

Reinartz steps down after 22 years as Tilton’s Town Clerk

BY DONNA RHODES
Contributing Writer

TILTON – After 22 years of serving the Town of Tilton as Town Clerk/Tax Collector, Cindy Reinartz made it known that she didn’t want her final day at the Town Hall to be emotional and so her co-workers granted her wish.

Just before noon on Sept. 30 she was summoned to the conference room where the entire staff was wearing blonde wigs to match her hair color. They then sang and danced as the beginning of her light-hearted retirement party got underway to the tunes “Celebration” and a fun rendition of the song “Take This Job and Shove it.”

“I was bent over laughing,” Reinartz said later. “They were hysterical.”

She was declared “Queen for the Day” and given a crown to wear throughout the lunch-time party, which included pizza and other treats as Jimmy Buffet’s island music then played in the background.

The cluster of bags piled at her feet from fellow town hall employees were filled with both fun and thoughtful gifts. Since Reinartz and her partner Bill were head-



Town Hall employees in Tilton all donned blonde wigs at a retirement party for Town Clerk/Tax Collector Cindy Reinartz last week. Included in the photo are Reinartz (no wig), Town Administrator Jeanie Forrester, Gayle Bestick, Tim Pearson, Johanna Ames, Lee Ann Moynihan, and Janice Della Cruce, along with their four-legged pal Luke.

ing off that weekend for a vacation in Florida, she received a People magazine for the trip that included a headline story titled “Road Trip Horrors,” bags of mixed nuts for the plane ride, and other travel “necessities.” She even received a Minnie Mouse Watch (her “retirement watch”) and more. A card expressing how much she will be missed by each of her coworkers accompanied each gift.

The most touching gift of them all however was a beautiful woven throw blanket. It was a realistic depiction of the

Tilton Town Hall with the words, “May you be proud of the work you have done, the person you are, and the differ-

ence you have made.”

“This is incredible,” Reinartz said, fighting back her emotions.

The fun picked back

up again though with a game the staff called “Cindy Says...” Sewer Commission Administrator Johanna Ames compiled a list of statements or events in Cindy’s life, some true, some false, and everyone was given a “Cindy Mask” to hold up each time they thought it was something that she had actually said or done over the years. There was even a few bonus point for those who remembered her long time motto at town hall- “Everyone leaves with a smile.”

Deputy TC/TC Kim Sowles expressed her feelings as she watched her mentor of the past 11 years prepare to retire.

“I’m overwhelmed. I can’t imagine her not being here at town hall; she’s quite a legend,” said Sowles.

Until the next election in March, Sowles will take over the duties

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Raiders host Jeri Blair Invitational

BY JOSHUA SPAULDING
Sports Editor

BELMONT — The Belmont cross country teams hosted the Jeri Blair Invitational on Friday, welcoming a whole host of teams to town.

The Belmont girls finished in eighth place overall and the boys finished in 10th place. Hopkinton won the girls’ race and Bow took the boys’ race title.

In the girls’ race, Alyssa Edgren took 21st place overall with a time of 23:47 for 21st place to lead Belmont.

Adeline Takantjas was 31st overall in a time of 24:57 and Rebekah Edgren ran to 33rd overall with a time of 25:05.

Madison Liakas was 53rd overall with a time of 27:16 and Aspen Fillebrown rounded out the scoring in a time of 28:25 for 53rd place.

Emilie DeFrancesco was 82nd overall in 34:42 and Isabella Lewis was 87th overall in 37:48.

Baidyn Lewis led the Belmont boys with a time of 21:01 for 37th place.

Tanner McKim finished in 46th place with a time of 21:24 and Tyler Durand finished in 66th place with a time of 22:42.

Chris Pare was 77th with a time of 23:41 and Cody Annis rounded out the scoring with a time of 24:16 for 81st place.

Kaine Stevens finished in 86th place in a time of 25:44, Evan Christensen was 88th in 26:29 and Michael Annis finished in 95th place with a time of 27:44.

The Raiders are slated to be at Gilford on Friday, Oct. 8, and will be at Hopkinton on Wednesday, Oct. 13.

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

Home Care & Hospice LNA of the Year has been with Franklin VNA her whole life...literally

FRANKLIN — This year’s Home Care & Hospice LNA of the year, Joellen Ricard of Northfield, has been involved with the VNA in Franklin since the day she was born. Literally. Her first interaction with the agency was as a Well-Baby program patient in 1957. Franklin VNA welcomed her on staff in 1981. For 40 years, she has continued to help patients achieve better health and provide comfort to hospice patients and their families through difficult and emotional times. She’s

not planning to slow down any time soon, either.

Direct care can be an emotionally and physically demanding profession. A forty-year career, with the same agency, is an amazing accomplishment on its own, but Gina Balkus, CEO for the Home Care, Hospice & Palliative Care Alliance, was quick to point out this is not an award for tenure, but rather her dedication and commitment to the “cradle-to-grave philosophy

SEE RICARD, PAGE A8



Joellen Ricard

Spaulding Academy & Family Services celebrates staff during Appreciation Day

NORTHFIELD — Spaulding Academy & Family Services recently held its annual

Employee Appreciation Day to recognize the entire staff’s daily contributions to campus life.

The day included two separate events spanning several hours and straddling two employee

shifts and an overnight shift so that staff members in the Academic, Residential, Community Based, Family Services, Housekeeping, Facilities and Grounds, Support Services and Administrative teams could all conveniently attend.

The event featured lunch from Wrap City, keychains made by Spaulding Academy & Family Services children with appreciation messages, foster care t-shirts, and a variety of chances to win raffled basket prizes. The bas-

