

Belmont Old Home Day celebration proves “We’re Better Together”



The entry from Belmont Elementary School Support Team (B.E.S.T.) took home the Heart of the Community Trophy for the Old Home Day Parade in Belmont last Saturday.

DONNA RHODES

BY DONNA RHODES
Contributing Writer

BELMONT – “We’re Better Together” was not only the theme of this year’s Old Home Day in Belmont, it was also the

undeniable spirit of the crowd as everyone gathered in the village for a daylong celebration of their community on Saturday, Aug. 14. After the corona virus caused a cancellation of

Old Home Day in towns across the state in 2020, the Town of Belmont rallied to bring everyone back together once more this summer for their more than 100-year-old town tradition of fun

and engagement. In choosing the theme for 2021 the committee wrote, “...as our town opens more and allows for fun outdoor events, let us remember the friends and neighbors that helped us when we needed it...let us celebrate

how we as Belmontians moved to a better and safer place by working together and helping each other.” Those thoughts resonated throughout the celebration with many events and activities for people of all ages to en-

joy. The day got underway with the 52nd running of the Belmont 10K Road Race and the 32nd annual Tioga Fun Run. A traditional pancake breakfast at Tioga Pavilion

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15th Celebrity Waiter Dinner and Auction to benefit Franklin Opera House

FRANKLIN —The Celebrity Waiter Dinner is Back! For the 15th time, guests will be served by some of our favorite local “celebrities” at the Celebrity Waiter Dinner and Auction to benefit the Franklin Opera House, on Thursday, Aug. 26 at the newly renovated Mojalaki Coun-

try Club in Franklin. This year’s event is sponsored by Ever-source. Nancy LaBonte & Pioneer Catering return to prepare amazing side dishes. Also this year, Franklin Opera House Board President, Jeff Perkins, joins in to run the grill,

preparing entrees for up to 120 attendees. Celebrity waiters include Mill City Park founder and executive director, Marty Parichaund, Franklin interim Mayor Olivia Zink, NH Commissioner of Labor Ken Mer-

SEE BENEFIT PAGE A7

Gilmanton’s 123rd Old Home Day Set for Aug. 21



COURTESY

Gilmanton’s 2021 Old Home Day - Saturday, Aug. 21, 10 a.m. to 3 p.m.

GILMANTON — Gilmanton’s Old Home Day Committee is excited to invite residents and neighbors to join them at the Town’s 123rd Old

Home Day celebration on Saturday, August 21, from 10 am to 3 pm at Smith Meetinghouse on Smith Meetinghouse Road.

The celebration features a silent auction, vendors, kid activities, a «you participate» Art Show, Parker Hill Road Band, Lindsay the Puppeteer, an antique auto parade, tug-o-war and MORE. The Smith Meetinghouse School will be open for the Gilmanton Historical Society History of Quilts from 10 to 3. The traditional bean hole bean dinner offers two Dinner sittings: 11:30 a.m. and 1 p.m., in

SEE GILMANTON PAGE A7

Music transcends generations at Tilton Senior Center



COURTESY

Gary Brock was very proud of his grandson Gabriel who spent his vacation at his home in Laconia not only restoring an historic family banjo but learning to play it as well.

BY DONNA RHODES
Contributing Writer

TILTON – Music and history were in perfect harmony this summer, when 12-year-old Gabriel Holt joined his grandfather, Gary Brock, for the Wednesday Night Country Pickin’ Party (music

night) at Tilton Senior Center to test out their newly restored banjo that dates back to 1890. Gabriel, who lives in Mont Vernon, is interested in music and when his dad said he had a banjo in the attic, the pair went up to retrieve it. He learned that it was

a banjo once belonging to his great-great-great grandfather on his dad’s side. Gabriel already played drums and was working on his guitar skills when the old Boston-made banjo was un-

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A nightmare ending to a very strange experience

I am writing this column on Saturday, less than a week after returning from Tokyo.

The Tokyo Olympics were definitely a unique experience, given the lack of fans, the Olympic bubble we as media lived in and the whole pandemic of it all.

But, if you had told me that my five hours in Narita Airport on my way to cover the Olympics would be the easiest part of my Olympic travel, I would've told you that you were crazy.

But, that was before the Air Canada disaster that was the trip back to the United States.

We were advised to arrive at the airport early, as there were a lot of people leaving Tokyo on Monday. Because I downloaded my boarding pass the previous day, I was able to bypass some of the very long lines and got through security relatively easily.

However, about half an hour before we were scheduled to board, the announcement came that our flight was delayed by an hour, which was not going to leave

SPORTING CHANCE



By JOSHUA SPAULDING

me much time to make my connections in Toronto.

Thankfully, the pilot made good time and I got off the flight in Canada with about an hour to get through customs and get to the plane to Boston. Because we were connecting quickly, we didn't have to wait for our bags at customs and got through relatively quickly, as each board we encountered said the Boston flight was "on time."

As it turns out, it was not. I got to the gate and the woman told me that the flight was delayed by an hour. About half an hour later, the flight was moved to a different gate and then 15 minutes after that, it was cancelled all together.

We got no explanation, we were just told to go to the customer service desk. We weren't the only flight cancelled and the line at the desk

was not short and was not helped by the fact that there was just one guy trying to handle everything. He was doing the best he can dealing with a lot of people who weren't happy. I give him all the credit in the world for keeping his cool the entire time.

They gave us a hotel voucher and food vouchers and then we had to clear Canadian customs, which involved another very long line with a lot of people who were not terribly happy. I spent about four hours in the hotel, but didn't really sleep, getting up pretty early to get in line to get through US customs in the morning. This was my third trip through customs in less than 12 hours, which is what everyone dreams of on their trips.

I cleared security and customs relatively quickly and went to my gate, only to have the flight to Boston delayed not once, not twice, not three times, but four times. Instead of the 8:30 a.m. departure, we left close to 11 a.m.

And of course, once



JOSHUA SPAULDING

THIS BILLBOARD in the Tokyo airport advertises the Beijing 2022 Winter Olympics, coming up in just a few months. This was before the nightmare that was the trip home.

I got to Boston, my suitcase did not. I had to fill out more paperwork to make my baggage claim.

Then, finally, I called the park and ride, got a ride to my car and headed home, absolutely exhausted with no clean clothes. And it was off to rehearsal for Laughing Stock, which opened this past weekend at the Village Players Theater in Wolfeboro.

My suitcase eventually arrived, showing up on my doorstep on Thursday afternoon, dirty clothes and all.

Needless to say, it was a fitting ending to a trip that had more hoops to jump through than anything that I've ever done.

Now, it's back to the real world.

Joshua Spaulding is the Sports Editor for the

Granite State News, Carroll County Independent, Meredith News, Gilford Steamer, Winnisquam Echo, Plymouth Record-Enterprise, Littleton Courier, Newfound Landing, Coos County Democrat, Berlin Reporter and The Baysider. He can be reached at josh@salmonpress.news at 279-4516, or PO Box 729, Meredith, NH 03253.

Unitarian Universalist Society of Laconia (UUSL) receives Green Sanctuary accreditation

LACONIA — The congregation of the Unitarian Universalist Society of Laconia (UUSL), the little white church, on Pleasant Street in Laconia, has recently completed demanding requirements for being accredited as a Green Sanctuary by the UU Association (UUA) of the USA.

There is no vaccine for the Global Warming and the Climate Crisis, and it may be the terminal critical crisis for humanity. UUSL believes it will take all of us, Republicans, Democrats, and Independents, con-

structively working together, to control this accelerating Global threat.

The UUA Green Sanctuary Accreditation provides a path to address climate change and environmental justice. UUSL has been accredited as a Green Sanctuary in recognition of service and dedication to the earth and future generations.

In this over two-year effort, challenged by the COVID-19 epidemic, UUSL has completed activities summarized below, to receive Green Sanctuary Accreditation:

1. Environmental

Justice. Activities in solidarity with front line (vulnerable) communities, which may be most affected by climate change. For example, collecting warm clothes in winter, assisting the homeless, collecting food.

