

Winnisquam Echo

THURSDAY, JULY 29, 2021

SERVING TILTON, NORTHFIELD, BELMONT & SANBORNTON, N.H.

FREE

Veterans Home residents elect Resident Council Officers



COURTESY

Pictured are the New Hampshire Veterans Home 2021-2023 elected officers, from left to right: John "Jack" Shea, first vice president; Allan Bailey, president; Rita Landry, second vice president; Anthony "Tony" Schroeder, chaplain; James "Jim" Brown, sergeant-at-arms.

TILTON — Veterans residing at the New Hampshire Veterans Home (NHVH) recently elected Resident Council Officers for the two-year period of July 2021 to June 2023. The officers, elected by secret ballot, include:

«Allan Bailey, president; US Army, Vietnam Era, from Wolfeboro

«John "Jack" Shea, 1st vice president; US Army, Vietnam Era, from Manchester

«Rita Landry, 2nd vice president; US Air Force, Korean Conflict Era, from Lincoln

«Anthony "Tony" Schroeder, chaplain; US Army National Guard, Gulf War Era, from Rochester

«James "Jim" Brown, sergeant-at-arms; US Army, Vietnam Era, from Nashua

The New Hampshire Veterans

Home's Resident Council follows established bylaws to represent veterans' interests. Resident Council Officers work with staff to facilitate communications, implement ideas, and follow up on recommendations. Through monthly meetings for all members, the Council suggests improvements and helps administration provide better programs, surroundings, and services; gives residents a greater participation in affairs within the facility; promotes friendship and understanding among residents; and provides and receives necessary information for the benefit of all residents.

In addition to serving on the NHVH Resident Council, residents are also invited to participate in decision-making committees, some of which include the

Board of Managers; Safety, Art and Palliative Care Committees.

The NHVH is home to men and women veterans who have served their country and fellow New Hampshire citizens. NHVH was established in Tilton in 1890 as the Soldier's Home for Civil War Veterans and is a recent recipient of the Business Inspiration Award from the Lakes Region Chamber of Commerce. The mission of NHVH is to provide high quality, professional long-term care services to the Granite State's elderly and disabled veterans with dignity, honor and respect. NHVH is the State's only long-term care facility dedicated exclusively to veterans. For more information, call 527-4400 or visit www.nh.gov/veterans, www.facebook.com/nhveteranshome.

Lakes Region Conservation Trust completes Mill City Park conservation project



KARIN NELSON — COURTESY

Along the Winnepesaukee River from the Winnepesaukee River Trail

FRANKLIN — This spring the Lakes Region Conservation Trust (LRCT) completed a con-

serva- tion ease- ment and management plan to protect 17 acres of land along the Winnepesau-

kee River in Franklin adjacent to the new Mill City Park. This conser- vation ease- ment, con-

veyed to LRCT by the City of Franklin, is an integral part of the Mill City Park project, which combines opportunities for recreation and enjoyment of the City's riverfront. LRCT is proud to be able to play a role in this important downtown project and to work with the City in conserving valuable habitat and open space along the River.

Three rivers run through Franklin—the Pemigewasset and the Winnepesaukee join in the City to form the mighty Merrimack, which then makes its way toward Manchester, Lowell, and Lawrence, legendary mill cities.

SEE MILL CITY, PAGE A7

New Director hired at Hall Memorial Library

NORTHFIELD — The Trustees of Hall Memorial Library, serving the towns of Tilton and Northfield, welcome Nicole Schulze as Director following the departure of beloved library Director Jennifer Davis.

Nicole comes to the library most recently from Concord Public Library where she was the Adult Services and Outreach coordinator for three years. Nicole has worked in the library world since she was sixteen, receiving her Master of Library Science from San Jose State University in 2013 and has a passion for serving communities through the New Hampshire public library system.

The community is invited to come in to meet Nicole in the next few weeks and welcome her to Tilton and Northfield! Hall Memorial Library is currently open from 10 to 6 Monday through Friday, offers curbside pickup, access to New Hampshire Downloadable Books, and an adult and children's summer reading program. The library is looking to expand its hours and programming in the near future under Nicole's guidance. For more information, please visit www.hallmemoriallibrary.org or call 286-8971.

Mojalaki Country Club reopens as event venue



FRANKLIN — Mojalaki Country Club opened its doors in 1920 as one of NH's most challenging golf courses. It was designed by course architect Wayne Stiles, who also designed Nashua Country Club's course in 1915, at the start of a 40-year career. The spacious clubhouse quickly drew events, such as weddings, retirements, proms, birthdays, and bar mitzvahs in the well-sited building with its grand view of Mt. Kearsarge to the west.

In 2019, Mojalaki Country Club came under new ownership by Franklin businessmen. Entering a new century of service to the community, it will focus on events in the newly renovated clubhouse. The previous 18-hole golf course will now be a great venue for gatherings like outdoor weddings. Foreseen is a Mojalaki-labelled wine from vineyards on the premises, catering to events ranging from corporate meetings to community fundraisers.

In late June, the first event for the new Mojalaki was the surprise retirement party for Franklin's City Planning Director, Dick Lewis.

Co-owners Fred McAllister and Rob Pearlman commented, "It is fitting that our reopening honored Dick Lewis, who ably guided Franklin's economic revitalization for many years."

Mojalaki's new owners and the City of Franklin are excited to see this premium event venue coming back into business.

Mayor Olivia Zink calls it, "A great place to enjoy a wedding or other special event with expansive views of Mt. Kearsarge."

Mojalaki has always inspired people to gather and share life's special moments. Each passing generation has discovered its best use, from Native American hunting grounds to family farm to 20th century golf club. Now in its second century of serving the community, Mojalaki Country Club will continue offering a unique gathering place for celebrations.

Bank of New Hampshire promotes Bambi Lane to Assistant Vice President



Bambi Lane

LACONIA — Bank of New Hampshire is proud to announce the promotion of Bambi Lane to Assistant Vice President

Commercial Banking Officer.

Lane joined Bank of New Hampshire in 2004 in the retail loan servicing department. She transitioned to commercial lending in 2010 and has held the positions of Commercial Services Representative, Cash Management Support and Portfolio Manager before being promoted to a Commercial Banking Officer in 2018. In addition to her portfolio management responsibilities, Bambi assists

businesses and municipalities with their lending needs and also handles many of the behind-the-scenes aspects of lending functions for loan requests.

She is a graduate of the Northern New England School of Banking, the ABA Commercial Lending School and Leadership Lakes Region.

“Bambi’s expertise in these specialized functions are invaluable to the commercial team,” said Tania Bossey, Senior Vice President, Senior Commercial Credit Officer for Bank of New Hampshire. “Our team appreciates the high level of service she provides to her customers and her dedication to her role. We are excited to promote her to this position in recognition of her experience and success as a commercial banker.”

Lane can be reached in the Laconia office located at 62 Pleasant St., via phone at 527-3264 or by e-mail at lane@banknh.com.

Bank of New Hampshire is excited to have Bambi in this role on our team 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.

Bank of New Hampshire promotes Katie Reid to Vice President



Katie Reid

LACONIA — Bank of New Hampshire is proud to announce the promotion of Katie Reid to Vice President – Commercial Banking Officer.

Reid joined Bank of

New Hampshire in August 2004 as a Bank Services Representative. She transitioned to the Commercial Banking Department in September 2007 and has held positions in Commercial Servicing and Portfolio Management. She is the primary Commercial Banker for Northern New Hampshire businesses and assists customers with their lending needs, growing their business and streamlining their finances.

Reid is a graduate of

the Northern New England School of Banking, the ABA National Commercial Lending School, the New England School of Financial Studies and Leadership Lakes Region. She is actively involved in the community and has served on committees with several local organizations.

“Katie is a valuable member of the commercial banking team, contributing to the team’s success for many years,” said Tania Bossey, Senior Vice President, Senior Commercial Credit Officer for Bank of New Hampshire. “She provides excellent service to her clients, ensuring a positive customer experience. We are excited to recognize her experience and commitment to her role with this promotion and look forward to her continued success in serving her market.”

Reid can be reached in the Laconia office located at 62 Pleasant Street, via phone at 527-3255 or by e-mail at reid@banknh.com.

Bank of New Hampshire is excited to have Katie in this role on our team 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.

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Belknap House receives grant from Eversource Energy Foundation

LACONIA — Belknap House is grateful to be one of the recipients to receive a grant from the Eversource Energy Foundation. The Eversource Community Impact Grant supports the foundation’s commitment to making a positive impact in the lives of their customers.

