a gated key entry swimming area. The open floor plan is perfect for entertaining and the full basement provides plenty of space for storage. There is also an oversized 2 car garage. A great spot to simply enjoy all the Lakes Region has to offer.




**Bridgewater, NH | MLS # 4648503 | \$439,900**  
Enjoy amazing sunsets over Newfound Lake from the shared, private 300 ft. sandy beach. This year round, must see beach access home has the perfect layout for entertaining with an open concept kitchen, dining & living room. There is also a large family room, enclosed porch, and oversized garage to store all your toys. Many updates through out and low association fees. Subject to ROFR.



**Moultonborough, NH | MLS # 4619607 | \$1,875,000**  
The central lake location and U-shaped dock of this luxury waterfront home is perfect for boaters. Relax by the outdoor firepit and watch the moon rise over the lake. The views from inside the home are spectacular with palladium and corner windows. Plenty of room for all - 1st floor master, 2 BR suites upstairs and 2 more suites in lower level. All on over 1 acre of land.

**[www.Verani.com](http://www.Verani.com)**

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**Meredith, NH**

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**Credit, criminal, landlord and sex offender checks conducted.**

**Section 8 Voucher Holders Welcome!**  
**Rental Assistance Available**


- Quiet setting
- Professional management
- Low utility costs
- On-Site Laundry & parking
- 24-hour maintenance provided
- 2 bedrooms with a 2 person minimum per unit.

Rent is based upon 30% of your adjusted income. **Hurry** and call today to see if you qualify or

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Housing@hodgescompanies.com  
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TDD # 1-800-545-1833 Ext. 118



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**(2) FORECLOSURE AUCTIONS**



**USDA**

**Tuesday, August 22** Per Order of the USDA



**11:00 a.m. - Center Ossipee, NH**  
**Selling to the Highest Bidder Above: \$75,000**  
54 Chickville Road is a 1,326± sq.ft. Cape with a metal roof that was built in 1988± includes 3 bedrooms, 1.5 bathrooms and a full basement. The property totals 1.04± acres. Tax Map 108, Lot 20. Assessed Value: \$132,400.



**1:00 p.m. - Dorchester, NH**  
**Selling to the Highest Bidder Above: \$35,000**  
2297 NH Route 118 is a 1,056± sq.ft. 24'X48' Pine Grove Manufactured Home that was built in 2005± includes 3 bedrooms and 2 full bathrooms. Serial # GP 46942. The home sits on its own 3± acre lot. Tax Map 19, Lot 961. Assessed Value: \$93,100.

**INSPECTIONS:** One half hour prior to the auctions.

**TERMS:** \$5,000 deposit in cash, certified check or bank check at time and place of sale. Balance due at closing within 30 days or when the mortgagee's deed is ready for delivery. Subject to all terms of mortgagee's notice of sale.

Broker Participation Invited

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**TO VIEW THESE AND OTHER PROPERTIES, VISIT:**

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**Bean Group:** [www.beangroup.com](http://www.beangroup.com)

**Century 21 Country Lakes Realty:** [www.countrylakesrealty.com](http://www.countrylakesrealty.com)

**Century 21 Twin Rivers Realty:** [www.nhreal21.com](http://www.nhreal21.com)

**Coldwell Banker:** [www.cboldmill.com](http://www.cboldmill.com)

**Coldwell Banker Residential Brokerage**  
[www.newenglandmoves.com](http://www.newenglandmoves.com)

**Dussault Real Estate:** [www.dussaultrealestate.com](http://www.dussaultrealestate.com)

**ERA Masiello:** [www.masiello.com](http://www.masiello.com)

**Granite Group Realty Services:**  
[www.granitegrouprealtyservices.com](http://www.granitegrouprealtyservices.com)

**Gowen Realty:** [www.gowenrealty.com](http://www.gowenrealty.com)

**Lakes Region Realty:** [www.lakesregionrealestate.com](http://www.lakesregionrealestate.com)

**Lamprey & Lamprey Realtors:** [www.lampreyandlamprey.com](http://www.lampreyandlamprey.com)

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**Preferred Vacation Rentals:** [www.preferredrentals.com](http://www.preferredrentals.com)