2. Staying Connected. Activities enabling us to stay connected to each other and other government and non-government organizations working for environmental sustainability and justice. For example, in cooperation with the Lions, collected recyclable plastics to be used to create furniture and construction materials.

struction materials.

3. Education. Activities to inform our congregation and communities, while inspiring us to keep working toward our goal of just and sustainable practices. For example, presented a Green Laconia Environmental Petition to the Laconia City Council.

4. Sustainable Living. To minimize emission of green house gases (GHG) that contribute to global warming, UUSL has installed LED lights, and is planning for additional weatherization, and installation of solar in our Church home.

Green Sanctuary Certification is only a beginning for UUSL. There is much more to be done. Climate change is a long-term challenge, requiring our dedicated attention. UUSL is relatively small, but dedicated. In the upcoming years, we hope to broaden our efforts by:

Considering climate change in all our Church activities.

Increasing working together with communities most affected by climate change.

Increasing collaboration with youth organizations focused on climate and the environ-

ment.

Increasing input to government and non-government organizations focused on climate and environmental issues.

Continue efforts to make our Church home a carbon-zero sanctuary.

The next meeting of the UUSL Green Sanctuary Committee, Monday, Sept. 13, 7 to 8.30 p.m., will be by ZOOM. We will focus on plans for the next year. To obtain the ZOOM address, contact uusl@myfairpoint.net.

Forbes names Bank of New Hampshire Best-In-State Bank

LACONIA — Bank of New Hampshire is honored to have recently been named Best-In-

State Bank 2021 for the state of New Hampshire by Forbes.

Forbes partnered

with market research firm Statista to compile data to determine the winners for each state. The recognition is based on an independent survey of approximately 25,000 U.S. consumers who were asked to rate their bank at which they have or previously had checking accounts. Financial institutions were scored on overall recommendations and satisfaction, as well as five subdimensions (trust, terms and conditions, branch services, digital services, and financial advice).

Out of the more than 4,978 FDIC-insured banks in America that met the eligibility requirements, only 2.7 percent of the banks were named to the 2021 list. Across all U.S. states 135 unique banks were

awarded, but Bank of New Hampshire was the only bank awarded for the state of New Hampshire.

"Bank of New Hampshire is thrilled to have received this recognition from Forbes on their list of America's Best-In-State Banks 2021," said Christopher Logan, President & CEO for Bank of New Hampshire. "Our employees continually go above-and-beyond to provide our customers with premium service, and this award is an affirmation that our customers have recognized that."

Bank of New Hampshire is proud to have re-

ceived this award as we aspire to remain an independent mutual financial institution, delivering innovative solutions and exceptional service, while assisting our employees, customers and communities to build brighter futures.

Bank of New Hampshire, founded in 1831 provides deposit, lending and wealth management products and services to families and businesses throughout New Hampshire and

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

Archery range laid out at Belknap County Sportsmen's Association

GILFORD — The Belknap County Sportsmen's Association has an archery range laid out at its club location having (QTY) 10 3-D targets. As you prepare for the upcoming archery season beginning Sept. 15, think about joining the club to sharpen your shooting skills.

A basic club membership, which includes use of the archery range, is only \$25.

Use of the archery range as well as the rifle range costs \$80 for a single member and \$85 for a family membership. The family membership includes everyone in your household under the age of 18.

Applications to join the club can be found on the club's web site, belknapcountysportsmens.org. You can fill the application in online, pay online and receive your membership card within a few days.



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“Is this Heaven?” “No. It’s Iowa.”

An incredible moment happened last Thursday, and baseball fans all across the country watched. The Chicago White Sox and the New York Yankees met for an old fashioned game of ball in Dyersville, Iowa, where dreams really do come true.

The two teams, and thousands of fans came together, in a cornfield, at the Field of Dreams. The diamond was constructed right next to the original set of the 1989 film that gave the location its name.

The movie highlighted the magic and the history behind baseball. Inspired by the true story of disgraced White Sox player Shoeless Joe Jackson, who was infamously bribed, along with seven other teammates, to ‘throw’ the 1919 World Series, “Field of Dreams” offers his ghost the chance at redemption that he never had in life. We remember fondly the first time we watched the movie, reaching for a box of tissues when Kevin Costner’s character, Ray, asks his father’s ghost to “have a catch” that helps them both heal their troubled relationship as well.

During the broadcast of last week’s game, Costner, in the same blue jeans and white shirt he wore in the movie, appeared slowly, as he walked into sight from the cornfield, re-creating a scene from the movie. According to fans, it was magic, surreal. Anyone who has watched the film, would have driven to Iowa to watch the ‘baseball men’ play, if it was real. Thursday’s game was the closest they’ll ever get. There is no doubt that as fans watched the modern day ball players at work, thoughts of Archibald ‘Moonlight’ Graham, Shoeless Joe, Babe Ruth and others came to mind.

Costner addressed the fans as he made his way to the pitcher’s mound, stating “We’ve come to see the first place White Sox play the mighty Yankees in a field that was once corn. It’s perfect. We’ve kept our promise. Major League Baseball has kept its promise. The dream is still alive. There’s probably just one question to answer: ‘Is this heaven?’”

The players emerged, like the film’s ghosts, from the cornfield, leaving the fans in awe.

The game brought the sport back to the basics for just one night. What is simpler than a soda, a hot dog and some popcorn? How surreal to be able to sit close enough where the players can actually make out what the fans are yelling, or what they’re saying to raz the umpires.

The White Sox bested New York in a close match when Tim Anderson hit a walk off home run far off into Iowa’s country sky. The game was described as a time capsule from a different era. In a post game interview, Yankees Manager

Aaron Boone said, “That’s probably the greatest setting for a baseball game that I’ve ever been a part of. Kevin Costner standing out there in short center field, that’s probably a moment I’ll remember the rest of my life.”

Many fans agreed that being at the game was a dream come true, it didn’t matter who won.

There are talks that the game may come back to Iowa next year. But more importantly, America’s greatest past time, reminds us that in times of uncertainty, there will always be baseball. The famous quote below is from the film. It’s a powerful message of unity that is refreshing to read.

“People will come, Ray. They’ll come to Iowa for reasons they can’t even fathom. They’ll turn up your driveway not knowing for sure why they’re doing it. They’ll arrive at your door as innocent as children, longing for the past.

“Of course, we won’t mind if you look around,’ you’ll say, ‘It’s only \$20 per person.’

“They’ll pass over the money without even thinking about it: for it is money they have and peace they lack. And they’ll walk out to the bleachers; sit in shirtsleeves on a perfect afternoon. They’ll find they have reserved seats somewhere along one of the baselines, where they sat when they were children and cheered their heroes. And they’ll watch the game and it’ll be as if they dipped themselves in magic waters. The memories will be so thick they’ll have to brush them away from their faces.

“People will come, Ray. The one constant through all the years, Ray, has been baseball. America has rolled by like an army of steamrollers. It has been erased like a blackboard, rebuilt and erased again. But baseball has marked the time. This field, this game: it’s a part of our past, Ray. It reminds us of all that once was good and that could be again. Oh...people will come Ray. People will most definitely come.”

And they did.



DONNA RHODES

A visit from Spidey

Last Saturday was not only Old Home Day in Belmont, it was also National Free Comic Book Day. RePetes Comics and Collectibles shop on Main Street in the village was giving away free comic books to their visitors that day, too, so Janelle Woodbury and her friend Stella Bamford couldn’t resist having their picture taken with shop owner Peter Swain and his special guest for the day, Spider-Man.

STRATEGIES FOR LIVING

Elon Musk: The triumph and tragedy of one man’s life

BY LARRY SCOTT

Starlink satellites, Tesla Motors, the SpaceX complex and, mark my word, a soon to be renamed village of Boca Chica to be known as Starbase, Texas, all owe their success to one man: Elon Musk. This gentleman has made an impact on the scientific and business community as none other in the history of mankind. He is, truly, one-of-a-kind.