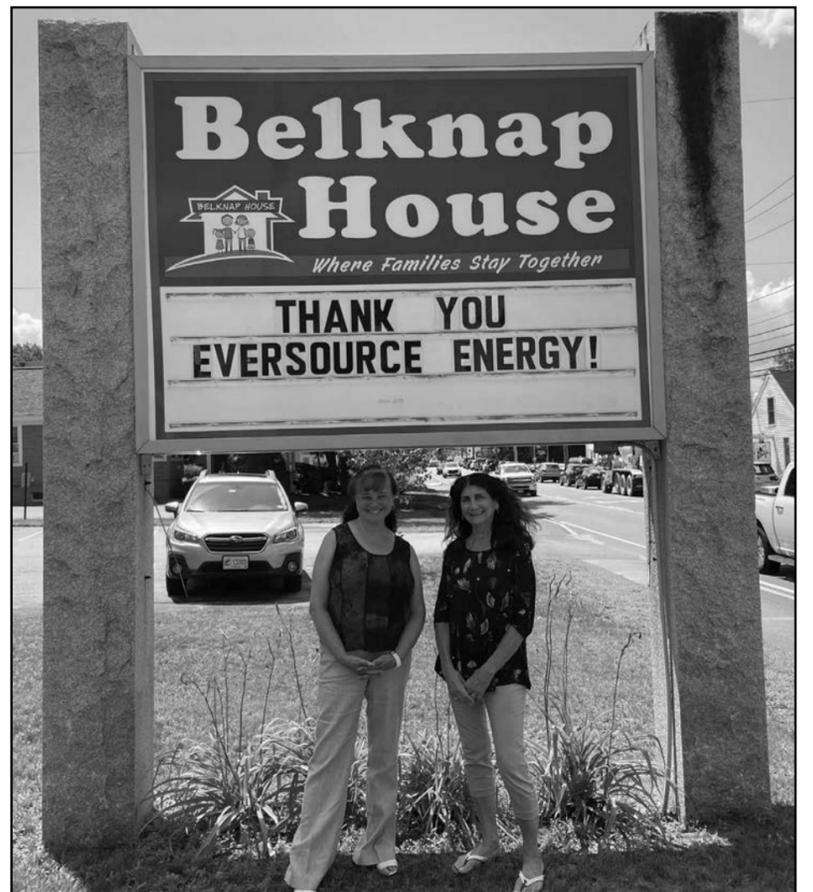
This award supports essential needs for Belknap House residents, particularly children during summer months, and directly helps to maintain family stability. Providing safe shelter and essential needs to families in crisis, is one aspect of the mission of Belknap House. Empowering families to become self-sufficient and independent by providing opportunities of educa-

tion and resources, is what also attributes to families’ success stories. While at Belknap House, families build skills and resilience through awareness and improving certain protective factors, that strengthen their ability to overcome challenges. We are proud to have Eversource Energy join our network of committed agencies and community resources serving BH residents. These partnerships are vital in the work of empowering families to become independent. Belknap House board members, staff and families, send heartfelt gratitude to Eversource Energy and their commitment to making a difference. Additional thanks to Catalina Celentano, Community

Relations and Economic Development Specialist, with Eversource, for providing a note of support, on behalf of Belknap House.

“I was impressed by the great work Belknap House is doing when I visited the house as part of Leadership Lakes Region,” Catalina said. “We’re honored to be able to support this great work for families in the areas where we work and live, and hope we can continue to help make a difference in our region.”

For more information about Belknap House or volunteer opportunities, contact Tom, House Manager, at 527-8097, or housemgr@belknap-house.org. Please visit our Web site at www.belknaphouse.org and like us on Facebook: Belknap House



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Steven Aiken promoted to Vice President, Financial Advisors' Manager for NHTrust



Steven Aiken

MEREDITH — Steven Aiken has been promoted to Vice President, Financial Advisors' Manager for NHTrust. In this role Steven will provide day-to-day leadership for the Financial Advisory

team while he continues to work directly with his many long-time personal clients to assist them with their retirement, investment and college planning, and insurance needs.

Aiken is a registered representative for Infinex Financial Group, has nearly 30 years of financial management experience and has been with the organization as Vice President of Financial Services since 2009.

"We've been impressed with Steven's leadership and relationship building skills as we

continue to grow," said Paul Provost, President of NHTrust. "With over 30 years of experience and with national recognition as an Elite Advisor with Infinex Financial Group, his work will allow us to continue providing the best advisory services and support to our valued clients."

After attending schools in Meredith, Steven earned a Bachelor of Science in Finance from Franklin Pierce College, graduated from the business management program at New Hampshire Technical Institute

(NHTI) and earned a designation as a Chartered Retirement Planning Counselor (CRPC). His professional achievements include completion of the FINRA-sponsored Series 7, 24, 63, and 65 certifications, which allow him to provide a full range of investment banking products and securities for businesses, municipalities and individuals; and Elite Advisor status with Infinex Financial Group. He is a graduate of the 2018 Leadership Lakes Region Program and in 2019 he completed Cannon's Es-

sential Advisor Program.

Aiken is currently the President of the Meredith/Inter-lakes Alumni Association and a volunteer Soccer Coach for the Inter-Lakes Youth Soccer Program. He resides in Meredith, with his family, where he enjoys spending time outdoors in all the wonderful seasons that New Hampshire offers.

NHTrust offers trusted financial advice in the New England tradition of neighbors serving neighbors. With New Hampshire roots reaching 150 years, NHTrust com-

bines the financial expertise and local insights of Merrimack County Savings Bank, Meredith Village Savings Bank, Savings Bank of Walpole, and The New Hampshire Trust Company, with a legacy of trusted service dating back to the 1860s. Customized financial planning includes solutions for investment management, retirement planning, financial planning and trust, estate and fiduciary services. For more information, please call 223-2710 or visit nhtrust.com.

Rescue of lead poisoned loon a reminder to stop using lead fishing tackle

MOULTONBOROUGH — On June 15, biologists from the Loon Preservation Committee (LPC) rescued a lead poisoned loon from Mascoma Lake in Enfield. After a night of routine capture work during

which the loon and its mate were banded and blood samples were taken, a lead test on the male loon's blood revealed dangerously elevated lead levels, and the group returned to recapture him for treatment.

The loon was transported to Wings of the Dawn Wildlife Rehabilitation, and after a radiograph revealed a lead object in its gizzard, was transported to the Tufts Wildlife Clinic in Grafton, Mass. for a procedure to remove the object.

"This was a rare instance where we were able to detect the problem early on," said Harry Vogel, Senior Biologist and Executive Director of the Loon Preservation Committee. "Normally, lead poisoned loons aren't rescued until it is too late because they don't start showing behavioral signs of lead poisoning until their lead levels are fatally high. In this case, our banding efforts allowed us to discover the problem early and take action." The loon has since had the lead object removed, and its blood lead levels are trending downward; however, it still faces an uncertain future.

"This loon has been through a lot in the last few days. Its recovery is not assured, but we are hopeful," Vogel said.

This is the second case of lead poisoning in a New Hampshire loon this year. In late May, LPC biologists captured a loon on White Lake in Tamworth that had fatally high levels of lead in its blood. That loon did not survive.

Since 1989, lead poisoning resulting from tackle ingestion has accounted for 41% of loon deaths documented by the Loon Preservation Committee. It is the leading cause of adult loon mortality in the state.

Though the sale and freshwater use of lead sinkers and lead-headed jigs weighing one ounce or less became illegal in New Hampshire in 2016, continued loon deaths from tackle ingestion indicate that tackle purchased prior to the ban may remain in use in New Hampshire.

"Our data indicates that many loons that die from lead poisoning are encountering it through active use, either by consuming a fish that has broken an anglers line and has ingested the tackle that was attached to that line, or by striking at an angler's line as it is reeled through the water," said Vogel.

Since 2018, LPC, New Hampshire Fish and Game Department (NHFG), and several local fishing retailers have teamed up to address continuing loon deaths from lead poisoning in New Hampshire by buying back lead fishing tackle known to poison loons. Those with eligible tackle—lead sinkers and lead-headed jigs weighing one ounce or less, the tackle that is most commonly ingested by loons and is banned by New Hampshire state law—can exchange it for a \$10 voucher redeemable at participating tackle shops. In addition, the top two turn-ins by weight at each shop will receive prizes of

\$100 and \$50 respectively.

"We are pleased to provide this program and offer an additional incentive to anglers stepping up to do the right thing for loons and other wildlife by making the switch to non-lead alternatives like steel, tungsten, tin, bismuth, and other materials," said Vogel.

The Lead Tackle Buyback program will run year-round in 2021. In addition to the Buyback, collection receptacles have been installed at several municipal waste transfer stations throughout the state of New Hampshire. Tackle may also be disposed of

at select Household Hazardous Waste collection days. For a complete list of participating retailers and other safe lead tackle disposal sites, please visit loonsafe.org.

The Loon Preservation Committee (www.loon.org) works to protect loons throughout the state as part of its mission to restore and maintain a healthy population of loons in New Hampshire; to monitor the health and productivity of loon populations as sentinels of environmental quality; and to promote a greater understanding of loons and the natural world.