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**Remax Bayside-Steve Banks:** [www.winnihomes.com](http://www.winnihomes.com)

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**Laconia:** Beautiful 3 BR, 3 BA South Down Shore's townhouse in Colonial Hills. 1,600 sf with plenty of space for the price! Close to the marina, beach and South Down's green space along the shores of Lake Winnepesaukee.  
**\$189,900 MLS# 4651975**

**MEREDITH OFFICE**  
97 Daniel Webster Hwy  
**(603) 279-7046**



**Meredith:** Beautiful views of Lake Winnisquam, the Sandwich and Ossipee Mountain ranges are savored from this large 7.8 ac lot located in the waterfront community of Waldron Bay. Secluded location yet minutes from town.  
**\$295,000 MLS# 4320971**



**Weirs Beach:** Great opportunity to live and start your own business at New Hampshire's premier Weirs Beach location. Large 4 BR home can be used for rental income and a huge barn that can be used for retail, storage or other business.  
**\$399,900 MLS# 4649793**



**135 Hoyt Road Gilford:** Join Gus & Carly at this Lake Winnepesaukee access 3 BR, 3 BA home on 1.57 ac. Impeccable floor plan with well appointed kitchen, ample storage, spacious rooms and gorgeous mountain views. Energy efficient and well insulated! Manicured lawns with private wooded setting.  
**\$319,999 MLS# 4641818**

**55+ MODEL HOMES  
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Mansfield Woods, 88 North Rt. 132, New Hampton, N.H. - Directions: RT. 93 exit #23, Right for 1/2 mile, Left at Post Office for 800 feet (\*10% down, 25 years at 6%)

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**Sales & Rentals**  
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**WOLFEBORO:** Amazing waterfront offering with many entertaining spaces including large patio & cabana room above the boathouse. Spacious, open concept home offers stone fireplace, hardwood and more!  
**WYANOKE GATE LANE \$1,596,500**



**WOLFEBORO:** Fantastic estate property on over 64 hill-top acres with a 7BR/7BA Georgian Colonial and spectacular mountain and water views. A 5-stall horse barn with tack room and hayloft completes the picture. Don't miss this one!  
**MARTIN HILL ROAD \$1,300,000**



**TUFTONBORO:** Simply spectacular! Custom Lake Lodge home on beautiful Lake Winnepesaukee with 220' of wf, 2-bay boathouse, large dock & breakwater, 2 moorings, perched sandy beach, solar in-ground pool and more!  
**SAWYERS POINT ROAD \$3,675,000**



**WOLFEBORO:** A private, wooded paradise offering a 3BR main house with gourmet kitchen & fireplace as well as a lovely 2BR guest house. Watch the wildlife from the large deck or take advantage of the frontage on Willey Brook.  
**CENTER STREET \$997,500**



**MEREDITH:** This waterfront property has it all! Lovely Adirondack style home nestled on a tranquil, 6 acres, surrounded by stunning landscaping with unequalled water and mountain views. Endless days of fun and relaxation await!  
**ADVENT COVE ROAD \$3,750,000**

**LAND**

**WOLFEBORO**  
Nice, building lot in a great subdivision, close to town and a short walk from the beach. Enjoy privacy at the end of the road with 1.2 acres.  
**Applewood Drive.....\$59,000**

**TUFTONBORO**  
Imagine owning your own private cove with access to Lake Winnepesaukee too! You can with this affordable 1.32 acre parcel on the Basin.  
**Basin Road.....\$212,000**

**WOLFEBORO**  
Priced to sell and ready for your dream home plans! Enjoy the shared access to Lower Beech Pond and two association beaches.  
**Brown Road.....\$33,500**