SEE SPAULDING, PAGE A8



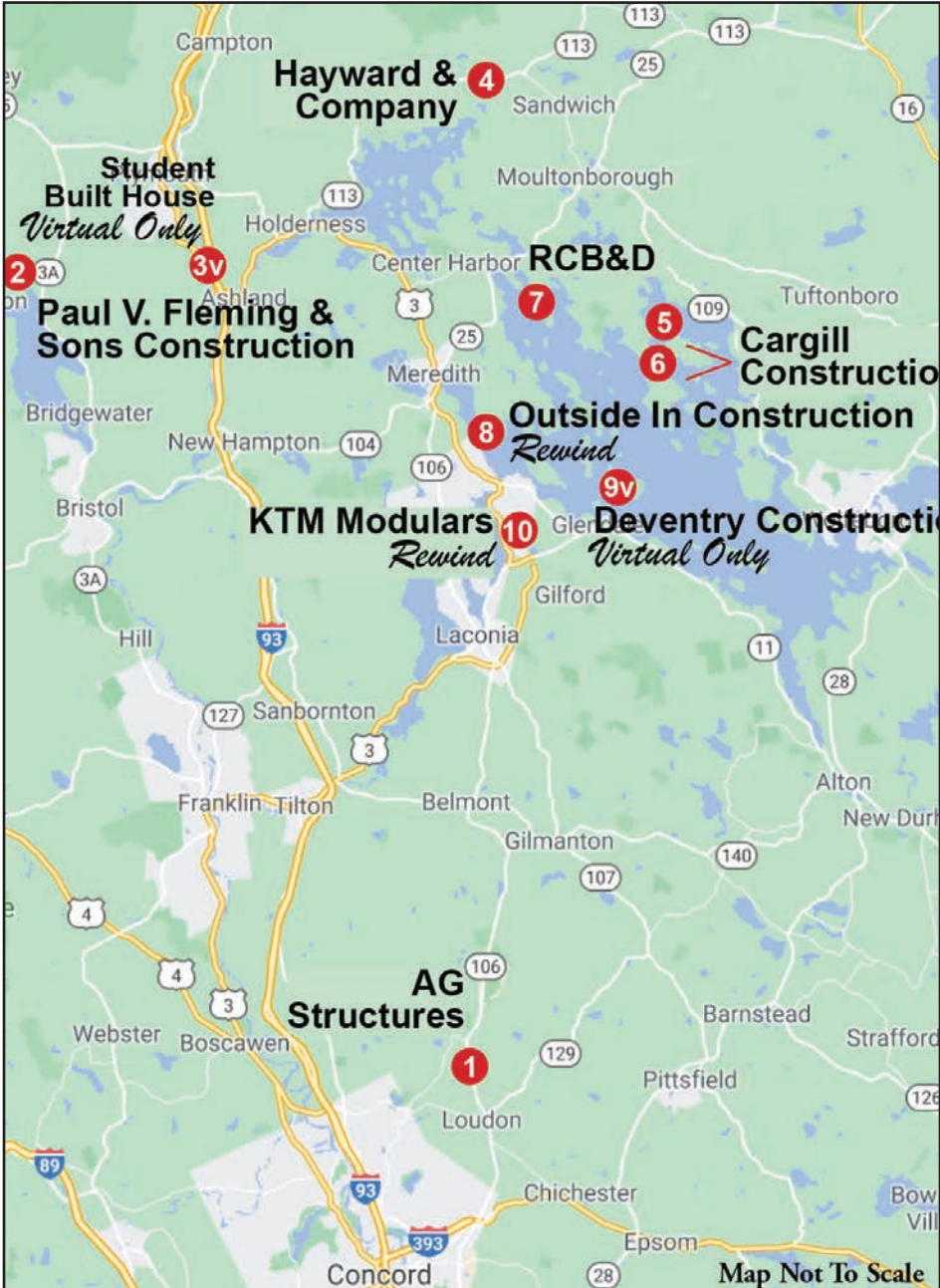
There’s no place like home... for inspiration, for design, for innovation

REGION — Whether you’re looking to build a new home, do an addition or switch up the décor in your home, the annual Lakes Region Parade of Homes is a great place to get ideas! The Parade attracts a wide audience from people looking for remodel inspirations to the serious buyers seeking to find that perfect builder for their next project.

Following last year’s “Virtual-only” tour, Lakes Region Builders & Remodelers Association (LRBRA) are pleased to be able to present the popular 3-day self-guided home tour in person.

The home tour is an opportunity to meet some of the area’s best builders, along with their product and service providers to learn how a home was designed, what materials and techniques were chosen and why, and what went into the construction. No matter where you are in your home search, the Parade of Homes is all about giving visitors the opportunity to explore new possibilities.

What will visitors see?
This year’s homes are all new construction



within the last two years. Some of the homes were ready last year but the builder waited to showcase them this year. Two of the homes are

“rewind” homes - they were on the virtual-only tour last year and now available to tour in person this year. There is a great variety of homes

to see ranging from 384 square feet (yes, that’s right another student built home project) to 8,000 square feet - something for everyone.

There are four waterfront homes scattered in seven communities including Loudon, Hebron (Newfound Lake), Sandwich, Moultonborough (Winnepesaukee), Meredith, Laconia & Gilford. The styles of builds vary from Adirondack, Classic Log Home, Island Retreat with modern conveniences, a hybrid modular home with many custom features and a carriage house that mirrors the main waterfront home for guests to enjoy. Two of the projects are virtual-only entries, a feature that allows visitors a look-see without leaving home. And then there is our first ever Barn-dominium (Condo+Toy Box) entry and with 7,000 squarefeet to fill, let’s just say, there will be toys in the toy box for visitors to admire along with separate modern living quarters.

The Lakes Region Parade of Homes takes place annually every year over the Columbus Day Weekend. This year’s event takes place, Saturday, Sunday and Monday Oct. 9-11 from 10 a.m.-4 p.m. daily. This is the 15th annual home tour and continues to grow in popularity every year. This has become a fall favorite and costs \$20/per person. One ticket is good all three days and visitors may visit homes as often as they wish. The money collected helps the Lakes Region Builder’s Workforce Development Initiative of helping the next generation of building trade

professionals. Tickets are available on the website or can be purchased at the first home. Visitors are encouraged to download the free app by searching “Lakes Region Parade of Home”. The Parade App allows visitors to purchase tickets and receive a QR code on their phones that can be scanned at each home much like you would do at a concert. Other features include turn by turn directions, vote for your favorite project, idea book and 360 video-touring. lakesregion-paradeofhomes.com.

Please be sure to check out all of the 2021 parade partners for this event. Thank you to our presenting sponsors Meredith Village Savings Bank, Belknap Landscape, and Cyr Lumber.

Touring the Parade can be a multi-day adventure, or just simply a visit to one or two. All of the homes are available for viewing online and tickets also include special access to builder videos, 360 home tours and online voting. We look forward to seeing you this Columbus Day Weekend!

The Lakes Region Builders & Remodelers Association (LRBRA) is a not-for-profit, professional trade association chartered by the National Association of Home Builders. Our members are dedicated to promoting, protecting and improving the Building Industry throughout the Lakes Region. lakesregionbuilders.com

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Bank of New Hampshire welcomes Tamara Blier to Cash Management Team

LACONIA — Bank of New Hampshire is proud to announce that Tamara Blier has joined our team as Vice President, Corporate Cash Management Officer.