BELMONT POLICE LOG

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

Jennifer L. Condon, age 34, of Pittsfield was arrested on July 12 for Driving After Revocation or Suspension (subsequent) and Suspension of Vehicle Registration.

Leroy H. Boynton III, age 53, of Laconia was arrested on July 12 in connection with a warrant. Julie L. Robbins, age 45, of Gilford was arrested during the same incident in connection with multiple bench warrants.

A 44-year-old whose name has been withheld from publication was taken into protective custody for intoxication on July 13.

Vincent Anthony Scott, age 37, of Belmont was arrested on July 13 for operating a vehicle with an Unofficial Inspection or Registration Decal.

Jason M. Krol, age 49, of Hanover, Mass. was arrested on July 13 in connection with a warrant.

A 54-year-old from Belmont whose name has been withheld from publication was taken into protective custody for intoxication on July 13.

Rebecca Hanson, age 36, current address unknown, was arrested on July 14 for Possession of a Controlled Drug and Criminal Trespassing.

Christopher Michael Dame, age 44, of Belmont was arrested on July 14 for Domestic Violence-Simple Assault-Physical Contact, Simple Assault Resulting in Physical Contact or Bodily Injury, Simple Assault resulting in Bodily Injury, 2nd Degree Assault result in Serious Bodily Injury, and multiple counts of Criminal Mischief.

Daniel J. Trombley, age 36, of Laconia was arrested on July 15 for being in Control of a Premises Where Drugs have been Kept and multiple counts of Possession of a Controlled Drug.

Henry Giang, age 34, of Manchester was arrested on July 16 for Driving After Revocation or Suspension and Suspension of Vehicle Registration. Adam A. Kulo, age 39, of Lebanon was arrested during the same incident in connection with a warrant.

David J. Mazzaglia, Sr., age 52, of Belmont was arrested on July 17 for Criminal Mischief, Theft, and in connection with multiple bench warrants.

Shawn M. Thimas, age 43, of New Bedford, Mass. was arrested on July 18 for Driving Under the Influence-Impairment.

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Opinion

A4 Thursday, July 29, 2021

WINNISQUAM ECHO

Moon madness

Is what ‘they’ say really true regarding the full moon? Do people actually turn into ‘lunatics?’ We’re not so sure, but science has much to offer on the topic, with the next full moon now literally on the horizon.

Some people claim that they become unexplainably moody for a few days or have trouble sleeping. Some say they experience breakouts or other aches and pains that affect the joints. Typically, when people are observed acting slightly less than normal, you will hear the phrase “it must be the full moon.”

Logically, it makes sense that because the tides are higher during the full moon phase due to the pull of gravity that our bodies which are made up of 80% water would experience some sort of side effect as well.

Studies show that tides in large lakes undergo minimal tide changes during the full moon. Tides take place twice a day in the ocean, which could mean that we would be ‘off center’ twice a day, however that isn’t the case from what we currently know according to science.

Some myths claim that the full moon can incite epileptic seizures in people, however a study in 2004 showed no such connection.

As far as bouts of psychiatric outbursts, one study in 2014 showed an increase of emergency room visits within 24 hours of the full moon however a study in 1996 showed no significant difference. The term ‘lunatic’ is derived from the word ‘Luna’ the name of the ancient Roman goddess. Aristotle and Hippocrates once implied they thought the moon was at fault for abnormal behavior.

Interesting was the study that took place in Colorado, where researchers found that the risk for pet injuries increased by 23 percent during the full moon phase. Proven is that wild animals behave differently during the full moon in that the light effects their hunting habits.

As for sleep deprivation, we all know that before modern times the moon provided light during the nighttime hours. During the full moon, the increased amount of light was said to have wreaked havoc on those with bipolar or seizure disorders. Many people say they have trouble sleeping during a full moon however no studies have indicated a scientific correlation as of yet.

As far as myths go, the claim that a full moon increases fertility and births is as old as time. The truth is that fertility methods based on moon phases have proved inconclusive, as did the effect on gravitational pull to induce labor.

February is the only month that may not experience a full moon because each full moon appears every 29.5 days. A super-moon takes place when a full moon coincides with the moon’s closest approach to earth. The last time we witnessed a super-moon was in 2015. The next one will occur in 2033. Some say that the full moon is an unlucky sign if it happens on a Sunday. Interesting to note is that the name ‘Monday’ is from the Old English word Monandæg, which means ‘moon day’. Another fact is that on March 28, the Royal Air force used the light from a full moon to attack Lubeck in Germany during WWII.

When there are two full moons in one month, the second one is called a ‘blue moon.’ This occurrence takes place every three years. A red moon happens when the full moon phase occurs during the same time as a lunar eclipse.

The man on the moon that we often see during a full moon, is nothing more than dark areas called basaltic plains and the lighter colored highlands of the moon’s surface. Making sense, and interesting is that between 1765 and 1813, the Lunar Society of Birmingham, England met during the full moon because the extra light made the walk home safer.

July is said to be the best month to get married because it falls between the planting and harvesting of crops. The term ‘honeymoon’ is named after the first full moon in June for this reason.

We can’t mention a full moon and not mention werewolves. Old folklore claimed that if you slept outside under a full moon on a Wednesday or a Friday you could turn into a werewolf. Perhaps the most entertaining spin on this myth, aside from the Universal Pictures’ influential 1941 classic “The Wolf Man” with Lon Chaney, Jr. is the 1985 film “Teen Wolf” starring Michael J. Fox. If you haven’t seen it, you might want to pull it from the dusty archives during the next full moon for a celebratory showing. For those with prefer straight-up horror, we also recommend “The Howling,” “Wolfen,” and of course, “An American Werewolf in London” (but make sure you’ve sent the little pups to bed first!).



COURTESY PHOTOS

Hibbert on the field

Winnisquam graduate Chaz Hibbert (53) played for Team East in the CHaD East West All-Star Game last week. Hibbert’s team dropped a 23-9 decision to Team West in the annual game, which raises money for Children’s Hospital at Dartmouth.

STRATEGIES FOR LIVING

The gateway to Hell

BY LARRY SCOTT

Pornography, once available only in print, and then only in theaters, is now available for free on the internet. Easily accessible on all our electronic media, pornography is having a devastating impact on the moral standards of our society. For those caught up in its offering, it is indeed the gateway to hell.

The statistics are staggering. One popular site claims 33.5 billion visits in 2018 for a daily average of over 92 million visitors. Every minute saw 63,992 new visitors to the site, watching 207,405 videos through 57,750 searches. To feed the growing demand, there were 4.79 million new videos uploaded from amateurs, models, and contract partners.

Samuel Perry, in his book Addicted to Lust, writes that “data from a large probability sample of American adults surveyed in 2014 show that well over half of men

and a quarter of women under age 40 seek out pornographic material monthly, and over 45 percent of men and 16 percent of women under 40 intentionally view porn in a given week.”

The reality here is that “normal” sex is no longer satisfying to our self-centered, sex-oriented society. Aberrant sex, child pornography, and sexual exploitation go with the package. And there is no end in sight. With the advent of virtual reality, one can only imagine where things are going to go from here. Pornography is, in a very real sense, the gateway to hell.

Significantly, that which is available on the internet is all an illusion. The subjects, mostly young and attractive, are performing before a camera crew, putting on an act they hope the market will find entertaining. Everything is fun and games, intimacy without shame, sex without consequences.

But life isn’t like that. Pornography is all smoke and mirrors. Love is more than a five-minute tryst. Sexual intimacy demands commitment, respect, and yes, self-discipline. Sex may attract an audience but showing pornography for what it is would devastate the industry. Who wants to look at the ravages of sexually transmitted diseases, teenage pregnancies, broken marriages, rape, and sexual abuse. What you see is not what you get. Like so much of sin’s attraction, the dream is overshadowed by reality.

In writing about this, I am aware I raise the question as to how I have become such an “expert.” I will admit that if I allowed myself the freedom, I would find it easy to indulge. But I am not into pornography, for it gives the forces of evil access to my mind. My moral stability, the pleasure of a clean conscience, and my attitude

toward women, to say nothing of my spiritual experience, are all on the line. I can accept no “time out” in my walk with God.

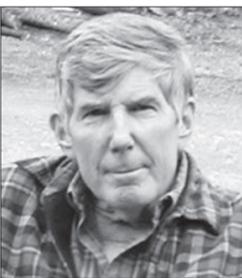
The conflict between what the Bible terms the “flesh and the Spirit” is a never-ending battle. “Every man is tempted when he is drawn away of his own lust and enticed. Then when lust hath conceived, it bringeth forth sin: and sin, when it is finished, bringeth forth death.” That’s the Bible for “the gateway to hell.”

“Be not deceived,” writes the Apostle Paul, “God is not mocked: for whatsoever a man soweth, that shall he also reap. For he that soweth to his flesh shall of the flesh reap corruption; but he that soweth to the Spirit shall of the Spirit reap life everlasting.” And that is a truth every one of us needs to take to heart.