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**Center Harbor:** Junction Rtes. 25 & 25B • 253-9360  
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## Luxury REAL ESTATE



**EXCEPTIONAL** Lakeside Living in Moultonborough! 180° SW Lake views, Sun all day! Two-dock system, breakwater, lush landscaping, A/C, home theater, 1st floor Master Bedroom, private carriage house w/in-law apartment. A MUST see!  
**\$1,975,000 (4228378) Call 569-3128**



**GREAT HOME** in Moultonborough for entertaining and enjoying Lake Winnepesaukee! Contemporary styled 4BR is located on a spectacular point of land that offers great views & docking galore!  
**\$1,250,000 (4632065) Call 253-9360**



**HISTORIC ESTATE** in Meredith w/tremendous Mt. Chocoma views, on 7.51 acres. Originally built in 1934, exquisitely restored w/incredible attention to detail. Private setting, beautiful grounds, SBD/SBA. Minutes to Lake Winnepesaukee.  
**\$1,050,000 (4637110) Call 253-9360**



**IMPRESSIVE** Lake Winnepesaukee home in Tuftonboro with 384 feet on "The Basin", 5 bedrooms, 4 baths, 4 car garage and wraparound porch, sandy beach, western exposure, 1.2 level and landscaped acres.  
**\$949,000 (4609863) Call 569-3128**

## Island REAL ESTATE



**FARM ISLAND - TUFTONBORO** // Farm Island on Lake Winnepesaukee with 13.3 unspoiled private acres, 2611' of waterfront. Sunrise, sunset and mountain views, wildlife, delightful coves, rustic camp. Development potential.  
**\$2,000,000 (4640632) Call 569-3128**



**HOLDERNES** // Historic Stone Chapel now a graceful 3 BR home. Brand new roof, close to 3000 SF of living space, 16 antique stained glass windows, antique woodwork, so much personality!  
**\$489,000 (4509277) Call 253-9360**



**ALTON** // COME LIVE AND WORK IN THE LAKES REGION: Residential/commercially zoned and next door to Hannaford's and on busy Route 28. Great visibility and opportunity for many uses.  
**\$329,000 (4420605) Call 875-3128**



**NEW DURHAM** // Rustic cottage on the shore of Merrymeeting Lake. Brand new metal roof, 2 sheds for all your toys. Not many of these left for under \$300,000!  
**\$289,000 (4602711) Call 875-3128**



**MEREDITH** // Wonderful 3 level, 2BR Townhouse in desirable Waukegan Village. This bright & spacious condo in a great location close to Rte. 93 for commuting & a great location to take advantage of Lk Winni & the shops in Meredith.  
**\$185,900 (4650026) Call 253-9360**



**ALTON** // Chestnut Cove Road Ranch on a 1.77-acre wooded lot with a detached garage. New bamboo floor & plastered walls in living room / dining area. New kitchen cabinets & appliances.  
**\$150,000 (4508730) Call 875-3128**



**LITTLE BEAR ISLAND - TUFTONBORO** // "Hole In The Wall" cottage nestled on the shore of Little Bear Island. 2.48 acres, 100' Waterfront, 1-Bedroom with loft, great upper and lower decks, fieldstone fireplace.  
**\$350,000 (4646328) Call 569-3128**

## LAND and ACREAGE

**ALTON** // This 15 acre lot has 2,850' of state and town road frontage with subdivision potential. Farm property close to Wolfeboro & Roberts Cove.  
**\$265,000 (4405724) Call 875-3128**

**SANDWICH** // FABULOUS VIEW PROPERTY! Total of two lots features views of the Sandwich Mountain Range, Mt. Whiteface, and more! Private, partially cleared with a small pond!  
**\$199,000 (4433403) Call 253-9360**

**SANDWICH** // Wonderful location for your new home on nearly five acres. Close to numerous hiking trails and Squam Lake. Perc tests completed.  
**\$80,000 (4640055) Call 253-9360**