In addition to his venture into space and the automotive industry, Musk founded the Boring Company, a tunnel construction company,

his brother Kimbal, (acquired by Compaq for \$307 million in 1999). Additionally, he co-founded the online banking enterprise x.com which merged with Confinity in 2000 to form PayPal, which in turn was purchased by eBay for \$1.5 billion, \$100 million of which went to Musk for his 11.7% ownership share (Wikipedia).

Elon Musk, now just 50 years old, has my profound admiration and must be congratulated for his genius and willingness to push ahead when failure seemed imminent. Tesla, the electric vehicle compa-

co-founded the web software company Zip2 with

ny Musk helped launch, nearly went bankrupt

in 2013, but by May 2013, Tesla had turned everything around and posted its first quarterly profit.

What we have here is, again, a maxim held by almost all successful people: when you have a dream, you must never, but never, give up. SpaceX, as a case in point, endured three failed launches before a fourth turned out to be a smashing success. From that moment on, the company went on to impact southern Texas, the scientific community, and space exploration in a way no one could have imagined.

Elon Musk has impressed us with his genius, made an indelible name for himself, and developed new avenues of interstellar exploration, but to what end? If not atheist, he is an agnostic, devoted as he is reported to have said, to “the advancement of humanity by using technology.” Courageous, intelligent, and determined, he is a man devoted to science and the universe. Heaven, however, is not on his radar.

It is, it seems to me, foolish and irresponsi-

ble to plan for this life alone. Elon Musk is building an empire on earth, with plans to colonize the moon and Mars. He has, however, at least from all we have been told, made no plans for life after death. The universe may beckon, the science of extra-terrestrial travel may intrigue him, but within forty years or so, all of this will mean nothing. And eternity lasts for a long time.

And that, to me, is tragic. No one need question the good he has done. But, as Jesus said, “What does it profit a man if he gains the whole world and loses his soul?” Elon Musk’s accomplishments will be overshadowed by the one question God is sure to ask: what did you do with my Son? A man can ignore Jesus Christ, deny Him, or dismiss Him as irrelevant to modern life for only so long. Death is inevitable and no amount of good we have done will count to our credit if we have turned our backs on the gift of eternal life found only in Jesus Christ.

Send your letters!

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

Please include your name, address and phone number.

PETS OF THE WEEK



Gannon

Meet Gannon! This big doofus loves to play, go for walks and eat treats. He’s an inexperienced fella who needs an experienced owner to help him learn his manners! Gannon isn’t a big fan of other dogs or cats, so he’s seeking to be the only pet in his new home. Because Gannon is inexperienced with petting and handling, and he’s still learning to share his things, he will do best in a home without children. Gannon is currently being treated for a skin condition that may or may not resolve with his current treatment plan. His adopters should speak to their veterinarian, and be prepared for the possibility that Gannon will need to take medication or be on a prescription diet for the rest of his life.

If you are looking for a mature dog who needs help learning what love is really all about, then ask us about Gannon!



Zephyr

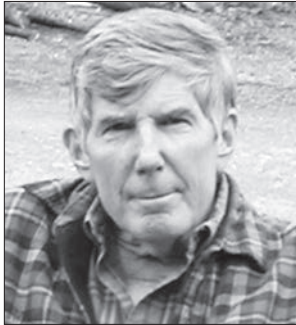
My face says it all! I am a man of mystery and adorableness, and yes that is a word. The world is a big, loud place my friend and I am not sure I am a fan of those words. Small and quiet win me any day. I think that my future home understands that. Perfect cats like myself need to have the most perfect home. I want a hideaway that consists of a warm bed and the time that I need to come out of my shell. I want attention, I just don’t know how to ask for it. I may hiss at first, but don’t let that fool you I like the pets! In the spirit of honesty, I do have a medical history that should not impli-CAT me at all, if you are interested in learning more fill out an application or inquire with the lovely adoptions team, they know exactly what I am looking for!



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Look up on a cloudless night, good luck with ambient light



By JOHN HARRIGAN
COLUMNIST

It isn't just the set of Katharine Hepburn's jaw or the leeches on Humphry Bogart's body ("Get 'em off!"). There's something about the "African Queen," and it might be the sight and sound of a steam engine, especially one propelling an old boat.

I don't know what reminded me about this. Maybe it's the New Hampshire Boat Museum's publicity about events and antique boats on Winnepesaukee, which often include old boats like Bogart's. Maybe it's just that I love old movies, and am especially fond of this one.

Okay, I admit that this subject has everything to do with age and background. But I think today's movies are tinny in comparison, especially with extras and sets. Story-lines are a stretch,

and scripts downright shoddy. Characters look hardly out of high school (okay, this is an age thing).
+++++

New Hampshire has a rich history with boats. Before anyone had time or money to build bridges, people were using boats to cross rivers and lakes.

Before there were bridges, there were well-known crossing places at shallows. Before there were bridges, there were also boats. If there was a buck to be made, someone was making it.

Long before there were any mid-stream bridge-footings, someone was hauling barges back and forth on a rope. I think about this whenever I see cribworks and stone. Before all that, someone found a way to float people and stuff across.

We tend to forget what a revolution steam was. People had been thinking about it for centuries, but France, then England, then America got it done. When it comes to actual application and commerce, take your pick.

The components of a small steam engine and related mechanisms to drive a boat could be hauled just about anywhere by horse, mule, travois, or wagon. Town histories are rife with stories about everything from work-barges to excursion boats. As soon as someone found flat water or made some, people found ways to float stuff across.
+++++

It's a banner year for earwigs, those insects that scurry to hide whenever you pick something up, like a slipper. Earwigs come across as the very definition of "obsequious," a good word for some politicians.

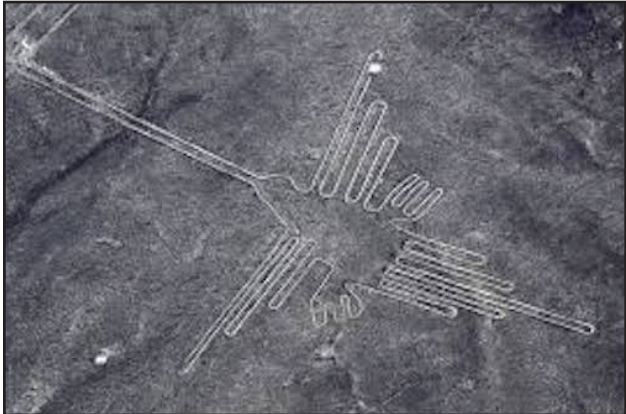
Not all of them (the politicians, not the earwigs), mind you, and especially not the people who file for office because of ideals, traditions, and personal goals. They often begin by running for school board or state legislature. Who would want such a job? You have to be nuts. All right, just kidding there—I admire such people, and truly go out of my way to tell them so. It's about as directly accountable as it gets.

So, a tip of the hat to the people who want to serve the people by getting involved in town or county government or the State House. Somebody has to do it, and these days, finding "somebody" can be next to impossible.
+++++

The other night I was fortunate to spend time with two people dear to me, looking at the stars. I get to do that alone on any clear night, because if I turn off the house lights, there is utterly no background light saved for the faint glow from town. You cannot do that in Lower Manhattan.

The Milky Way was practically jumping out of the sky. We could easily make out the planets. Numerous satellites made their cross-stitch way across the backdrop of deep space.

Later on, when I was thinking about age-old mysteries, I decided to re-visit "Chariots of the Gods," Erich Von Daniken's book that popularized questions about runway-like lines and assorted gigantic renderings or birds and spiders and other creatures in the deserts of South America.



COURTESY

An image and some straight lines in the high desert of the Andes that some historians argue can only be used or appreciated from the air. (Courtesy livescience.com)



An earwig of the kind I usually find this time of year---perpetually damp doorsill, newly cut grass, etc.---whenever I open the shop's overhead door. (Courtesy UNH Cooperative Extension)

The problem with trying to have an intelligent discussion about such things today is that it all runs the risk of getting dismissed as just another conspiracy theory, or somehow Euro-centric ("The Incas could never do that"), or even worse, racist. It is none of those, of course, and such

questions transcend the politics of the moment, a "moment" being one minute or several millennia, depending on whose clock counts.
(Please address mail, with phone numbers in case of questions, to campguyhooligan@gmail.com or 386 South Hill Rd., Colebrook, NH 03576.)