You want to talk about it? Hit me up at rlarryscott@gmail.com.

North Country Notebook

Thoughts from a mind in the middle of nowhere



By JOHN HARRIGAN
COLUMNIST

There are proper ways to approach a camp, especially when it might be occupied. I was taught to yell “Halloo the camp!” so inhabitants could make themselves presentable.

Today, this hallowing business seems as quaint (and rare) as boiling the tea, a custom of yesteryear whenever people met on the trail.



COURTESY

The camp porch, in mind at least, is the best place for man (and dog) to be. (Courtesy West Milan Sporting Tours)

Who knows what thereafter went into the tea? Some customs never change.

“Boiling the tea,” written about by Thoreau and many others,

was the origin of one of the main events at the legendary Pittsburg SEE NOTEBOOK, PAGE A7

LRMHC seeking sponsors, donations for upcoming online auction

LACONIA — Lakes Region Mental Health Center is hosting its 10th Annual Mental Health Awareness Online Auction! From Oct. 13-27, the public has the opportunity to bid on great products and services from around the Lakes Region. LRMHC is currently looking for sponsors or donations with a goal of raising more than \$15,000 this year to support those in need around the Lakes Region.

Based on your sponsorship level, sponsors will receive valuable exposure on the auction's Web site, weekly email blasts to more than 700 LRMHC supporters, and on all social media platforms between now and October. This is a great

way to promote your business while supporting a local community nonprofit organization.

If you would like to donate, we are accepting gift cards, products and certificates for local services to auction off. Your name or business will be listed in our annual report, and your logo will be linked to your site with recognition on your auction item. We would be happy to pick up any local items as well.

We have an ambitious goal of making this year's auction our biggest yet. The pandemic has brought many challenges to individuals, children and families, nonprofits and local businesses. But as the weight of the crisis is

lifted, the longer-term impact on people's mental health is becoming more evident and as such, the demand for our services continues to increase.

Go to www.lrmhc.org/auction or contact Jaron Jenkins at jjenkins@lrmhc.org or 524-1100, ext. 219 to support us or for more information. The sponsorship deadline is Aug. 16. The donation deadline is Oct. 1.

The Lakes Region Mental Health Center, Inc. is designated by the State of New Hampshire as the community mental health center serving Belknap and southern Grafton Counties. A private, non-profit cor-

poration, LRMHC has two campuses, in Laconia and Plymouth that serves over 4,000 children, families, adults and older adults each year. LRMHC provides Emergency Services 24 hours a day, 7 days a week, to anyone in the community experiencing a mental health crisis, regardless of their ability to pay. Additionally, LRMHC provides individual, group and family therapy; mobile crisis teams in the event a tragic event occurs that impacts a community at large, psychiatry; nursing; community support programs for people with severe and persistent mental illness; care management; community-based supports; housing; supported employment; substance use

disorder treatment; and specialty services and evidence-based practices for children and their families, including trauma-focused therapy, art therapy and play therapy. Child Impact seminars are offered in Laconia and Plymouth for divorcing families.

For more information or to schedule an appointment, call 524-1100 or visit www.lrmhc.org. Find the Lakes Region Mental Health Center on Facebook and Instagram for updates and information.



Painting for Relaxation class

TILTON — Have you ever wanted to get more creative with painting, but didn't know how? Have fun with Painting for Relaxation. This is a beginner class where we will experiment with different subjects of abstract and techniques. All experiences and ages 16+ are welcome.

This class will be held at the LRAA Gallery 120 Laconia Rd. Suite 132, Tilton, NH 03276. Every other Sunday 2-2:30 p.m., starting August 1st.

Class size is limited and pre-registration is required. To sign up, please contact Krista Doran, 833-7795 or marblestudiosllc@gmail.com.

Children's Auction item collection sites now open!

LACONIA—It's never too early to start thinking about the Greater Lakes Region Children's Auction, Dec. 7 - 10! If you're an early summer shopper, we've got you covered - there are six item collection sites now open where you can drop off items! All six are conveniently located here in the Lakes Region:

- Body Covers - 94 Primrose Dr. N., Laconia
- Irwin Marine - 958 Union Ave., Laconia
- Irwin Marine - 396 Main St., Alton Bay
- Meredith Insurance Agency, 2 Lakes St., Meredith

- North Water Marine, 18 Endicott St., Weirs Beach
- The Xavier Group - 66 NH 25, Meredith

Need ideas on what to donate? Items that bring the high bids include:

- Gift cards
- Electronics
- Tools
- Toys
- Sporting goods
- Household items

Many thanks to Body Covers, Irwin Marine, Meredith Insurance Agency, North Water Marine, and The Xavier Group for making these early collection sites possible. Questions?

Visit www.childrensauction.com or call 527-0999, where you can discover more about sponsorship opportunities and way to donate.

About the Greater Lakes Region Children's Auction The Greater Lakes Region Children's Auction is an annual event held every December in central New Hampshire. Countless volunteers and donors have turned the Auction and its many fundraising events, including the It's For the Kids Community Challenge, into a major annual campaign. In the

40 years that the community has come together for the Auction, an impressive \$7 million has been awarded to local nonprofit organizations, all through volunteer efforts, community donations and corporate sponsorship. The Greater Lakes Region Charitable Fund for Children is a 501(c)(3) nonprofit organization that helps community organizations in the Central New Hampshire region. For more information about the Auction, the nonprofits it supports and how you can help, visit www.childrensauction.com.

Belmont 10-Mile Road Race set for Aug. 14

BELMONT — This past year gave a lot of people extra time to find a new hobby or to focus more on a healthier lifestyle. For some, that allowed people to take up running for the first time or to get back into an activity they enjoyed in their younger years.

In just a few short weeks, runners will

have a chance to challenge themselves at the Belmont 10-Mile Road Race on Saturday, Aug. 14. The course starts and ends in the village area and winds its way through the back roads of Belmont. With a start time of 8:30 a.m., registrations open at 7:30 a.m. at Belmont Middle School on School Street.

The cost is low at \$18 per participant and includes a t-shirt. Awards are distributed during a brief ceremony following the end of the race, which allows runners a chance to enjoy refreshments and take time to wind down with friends and family.

The Belmont 10-Mile Road Race is sanctioned by USA Track and Field and is professionally timed by Yankee Timing. It's a great race to do as an individual or bring running buddies from a club to enjoy together. The race is part of Old Home Day activities that will be offered through-

out the day on Saturday, Aug. 14, so plan to bring the family and enjoy the day in this small Lakes Region town. If you have questions about the race, please contact Jeff Roberts at 491-0979 or Gretta Olson-Wilder at 998-7998.

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Tilton resident Julia Connelly named to Dean's List at Bryant University

SMITHFIELD, R.I. — Bryant University is pleased to recognize the students who have demonstrated an unwavering commitment to academic excellence and achievement. Julia Connelly, class of 2023, from Tilton, NH, has been named to the Deans' List for the spring 2021 semester.

Congratulations to Julia on this outstanding achievement!

About Bryant University

For 158 years, Bryant University has been at the forefront of delivering an exceptional education that anticipates the future and prepares students to be innovative leaders of character in a changing world. Bryant delivers an innovative and uniquely integrated business and liberal arts education that inspires students to excel. With approximately 3,800 graduate and undergraduate students from 38 states and 49 countries, Bryant is recognized as a leader in international education and regularly receives top rankings from U.S. News and World Report, Bloomberg Businessweek, Forbes, and Barron's. Visit www.Bryant.edu.

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Visit nhbm.org/lecture-series for more information.

This project was made possible with support from New Hampshire Humanities, in partnership with the National Endowment for the Humanities. Learn more at www.nhhumanities.org.

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Edward Jones: Financial Focus

Is Roth IRA better for young workers?

If you're in the early stages of your career, you're probably not thinking much about retirement. Nonetheless, it's never too soon to start preparing for it, as time may be your most valuable asset. So, you may want to consider retirement savings vehicles, one of which is an IRA. Depending on your income, you might have the choice between a traditional IRA and a Roth IRA. Which is better for you?

There's no one correct answer for everyone. But the more you know about the two IRAs, the more confident you'll be when choosing one. First of all, the IRAs share some similarities. You can fund either one with many types of investments - stocks, bonds, mutual funds and so on. And the contribution limit is also the same - you can put in up to \$6,000 a year. (Those older than 50 can put in an additional \$1,000.) If you earn over a certain amount, though, your ability to contribute to a Roth IRA is reduced. In 2021, you can put in the full \$6,000 if your modified adjusted gross income (MAGI) is less than \$125,000 and you're single, or \$198,000 if you're married and file jointly. The amount you can contribute gradually declines, and is eventually limited, at higher income levels. But the two IRAs differ greatly in how they are taxed. Traditional IRA contributions are typically tax-deductible (subject to income limitations), and any earnings growth is tax-deferred, with taxes due when you take withdrawals. With a Roth IRA, though, your contributions are never tax-deductible - instead, you contribute after-tax dollars. Any earnings growth is tax-free when withdrawn, provided you've had your account at least five years and you don't take withdrawals until you're at least 59½.