**GILMANTON** // Nice rural location with easy access to many miles of snowmobile trails. 6.9 acres with end of the road privacy and a great home site.  
**\$39,900 (4376730) Call 875-3128**

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Halle McAdam @ 253-9360 (CH Office)  
Jennifer Azzara @ 875-3128 (ALTON Office)

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Nikon D40 digital camera & Weider Pro 4250 weight system. Best Offer 603-387-2306

**OLD NH FISH** and Game, ca. 1890, bearing laws, penalties and seasons on moose, caribou, furbearers, fish, etc. measures 12"x18" May be seen at the Coos County Democrat, 79 Main St., Lancaster, NH. Price, \$4; if mailed, \$8. Call 603-788-4939 or email liz@salmonpress.news



**WoodMaster 3300 Wood Furnace** asking \$2,000 OBO  
Call Paul for details at 603-786-9566

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Shoot a large variety of handguns and calibers before making the decision to buy in our Intro to Handgun class.

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Plus or minus 100ft used cedar fence. 100ft plus or minus of 6ft stock aide fence. Buy partial or all. (603)476-5591

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### HAVE YOU SEEN ME? I AM LOST!

MY NAME IS BUDDY

I am a 5 year old, 16 LB. buff colored male cat. I live on Pinnacle Park Road PLEASE CALL MY FAMILY at 279-7000. Reward if found.

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### TWO 2005 Moxi 1000

one: 4,300 miles two: 5,800 miles asking \$5,000 for pair with trailer FIRM Call Paul for details at 603-786-9566

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**Deadline:**  
**Monday 10:30 am**

## Fuel/Wood

**Firewood for sale:** \$200 per cord, green, grapple loads also available. Pelletier and Son Logging and Firewood 603-569-4543.

## FIREWOOD:

Cut, Split,  
Local Delivery \$200 Green.  
Please Call 286-4336

## Estate Sale

**LARGE ESTATE SALE**  
Contents of two barns, two workshops, two houses. Tools, hand and power; joiner, planer, bandsaw, chipper. Antique and quality furniture, porcelain silver, hand knotted rugs, old barn equipment, records and musical paraphernalia, crafting supplies. Everything priced to sell. August 19 & 20, rain or shine in the barn at Jct of 113 and 113A, 2 Whiteface Road, North Sandwich. 8am-4pm Saturday and Sunday. No earlybirds, cash.

## Pets/Breeders

### LOW COST SPAY/NEUTER

Mobile Feline Fix It Wagon, Cats \$70-\$85. Dogs at Conway clinic, starting at \$100. NH and Maine income qualified plans. Military discounts. Rozzie May Animal Alliance, a dedicated spay/neuter nonprofit. Sign up on line **www.RozzieMay.org** or call 603-447-1373

## General Help Wanted

**Ashland Afterschool Program** is seeking a part-time Supervisor for the 2017-2018 school year. Monday – Friday from 2:00-5:00pm.

If interested please submit a resume to recreation@ashland.nh.gov or call Ann Barney at 968-9209

**Castle in the Clouds**  
in Moultonborough  
is looking for:

- Servers
- Hostess
- Dishwasher
- Line Cook

Starts Immediately  
Call 603-475-5900 or email  
operations@castleinthecLOUDS.org

**Delivery Driver.** Littleton, NH. Local. Tuesday-Saturday. Full Time, Year Round. No CDL required. 1 year in past 3 years, or 5 years in past 10 years previous commercial driving experience required. Must pass drug test, get medical card. Lifting and carrying required. \$650/week to start training. \$725+/week upon completion. Email name and contact info to **pnd2009@roadrunner.com**

**HIRING IMMEDIATELY.** Superior Spray Foam Company located in North Haverhill, NH is seeking full time employment for labors and spray applicators. Experience not necessary, but a plus. Please contact Bryan Haney at 603-728-7880.