Comfort Keepers
Finding your source of joy

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

"Joy does not simply happen to us. We have to choose joy and keep choosing it every day."
-Henri J.M. Nouwen

As we celebrate our third annual National Day of Joy, I took a moment to reflect and consider the true impact joy has on our lives. Science proves that attaining daily doses of joy – big or small – works wonders on our overall wellness, including our physical and mental health. The actual factors that bring about joy, whether they be situations, people, activities, or things, are highly personal and individual to each one of us. Yet, when you are a joyful person, happiness has a way of being contagious and can help spread hope and positivity to others.

Yes, perhaps we can all agree that living joyfully is important, but how do we do that when we all get caught up in our busy lives? Why is seeking joy particularly important for aging adults? This article will explore ways seniors can find these moments of joy and laughter within themselves or with their family, friends, or their caregivers to improve their mood and overall well-being on the Day of Joy - or any day.

Laughter is the best medicine

Moments of joy are a must for all of us but especially for older adults. Depression and isolation are more prevalent for seniors and living a life full of joy, happiness and laughter is a great way to lift their spirits and create overall health benefits. Many therapies

that focus on seniors are now beginning to incorporate humor and laughter to create more joy. A little bit of joy can go a long way when it comes to improving a senior's health, both physically and mentally!

Whether you're guffawing out loud at a sitcom on Netflix or quietly chuckling at a funny meme, there is no doubt that laughing does you good! One of the most important aspects of laughter, regardless of age, is that it releases what is referred to as 'happy hormones.' Serotonin, dopamine, oxytocin, and endorphins are famously happy hormones that promote positive feelings like enhanced mood, pleasure, joyfulness, and even love. So much research is available that speaks to the advantages of being happy, particularly the 'head to toe' benefits we receive if we incorporate laughter in our lives on the regular! By seeking out more opportunities for humor and laughter, we can all improve our emotional health, strengthen our relationships, and find greater joy and happiness—some say it might even add years to your life!

The importance of social interaction

There's no doubt that taking the time to connect with people is essential for living well as you

age. You don't grow as an individual if you simply disengage. By exposing yourself to people with different outlooks on life, you can open up a whole new world. Social disengagement and loneliness are often considered to be routinely associated with physical limitations causing us to become even more isolated. However, studies have shown that an active social life improves cognitive function and overall brain health, especially for older adults.

As we get older, we tend to become creatures of habit – even more so than we were in our younger days. While routines are comforting, research tells us that one of the habits many of us adopt as we mature is the tendency to become disconnected from friends and family on a purely 'social' level (as opposed to a sense of obligation or responsibility). With that in mind, brain researchers have discovered that when we consciously develop new habits and activities, we can actually jumpstart our 'trains of thought' onto new, innovative tracks. Reconnecting and consequently becoming more socially active may just do the trick!

As life continues to get back to normal, the ability to finally get together again with family and friends is critical, es-

pecially for older adults. I don't think any of us truly realized how much our friends and family provide us with a sense of identity and belonging until those interactions were curtailed or shut off entirely like they were during the pandemic.

Seniors need social interaction to reduce feelings of isolation and loneliness. Research shows that older adults who have more social interactions keep higher levels of cognitive function longer, and their memories do not deteriorate as quickly as their more isolated peers. Seniors who stay in touch with family and close friends have also been shown to have lower risks of dementia.

Family/friend gatherings are also important because this is when 'experiences' are passed down between generations. In addition to being something to look forward to, spending time together establishes a foundation for family/friend values and serves as special bonding experiences. For older adults, these moments together are also a way of transferring the family's history and culture from one generation to the next.

Simple tips on ways seniors can find joy:

Finding moments of joy every day does not have to be a daunting

task. Following are some of my favorite tips to attain joy every day:

Embrace your Interests: try something new that you always thought about or connect with people who share your current interests or hobbies

Prioritize Family and Friends: a recent Comfort Keepers study found that connecting with family, loved ones and friends delivered the most joy compared to activities, events and things

Bond with Family Virtually: in-person visits are not always possible, so we're so lucky that we have mobile phones, social media and technology to help us keep in touch from far away. The

same Comfort Keepers study found that seniors have embraced texting, emojis and social media to bond with the grandkids

Indoor or Outdoor Exercise: exercise can result in joy! Studies have indicated that people who worked out only once or twice a week said they felt much happier than those who never exercised – plus it leads to improved physical health for seniors. Exercise can apply to a wide variety of strength and mobility and can include stretching, balance exercises, yoga, Tai Chi, walking, gardening, bicycling, and swimming.

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Arshay Cooper is a rower, award-winning author, the protagonist of the critically acclaimed film "A Most Beautiful Thing," a Golden Oar recipient, motivational speaker, and activist. FREE, register at nhbm.org.



This project was made possible with support from NH Humanities, in partnership with the National Endowment for the Humanities.

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This informal, non-judged vintage boat show is held at the Alton Bay town docks as part of Alton Old Home Day. No advance registration necessary. All "woodies" and "classic" boats welcome. FREE.

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A fitting finish to the Tokyo experience

BY JOSHUA SPAULDING
Sports Editor

TOKYO, Japan — I entered my first Summer Olympics with the hopes of attending the Opening Ceremonies or the Closing Ceremonies.

In both Sochi in 2014 and PyeongChang in 2018, I arrived just a bit too late to attend the Opening Ceremonies and left a bit too early to attend the Closing Ceremonies. So, when I booked my

hotel rooms and flights for Tokyo, I purposely made sure I was flying in the day before the Opening Ceremonies and was flying out the day after the Closing Ceremonies. My hope was that I would be able to attend at least one of the ceremonies this time around.

Of course, the pandemic, like it has with everything else, messed up those original plans. Because I had to quarantine for the first three days I was in Tokyo, I watched the Opening Ceremonies from my hotel room, which was very much like how I watched the Opening Ceremonies for my previous Olympics. In Sochi, I was in the Moscow airport while the ceremonies were taking place and in PyeongChang, I was in the lobby of the media housing while the ceremonies were going on and I watched both on television.

For those that aren't aware of how the credentials at the Olympics work, our press credentials get us into any of the sporting events, but there are a few exceptions, called high demand events. The Opening and Closing Ceremonies fall into this category, as do some of the events. In the Winter Olympics, figure skating finals are amongst those that are high demand. At the Summer Olympics, the evening track and swimming events and gymnastics finals are all considered high demand events.

For high demand events, press have to request tickets from their respective National Olympic Committee, which for me is the US Olympic and Paralympic Committee. I had requested tickets for a gymnastics competition and the track competition where Elle Purrier St. Pierre ran in the finals of the 1,500 meters. I put in my request for the Closing Ceremonies and stopped by the USOPC office in the media center to check in on my request and Bill Hancock was able to hand me a ticket to the Closing Ceremonies, which had me excited for my final days in Tokyo.

The Tokyo 2020 organizers recommended that we get to Olympic Stadium early to avoid the large crowds (though the lack of fans made it easier for us to get in and out of the venue). I got to the stadium around 4:30 p.m. for the 8 p.m. ceremony. I grabbed a tabled tribune seat (a seat with a table, monitor and power outlets) and set up camp. It was pretty hot, but it ended up being worth it when people showed up much later and had to sit in the regular bleacher seats reserved for press.

I got the chance to watch the rehearsal for the ceremonies, as they ran through video cues, music cues and rehearsed some of the dance numbers. And then, it finally counted down to the start of the ceremonies. The Jap-



JOSHUA SPAULDING

ARIGATO was displayed on the big screens as the Tokyo Closing Ceremonies wrapped up on Aug. 8.

anese flag was carried into the stadium and raised next to the Olympic flag.

Then came the entrance of the nation flags for all the countries that competed in the Summer Olympics. The flags formed a ring around the circle in the center of the stadium and then a highlight video played of the many Tokyo 2020 highlights. The athletes then started entering from all four corner entrances of the stadium, filling up the infield.