In this role, Blier will be responsible for the sale and delivery of deposit services, assisting customers with protecting their business finances and creating efficiencies in monitoring accounts and daily operations. She will develop and manage new commercial deposit relationships in the greater Lakes Region, while also serving existing custom-

ers by providing quality service and becoming a trusted resource for customers.

Blier comes to Bank of New Hampshire with 14 years of banking experience. She began her career in banking as a teller and has since advanced her skills and knowledge as she became an office manager and worked at several different banking offices. Tamara demonstrates strong financial modeling and analytical skills; exceptional understanding of financial theory, methodologies and applications; and has a proven ability to analyze and

manage risk.

Blier holds an Associate of Science degree in Business Management from Lakes Region Community College, where she was awarded “2009 Business Student of the Year” as well as inducted into Phi Theta Kappa. She recently served as Treasurer of the Alton Business Association, and is looking forward to continuing to serve businesses and organizations across the Lakes Region.

“Tamara is a tremendous addition to our Cash Management team,” said Jim Hayes, Vice President, Commercial Cash Management Manager

for Bank of New Hampshire. “Tamara’s experience in the Lakes Region along with our suite of cash management products will allow us to continue providing white glove service to new and existing customers.”

Tamara can be reached at the Gilford Lakeshore office located at 1441 Lakeshore Road, via phone at 603-527-3305 or by e-mail atblier@banknh.com.

Bank of New Hampshire is excited to have Tamara on our team as we aspire to remain an independent mutual financial institution, delivering innovative solu-

tions 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



Tamara Blier

of the bank’s customers, communities and employees, rather than stockholders. For more information, call 1-800-832-0912 or visit www.BankNH.com.

Belknap Mill’s Community Fest and Riverside Duck Derby set for Oct. 16

LACONIA — Ducks will drop from the foot bridge over the Winnepesaukee River, adjacent to Rotary Riverside Park at 4:15 p.m. on Saturday, Oct. 16 as part of the Belknap Mill’s Fifth Annual Riverside Duck Derby! Rotary Riverside Park provides the ultimate viewing spot to cheer on your duck! Your adopted duck(s) gives you the chance to win prizes from our very generous Lakes Region businesses including a first place \$250 cash prize sponsored by Laconia Kiwanis. All Quack

Packs (a package of five ducks) purchased before Oct. 8 will be entered into a raffle to win a Turkey Dinner for four from Hart’s Turkey Farm Restaurant.

The Belknap Mill’s Community Fest returns to the Derby with more than 17 local nonprofits and civic organizations offering games and activities from noon - 3 p.m. in Rotary Riverside Park. Come find out what our community has in store for 2022! The Winni Wagon Food Truck will also be on site offering lunch favorites

for all! Gilford native Katie Dobbins will perform on the bandstand from noon - 2 p.m., followed by award-winning kids’ musician, Mr. Aaron who will get all ages movin’ and groovin’ from 3 - 4 p.m. with his thrilling musical adventures. A special surprise you won’t want to miss is brewing before the ducks drop at 4:15 p.m.

The Belknap Mill also invites all community members to participate in the Second Annual Community Duck Decorating Exhibit to add fun and color to Rotary

Riverside Park during the Derby! Paint, color, add glitter or feathers, draw with ink, whatever creative design you want to use is up to you to decorate your wooden duck. Once purchased, Belknap Mill staff will have your duck ready for pick up at the front desk.

This year’s event is sponsored by the Small Business Community of Salons, Spas, and Barbershops. The sponsorship opportunity that is regularly offered to larger businesses was given to this local small business community and the

Belknap Mill is thrilled to have their support! Thank you to Che Bella Beauty Salon, and Eleganza LLC, Beauty by the Bridge, Behold the Beauty, Shh. It’s a Salon, Polished & Proper Barbershop & Shave Parlor, Jerico’s Full Service Salon & Tanning and Jennifer’s Color Bar!

For more information about purchasing a duck for the Duck Derby or participating in the Community Duck Decorating Exhibit please

visit our website at www.belknapmill.org or call 603-524-8813.

All proceeds benefit the Belknap Mill’s programming for children and adults in support of our mission to preserve the Belknap Mill as a unique historic gathering place and to celebrate the Lakes Region’s cultural heritage through the arts, education, and civic engagement.

Land and Water Conservation Fund grants awarded to seven NH Communities

REGION — The United States Department of the Interior-National Park Service (NPS), through the State of New Hampshire Department of Natural and Cultural Resources-Division of Parks and Recreation, has recently approved \$1.6 million Land and Water Conservation Fund (LWCF) local assistance grants to the communities of Keene, Enfield, Lancaster, Concord, Franklin, Barnstead and Littleton. With matching contributions from these municipalities, the grants will support projects for the development of public recreation lands including new and replacement playgrounds, multi-use trails and parking, whitewater structures and bathrooms support facilities.

“The increased demand for outdoor recreation and the number

of grant applications received over the past year shows how important these LWCF-funded projects are to improve outdoor recreation opportunities in our NH communities,” said Phil Bryce, Director of the NH Division of Parks and Recreation. “The New Hampshire Department of Natural and Cultural Resources, Division of Parks and Recreation, is proud to support and manage this program so local communities are able to make these investments.”

The LWCF State and Local Assistance Program is administered in New Hampshire by the Division of Parks and Recreation on behalf of the National Parks Service, providing 50/50 matching grants to public outdoor recreation projects. Since 1965, more than \$88

million (\$44 million in grant funds) has been invested in public outdoor recreation projects in NH State lands and in more than 180 counties, cities, towns, and other local government properties.

With program funding appropriated by the US Congress to the States, LWCF State and Local Assistance Grants are available for eligible public recreation land acquisition and/or development projects by the States or local governments. Program information and a list of current open projects for NH can be found at www.nhstateparks.org/about-us/community-recreation/land-water-conservation-fund-grant.

The Division of Parks and Recreation is one of five divisions of the Department of Natural and Cultural Resources. NH State Parks and

Recreation is comprised of the Bureau of Parks Operations, the Bureau of Historic Sites, the Bureau of Trails, the Bureau of Community Recreation, and Cannon Mountain Ski Area. The Division manages 93 properties, including state parks, beaches, campgrounds, historic sites, trails, waysides, and natural areas. To learn more, visit www.nhstateparks.org, follow NH State Parks on Facebook and Twitter, or call 603-271-3556.

Nicole Reusch of Sanbornton enrolls at Lasell University

NEWTON, Mass. — Nicole Reusch of Sanbornton joined the Lasell University community as a student this fall.

Reusch is majoring in communication.

Lasell, located in Newton, Massachusetts, began its fall semester with a fully operational campus. New and returning students began classes in early September. Among the first gatherings held was Lasell’s annual U-Belong event, a celebration of connectivity, inclusivity, and friendship.