**PLYMOUTH SENIOR CENTER** has opening for:  
P/T Kitchen assistant  
P/T Bus driver  
Please call 603-536-1204 for information and application.



## General Help Wanted

**SKILLED CARPENTERS WANTED** - Lakes Region & Northern, NH - Conneston Construction, Inc. (CCI) is seeking skilled carpenters. Five years construction experience required. Current projects in Whitefield, Littleton, Plymouth and throughout the Lakes Region. Travel required; must have valid driver's license to apply.

Pre-employment physical and references required.

Contact CCI for application at 603-524-3776 or info@ccinh.com.

We are looking to add a CDL-B truck driver/septic technician to our team.

- Applicant must have:
- \* A CDL-B license with tanker endorsement.
- \* Verifiable, CDL-B truck driving experience.
- \* Good references.
- \* Current DOT medical card.
- \* Clean MVR . . . No accidents, moving vehicle violations, DUI's or suspensions.
- \* Drug & alcohol tests.
- \* Knowledge of Lakes Region and surrounding areas.

Additional job requirements include:

- \* Candidate must be in good physical condition,
- \* Be hard working with a positive attitude and Reliable.
- \* Be able to work Full Time - 40 hours per week and overtime when needed.
- \* Be able work on Saturdays and on call rotation.

Competitive pay and paid holidays.

Email Resume to  
lampreyseptic@hotmail.com

## Part-Time Help Wanted

**Food Service Opportunity.** We are looking for some folks to work part-time in our Food Service Department at Brookwoods Conference Center in Alton. Positions available for mid-week and weekends. Contact Todd at 603-875-0163 for additional details.

## Professional/ Technical

Waterville Valley Black & Blue Trail Smashers/SEF, Home of Waterville Valley Academy  
Office Manager – Payroll Assistant  
This is a 30-hour per week position with the following responsibilities:

Process Bi-weekly payroll. Ensure that all new hires are entered into system and proper paperwork is in order. Check hourly employees for accurate time clock entries and make sure we have back up for missed entries. Maintain employee personnel folders. Reconcile payroll to 941 on a quarterly basis. Make sure all Federal and state filings are sent in on a timely basis. Reconcile payroll to general ledger monthly. Maintain excel worksheets on payroll and reconcile to budget.

Maintain coaches' on-snow hours report for workers compensation audit and be present for the audit to provide any reports and answer any questions. Ensure that worker compensation accident reports are filed with the insurance company when incidents occur. Act as the contact for Bank of America credit card account including initiating new cards and credit limits and reconciling the statement each month. Racing income and expenses – Work with coaching staff to ensure that they are submitting correct information so that billing for competitions is accurate. Membership Applications – Ensure that all membership applications are updated in Raiser's Edge for the season as they are received. Work with Marketing Assistant to make sure rosters are correct. Accounts Payable on a weekly basis. Print checks and scan all invoices into QuickBooks.

Make sure that all office machines are in good working order and contact maintenance when necessary. Assist Controller in preparing for the annual audit.

Provide general office support including pick-up and delivery of daily mail day and inventory and ordering of office supplies. Perform any additional tasks assigned by CEO, Controller or Head of Academics and School Life.

Provide good customer service to our employees and engage in school activities.

Previous office experience required. Experience with QuickBooks and Raiser's Edge software a plus.

Interested applicants should submit a resume and cover letter to Susan Jacobs, Controller at **sjacobs@wvbbts.org**

## Cleaning

**Lakes Region House Cleaner**  
Available Wednesday's and alternate Thursday's. \$20-25 per hour. References available. Call Lee at 603-455-2014

## Real Estate



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**The Federal Fair Housing Law** which makes it illegal

*"to make, print, or published any notice, statement, or advertisement, with respect to the sale, or rental of a dwelling that indicates any preference, limitation, or discrimination based on race, color, religion, sex, handicap, familial status or national origin, r an intention to make any such preference, limitation or discrimination."* (The Fair Housing Act of 1968 at 42 U.S.C. 3604(c))

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

To complain of discrimination call

**HUD** toll free at 1-800-669-9777

For The Washington DC area, please call **HUD** at 275-9200.