Since they weren't all filing in one nation at a time like in the Opening Ceremonies, this took a lot less time than it did a few weeks earlier. The flags then began leaving the field and a lighting display took place. While the lights were cascading off the roof of the stadium and forming rings in the middle, that was completely invisible to those of us sitting in the stands, though I could see it on the monitor in front of me.

Singing and dancing took to the stage next, with BMX bikes and skateboards playing a large role, while the Greek flag was also raised prior to the start of the medal ceremonies for the men's and women's marathon. The Kenyan anthem was played twice, since their runners won both marathons.

The new members of the International Olympic Committee's athletes commission were introduced and volunteers were thanked for their

work throughout the season and then after a strong drumming presentation, a video featuring dances from around the country was played on the big screens.

The Olympic Anthem was performed and then the Olympic flag was lowered and handed from the government of Tokyo to IOC President Thomas Bach, who in turn handed it to the mayor of Paris, host of the next Summer Olympics. The French flag was then raised as their anthem was played.

Next up was a great hype video from Paris 2024, which included live shots from downtown Paris, where people were gathered to celebrate the start of the countdown to Paris in three years. This was followed by a number of speeches, including Bach officially closing down the 2020 Summer Olympics and calling on the youth of the world to assemble again in Paris in 2024.

And then the flame was officially extinguished, with the word "arigato" (thank you) displayed on the big screens and fireworks lighting up the sky to bring the Closing Ceremonies to a close.

Surprisingly, I was able to walk right to the bus and get on and head back to my hotel at a decent hour; my third Olympics coming to a satisfying close.

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

Local community members introduce Concord Hospital to Lakes Region

LACONIA — Local Lakes Region community members gathered at the Governor's Island Clubhouse to meet representatives from the Concord Hospital Health System. The first of several Meet & Greet receptions to be held throughout the Lakes and Three Rivers regions kicked off with a social mix and mingle hour, hosted by Ronald and Alice Cohen of Gilford, Jeff Levitan and Jane Love of Laconia.

"We are thrilled that Concord Hospital has purchased Laconia and Franklin Hospitals. This acquisition will be great for the Lakes Region and its surrounding communities," Ron Cohen welcomed guests and introduced Concord Hospital's President and CEO, Robert Steigmeyer.

Guests had the opportunity to meet and enjoy conversations with several of Concord Hospital's senior leadership team; including, President and CEO, Robert Steigmeyer; Chief Financial Officer, Scott Sloane; Chief Clinical Officer, Dr. Matthew Gibb; Chief Advancement Officer, Pamela Puleo; Chief Administrative Officer of Concord Hospital | Laconia & Franklin, Kevin Donovan; Director of Community Affairs, Marci DeCarli; and, Community Affairs Coordinator, Heidi Smith.

Steigmeyer addressed the group with an introduction into Concord Hospital Health System's mission, vision and values, drawing attention to the alignment of the former LRGHealthcare's mission. Community members were presented with an outlined plan including \$25 million dollars of capital investments to be made in both the Laconia and Franklin facilities over the next 18 to 24 months. Concord Hospital senior leaders welcomed questions from the group and set forth plans to create sustainable health care in the Lakes and Three Rivers regions.

"Jane and I are thankful that Concord Hospital stepped in when Laconia needed them and have pledged to make the new Concord Hospital - Laconia and Franklin first class facilities," Jeff Levitan shared as he thanked the group for attending the event.



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Local students earn distinction at Wichita State University

WICHITA, Kan. — Wichita State University has announced the names of more than 3,500 students who were on the WSU dean's honor roll for spring 2021, including Matthew J. Pluskis of Belmont.

To be included on the dean's honor roll, a student must be enrolled full time (at least 12 credit hours) and earn at least a 3.5 grade point average on a 4.0 scale.

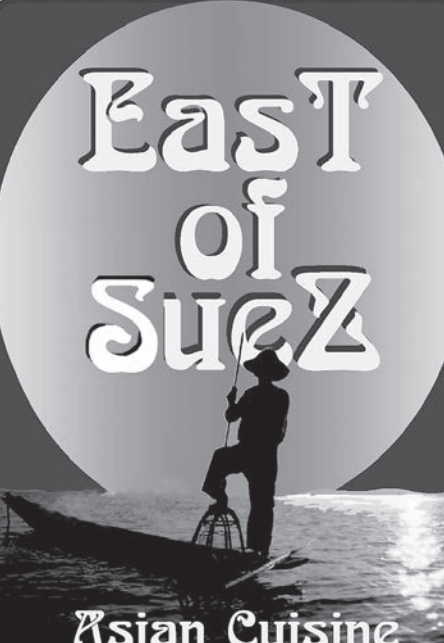
Wichita State University serves as the Kansas urban-based research university, enrolling more than 15,000 students from every state in the U.S. and more than 100 countries. Wichita State and WSU Tech are recognized for being student centered and innovation driven.

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Vintage Vocal Quartet to perform Sept. 5 at Taylor Community

LACONIA — Taylor Community's 2021 Concert Series sponsored by Bank of New Hampshire features the Vintage Vocal Quartet, Sunday, Sept. 5 at 3 p.m. in the community's Woodside Building.

The quartet's repertoire is inspired by groups like Glenn Miller's Modernaires, the Nat King Cole Trio and the Andrews Sisters. If you love vocal harmony and swing music, the Vintage Vocal Quartet has your number!

While the event is open to the public, all attendees are required to be vaccinated. As space is limited, please make a reservation by calling Brenda at 366-1226 or emailing her at bkean@taylorcommunity.org.

Visit www.taylorcommunity.org, or call 366-1400 for more information about this premiere not-for-profit Continuing Care Retirement Community in the Lakes Region.

BELMONT

CONTINUED FROM PAGE A1
kept spectators satisfied as they waited for runners to cross the finish line.

The town green also became a daylong marketplace as it began to fill with vendors of all kinds. While most were talented local crafters and small businesses, a number of the food and information booths this year also included town and nonprofit groups. Among them were the Belmont Rotary, American Legion Post 58 and the Belmont Fire Department.

There was also a rock climbing wall, a petting zoo, special balloon and souvenir vendors for the kids, and live music on the bandstand.

At 1 p.m., the attention shifted to Main St. as the parade got underway. Led by Belmont Police Department's Honor Guard and representatives of the American Legion Post 58, there were many other entries, all proudly proclaiming their pride in the com-

munity. Grand Marshal for 2021 was Pastor Andy Barnes of the First Baptist Church. Barnes was selected for the honor in recognition of the multiple roles he plays in the community, from preaching at the church on Sundays to volunteerism with the Belmont Baseball Organization. He has also served on the Suicide Prevention Committee, opened a food pantry, organized free community meals and started the Hope House thrift shop beside the church.

"The pandemic hit us hard and Andy was out there on the front lines doing everything he could to help our community members," the Old Home Day committee said.

Another special honoree in the parade was the 2021 Good Citizen, Belmont High School senior Elizabeth (Lizzie) Fysh. Runner up this year was Micah Edgren.

Judges for the parade were presented with the challenge of selecting

trophy winners among all the great entries. This year they determined the winners were: American Legion Post 58, which took home the Charles H. Kilborn Trophy for their representation of patriotism, sincerity, integrity and respect; the Kindness Project, honoring deceased resident Jake DeWare, received the Selectmen's Trophy for the most outstanding parade entry; Vault Hair Studio was awarded the Albert Akerstrom II Trophy for best commercial entry; and this year's Heart of the Community Trophy was presented to the Belmont Elementary School Support Team (B.E.S.T.) for their float and marching presentation.

Nikki Sturgeon volunteered as parade organizer this year and was pleased things went well, while taking notes on future improvements to make it even better.

"It was fun recruiting a lot of new people for the parade and everyone was really willing to help," she said. "As



Pastor Andy Barnes was the Grand Marshal in this year's Old Home Day parade in Belmont last weekend, where he was thanked for his outstanding service to the community.