For more information contact: Samantha Mocle, assistant director of communications at smocle@lasell.edu or at 617-243-2386.

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Our love/hate relationship with leaf peepers

Fall is the second busiest tourist season in New England, after winter. Our area, as we all know, depends heavily on tourism. Most residents welcome tourists graciously; however, when fall foliage hits, our true feelings emerge. There is a love/hate relationship with leaf peepers. We love them because they boost our economy, we dislike them because after a busy summer season, we just want our home to ourselves.

We don't want to wait in lines. We don't want our trails so crowded that we can't enjoy the sanctity of nature, and we don't want to drive through Crawford Notch in between a thin lane of parked cars and a guard rail.

Speaking of Crawford Notch, if you have driven through over the past month or two, you will see that tourists seem to go blind while looking at the signs that prohibit parking along the highway. But we digress.

We prefer to have the city life far away from us; leaf peepers tend to bring that flare when they arrive. Some locals despise it; others are un-phased. We appreciate that tourists appreciate where we live, however we'll say it again, our true feelings show themselves right at the peak of foliage. After a brief break between October and November, before the snow falls, we all seem to be welcoming once more.

Fall in the North Country has a certain feeling to it. The cool, crisp, dry air complete with the smell of apple crisp, leaves, wood fire, pumpkin spice and the sound of dry leaves racing along the sidewalks, make this the coziest season of them all. We pull on our sweaters and grab old books we haven't had a chance to finish yet and relish in the comforts of it all.

It is still warm enough to take long walks outside without getting too cold. There is nothing better than kicking the leaves on a wooded trail with a hot mug of Earl Grey tea in your hand. Fall evenings are even better. After a hard day at work, there is nothing more satisfying than cooking a nice fall meal, perhaps pumpkin squash ravioli or a nice roast vegetable soup. On occasion we like to replace the evening news with the sounds of vinyl, preferably, Cat Stevens, Paul Simon, Hank Williams, Johnny Cash and Frank Sinatra.

It is no wonder the North Country is a fall destination for many seeking to experience all that the season offers that feeds the soul. The highlight of course is the way the forest sets itself on fire with bright yellow, orange and red leaves.

Interesting to note: the term 'leaf-peeker' was first used last century before it was changed to 'leaf-peeper.' The term was spotted in Vermont newspapers as far back as the 1960's. 'Leaf-Peeker' was used during foliage time, in many headlines. Articles in the mid to late 1960's discussed alternate highway routes to make the trek north easier for tourists and would help to avoid traffic jams.

At first, the term 'leaf-peeker' or 'peeper' was used in a derogatory way, however now it is used to lure tourists who want to partake in leaf-peeper tours, or receive a leaf-peeper discount.

In New Hampshire, more than ten million visitors will enter the state during foliage season and will spend approximately \$1.5 billion.

We hope that you all take the time to slow down and enjoy Autumn before talk of Jack Frost nipping at your nose surfaces.

Send your letters!

Winnisquam Echo
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and phone number.

RC GREENWOOD

Bear in the air

Noel Licata goes airborne to try and boot the ball away from a Gilford attacker in action against last week in Gilford. The Bears dropped a 4-1 decision to the Golden Eagles and also fell 3-0 to Berlin on Saturday. Next up, the Bears are hosting White Mountains today, Oct. 7, and are at Newfound on Tuesday, Oct. 12.



STRATEGIES FOR LIVING

On the darkest of days

BY LARRY SCOTT

Sitting in my office one Saturday afternoon, I was relaxed, listening to music my wife had on in the living room. Bill Gaither and his Vocal Band has always been a favorite of ours but one song that afternoon brought back dark memories of a time I shall never forget. As the quintet began to sing, "At the Cross," an old Christian hymn, I broke into tears.

I remembered well the day I first heard this same rendition sung by the Vocal Band. I was half-way across Texas in my 18-wheeler going nowhere with my life. Where I picked up the cassette with that particular song I do not know. I just know that as the Vocal Band started to sing, something electric began to happen. "At the

cross, at the cross, where I first saw the light, and the burdens of my heart rolled away. It was there by faith I received my sight, and now I am happy all the day."

But I wasn't. Far from enjoying my ride through life, it was a time of trauma, uncertainty, and despair. I began to sing with them. The song was well-known, a hymn with which I was familiar from my youngest days. I began to sing with them but never made it through the chorus. I wept uncontrollably, and for a few moments, the cab of my truck became a sanctuary. I remember shouting, amid the tears, GOD! WHAT DO YOU WANT ME TO DO? And, although I am not given to hearing voices, not even from God, a thought passed through

my mind that had all the earmarks of a divine word. "All I want from you is the gift of a holy life." And then, silence.

That day marked the beginning of my reconstruction. Slowly, and without fanfare, I began to put my life back together. There is reason behind the deep-felt appreciation I have for what God has done in my life. Few people know how far I have come from the lowest of all lows. No, it wasn't drugs, or alcohol, or women, and my conscience is clear. But I had single-handedly destroyed what could have been a successful career; I had made some terrible choices, and life had thrown me out with the garbage.

You would be amazed at how many of us who preach the Gospel, sometimes with such enthusiasm we come across as "just another fanatic," have, in one

way or another, been to hell and back. When we talk of what God can do in a man's life, we often speak from experience; we have been there.

When I reflect on where my sweetheart and I are today it challenges believability. If you knew me better, you could easily understand my love for Jesus Christ. Standing unrecognized in the shadows, but watching carefully over my progress, He was there. My friends will tell you I am no fanatic, but I am deeply grateful for what God – and I know it was God – has done in my life. He is a God of second chances, a God of the impossible, and the thoughts about which I write are more than empty words. They are the story of my life.

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

LETTERS TO THE EDITOR

Thanks to Belknap County volunteers

To the Editor:

And now for the good news! All across Belknap County, hundreds of volunteers are donating their time and talent to make a difference for our environment and communities. Those volunteers deserve our thanks.

A special Belknap County Volunteer Recognition event and Volunteers Job Fair on Sept. 19 at Gunstock showcased local conservation and food assistance programs. The Belknap County Conservation District (BCCD) hosted this event with assistance from the Belknap County Farm Bureau, Belknap Range Trail Tenders, Bolduc Park, Boys and Girls Club, the Community Action Program (CAP), CASA, Farm to School, Got Lunch?, Gunstock Mountain Resort, Lake Winnepesaukee Association, NH Lakes, Prescott Farm Environmental Education Center, Society for the Protection of NH Forests, Town Conservation Commissions, Watershed Associations and Volunteer NH. This event launched Belknap Volunteers!, a new county-wide collaborative volunteer network.