The toll free telephone number for the hearing impaired is 1-800-927-9275.

You may also call

**The New Hampshire Commission for Human Rights** at 603-271-2767 or write

The Commission at  
163 Loudon Road,  
Concord, NH 03301

Neither the Publisher nor the advertiser will be liable for misinformation, typographical errors, etc. herein contained. The Publisher reserves the right to refuse any advertising.

## Apartments For Rent

**MEREDITH: PINWOOD KNOLL.** Very quiet, private, 2 BR, over 55. No smoking/no pets. Heat, hot water included. One car Garage. \$1100/mo. One year lease.

Call David at 253-6247 or 781-665-8400.

**MEREDITH: PINWOOD KNOLL.** Very quiet, private, 2 BR, over 55. No smoking/no pets. Heat, hot water included. One car Garage. \$1100/mo. One year lease.

Call David at 253-6247 or 781-665-8400.

**Wentworth - 1 Bedroom apartment.** Heat, hot water and snow plowing included. \$700.00/mth. Security deposit required. Please call 603-764-9262.

## Houses For Rent

**MOULTONBORO-FURNISHED 3 BR HOME.** 2 full baths, washer/dryer/dishwasher. Furnished basement. Beach access. \$1,200/month plus utilities. No pets. No smokers. September-June. Call 387-1202.

## Mobile/Modular Homes

**\$29,995, 2 bed. \$47,995, 28 wide 3 bed, \$74,995, Modular Cape**

WWW.CM-H.Com. Open 7 days. Camelot Homes. RT. 3, Tilton NH

## Time Share Sales

**OWN A JULY WEEK IN WOLFEBORO** One-bedroom suite with adjacent porch overlooking golf course and mountains. Unit W1 in mid July. Dock space can be arranged on Lake Street SITE.

Ownership provides year-round access to all facilities. Lottery held in Spring for seasonal moorings

Price \$1500 or best offer.  
Call Bob 603-717-8114



## Automobiles

### Small Car Collection

1931 Chev. 2-door 6 cyl. Wire Wheels, Fender Mounted Spare (had for 60 yrs) 1940 Cadillac 2 dr. flat head V/8, 39,000 miles – in storage most of its life (had for 37 years.)

1966 Empala Super Sport Conv. 4 speed 283 V/8 (had for 44 yrs.)

1968 Buick Wildcat conv. Yellow/black interior, 26,000 miles – very clean V/8 440 cu in

Never run in the winter; in storage most of its life. (had for 26 yrs.)

Buy one or buy all. Come look and make an offer. Call (603) 569-5089  
Wolfeboro NH

## Trucks/Vans



**1990 GMC TopKick**  
CAT motor, 5 speed, 2 speed rear end 230,000 miles asking \$8,000 OBO  
Call Paul for details at 603-786-9566

**2006 Chevy Colorado** Pick-up extended cab 4 wheel drive 66K original mi can be seen at 6 Collins St Ashland NH Please submit sealed bids to 6 Collins St in Ashland Bids will be opened Friday August 25 at the Utility Office Ashland Electric Dept. reserves the right to reject any or all bids.

## Looking for New Customers?



## FROM THE LAKES REGION TO THE GREAT NORTH WOODS

- The Baysider
- Meredith News
- Berlin Reporter
- Gilford Steamer
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Photo: Grant DeWitt

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**NOTICE TO ALL  
ACHS-FRANCONIA  
PATIENTS**

July 10<sup>th</sup> - August 18<sup>th</sup>

Due to town road repair, a portion of Rt. 18 in Franconia will be closed for approximately 5 weeks. If you are a patient and have an appointment at the Franconia site, it is advised to take I-93 to Exit 38 in Franconia. Turn right at the yellow light onto Rt. 18 and access the health center from this direction. There is no change to our hours of operation during this construction.