I made calls to try and get people involved a lot of them said they never knew they could take part in the parade, so it was great to get them involved this year."

She added that none of the day's success would have been possible without the team of volunteers and her friends who pitched in to help. Sturgeon also thanked Lt. Thomas Murphy of Belmont Fire Department who once

again served as emcee of the parade.

New Old Home Day events took place this year, too, such as the Classic Car Show beside the Mill building, a Tug-of War Tournament, and a Basketball Tournament at Sargent Park for which fees and donations benefitted the BHS boys' basketball team.

At 5 p.m., the fire department kicked off the evening events with their popular chicken

barbeque before everyone headed to Bryant Field for a night filled with music from the band "19 Miles Per Hour," Rock Wall Climbing and Bungee Jumping. Topping off the celebration was a fireworks display by Atlas Fireworks, proclaimed by many on social media as the best pyrotechnics show the town has held in recent years.



Vault Hair Studio's presentation on behalf of local children won the Albert Akerstrom II Trophy for Best Commercial Entry in the Belmont Old Home Day parade on Aug. 14.



The historic Belmont Bandstand, where musicians performed throughout the day, served as a beautiful backdrop to the vendors who surrounded the town green during Old Home Day last Saturday.

MUSIC

CONTINUED FROM PAGE A1

covered. Knowing that it had been in his family for more than 130 years he had an instant interest in the piece but it had aged a bit since the last family member played it. As a musician himself, his mom's dad happened to know a thing or two about banjos so when Gabriel came to visit his grandfather in Laconia last month, he brought the banjo with him.

"We did some research and restored it; we brought it back to life," Brock said.

During this visit, Gabriel and Brock replaced many parts on

the antique instrument, including the head and bridge. Once all the repairs were made, the pair waxed the surface, replaced the strings and it was ready to go.

"Gabriel was very involved in putting it all back together," said Brock.

He then started using his own instrument to teach his grandson a bit about the banjo and it didn't take long before Gabriel was hooked.

"I've played drums and I've had a few guitar lessons but now I like the banjo better," he said.

Brock explained that there are two styles involved in playing a banjo

and this particular instrument was constructed for the "Claw and Hammer" style. When it came to Gabriel's fingerpicking on the banjo, his grandfather was impressed.

"He'd only been playing banjo for about seven hours before I saw he was quite adept at it," said Brock.

He is one of many area musicians who gather at the Tilton Senior Center each Wednesday evening for their Country Pickin' Night so he decided to bring his grandson along as a fellow musician that week; Gabriel had the distinction of being one of the young-

est musicians to ever join the weekly open-call crew of performers. And while the more experienced musicians generously gave some pointers to the young man before they began to play, Gabriel also credits his grandfather, too.

"If it wasn't for him, the banjo would still be in the attic getting destroyed. I give all the credit to him for helping me restore it and teaching me how to play. I had a great time that night," Gabriel said.

The young man was very proud of not only his participation in the senior center's music night but of the historical significance in playing an instrument that had been in his father's family for several generations.

"Imagine it was made in 1890 and here I was picking it up and doing all this. How many people have had their hands on this instrument?" he wondered. "I had a real sense of history while I was playing it."

When it was time for Gabriel to head home to Mont Vernon, Grandpa Brock recognized the delicate nature of the historic instrument so he sent his grandson home with not only the restored family heirloom, but a newer banjo to hone his skills on.

"The one we restored is something he can hang on the wall and take down once in awhile to play, but the one I gave him is something for everyday use," said Brock.

Meanwhile, it's a certainty that Lakes Region residents who attend the weekly music nights at

Tilton Senior Center will be looking forward to Gabriel's next visit.



Gabriel Holt joined his grandfather, Gary Holt, for the Tilton Senior Center's weekly Country Pickin' Party, where he played his newly restored 1890 banjo with some of the area's senior musicians.



Twelve-year-old Gabriel Holt spent his vacation at his grandfather's house in Laconia restoring an 1890 banjo his dad brought out of the attic in their home in Mont Vernon.

BENEFIT

CONTINUED FROM PAGE A1

rifield, Former Tilton Police Chief Robert Cormier, FMS Principal Ken Darsney, FMS Vice principal Jason Trafton, Franklin Footlight Theater actor Jack Finley, and other prominent leaders of NH business, education, and other organizations. Guests are encouraged to tip their waiters generously! All proceeds from the evening will support the ongoing mission of the Franklin Opera House to provide the best in community arts programs and live entertainment



to the Lakes Region. Guests will bid on items in a silent auction and a live auction to follow the dinner. Below is a sneak peak of a couple items up for auction.

Tickets are available

for this amazing event until Aug. 25. \$25 per person or \$175 for a table of eight. Visit <https://bit.ly/2021CWD> for details and tickets.

GILMANTON

CONTINUED FROM PAGE A1

and around the carriage house on the the meeting house grounds.

The Committee is

still looking for volunteers to help out before, during and after the event. Check out the Old Home Day Facebook page and find out how you can be part of

the team . You will find many options and ways to sign up including a virtual schedule. Join the fun and become a part in this continuing community tradition.



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For immediate consideration, please come to Five Wickers Drive Wolfeboro, NH to complete an application or visit our website for more information at www.psimp.com. You can also email your resume directly to donna.doyle@psimp.com, please be specific as to what shift and position.

PSIMP an Equal Opportunity Employer.

ISO 9001:2015 Registered.



Lumber & Building Materials Contractor Sales

Our Ashland location is searching for a member of our Lumber & Building Materials Contractor Sales Team. You will prepare quotes, orders, invoices, special orders and purchase orders. This position will also coordinate deliveries and returns as necessary. You will serve as a resource for the customer, helping them make selections and build their confidence using your product knowledge and excellent customer service. Weekend hours required on a rotating basis.

You may apply in person or download an application from our website. All applications should be submitted to:

Dan Uhlman, General Manager
20 West Street, Ashland, NH 03217
or you may email to duhlman@belletetes.com. E.O.E.

▶ Competitive Wages

▶ Paid Vacation

▶ Paid Holidays


▶ Paid Time Off

▶ Health Insurance

▶ Profit Sharing

▶ Store Discounts

▶ 401k



NGH Upper Connecticut Valley Hospital

JOB OPPORTUNITIES

FULL-TIME

Multi-Modality Radiologic Technologist
Environmental Services Technician
Unit Coordinator, Days/Evenings
RN Surgical Services Manager
RN – M/S Charge, Night Shift
RN E.D..Charge, Night Shift
Rehab Services Director
RN Nurse Manager
Physical Therapist
Screener
Cook
LNA

PART-TIME

Cook (temporary)
Medical Records Technician
Environmental Services Technician

PER DIEM

Cook
LNAs – RNs – Certified Surgical Tech – Medical Assistant
Patient Access Representative – Environmental Services Technician

APPLY ONLINE
WWW.UCVH.ORG
Upper Connecticut Valley Hospital
181 Corliss Lane, Colebrook, NH 03576
Phone: (603) 388-4236
Ucvh-hr@ucvh.org
EOE

VACANCIES

BERLIN PUBLIC SCHOOLS

BERLIN, NH

Office Manager – Berlin High School-CTE- Program
School Year Position- 8 hrs. per day

Title I Para-Educators/Interventionists
Berlin Elementary School – Must be Highly Qualified

Substitute Teachers, Educational Assistants and
Food Service Workers

Year Long Building Substitutes

Interested applicants should send a letter of interest and resume to Berlin Public Schools, 183 Hillside Ave., Berlin, NH 03570 or email hr@sau3.org. An online application is also available at www.sau3.org., under job opportunities. Office Manager and Title I positions are also available on School Spring. EOE



Framers and Laborers Wanted

Wallace Building Products, a 100% employee owned business, is a successful and growing manufacturer of building products for the construction industry. We seek full-time Framers and Laborers to join our team in Danbury.

This position will work with other employees to build rough-framed walls for the construction industry in a shop environment. Framing experience is a plus, but we will train.