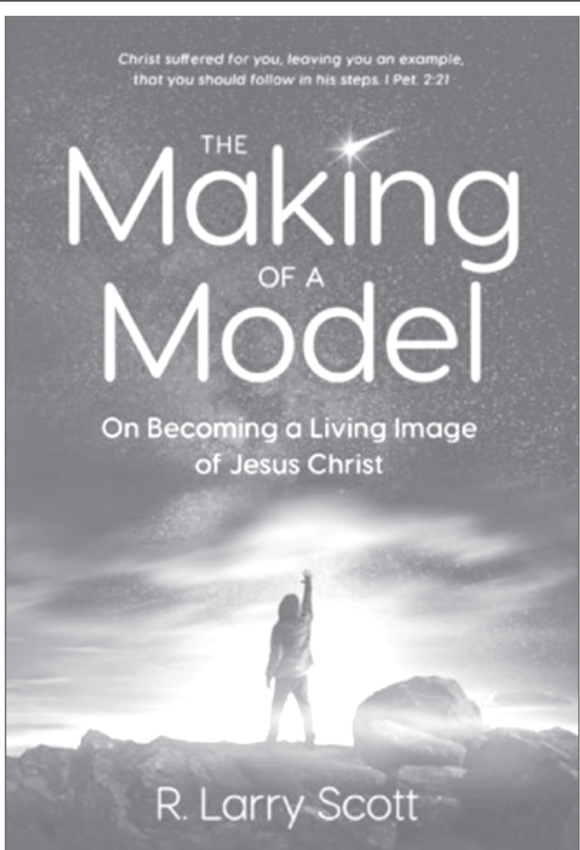
Our thanks to all event participants, the Volunteer Job Fair hosts and demonstrations, and speakers Dr. Shanita Williams, Chris Emond (Boys and Girls Club) and Allan Beetle (Wow Trail and Lake Opechee Assn.) and Mikayla Collins (Volunteer NH). Thanks also to our event supporting sponsors, Volunteer NH, Gunstock Mountain Resort, BCCD and Chicobags.

Participation in the Job Fair makes it clear that more people are looking for volunteer opportunities to help make a difference. That's more good news.

Belknap County Conservation District Associates:

Dean Anson
Jessica Bailey
Earle Chase
Donna Hepp
Ken Kettenring
Jamie Irving
Gary Maheau

Laconia
Laconia
Center Barnstead
Belmont
New Hampton
Meredith
Laconia



When Larry Scott returned home from work Monday evening, July 16, 1984, he noticed that familiar objects were missing, and his home was strangely quiet. It was the moment he had dreaded for weeks; his wife had left him. It was his first evening as an ex-husband, the end of his career as a minister, and the beginning of a solitary existence that would last twenty years.

This is the story of a troubled life. It is also, however, the account of a man who rose from the mire to live again.

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North Country Notebook

While humming silent bawdies, hunters bumble onto bodies



By JOHN HARRIGAN
COLUMNIST

(This could get a whole lot worse, we might stumble into verse)

Hunters began heading into the woods Oct. 1, with the beginning of the upland game season. “Upland game” means mainly ruffed grouse and snowshoe hare, and the release of pen-raised birds for the pheasant season.

This last is indeed a put-and-take program, with Fish and Game’s oft-stated goal being that as many birds as possible wind up in the hunter’s bag. Pheasants are not native to New Hampshire and cannot survive winters except in the mildest parts. Any birds killed by predators or the elements are seen as wasted, even though in theory there is no such thing as waste in Mother Nature.

t’s no good to yelp about it, he can’t really, you know, help it

Any mention of the pheasant program is bound to bring calls for its demise, it being seen as the epitome of stretching the resource (the habitat) rather than curtailing human use (hunting). It is regarded as akin to stretching a pond by stocking it so people can fish for trout.

To be fair, pheasant hunters pay for stretching the resource by buying a special pheasant stamp—in the best sense, we’re told, of “let the user pay.” Of course, this doesn’t cover such incidentals as law enforcement.

Stretching a resource is not cheap. Hatchery fish, for instance, cost big bucks. I can remember when pheasants the state raised in its own pens at the Brentwood Game Farm were something like \$3 a copy. The last time I checked around it was \$7.50 a bird. These days I’m afraid to look.

+++++

Hunters are the Snidely Whiplashes of the outdoor world, because ever-fewer people hunt (at least as a percentage of the population), and ever-fewer people have any family tradition or understanding of the hunt.

Much of public perception is based on the old “non-consumptive” user thing, the hiking community’s fave, except for the bothersome fact that some hikers have also been hunting since they could hold a gun, like me. But let’s let that go for a moment.

Show me a “non-consumptive” user. The last time I looked, everything from vehicles and gas (getting there) to granola bars and even the lug-soles for waffle-stompers carried an environmental price-tag. In fact, upon close inspection I don’t think there’s any such thing as a free lunch, unless maybe it’s your actual lunch, like, bean sprouts, from your own little patch of beans.

+++++

A few decades ago, when I owned three newspapers and was a hard-bitten (polite term) editor, I used to write incredulous editorials about newcomers who called 911 because they heard gunshots around the first of October. Didn’t they know it was opening day of bird-season?

No, they didn’t, any more than they’d know that mid-November might be the beginning of deer season. Neither did they know it was

somehow “okay” to see people out tramping around on snowshoes and carrying shotguns right up to the Ides of March (Caesar’s bad hair-day).

Increasingly, people didn’t know anything at all about hunting, except for the fear factor. It was all about big bad men, out there in the woods with their big bad guns (never mind that plenty of women hunt too).

It was all plenty enough for yet another TV documentary or sit-com. Cue the gap-toothed cousin and the hillbilly music.

+++++

Every year, because it helps further the cause, I write about the fact that hunters constitute an army in orange scouring the woods for various clues, one spinoff being the solving of crimes. Lots of bad actors think they can hide loot or other evidence in the Empty Woods, and hunters, who tend to notice things, find stuff.

Ergo, most police departments have a cross-file called Hunters’ Finds, or something like that, depending on the apostrophe. “Hunter Stumbles onto Cracked Safe,” the headline goes, or much worse.



Elmer Fudd, in all his meaningful best. This is not me, or at least I hope not. (Courtesy — Disney)

I mention this kind of thing often enough that longtime readers kid me about it. “Hey Harrigan,” they say. “You gonna tell us how to take care of cast-iron frypans again?”