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Community Health Services, Inc.**  
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**Garnet Hill**

  
WHITE MOUNTAIN OIL & PROPANE

**Fuel Delivery Driver/Tank Setter**

White Mountain Oil & Propane is currently seeking an experienced Tank Setter/Fuel Delivery Driver with CDL-B/Haz-Mat, tank vehicle and air brakes endorsements for our Lincoln service area. Ideal candidate would possess a NH Gas Fitters License. Will train the right Candidate for Tank Setting.

This is a year round full time permanent position. We offer a full benefit package including paid vacation, holidays, health and dental insurance, 401 (K), and profit sharing.

**Minimum requirements:**  
High School diploma and CDL-B/Haz-Mat, tank vehicle and air brakes certification.  
**Mandatory on call rotation**

Qualified applicants should stop by our Lincoln Office at 264 Main Street, Lincoln, NH to fill out an application or you can mail or email a resume to:

**White Mountain Oil & Propane**  
Attn: Jobs  
PO Box 690, North Conway, NH 03860  
Fax: (603) 356-7181

[jobs@whitemountainoil.com](mailto:jobs@whitemountainoil.com)  
No phone calls please

White Mountain Oil & Propane is an equal opportunity employer

**HELP WANTED**  
Full-Time Experienced  
**MAINTENANCE PERSON**  
Driver's License and Dependable Vehicle a must  
*Please Apply at:*  
Lincoln Condo Management Group  
1294 NH Route 175, Suite 3  
Campton, NH 03223  
603-960-9061

  
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**WANTED, HOME**

We are looking for people who feel they have a space in their hearts as well as a space in their homes to become Shared Family Living Providers for individuals we support at Lakes Region Community Services.

We have people who are looking to grow in their communities and need support with some challenges to being more involved with life.

*If you are a person who likes people and would like to see someone achieve independence over the years with your support Please contact  
Lakes Region Community Services at 524-8811.*

**OR E-MAIL:**  
• Steve Barton at [steven.barton@lrscs.org](mailto:steven.barton@lrscs.org)  
• Susan Morin at [susan.morin@lrscs.org](mailto:susan.morin@lrscs.org)


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Potluck lunches, casual attire (pajama days!)...We're serious about service, but find time for fun.

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Hope to meet you soon!



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Donate your used car to the National Kidney Foundation Kidney Cars Program. The funds can help save lives. We'll arrange a pickup and you might qualify for a tax deduction.\*  
**Call 1-800-488-CARS**

\*Consult your tax advisor for details.



**NKF National Kidney Foundation™**  
[www.kidneyhealth.org](http://www.kidneyhealth.org)



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Every 8 minutes the American Red Cross responds to a disaster and makes this promise. This holiday season, you can help us keep it.

Donate today at [redcross.org](http://redcross.org)  
American Red Cross

### Shaker Regional School District Custodial Positions

Shaker Regional School District is currently accepting applications for the following custodial positions:

- Canterbury Elementary School – 2nd shift school year – 5 ½ hours/day
- Belmont Middle School – 2nd shift year round – 8 hours/day
- District wide – substitute custodians

Please submit an application to Steve Dalzell, Director of Facilities, 58 School Street, Belmont, NH 03220. Applications can be obtained by calling 267-9223, or visiting the Human Resources section of our website: [www.sau80.org](http://www.sau80.org). Successful completion of a post-offer, pre-employment physical and criminal background check, including fingerprinting, is required. Shaker Regional School District is an equal opportunity employer.

### SPECIAL EDUCATION ASSISTANTS WANTED

Shaker Regional School District is currently hiring Assistants for all schools in the Special Education Department. To review available positions and apply through SchoolSpring.com check the Employment Opportunities link in the Human Resources Department tab of our website, [www.sau80.org](http://www.sau80.org).