Apply in person at 1525 US Rte 4 in Danbury NH
Or call 768-5900 to set up an appointment





- Residential Site Work
- Commercial Site Work
- Septic Systems Installed
- Driveway & Road Construction
- Sand - Gravel - Loam

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279-4444



Members of the Lakes Region Symphony Orchestra String Quartet will entertain at the Mill Falls Marketplace in Meredith, Aug. 21 at 4 p.m.



Do we have your attention?

Print Advertising is a very powerful medium and can deliver strongly for your business.

Consumer immersion in trusted content has a massive impact on awareness, trust, and effectiveness of its associated advertising. Media attention scores as applied to regular consumers of each medium, with print newspapers topping the table with a score of 80%, followed by regional print newspapers (76%). **www.SalmonPress.com**

HELP WANTED



Loon Mountain Resort



HR Coordinator – Full Time Year Round
Benefits eligible position.
Primary duties include onboarding team members, benefits processing, managing HR information systems and payroll administration and HR Generalist projects. Microsoft Office and Excel skills required.

HR Administrative Assistant – Full Time or Part Time
Full Time is a benefits eligible position.
Primary duties include assisting with employee passes, onboarding, organizing & auditing forms/files, answering employee inquiries, and general office coverage. Microsoft Office and Excel skills required.

Food and Beverage Administrative Assistant
Primary duties include onboarding team members, data entry, reconciling purchase orders, handling inventory maintenance, and assisting in F&B locations as needed. Full Time.

Employee Housing options available.
Apply today at: www.loonmtn.com/jobs

We are looking for motivated
and dependable individuals
to join our



Dining Services Team.

Full and Part Time Positions available
Visit our website for staff opportunities

www.newhampton.org/about/careers

Town of Sandwich Help Wanted

The Town of Sandwich is accepting job applications for a full-time employee position in our Highway Department. A leadership role is available for an individual with supervisory experience. Opportunity for overtime seasonally. Experience operating equipment is desired but training and certification available. Applicants must be 18 years of age and hold a valid driver’s license and medical card; NH CDL A or B license ideal. Full job description and application are available at the Selectmen’s Office at Town Hall, 8 Maple Street. Applications are due by Thursday, August 26th at 3:30 P.M. For inquiries, please call 520-1538.

Equal Opportunity Employer.
Sandwich Board of Selectmen

Moultonborough School District Fall Coaching Opportunities

The Moultonborough School District has the following coaching opportunities available for Fall 2021:

Varsity Girls Soccer
Assistant/JV Girls Soccer
Assistant/JV Boys Soccer
ML Volleyball A

To apply, complete application found at: <http://www.sau45.org/district/employment> and submit along with a letter of interest to:

Chris Wood, Athletic Director
Moultonborough School District
PO Box 228
Moultonborough, NH 03254
or email all documents to: cwood@sau45.org
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GET RESULTS!



ASHLAND - CASHIER

Are you friendly, outgoing and enjoy meeting new people? Belletetes is looking for a full-time cashier to work in our Ashland store. Hours include every other weekend. Must have excellent customer service skills.

You may apply in person or download an application from our website. All applications should be submitted to:

Rick Ash, Hardware Manager
Belletetes, Inc., 20 West St., Ashland, NH 03217
or you may email to rash@belletetes.com

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Paid Holidays

Paid Time Off

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Profit Sharing

Store Discounts

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All qualified applicants will receive consideration for employment without regard to race, color, religion, gender, national origin, disability, protected veteran status or any other protected class

*Sign on bonus paid after 90 days



Lumber & Building Materials Yard Associate

Our Ashland location is searching for a member of our Lumber & Building Materials Yard Team. The primary responsibility of a Lumberyard Associate is to maintain customer service per company standards, the accurate and efficient loading and unloading of all lumberyard related transactions. In addition, you will be responsible for maintaining the appearance of the yard and racks in an orderly and clean manner. Forklift experience and heavy lifting is required. Weekend hours required on a rotating basis.

You may apply in person or download an application from our website. All applications should be submitted to:

Dan Uhlman, General Manager
20 West Street, Ashland, NH 03217
or you may email to duhlman@belletetes.com. E.O.E.

▶ Competitive Wages

▶ Paid Vacation

▶ Paid Holidays

▶ Paid Time Off

▶ Health Insurance

▶ Profit Sharing

▶ Store Discounts

▶ 401k



Lakes Region Environmental Contractors

Petroleum Service Tech / Laborers wanted. Must have a valid driver's license with a clean driving record and be able to pass DOT physical. Must have mechanical aptitude, troubleshooting skills, have strong commitment to quality.

ICC Certified, HAZMAT Certified and/or CDL License is a Plus but Not required. Willing to train.

Year-round employment with paid Travel, Holidays, Vacation and Weekends Off

Please call 603-267-7000

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please call our TOLL FREE number:**

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HELP WANTED

FRANKLIN SCHOOL DISTRICT

District Wide:
Special Education Out-of-District Coordinator

High School:
ELO (Extended Learning Opportunities) Teacher
School Counselor
PE/Health Teacher
Alternative School Paraeducator
Social Studies Teacher

Middle School:
Health Teacher
FACS Teacher
Industrial Arts Teacher
Grade 7-8 Science Teacher
Title 1 Teacher

Elementary school:
Special Education Secretary – School Year
Preschool Teacher

Interested candidates should send letter of intent, resume, application, certification, transcripts and 3 letters of reference to the:

Superintendent’s Office
Franklin School District
119 Central Street
Franklin, NH 03235
dlegallo@gm.sau18.org
(603) 934-3108

Franklin School District is an Equal Opportunity Employer

WHITE MOUNTAINS REGIONAL SCHOOL DISTRICT
2021-2022 School Year Professional & Support Staff

ATHLETICS
Middle School Girls Soccer Coach
Middle School Boys Soccer Coach
Varsity Wrestling Coach
LES Girls Basketball Coach
Head Track Coach
(Contact Kerry Brady, AD,
for application, etc. – 837-2528 or kbrady@sau36.org)

WHITE MOUNTAINS REGIONAL SCHOOL DISTRICT
Reading Specialist
District-Wide Special Education Secretary

WHITE MOUNTAINS REGIONAL HIGH SCHOOL
School Counselor
Physical Science Long-Term Substitute
(September 7th – November 5th)
Paraeducator
Substitute Teachers

WHITEFIELD ELEMENTARY SCHOOL
Title I Teacher
Paraprofessionals (Anticipated)
Special Educator Case Manager (Anticipated)
Full-Time Custodian
Substitute Teachers

LANCASTER ELEMENTARY SCHOOL
Part-Time Title I Teacher
Full-Time Paraeducator
Part-Time Paraeducator
Preschool Paraeducator (2 positions)
Case Manager
Upper Elementary Teacher
Substitute Teachers

****Substitute teacher rate of pay is \$100 per day
SAU 36 will pay for the required
Criminal Background Check****

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

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

Ashland Elementary School
2021-2022 Opening

Long-Term Substitute: Elementary Teacher
Ashland Elementary School is currently seeking an energetic, collaborative, learner-centered Elementary Educator to fill a Long-Term Substitute Teacher position from mid-November until the end of the 2021-2022 school year. This full-time substitute position includes team-teaching students in grades 1 & 2. Applicant must hold current NH Teacher Certification. Flexibility, perseverance, and the use of data to inform and personalize instruction are preferred.

Applications can be found at:
<https://www.interlakessd.nh.schools.bz/sau2/Content/aes-employment>

Please submit cover letter, resume, application and three letters of reference to:

Ashley Dolloff, Human Resources Director
ashley.dolloff@interlakes.org
or
103 Main Street, Suite 2
Meredith, NH 03253

Application Deadline: October 1, 2021
EOE

Shaker Regional School District
EMPLOYMENT OPPORTUNITIES

BELMONT ELEMENTARY SCHOOL
Classroom Assistants
General Special Education Assistants (Full and Part-time)
1:1 Behavioral Assistants
Preschool Assistant

CANTERBURY ELEMENTARY SCHOOL
Classroom Assistant
General Special Education Assistant
1:1 Special Education Assistant

BELMONT MIDDLE SCHOOL
1:1 Behavioral Assistant
1:1 Special Education Assistant

BELMONT HIGH SCHOOL
General Special Education Assistant
1:1 Special Education Assistant
1:1 Behavioral Assistant
School Counseling Secretary

BELMONT MIDDLE & HIGH SCHOOL
Math Coach

DISTRICT WIDE
Custodial positions
Grounds positions
Substitute Teachers
Substitute Nurses

Please visit the district website, https://www.sau80.org/departments/human_resources for a list of the available positions and a link to apply for them through SchoolSpring.com. Custodial, Grounds and Substitute applications can be found on that same website.