So, which IRA should you choose? You'll have to weigh the respective benefits of both types. But when you're young, you may have particularly compelling reasons to choose a Roth IRA. Given that you're at an early point in your career, you may be in a lower tax bracket now than you will be during retirement, making the tax-deduction of traditional IRA contributions less beneficial. So, it may make sense to contribute to a Roth IRA now and take tax-free withdrawals when you're retired. Also, a Roth IRA offers more flexibility. With a traditional IRA, you could face an early withdrawal penalty, in addition to taxes, if you take money out before you're 59½. But with a Roth, you'll face no penalty on withdrawals from the money you contributed (not your earnings), and you've already paid the taxes, so you could use the money for any purpose, such as making a down payment on a home. Nonetheless, you may still want to be cautious about tapping into your IRA for your spending needs before you retire, since IRAs are designed to provide retirement income.

If your income level permits you to select a Roth or traditional IRA, you may want to consult with your tax advisor for help in making your choice. But in any case, try to max out on your IRA contributions each year. You could spend two or three decades in retirement - and your IRA can be a valuable resource to help you enjoy those years.

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Fax 866-532-8685
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This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones, Member SIPC. Before investing in bonds, you should understand the risks involved, including credit risk and market risk. Bond investments are also subject to interest rate risk such that when interest rates rise, the prices of bonds can decrease, and the investor can lose principal value if the investment is sold prior to maturity.

Recycled Percussion takes over Lakeport Opera House Aug. 6 & 7



LACONIA — New Hampshire's own, Recycled Percussion, is performing in their home state with two shows at 8 p.m. on Aug. 6 and 7 at the newly renovated Lakeport Opera House. This family-friendly show blends live music, comedy and raw creativity together to form an unforgettable experience with a portion of the proceeds being donated to a local charity.

"We've performed all over the world but we

couldn't be more excited about doing these two shows in our backyard at the Lakeport Opera House," said Justin Spencer, Recycled Percussion founder, who grew up down the road in Loudon. "Scott [Everett] transformed this historic building into a modern yet sleek venue that is comfortable and intimate which will be the perfect venue for our show and a memorable experience for our most loyal fans who have supported us over the

years."

Recycled Percussion, a junk rock band, is Manchester-based and originally formed in 1995 in Goffstown for a high school talent show. The percussion group creates a unique style of music using the most ordinary of objects like household blenders, shopping carts, step ladders, roller skates and power tools and turns them into an epic instrumental rock concert.

This unforgettable experience has been performed in all 50 states, in more than 35 countries, and has even broken five world records. Recycled Percussion headlined in Las Vegas for years and became a national phenomenon after finishing in third place in Season 4 of "America's Got Talent."

"We are so proud to have Recycled Percussion perform with us at the Opera House," said Opera House talent director Emma Teto "Their show is truly unique and will entertain everyone from kids to grandma for a one-of-a-kind family fun night out."

The Lakeport Opera House is located next to Recycled Percussion's Chaos and Kindness flagship store on Union Avenue in Laconia. This store is home to memorabilia and unique products that are made to

inspire people to live life with purpose and positivity, the same mission that was used to form the band.

Spencer and Lakeport Opera House owner, Scott Everett, have committed to donate a portion of all ticket proceeds to a local charity which will be named soon.

The Opera House is a 200-seat venue built for comfort, style and mobility. Every seat in the house has unobstructed views, cocktail service and the best sounds system for an experience unlike anything else in the area. More than \$1 million was invested in the Opera House renovation which opened in June after being closed for 60 years. Originally built in 1882, this venue mixes modern design elements with historic charm for a unique cultural experience. The Opera House is once

again home to live musical performances, theatre productions, comedians, magicians as well as being host to community-focused events, weddings, and private and corporate gatherings. Once a mainstay of Laconia's Lakeport community, the Opera House is on center stage in New Hampshire's Lakes Region.

Upcoming performances include: Frank Sinatra Tribute on July 30, Billy Joel Tribute on July 31, comedian Steve Sweeney on Aug. 5, medium Maureen Hancock on Aug. 8, An Evening of Opera on Aug. 13, a Michael Jackson Experience on Aug. 14, Rockphoria on Aug. 19, Murder Mystery on Aug. 22 and Femmes of Rock on Aug. 28.

For more information on events and to purchase tickets in advance, visit lakeportopera.com.

Concerts in the Clouds welcomes Classic Albums Live, performing The Eagles!

MOULTONBOROUGH — On July 31, prepare to be transported back to 1976 as Great Waters will be hosting Classic Albums Live performing The Eagles' "Hotel California." The show starts at 7:30pm and will be held at The Castle in the Clouds. Tickets are available at www.greatwaters.org or call 569-7710.

Unlike other tribute bands Classic Albums Live does not dress up or add frills to their show, rather they pride themselves in replicating every note and cut of one of the most famous albums in rock & roll. The

performance is guaranteed to have the audience dancing in the aisle.

Doug Kiley, Executive Director of Great Waters, states, "It is a pleasure to host Classic Albums Live in this year's program. If there are any Eagles fans out there, this performance of 'Hotel California' is not to be missed!"

While "Hotel California" contains the chart-topping hits "New Kid in Town," "Life in the Fast Lane" and the title track, Classic Albums Live will also play well-loved Eagles classics, including "The Last Resort," "Victim of Love,"

"Wasted Time," "Pretty Maids All in a Row" and "Try and Love Again."

About Great Waters Since its founding in 1995, Great Waters, a 501(c)(3) non-profit organization, has become recognized as the pre-eminent provider of entertainment to the Lakes Region. It offers a diverse range of musical genres, including folk, classical, a cappella, jazz, Broadway, pop, bluegrass, and other forms of enriched entertainment, including comedy. For tickets and more information, visit www.greatwaters.org.



COURTESY

On July 31, prepare to be transported back to 1976 as Great Waters will be hosting Classic Albums Live performing The Eagles' "Hotel California."

Hall earns spot on Emmanuel College Dean's List

BOSTON, Mass. — Emmanuel College has named Elise Hall of Belmont to the Dean's List for the Spring 2021 semester. To earn a spot on the Dean's List, Emmanuel students must achieve a grade point average of 3.5 or higher for a 16-credit semester.

Emmanuel College is a co-educational, residential institution with a 17-acre campus in the heart of Boston's educational, scientific, cultural and medical communities. Enrolling more than 2,000 undergraduate and graduate students, the College provides boundless opportunities for students to expand their worldview through rigorous coursework, significant internship and career opportunities throughout the Boston area and beyond, collaborations with distinguished and dedicated faculty, and participation in a dynamic campus community. Emmanuel's more than 70 programs in the sciences, liberal arts, business, nursing, and education foster spirited discourse and substantive learning experiences that honor the College's Catholic educational mission to educate the whole person and provide an ethical and relevant 21st-century education.

UMF announces Dean's List for Spring 2021 semester

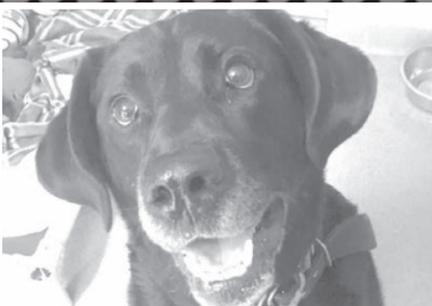
FARMINGTON, Maine — The University of Maine at Farmington is proud to announce its Dean's List for the spring 2021 semester. Located in the heart of Maine's four-season outdoor recreational region, UMF is nationally recognized for its academic excellence, affordability and graduates' positive career outcomes.

UMF maintains a Dean's List each semester for those students completing a minimum of 12 credits in courses producing quality points. Students whose grade point average for the semester is equal to or greater than 3.8 are awarded high academic achievement. Students whose grade point average for the semester is less than 3.8 but equal to or greater than 3.5 are awarded academic achievement. Any incompletes must be satisfactorily completed before the student is honored with Dean's List status.

Gilmanton Iron Works: Jenny Hancock, Honors



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 every 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 imply-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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NOTBOOK

CONTINUED FROM PAGE A4
 uides' Show. Competitors vied to be fastest at starting a fire from scratch and getting a cup of water to boil.

Talking spooked the birds, so we went along quietly. For our third night, Karl said, we'd have a roof over our heads.

As we approached a camp where friends awaited, Karl, no stranger to custom, put a finger to his lips and picked up a stone and threw it down onto the tin roof, saying "That'll get their attention," and it did.

Supper was already

on the stove. It was great to be warm and dry. The night was clear, and the only thing hitting the roof was an occasional spruce-cone.