Successful completion of a post-offer, pre-employment physical and criminal background check is required. Shaker Regional School District serves the communities of Belmont and Canterbury and is an equal opportunity employer.

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**The Corner House Inn**  
Center Sandwich, NH  
**284-6219**  
[info@cornerhouseinn.com](mailto:info@cornerhouseinn.com)

**Now Hiring:**  
**Waitstaff**

### TOWN ADMINISTRATOR Thornton, NH

Town of Thornton, NH (2500 year round residents), is seeking an organized, experienced person to serve as its next Town Administrator.

Working under the direction of a 5 person Board of Selectmen, the Town Administrator coordinates the delivery of a full array of town services and manages the day to day affairs of the Town. With a 2017 total appropriation of just over \$3 million, the Town has 16 FT employees supplemented by a number of PT employees. Thornton is located in the White Mountain/Waterville Valley Region, just minutes from the Lakes Region of NH. The area hosts tourists year round for the many outdoor seasonal attractions. With easy access to Interstate 93, Thornton is just 45 minutes to Concord and 1 hour to Manchester. College Degree, 5 years of relevant experience, preferably in municipal administration, or equivalent combination of education and experience. Salary range to \$70K. Starting salary commensurate with qualifications. Excellent benefits. EOE.

*Resume and cover letter, in confidence,  
as PDF file to: [recruitment@mrigov.com](mailto:recruitment@mrigov.com)*

*For additional information see:  
[www.mrigov.com/career](http://www.mrigov.com/career)*

**Deadline: August 28, 2017 at 8 am**

### Full-Time, Year-Round Positions:

Rental Shop Manager

Bus Mechanic

Human Resource Coordinator

Experienced Electrician (Journeyman or Master)

For more info and to apply on-line visit [www.loonmtn.com](http://www.loonmtn.com)



Human Resources  
60 Loon Mountain Road, Lincoln NH 03251  
Equal Opportunity Employer



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**Health Insurance & 401K Programs!**  
Call for interview 603-745-8000

### 2017-2018 SCHOOL YEAR VACANCY

**INTER-LAKES HIGH SCHOOL**  
•Special Education Para-Educator  
•Student Support Para-Educator  
**6.75 Hours per day, M-F**

Individual will provide support both in and out of the classroom to students.

•Library Support Para-Educator  
**4.5 Hours per day, M-F**

Experience with High School Students preferred.

#### Compensation:

The pay scale for the above position is subject to the terms of the collective bargaining agreement.

Please visit <http://interlakes.org/employment.html> for a Support Staff Application.

**All applications should be submitted to:**  
Ashley Dolloff, Human Resources Director  
Inter-Lakes School District  
103 Main Street, Suite 2, Meredith, NH 03253

**Deadline for Application is August 24, 2017**

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† The Kia Cadenza, Kia Forte, Kia Niro, Kia Sorento, and Kia Soul received the lowest number of problems per 100 vehicles reflecting higher quality in their respective segments in the J.D. Power 2017 U.S. Initial Quality (IQS) Study, based on 77,419 total responses, evaluating 189 models, and measures the opinions of new 2017 vehicle owners after 90 days of ownership, surveyed in February-May 2017. Your experiences may vary. Visit [jdpower.com/cars](http://jdpower.com/cars).

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<b>2017 KIA NIRO LX</b>  <small>FREE OIL CHANGES FOR LIFE! *      FREE STATE INSPECTIONS FOR LIFE!</small>	<b>MSRP \$24,320</b> <i><b>AutoServ</b></i> -\$651 Customer Cash Rebate -\$500 #KT7237	<b>SAVE UP TO \$1,151</b>	<b>SIGN IT &amp; DRIVE IT LEASE</b> <b>\$277</b> /36 MO* <b>ZERO DOWN!</b>
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