It’s like a garden, I say. Every ten years or so you have a whole new generation of readers (you hope), and a whole new crop of editors, who’ll put finger to temple and

think “Hey, that looks familiar...”

Just add water, directly on the brain.

(Please address mail, including phone numbers for questions, to campguyhooligan@gmail.com or 386 South Hill Rd., Colebrook, NH 03576.)

HIGH SCHOOL SLATE

Thursday, Oct. 7

GILFORD

Boys’ Soccer vs. White Mountains; 4
Field Hockey at White Mountains; 4

Friday, Oct. 8

BELMONT

Boys’ Soccer at Mascoma; 3:30
Cross Country at Gilford; 4
Girls’ Soccer vs. Mascoma; 4
Volleyball at Mascoma; 5:45

GILFORD

Boys’ Soccer at Bishop Brady; 4
Cross Country Home Meet; 4
Girls’ Soccer vs. Somersworth; 4
WINNISQUAM
Cross Country at Gilford; 4
Field Hockey at Berlin; 3:30
Volleyball at Con-Val; 5:45

Saturday, Oct. 9

GILFORD-BELMONT

Football vs. Kennett; 2
WINNISQUAM

Football vs. Kearsarge; 2

Tuesday, Oct. 12

BELMONT

Boys’ Soccer at Bishop Brady; 4
Girls’ Soccer at White Mountains; 3:30
GILFORD
Boys’ Soccer vs. Kearsarge; 4
Unified Soccer at Winnisquam; 4
Volleyball vs. Laconia; 5:45

WINNISQUAM

Boys’ Soccer at Newfound; 4
Field Hockey vs. Newfound; 4
Unified Soccer vs. Gilford; 4

Wednesday, Oct. 13

BELMONT

Cross Country at Hopkinton; 4
Girls’ Soccer vs. Berlin; 3:30
Volleyball vs. Nute; 6:15

GILFORD

Field Hockey vs. Mascenic; 4
Girls’ Soccer at Laconia; 4

Thursday, Oct. 14

BELMONT

Boys’ Soccer vs. Campbell; 4
GILFORD
Volleyball vs. John Stark; 5:45
WINNISQUAM
Field Hockey at Franklin; 4
Volleyball at Hanover; 5:45
All schedules are subject to change.



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VIRTUAL LECTURE SERIES

October 14 at 7pm

The Red Rose Crew: A True Story of Women, Winning, and the Water with Daniel J. Boyne



Learn about the first camp-based US women’s eight selection, under Harvard men’s coach Harry Parker, and their surprising run to a silver medal at the 1975 World Championships.

November 11 at 7pm

The Technological Revolution in Rowing with Jim Dreher



Crew racer, coach and engineer. Jim has helped revolutionize the sport with high-performance carbon composite parts and has developed a wealth of experience with the sport.

All lectures are FREE. Please visit nhbm.org/lecture-series for more information about the complete series and to register.



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

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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!



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Meeko

Hello, my name is Meeko. I arrived at NH Humane as a stray and have bonded well with my friends here at NH Humane. I am a sweet and affectionate boy looking for a home to call mine. I would do well in most homes with proper introductions.

Madalene “Pat” Arline Dunlop,

Madalene “Pat” Arline (Murphy) Dunlop, daughter of Arline (Sylvester) and Thomas Murphy Sr. was born August 24, 1926 in Northfield NH died in her home on September 28, 2021 with her children at her side. She attended Union Sanborn School in Northfield where, until last year, she was a Foster Grandparent working with students. Madalene was a 1944 graduate of Tilton/Northfield High School where she was a top student and a basketball star.

Madalene has enjoyed gardening and volunteering in many areas and was an active life-long member of St Mary’s Assumption Church. She has especially enjoyed her children, grandchildren and great grandchildren and sat on bleachers at sporting events for all of us for more than 70 years and will be sorely missed in the stands. She retired from the NH Veterans Home as a cook but her heart was in volunteerism: Merrimack County Nursing Home, Thrift Clothes Closet, Foster Grandparent Program, and American Legion Auxiliary. She even received the NH Volunteer of the Year Award for which she well deserved. Please take a moment to think of her when in your garden or doing a good deed and cheer extra loud for your love ones on playing fields and in school.

Madalene is predeceased by her husband, Saunderson “Sandy” Dunlop



and her four younger siblings; Ann Marie Murphy (1933), Monica Pike Murphy (1997) Escondido, Ca, Joseph “Bud” Murphy (2012), Northfield and Thomas Murphy Jr. (2019), Sanbornton.

She leaves 6 children, 5 step children, 20 Grandchildren, 15 Great-grandchildren and 4 Great-great-grandchildren.

Her children: Mary Ann and John Daigneault, Laconia, Everett Davidson, Northfield, Janice and Russ Pouliot, N Ft Myers, FL, Karen Carey and Charlie Page, Northfield, Ron and Vivian Dunlop, Northfield, Scott and Mindy Dunlop, Bow, James and Susan Dunlop, Massachusetts, Sandra and Steve Crane, New Hampton, Richard and Faye Dunlop, Florida, Elaine and Bob Fournier, Orlando Florida, and Kathy Rayno, Portsmouth.

She is also survived by nieces, nephews, and a sister-in-law, Sandra Murphy of Gilmanton.

Services were held on Monday Oct. 4, 2021 with burial in St. John Cemetery in Tilton.

Donations in her memory may be made to the Franklin Animal Shelter, PO Box 265, Franklin, NH 03235.

Paquette-Neun Funeral Home in Northfield assisted with arrangements. For an online guestbook, please visit www.neunfuneralhomes.com

Franklin Savings Bank awards \$40,000 in grants to nine organizations

FRANKLIN — Nine organizations received a grant from the FSB Fund for Community Advancement, the philanthropic arm of Franklin Savings Bank. This round of funding represents the 44th grant cycle totaling \$40,000 in awards. This year’s recipients include Belknap House (Laconia), \$6,600; Bolduc Park (Gilford), \$2,500; Congregational Christian Church of Franklin, \$5,000; Hero Pups (Stratham), \$5,000; Lakes Region Community Developers (Laconia), \$3,500; Lakes Region Community Services (Laconia), \$5,000; Peabody Home (Franklin), \$7,500; Raven Gael Blaisdell Foundation at Hall Memorial Library (Northfield & Tilton), \$2,500; and Up-Reach Therapeutic Equestrian Center (Goffstown), \$2,500.

Ron Magoon, President & CEO, commented, “Supporting our communities is at the core of who we are as a community bank. As we continue to navigate these unprecedented times, the need still exists and we are doing our part to ensure these local organizations are able to continue to fulfill their mission of helping others.