+++++

There might be better places on a rainy day than the porch of a camp in the middle of nowhere, but I don't know of any. Dog and book complete the scene.

Back in the planning

stages, when I sketched and re-sketched the camp many times over, I always came back to a metal roof. It was all for the sound of the rain.

In town, miles away by map and mind, the same prevails. All of the farm's buildings have metal roofs. The shop always smells of cedar, and there's usually some there to split.

+++++

Most camps have their best sides, most often the front. The back is reserved for the flotsam and jetsam it takes to run a camp. One side is apt to feature propane tanks. The other looks out onto a pathetic little clearing in the ever-advancing fecundity of the temperate zone rain forest.

In our case, the trail approaches the camp from the front, so at the first "Halloo" anyone inside can look out the

front window and see who's coming.

"Oh sure," the joke goes, "just in time so anybody guilty of anything can flee," which leads to the riposte, "The door's only wide enough for one."

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

MILL CITY

CONTINUED FROM PAGE A1

These three rivers also made Franklin a mill city. There is a stretch where water from Lake Winnepesaukee seems in a particular hurry to get to the ocean, and on this stretch many mills were built over many decades. The last of these mills closed in the 1970s and is now home to a brewery and restaurants and shops, a new future for old mills.

Mill City Park will tap the energy of that rushing water for a whitewater park, for the enjoyment of boaters and spectators, with new whitewater features and viewing areas on the shore. The same rivers that powered the mills

will now power a new vision for Franklin, driven by enthusiasm for adventure and recreation.

And this is where LRCT comes in. As part of the project, the City needed to include a conservation component and needed an experienced partner to help in accomplishing that. The City owns four parcels of undeveloped river-flanked land just upstream from the new park, and it has partnered with LRCT to permanently conserve this land. In addition to being classified by the New Hampshire Fish and Game Department as highest ranked habitat in the state—undisturbed woods, habitat for wildlife—the land offers opportunities for

passive recreation, and it will even preserve remnants of two of the mills that are part of Franklin's industrial heritage.

Over the next several years, City staff and volunteers will improve the conserved land by removing debris and trying to manage invasive species, and constructing a recreational trail on the track of an historic road that once served the old mills. As conservation easement holder, LRCT is the long-term steward of the property and has oversight responsibilities and a perpetual duty to monitor the property and ensure that its conservation values are protected.

This innovative proj-

ect for the City of Franklin is also a first for LRCT—LRCT's first conserved land in Franklin and first as part of a visionary economic development initiative.

LRCT's role in the project demonstrates, once again, that LRCT is a recognized leader in the region when it comes to land conservation and stewardship. LRCT

looks forward to a fruitful partnership with the City in caring for this important riverfront land.

Green Heron to perform for Belknap Mill's Arts in the Park Series Friday

LACONIA — Friday, July 30 at 6 p.m., Green Heron will be the featured performer for the Belknap Mill's 2021 Arts in the Park Summer Concert Series in Rotary Riverside Park! Patrons are welcome to bring lawn chairs, a blanket, and a picnic dinner for a wonderful evening of live music at the Belknap Mill.

The music of Green Heron stretches across the entire folk landscape. Old-time, folk, bluegrass, country, Irish and blues music are all represented as the band brings the back porch to the stage. Featuring Betsy Heron on fiddle, banjo and vocals, and Scott Heron on guitar, banjo and vocals, the duo has been sharing stages together since 2016. With two albums to their name, the two songwriters weave the contemporary with the traditional and deliver high energy live performances. Visit greenheronmusic.com to learn more!

The Belknap Mill's 2021 Summer Concert Series is generously sponsored by founding sponsors The Laconia Putnam Fund and media sponsors, Lakes FM 101.5, 104.9 The Hawk, and 107.3 The Pulse. For more information about upcoming performances please visit our Web site, www.belknapmill.org.



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\$825,000 MLS# 4871778 An exceptionally built home w/ almost 6,000 sf., 14 rooms, 4BR/5BA, 4-season sunroom & massive game room with a kitchen, bar, bathroom. Resort like backyard w/ in-ground pool w/ gazebo with lounge & firepits.	\$469,900 MLS# 4873545 3BR/3BA South Down Shores home w/ a recently remodeled kitchen, new appliances, new lighting, new flooring, new windows, central AC & fresh paint throughout. FP, 3-season porch & fireplace.	\$449,900 MLS# 4863468 Gorgeous 3BR/2BA w/ HW flrs., gourmet kitchen, 3-season porch & back deck overlooking the pool/ patio area. 1.17 ac a beautiful yard w/ stone walls on a private lot near Meredith village.	\$184,680 MLS# 4872701 A diamond in the rough! Bring your innovation and gloves. A private location and at the end of a dead end road, this property has a great lot over 1 acre & is just outside of Meredith village.
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Roche Realty Group Gets Results! Consistently a top independent real estate firm within the state, Roche Realty Group has had over **\$2.5 Billion in sales volume & 8,300 transaction sides since 1997!**

* Statistics obtained from NEREN for the past 23 years since 1997 for all real estate firms reporting sales in the entire state of NH during that time period.

Best 2021 Winner



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



**Join our growing team! - \$1,000 sign on bonus*!
New Pay Structure!**

Flexible 3 - to 5 - day work week options, including a Full - Time weekend shift.
It's a great opportunity to start a new career or even a 2nd career with a solid, growing company!

We offer competitive wages and benefits including medical, dental, vision, life insurance, disability, tuition reimbursement, Paid Vacation, 11 Paid Holidays, Paid Sick days, and more.
We are an essential business with robust COVID-19 prevention protocols

**Make an appointment to visit our facility and apply
603.745-8114**

In Lincoln at 34 Bern Dibner Drive, Lincoln, NH 03251 • ppinkham@burndy.com
See all our open positions and apply online at:

<https://careers.hubbell.com/>

Open positions Include:

- Factory Technician**
- Machine Operators**
- Maintenance Mechanic**
- Operations Manager**

Been out of the workforce? No manufacturing experience?
NO PROBLEM! We'll provide training!

Burndy is a wholly - owned subsidiary of Hubbell, Inc., an equal opportunity employer M/F/Veteran/Disability
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

Town of Plymouth Welfare Director

The Town of Plymouth is urgently seeking a qualified individual to be the Town's next Welfare Director. The Welfare Director performs highly responsible and confidential work administering the General Assistance Program. This is a part-time, 20 hour per week, hourly position.

The Welfare Director is accountable to the Town Manager and is responsible for administering all functions of the Town of Plymouth's General Assistance program to include: interviewing clients; investigating, and verifying application information to determine eligibility; maintaining accurate and detailed case files, being knowledgeable of, and assisting clients in accessing other services such as DHHS Cash Assistance, Food Stamps, WIC, and local assistance programs; keeping current on relevant State of NH legislation and/or Federal programs. The successful candidate must possess strong attention to detail, the ability to interact pleasantly with the general public and maintain a high degree of confidentiality. The full job description is available online at: <https://www.plymouth-nh.org/employment/>

Minimum Qualifications:

- Bachelor's Degree in Social Services, Public Administration or related field from an accredited college or university is preferred; 3 – 5 years of experience in social services, welfare administration or an equivalent combination of education and experience which demonstrates possession of the required knowledge, skills and abilities.
- Thorough knowledge of relevant state statutes and local welfare guidelines, familiarity with state/ federal financial assistance programs and local area social services.
- Strong interpersonal skills; ability to communicate clearly and concisely in writing and orally; ability to interpret and apply governmental regulations and statutes.
- Strong organizational and administrative skills; ability to work independently; basic math and budgeting skills; proficient with varied computer software and applications to include Microsoft Office.
- Valid drivers' license required.

Wage Range: \$19 - \$23 per hour depending on qualifications. Accruals for vacation and holiday time are pro-rated. This position does not include health or dental benefits.

Interested applicants are to submit their confidential cover letter and resume, without delay, to Anne Abear, Finance Director, Town of Plymouth, 6 Post Office Square, Plymouth, NH 03264 Applications may also be submitted by email to: finance@plymouth-nh.org as soon as possible. Interviews may begin upon initial receipt of resumes and the position will remain open until filled.

The Town of Plymouth is an equal opportunity employer.

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

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

JOB OPPORTUNITY

TOWN OF MOULTONBOROUGH

Full-Time Transfer Station Facility Attendant: Duties include assisting users in proper disposal of solid waste materials and recyclables; operate forklift, skid steer, loader, and other equipment; clean, service and maintain fixed and moving equipment and physical plant. Preferred candidate will have mechanical abilities, knowledge of and ability to operate heavy equipment (forklift, loader, skid steer), ability to understand complex waste management regulations, exhibit tact and diplomacy in dealing with customers. Valid driver's license, and current NHDES Level 1 Certification (or ability to obtain same w/in 12 months of hiring). An annual salary range commensurate with qualifications and experience.