Please contact Debbie Thompson, Business Administrator, at dthompson@sau80.org or via phone at 267-9223 x5303 with any questions or for additional information.



The Village of Loon Mountain is located in the heart of the White Mountains, New Hampshire. We have 92 units, including lodge and townhouse condos. Our mission is to improve the quality of work/life by providing equal employment opportunities for all candidates and team members.

Current Full Time Positions Available:

Painters
Maintenance Technicians
Groundsmen
Housekeepers
Housepersons
Laundry Attendants

We offer competitive wages and the following benefits after the successful completion of a 90-Day introductory period:

- Health insurance
- Dental insurance
- Paid Holidays (5 holidays a year)
- Accrued Sick Time (5 Days a year)
- Discounted stays at all VRI managed properties
- One-week paid vacation after (1) year, two weeks paid vacation after (2) years

How to Apply:
In person: 72 Loon Village Rd. Lincoln, NH 03251
Email: info@villageofloon.com or call 603.745.3401

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Lakes Region Community Services (LRCS) is recruiting home providers to serve individuals in its Shared Family Living program. Shared Family Living finds families or single persons to provide supportive, caring homes to individuals with disabilities.

Being a home provider allows you to work from home and receive a tax-exempt, non-reportable stipend based on the difficulty of care of each individual. Many individuals go out during the day to explore their communities and/or work which affords some down time for the home providers.

Lakes Region Community Services is always seeking new home providers, but are currently specifically seeking provider for the following:

- A woman in her mid-30s. She is independent in many activities. She needs someone to manage her medications, medical appointments and diet. Ideally, the home provider would engage her in exercise and maintain a healthy diet. She has day services out the home for 6 hours each weekday.
- A friendly 21-year old man. He requires assistance with some daily living activities. He needs assistance with medication administration. He is very friendly and personable.
- A 22-year old young woman. She requires support with regulating her emotions. She has day services out of the home for 6 hours each weekday.

If you have any questions, want to learn more about becoming a home provider and/or are interested in meeting one of these individuals, please contact Ellen Bean at (603)581.1556 or ellen.bean@lrscs.org

Town of Center Harbor
Employment Opportunity

The Town of Center Harbor Highway Department is looking for a full-time truck driver/equipment operator to work 40 hours per week and overtime as needed to assist in a variety of projects including road maintenance and buildings and grounds. Applicants should have a CDL-B license, experience with snow removal using a plow and wing, as well as experience operating and maintaining equipment.

Interested applicants can pick up an application and job description at the Center Harbor Town Office located at 36 Main Street, Center Harbor 03226 or download documents from www.centerharbornh.org.

Applications can be submitted to Jeffrey Haines, Road Agent, Town of Center Harbor, PO Box 140, 36 Main Street, Center Harbor, NH 03226-0140. Applications will be received at the Town Office until the position is filled.

EOE

HELP WANTED

ALLSTAFF

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260 Main Street, Littleton, NH 03561

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Kate Cassidy - Executive Director • Lindsey McGrath - Office Administrator

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Sales Manager

Part time HR Admin

Accounting Manager

Accounting Associate

Purchasing Manager

1st shift Maintenance Tech

Supply Chain Purchaser

Quality Control Manager

Customer Service

Fully Remote HR Position

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Accounts Receivable

Sanitation Tech

Planner

MFG Engineer

Maintenance Electrician – 1st shift

Set up Specialist

Human Resource Generalist

Mailing Tech – 1st, 2nd & 3rd shift

Press Tech – 1st, 2nd, and 3rd shifts

Sanitation Worker 3rd shift -

Production Line Workers – 1st shift

Packer

Flex operator

Production – 1st shift M – F 6AM – 3PM – Mon – Fri -

\$14.00 – entry level will train

Stitchers – 1st & 2nd shift – 7AM – 3PM & 3PM – 11PM –

Mon – Fri - \$15.00 will train

Warehouse material handler – 1st shift

Maintenance operative –

Production Workers – 1st Shift Mon – Fri – 7AM – 3PM

Utility Operators – ALL SHIFTS – entry level -

\$14.35 – 22.43 – sign on bonus

Quality Assurance Inspector – 3rd shift -

\$20.65 – sign on bonus

Machine Operators – ALL SHIFTS -entry level -

\$16.07 – \$24.13 – sign on bonus

Specialized Machine Operators – ALL SHIFTS -

\$17.15 – \$25.51 – sign of bonus

Plating Tech – ALL SHIFTS - \$17.64 - \$26.12 – sign on bonus

4th shift – work 36 hours and get paid for 40 hours -

\$14.35 – \$24.13 – sign on bonus

CNC I – CNC II – All shifts – pay rate depending on

experience - \$16.07 - \$26.35 – sign on bonus

Maintenance Mechanic – 2nd shift

Maintenance Mechanic – 1st shift

Maintenance Helper

Maintenance Mechanic – 3rd shift

MFG Engineer

Production Supervisor – 4th shift – Fri, Sat & Sun

PITTSFIELD, NH

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How does helping to protect firefighters sound?

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MSA Globe employs 400+ employees, operating three plants, in more than 130,000 square feet of manufacturing space.

Open Positions:

Stitching Machine Operator

- Utilize a variety of industrial single needle, double needle and programmable machines to stitch one of over 100 operations to complete the firesuit shell or liner
- Cross training may include learning Snapping, Seam Seal, Automated Stitching, and Trim, Material preparation, Labeling, Inspection, Matching and Final packaging.

OPEN TO ENTRY LEVEL CANDIDATES.

We offer an excellent training program!

Special Knowledge, Skills and Abilities Required:

- Ability to Read, Write and Speak English
- Basic knowledge of computers or tablets
- Possess a willingness to learn
- Enjoy working with your hands
- Able to sit and/or stand for long periods of time
- Able to lift approximately 30 pounds
- Have strong organizational skills
- Possess a high attention to detail

Candidates with experience in the following areas are encouraged to apply:

- Quality Control and Inspection
- Machine Operation
- Assembly / Crafting / Knitting
- Stitching / Quilting

Office Staff / Customer Service

- Assist with customer service, order entry and processing for Firefighter Protective Clothing (known as turnout gear/fire suits). This role is counted on to ensure that each and every component of the order is accurate before it is sent to production.

Special Knowledge, Skills and Abilities Required:

- Self-starter with excellent time management skills
- Strong fluency in English language, both written and verbal
- 1-3 years administrative related experience is required
- High proficiency in keyboarding and data entry while maintaining accuracy
- Demonstrated ability to work in a team environment
- Proven success in a job or tasks requiring strong attention to detail
- Strong organizational skills and ability to multi-task
- Demonstrated ability to meet daily entry goals in a fast-paced environment
- Flexibility with work schedule preferred - core hours will be 8:00 AM to 4:30 PM Monday through Friday

Preferred:

- ABS 400 experience or other similar order management system
- Knowledge of Globe product line
- Previous production experience
- Bilingual, Spanish preferred

Full-time associates are eligible to receive: Sign-On Bonus of \$500 after first scheduled work week is completed*, Stay-Bonus of \$500 after 90 days - \$1,000 after 6 months*, Quarterly Bonus*,Competitive Pay, Great Benefits (including Medical, Dental, Vision, 401K and more), Flexible Schedules, Paid Time Off and Holiday Pay, Tuition Reimbursement*, and so much more!

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Pantry

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Also in need of a STOCK PERSON

Please apply in person: BLUEBERRY STATION 1 Suncook Valley Road Barnstead, NH

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