This year we received an overwhelming 57 applications, surpassing the most we have ever seen since we established our Fund.”

The recipients were celebrated at a reception on Wednesday, Oct. 6.

The FSB Fund for Community Advancement was established in 1997 with a \$1,000,000 investment to provide support towards projects that will enhance the lives of individuals in the communities served by Franklin Savings Bank. To date, the Fund has awarded 234 grants totaling \$1,069,808 to support a broad range of community activities. Areas of support include economic development, affordable housing, education, healthcare, social services, environmental needs, arts and humanities, human services, as well as programs or services that address the needs of children, adolescents, and single parent families. For more information, visit www.fsbnh.bank and click on Community.

Established in 1869, Franklin Savings Bank is an independent, mutually-owned community bank, offering

a full array of commercial lending, personal banking and investment services throughout the Central Lakes Region and southern New Hampshire. Headquartered in Franklin, the Bank has offices in Bristol, Boscawen, Tilton, Gilford, Merrimack and Goffstown, as well as an office in Bedford for business lending. The Bank also offers investment, insurance and financial planning services through its wholly-owned subsidiary, Independence Financial Advisors. As a recognized leader in providing the latest in financial services technology, Franklin Savings Bank remains committed to serving the needs of businesses, families and the communities it serves, through a dedicated team of employees, a diverse line of financial products and services, and continued investment in emerging technology.

Since 2009, Franklin Savings Bank has donated more than 11 percent of its net income to charity. Visit www.fsbnh.bank to learn more or follow the bank on Facebook, LinkedIn, Twitter and YouTube.

Free shredding days to be hosted by Bank of New Hampshire

LACONIA – Bank of New Hampshire will be hosting five free paper shredding days for the public across the state of New Hampshire this fall. The shred days will be located at their Bedford office on Saturday, Oct. 16 from 9 a.m. – noon; at their Concord Heights and Dover offices on Saturday, Oct. 23 from 9 a.m. – noon; and at their Conway office and Gilford Operations Center on Saturday, Oct. 30 from 9 a.m. – noon; or until the mobile shredding truck is filled.

These events are an opportunity for individuals to destroy old documents and confidential files safely and securely. All papers will be shredded on location in the mobile truck. Documents should be free of large binder clips however, staples and paper

clips may be left on documents. There is a limit of three boxes per person.

The event at the Gilford Operations Center, located at 10 Mutual Way, on Saturday, Oct. 30 will also be a drop-off site for auction items for the Greater Lakes Region Children’s Auction. More information about the Greater Lakes Region Children’s Auction can be found at www.childrensauction.com.

For more information about the Shredding Days, contact Bank of New Hampshire at 1-800-832-0912 or visit <https://banknh.com/resources/secure-mobile-shredding>.

Bank of New Hampshire is excited to be hosting these events as we aspire to remain an independent mutual financial institution, delivering innovative solu-

tions 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.

MVSB announces James D. Sutherland Memorial Scholarship recipients

MEREDITH — MVSB (Meredith Village Savings Bank) is pleased to announce the 2021 recipients of the James D. Sutherland Memorial Scholarship. The scholarship is awarded annually to one graduating senior from high schools located in towns and cities where MVSB has a branch.

This year’s recipients include:

- Annabelle Eisenmann, of Gilmanton, attending Bridgewater State University
- Katherine Allen, of Laconia, attending New Hampshire Technical Institute
- Ryan Mason, of Moultonborough, attending University of New Hampshire
- Ashley DeRuvo, of Holderness, attending Cleveland Institute of Art
- Justin Maynard, of Alton, attending Cham-

plain College

- Emma Richardson, of Meredith, attending the University of Southern Maine
- Sara Grace Barba, of Rye, attending University of New Hampshire
- Ruth Allard, of Middleton, attending University of New Hampshire

The Sutherland Memorial Scholarship was established in memory of James Sutherland, who served as President and CEO of MVSB from 1982-1996. Scholarship recipients represent the MVSB company values of accountability, mutuality, excellence, respect, integrity, teamwork and stewardship. Students interested in applying for the 2022 scholarship are encouraged to contact their guidance office.

Unlike a stock bank, MVSB is a mutual sav-

ings bank that operates for the benefit of its depositors, borrowers and surrounding communities. As a result, MVSB has remained steadfast in fostering the economic health and well-being of the community since it was founded in 1869. For over 150 years, Meredith Village Savings Bank (MVSB), has been serving the people, businesses, non-profits and municipalities of Central NH. MVSB and its employees are guided by the values of accountability, mutuality, excellence, respect, integrity, teamwork and stewardship. To learn more, visit any of the local branch offices located in Alton, Ashland, Center Harbor, Gilford, Laconia, Melvin Village, Meredith, Moultonborough, Plymouth, Portsmouth or Wolfeboro, call 800-922-6872 or visit mvsb.com.

MVSB Fund grant applications due Oct. 15

MEREDITH — Local nonprofits who wish to apply for the MVSB (Meredith Village Savings Bank) Fund grants can do so prior to Oct. 15.

Established in 1997, under the leadership of John Starrett, then-President and CEO of the Bank, the MVSB Fund at New Hampshire Charitable Foundation makes grant-based contributions to nonprofit organizations that enrich and improve the quality of life for residents living in the Bank’s service areas. Since the Fund’s inception, 417 grants have been awarded, totaling more than \$1.6 million dollars in contributions to a wide range of environmental, social, educational and historic projects throughout the greater Lakes Region, Plymouth and Seacoast areas of New Hampshire.

The MVSB Fund has supported literacy programs, after-school programs, environmental monitoring, as well as education and restoration of historic structures, organizations that provide support for

individuals and families in challenging circumstances and equipment that helps save lives. While not focused on a particular category, Fund administrators are mindful of the receiving organization and their contribution to the quality of life in the communities being served.

Grants generally range from \$1,000 to \$15,000 and are awarded to 501©3 nonprofits and public agencies based in the Lakes Region, Plymouth and Seacoast areas. Projects supported are of high priority and need for the applicant organization and are related to their mission or development; demonstrate a clear, practical plan with objectives for services, participation and results; leverage other funding and/or voluntary support; offer evidence that project objectives will be accomplished within the grant period and demonstrate cooperation and collaboration with other organizations to provide greater community impact.

More information about the Meredith Vil-

lage Savings Bank Fund and application, visit mvsb.com/about/community-involvement/.