Detailed information, including the job description, and application are available on the Town website, www.moultonboroughnh.gov under Employment Opportunities. Submit cover letter, resume, and job application to Angela Bovill, 6 Holland Street, PO Box 139, Moultonborough, NH 03254, or email abovill@moultonboroughnh.gov. Position open until filled. EEO Employer.



WE ARE HIRING!

PSI Molded Plastics is located in beautiful Wolfeboro, NH.

We offer competitive pay rates

Benefits include Health & Dental Insurance, Vision,
Short Term Disability, Long Term Disability, Life Insurance, 401k,
10 paid holidays, paid vacation time, paid sick time,
and many other incentives!

Assembler – 2nd & 3rd Shift - Starting Pay \$14.50

**Machine Operator – 1st, 2nd and 3rd Shift
- Starting Pay \$14.50**

**Process Technician – 2nd Shift
- Starting Pay \$19.00**

Spray Painter – 1st Shift - Starting Pay \$16.00

Sander 1st Shift - Starting Pay \$14.50

\$.75 per hour shift differential on 2nd shift.

\$1.50 per hour shift differential on 3rd shift.

****\$1,000 SIGN ON BONUS**

****SUBJECT TO TERMS AND CONDITIONS****

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.

HELP WANTED

VARNEY-SMITH Lumber Company, Inc.

CDL TRUCK DRIVER/ YARD MAN

Duties to include:

- Local deliveries of lumber-building materials.
- Loading-off loading incoming and outgoing deliveries
- Must be conscientious, self-motivated, good with people, a team player
- Able to lift a variety of building materials
- Preferably long-term employee

Benefit to include:

- Competitive Wages
- Health Insurance
- Vacations
- Holidays
- Overtime pay

Please Apply in person at
2701 Route 302, Lisbon, NH 03585
No phone calls please.



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

EOE
Competitive Wages Paid Vacation Paid Holidays Paid Time Off
Health Insurance Profit Sharing Store Discounts Much More!

Ashland Elementary School Paraeducator Openings

Special Education Paraeducators

Terms: School-year, 7 hours per day

Qualifications: Seeking applicants who hold Paraeducator II certification through the NH Department of Education (or eligible for certification). Must possess strong communication skills, have the ability to take direction and be able to understand and assist with instruction. The successful applicant must meet all required conditions of employment.

Applications:

<https://www.interlakesd.nh.schools.bz/sau2/Content/aes-employment> for a Support Staff Application

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: Open Until Filled
EOE

FRANKLIN SCHOOL DISTRICT

Grade 5 Teacher
Grade 7-8 Science Teacher
Title 1 Teacher – Middle School
PE/Health Teacher – High School
Alternative School Teacher Assistant – High School

Anticipated Openings

High School:

ELO (Extended Learning Opportunities) Teacher
School Counselor

Middle School:

Health Teacher
FACS Teacher
Industrial Arts 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

Call our toll-free number 1-877-766-6891
and have your help wanted ad
in 11 papers next week!

Precision Lumber Inc. WATCHMEN WANTED

PART TIME WATCHMEN POSITIONS AVAILABLE



576 BUFFALO ROAD, WENTWORTH NH 03282
WWW.LUMBERNH.COM
603-764-9450



HIRING IMMEDIATELY! \$2,000 SIGN ON BONUS*

Assemblers
1st, 2nd & 3rd shift
Full Time and Part Time
\$15.50 - \$18.50

Are you good with your hands?
Do you like to build or
make things?
Come build life saving devices
with us. We are growing!

**Facilities &
Maintenance
Technician**

Experience in manufacturing
required, automation systems,
hydraulic, pneumatic, electrical,
troubleshooting mechanical
issues with production operations
equipment.

New employees are eligible for the following benefits effective date of hire!

- Medical, dental, and vision benefits
- Company-paid life insurance and disability benefits
- 3 weeks paid time off and 10 paid Holidays

Our work environment includes:

- Clean room operations
- Lean manufacturing and 5S methodologies
- Skilled, experienced peers.

Viant Medical has been in the Lakes Region for over 40 years as a leading manufacturer of medical devices. Come join this steady, successful and growing company.

Apply in person at 45 Lexington Dr., Laconia
or on line at viantmedical.com
Call 528-1211 for more information.

TOWN HOUSE APARTMENTS * 2 & 3 BEDROOMS NORTHERN VIEW APARTMENTS

W. Stewartstown, NH
Heat, Hot water and Electric Included
On-site Laundry
24-hour Maintenance



Federally subsidized -
must meet income guidelines



Rents based on 30% of your gross income

PLEASE CONTACT FOXFIRE PROPERTY MANAGEMENT
FOR AN APPLICATION AT
(603)228-2151 ext.312 or (TDD) 800-545-1833

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CREDIT UNION, 401(k) PLAN, ATTENDANCE BONUS

Apply in Person
or email precisionlumber@lumbemh.com
to request us to email an application



576 BUFFALO ROAD, WENTWORTH NH 03282
WWW.LUMBERNH.COM



Full-Time Installers Assistant

Energysavers Inc, a 46 year old hearth & spa product retailer in the Lakes Region, is looking for a motivated individual that wants to learn the trade of installing hearth products. You must be comfortable working on roofs when necessary and able to work with an installer to move heavy items. Energysavers pays for all educational costs to get and maintain NFI wood, gas and pellet certifications as well as a NH gas fitters license for gas hearth installations and service. LEARN WHILE YOU EARN!

No prior experience required. Must have a valid driver's license and pass the pre-employment drug screening. Stop in to fill out an application:

Energysavers Inc,
163 Daniel Webster Hwy, Meredith NH

Shaker Regional School District FULL-TIME YEAR-ROUND LEAD CUSTODIAN

Shaker Regional School District has an opening for a full-time, year-round, 1st shift lead custodian to perform maintenance and cleaning according to an established schedule. Must be reliable, have the ability to work independently and to follow written and verbal instructions. Our full time positions qualify for our comprehensive benefit package including health, dental, life, long-term disability and paid sick, personal and holidays. Please submit a complete application, along with references, to Steve Dalzell, 58 School Street, Belmont, NH 03220. You may contact Mr. Dalzell at 267-9223 ext. 5309 to obtain an application or visit the Human Resources section of our website: www.sau80.org. Successful completion of a post-offer pre-employment physical and criminal background check, including fingerprinting, are required.

Shaker Regional School District is an
equal opportunity employer.

Shaker Regional School District FULL-TIME YEAR-ROUND CUSTODIANS

Shaker Regional School District has an immediate openings for a full-time, year-round, custodians to perform cleaning according to an established schedule. Hours are 3:00 pm – 11:30 pm, with a half-hour lunch during the school year and 6:30 am – 3:00 pm, with a half-hour lunch during school vacations. Must be reliable, have the ability to work independently and follow written and verbal instructions. Our full time positions qualify for our comprehensive benefit package including health, dental, life, long-term disability and paid sick, personal and holidays. Please submit an application and 3 letters of reference to Steve Dalzell, 58 School Street, Belmont, NH 03220. You may contact Mr. Dalzell at 267-9223 to obtain an application or visit the Human Resources section of our website: www.sau80.org. Successful completion of a post-offer pre-employment physical and criminal background check, including fingerprinting, are required.

Shaker Regional School District is an
equal opportunity employer.

WINNISQUAM REGIONAL SCHOOL DISTRICT SAU 59 2021-2022 School Year

Current Openings

- Paraprofessionals
- Long Term Substitute Teachers (Teaching Certification Required)
- Custodian
- Food Service Staff
- Substitute Teachers, Paraprofessionals, Nurses, Custodians
- Fall Coaches

*** Applications accepted until positions are filled ***

Please visit: www.schoolspring.com
to view open positions and to apply online.
EOE



IMMEDIATE OPENINGS! BRIDGE LABORERS DUMP TRUCK DRIVERS

\$500 New-Hire Incentive

Visit rmpiper.com/employment for more information
and additional employment opportunities!

Text: (603) 481-1057 Email: jobs@rmpiper.com

Phone: (603) 536-4154



SCAN HERE WITH YOUR
PHONE OR TABLET TO
APPLY ONLINE!

Equal Opportunity Employer

HELP WANTED

Call our toll-free number **1-877-766-6891**
and have your help wanted ad in 11 papers next week!

WHITE MOUNTAINS REGIONAL SCHOOL DISTRICT

2021-2022 School Year Professional & Support Staff

ATHLETICS

Junior Varsity Girls Soccer Coach
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/Special Educator (Anticipated)
District-Wide Special Education Secretary

WHITE MOUNTAINS REGIONAL HIGH SCHOOL

Middle School or High School - School Counselor
Physical Science Long-Term Substitute (September 7th
– November 5th)
Paraeducator

WHITEFIELD ELEMENTARY SCHOOL

Title I Teacher
Elementary Education Teacher (Anticipated)
Paraprofessionals (Anticipated)
Full-Time Custodian
Special Educator Case Manager (Anticipated)

LANCASTER ELEMENTARY SCHOOL

Part-Time Title I Teacher
Full-Time Paraeducator
Part-Time Paraeducator
Preschool Paraeducator (2 positions)
Case Manager (Anticipated)
*Applicants must hold the appropriate NH credential for
most positions or a Statement of Eligibility (SOE) issued by
the NH Department of Education.*

For further information, contact:

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

2021-2022 School Year
PLYMOUTH REGIONAL HIGH SCHOOL

**FULL-TIME
PHYSICAL EDUCATION TEACHER**
(Must be NH Certified)

Please send letter of intent, resume,
references, transcripts and certification to:

Bruce Parsons, Principal
Plymouth Regional High School
86 Old Ward Bridge Road
Plymouth, NH 03264
bparsons@pemibaker.org



**Loon Mountain
Custodial Team**



It's not too late to join the Loon Mountain team!
Our Custodial department is hiring for Full Time
and Part Time positions. Come work where you
play with some great perks – including free skiing
and riding!

For more info or to apply on-line visit www.loonmtn.com/jobs
Equal Opportunity Employer

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PO Box 174
Holderness, NH 03245
cell 603-448-8592
603-968-9574 • 603-968-3621

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Master Bridge Wright

amgraton@gmail.com
Arnoldmgraton.com

CONSTRUCTION WORKER PERMANENT FULL TIME

Small business needs a reliable team member. We treat
our employees well. Rewarding work mostly in Historic
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the trades. These tasks include loading/ unloading materials,
setting up temporary and permanent structures, some rough
carpentry and more. Must have own transportation
Some construction experience helpful, willing to train the right
person. Pay starts @ \$20/hr-more if experienced.
Paid vacation, holidays - Health Insurance after short
probation period. Call us at 603-968-3621

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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



SAU #68
**LINCOLN-WOODSTOCK
COOPERATIVE SCHOOL DISTRICT**
PO Box 846, 78 Main Street #3, Lincoln NH 03251
Telephone: (603) 745- 2051 / Fax: (603) 745-2352
www.lin-wood.org



The Lincoln-Woodstock Cooperative School District,
recognized as one of the Best Schools in NH,
and located in a year round recreational setting in the White Mountains
announces openings for the 2021-2022 school year:

MIDDLE/HIGH SCHOOL SPECIAL EDUCATION TEACHER

NH General Special Education certification required.
Benefits package based on CBA.

SPECIAL EDUCATION PARAPROFESSIONALS (K-8)

Paraprofessional I or II certification desired.
Multiple positions available. Full-time with benefit package based on CBA.

SUBSTITUTE TEACHERS

\$90 per day with degree.

Qualified candidates must submit a letter of intent,
a resume, three letters of recommendation to:

Sharon Holt
Lincoln-Woodstock Cooperative School District
PO Box 846
Lincoln, NH 03251
sholt@lin-wood.org
603-745-2051 ext. 210

The Lincoln-Woodstock Cooperative School District
is an equal opportunity employer.

Job Applications are available on the School District's website at
<https://www.lin-wood.org/employment>.

TOWN OF MOULTONBOROUGH JOB OPPORTUNITY DPW LABORER / TRUCK DRIVER

Public Works: Laborer/Truck Driver (VII): Full Time position. General
summary: Performs various highway maintenance tasks includ-
ing road repairs, snow plowing and removal, salting, and sanding.
Performs daily routine service and maintenance of equipment and
work areas. A copy of the position description is available at Town
Hall. NH CDL-B License required. NH DOT Medical Card. One
year of experience in the Public Works field, or any equivalent com-
bination of education, training and experience which demonstrates
possession of the required knowledge, skills, and ability. An annual
salary range commensurate with qualifications and experience.

Detailed information, including the job description, and application
are available on the Town website, www.moultonboroughnh.gov
under Employment Opportunities. Submit cover letter, resume,
and job application to Angela Bovill, 6 Holland Street, PO Box 139,
Moultonborough, NH 03254, or email abovill@moultonboroughnh.gov.
Position open until filled. EEO Employer.

Shop Locally.
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PITTSFIELD, NH

LOOKING FOR A JOB WITH PURPOSE?

How does helping to protect firefighters sound?

Join the MSA Globe Family

Over 130 years ago, Globe invented firesuits and turnout gear to help keep firefighters safe.

Today, MSA Globe continues to lead the market in serving firefighters by providing innovative, head-to-toe PPE solutions that advance innovation in firefighter performance and safety.

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!

Apply NOW @ msasafety.com/careers

16-6396-MCP / 06.2021 * Terms and conditions apply

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- Steel Erectors
- Metal Roof & Siding Installers
- Foreman, Leadmen
- Laborers Position

Valid Driver's License required.
Application available at:

**630 Daniel Webster Highway
Plymouth, NH 03264
(603) 536-3553**

Leading Pre Engineered Metal Building Co.

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Help Wanted EXPERIENCED EQUIPMENT OPERATORS

Route 3 • Meredith, NH • 03253
279-4444

TRUCK DRIVER/LABORER

Tilton Public Works Department
Tilton, NH

Full time year round hourly position with excellent benefits; health insurance, NH Retirement System, uniform allowance, paid time off and more. Pay commensurate with experience. Possession of valid NH Driver's license. Previous municipal plowing experience preferred. Successful candidate will be subject to pre-employment DOT physical, drug/alcohol screening and background check. The position is physically demanding; must be willing to work under adverse weather conditions, as well as nights and weekends when necessary. Application and job description are available in the Selectmen's Office, 257 Main Street, Tilton, NH 03276 and online www.tiltonnh.org. Position open until filled. For further information contact Kevin Duval, Director of Public Works 603-286-4721.

The Town of Tilton is an EOE employer.

To Heal, To Respect, To Console

Now Hiring for Registered Nurses for the following Departments:

(Some departments include working 72 hours and getting paid for 80 hours)

Medical/Surgical	Operating Room/Surgery
Emergency Room	Intensive Care
Pediatric Acute	Labor & Delivery

We are looking for strong, driven, compassionate Nurse Leaders, come join us.

Sign on Bonus	Excellent Benefits Package
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TCRHCHHR@tchealth.org

1 hour from Grand Canyon, Monument Valley,
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Upper Connecticut Valley Hospital

JOB OPPORTUNITIES

FULL-TIME

- Multi-Modality Radiologic Technologist
- RN Surgical Services Manager
- RN - M/S Charge, Night Shift
- RN E.D., Charge, Night Shift
- Specialist, Patient Access
- Rehab Services Director
- RN Nurse Manager
- Physical Therapist
- Screener
- Cook
- LNA

PART-TIME

- Cook (temporary)
- Medical Records 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

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Taking everything one hour, one minute at a time



JOSHUA SPAULDING

ODAIBA MARINE PARK is the site for the triathlon at the Tokyo Olympics.

It's very early on Monday morning in Tokyo. I am sitting in the press tribune at Odaiba Marine Park awaiting the start of the men's triathlon. The view is stunning.

But, for a while late last week, I really wondered if I would get here.

After the multitude of paperwork checks and other tests going through the airport, I arrived in my room at 11 p.m. on Thursday night, knowing I'd have to be in a quarantine for three days and any plans I had for the first few days were not going to happen. That part I was prepared for.

However, it came to me as I sat there that I had to take COVID tests on my first days in Tokyo and I was stuck in my hotel room without access to said tests. It took me until late Friday before I was able to get ahold of someone who lined up delivery of the tests for me.

But those three days,

SPORTING CHANCE

By JOSHUA SPAULDING



sitting in my hotel, leaving for 15 minutes each day to go across the street to buy some food, were interminable. I probably slept more in those three days than I did in the previous three months. While that may be an exaggeration, the problem with the quarantine was that I just didn't have anything to do. Yes, I had my script for Laughing Stock (opening at the Village Players Theater in Wolfeboro on Aug. 14) and my copy of Dan Egan's new book 30 Years in a White Haze. Both of them got some time. There was also plenty of watching Olympic coverage from the Japanese, which while hard to understand, was still interesting to watch. There is a lot of badminton and softball on television in Japan.

But, I struggled to get through the days. My hotel room is pretty small and as such, there is no place to sit besides my hard desk chair and the bed. So as soon as I got tired of the desk chair,

into the bed I'd go and it wouldn't take long until I was out.

And, I will make it perfectly clear, there's still a chance that things could go south. I know I am not free and clear yet and will count every minute and every hour that I am able to be here and do what I am doing as a blessing. With all that's going wrong and still can go wrong here and around the world, there's no telling what tomorrow will bring.

For the sake of the athletes who have worked hard to get here and deserve the chance to compete with the best in the world, I hope that things go smoothly. And hopefully, I have more to write about in the coming weeks.

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