Unlike a stock bank, MVSB is a mutual savings bank that operates for the benefit of their depositors, borrowers and surrounding communities. As a result, MVSB has remained steadfast in fostering the economic health and well-being of the community since being founded in 1869. For more than 150 years, Meredith Village Savings Bank (MVSB), has been serving the people, businesses, non-profits and municipalities of the Lakes and Seacoast regions of NH. MVSB and their employees are guided by the values of accountability, mutuality, excellence, respect, integrity, teamwork and stewardship. To learn more, visit any of the local branch offices located in Alton, Ashland, Center Harbor, Gilford, Laconia, Meredith, Moultonborough, Plymouth, Portsmouth or Wolfeboro, call 800-922-6872 or visit mvsb.com.

SalmonPress.com

If it’s important to you,

It’s important to us.

Comfort Keepers

Alzheimer's Disease: Dealing with difficult behavior

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

More than 16 million Americans provide unpaid care for people with Alzheimer's or other dementias.

Caring for a loved one can be a rewarding experience, but it's not without challenges. These challenges can be significantly more impactful for those caring for a senior with Alzheimer's disease or other form of dementia. Changes in behaviors can occur for a variety of reasons, including over-stimulation, physical discomfort, confusion, exhaustion caused by sleep problems, medication, or changes in routine.

Understanding the cause of behavioral changes is critical for caregivers, families and friends. And, it's helpful for caregivers to know how to manage behaviors that will allow them

to provide safe and effective support and diffuse tense situations.

These behaviors can include:

- Depression
- Anxiety
- Confusion
- Aggression or anger
- Suspicion
- Hallucinations
- Pacing or wandering

The most important thing that caregivers need to remember is that challenging behaviors may not be entirely avoidable. It's also not the fault of the person with Alzheimer's or dementia. These behaviors are sometimes a common product of the disease. And, there is specialized support a caregiver can use to help keep a challenging behavior from escalating.

While there is no guaranteed approach that will work with every person or situation, there are some methods that can help caregivers

manage trying times:

Staying calm— It's not uncommon for caregivers to feel attacked or helpless when they are caring for someone exhibiting difficult behaviors. Remembering that it isn't personal and that it's a symptom of the disease, can help caregivers manage their emotions and avoid contributing to tense or difficult situations. Arguing or reasoning can often escalate an outburst, so it's necessary for caregivers to stay calm and supportive.

Keeping a schedule— Seniors that suffer from Alzheimer's disease and other dementias often find it reassuring to have a set schedule for meals, activities and daily tasks. Creating a schedule, and sticking to it as much as possible, can help prevent anxiety, confusion and anger.

Exercise— Exercise, with approval from a physician, is a great stress reliever for both

seniors and caregivers. And, participating in activities together helps foster important emotional connections.

Participating in activities— Whether it's an enjoyable hobby, household chore or physician-approved exercise, participating in joyful activities has shown to help manage challenging behaviors. These can be pre-scheduled or introduced when difficult behaviors are recognized. For example, caregivers can ask for help folding laundry to ease anxiety or can play music or sing to calm someone feeling confused, angry or depressed.

Mindful communication— Caregivers shouldn't underestimate the power of communication. Caregivers can use soothing tones, speak in a friendly way and make eye contact to convey normalcy, understanding and compassion. This can help

seniors experiencing anxiety or frustration to calm themselves.

Comfort Keepers® can help

At Comfort Keepers®, we provide specific training for our caregivers and individualized care plans to provide care and support to seniors with Alzheimer's disease and to their families. Our specially trained Comfort Keepers engage clients in intellectual, physical and emotional interactions that complement medical treatment and improve the quality of life for everyone involved. And, they can facilitate stress management activities, support for physician-approved diet and exercise plans, provide transportation to appointments and will evaluate a home for safety as part of an in-home assessment. For more information on how in-home caregiving can

help those with Alzheimer's disease or dementia, contact your nearest Comfort Keepers® office today.

About Comfort Keepers

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

of additional items all meant to keep seniors living independently worry free in the comfort of their homes.

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

Please call 603-536-6060 or visit our Web site at nhcomfortkeepers.com for more information.

Lon Chaney, Jr. portrays “The Indestructible Man” on LRPA TV

LACONIA— Do you like scary movies? If you do, then LRPA TV has got you covered! Celebrate the scariest month of year with our Fifth Annual Shocktoberfest, a month devoted to vintage horror films. This weekend (Oct. 8 & 9 at 10 p.m.), we feature an LRPA premiere – 1956's horror/crime/sci-fi mashup “Indestructible Man,” starring Lon Chaney, Jr., Max Showalter and Marian Carr.

Los Angeles Police Lt. Dick Chasen (Showalter, credited as Casey Adams) relates, in flashback, a recent, difficult case. Convicted murderer Charles “Butcher” Benton (Chaney, Jr.), scheduled to be executed in the gas chamber at San Quentin prison, is visited on death row by his lawyer, Paul Lowe. Lowe tells Benton that the governor has turned down his appeal. It's revealed in conversation that Benton and Lowe were part of a gang that stole \$600,000 in an armored car robbery. Two of the accomplices, Joe Marcellia and Squeamy Ellis, have turned state's evidence, and all three have double-crossed the killer. But Benton has

gotten the last laugh – he's hidden the money and won't tell Lowe where it's located. When Benton angrily vows to kill the three accomplices, Lowe just laughs: how does a dead man get revenge? Meanwhile, Lt. Chasen, who has been working the armored car robbery, is told by his captain that Benton's execution has effectively closed the case and that he will be reassigned. Chasen vows to keep working the case on his own time. He visits a local strip club to meet with Eva Martin (Carr), thought to be Benton's girlfriend, to get more info. But Eva swears that she and Benton were only friends and that she knew nothing about the robbery or missing money. As Chasen is leaving, he notices Lowe going in to visit Eva. In San Francisco, biochemist Dr. Bradshaw is working on a cure for cancer. He has tasked his assistant (played by noted character actor Joe Flynn) with procuring a corpse on which to experiment. Upon applying nearly 300,000 volts of electricity to the dead body, the scientist and his assistant are stunned when the body reanimates

– and even more horrified to discover that the revived corpse is none other than Benton the Butcher! The electricity has rendered Benton's flesh impenetrable and made a once dangerous man a more lethal monster. Benton sets out to get revenge on those who have done him wrong (and anyone else who might get in his way). What will happen to Lowe, Marcellia and Ellis? Will Chasen be able to close this case for good?

Despite starring in a few major films early in his career, Lon Chaney, Jr., son of the great silent film star, ended up making many forgettable movies. Health and personal issues kept him from achieving great fame and fortune. “Indestructible Man” is undeniably a low-budget film. However, over the years it has won an avid cult following. Some love it as a noir-ish crime drama; others see it as an overlooked sci-fi achievement. Many just love the wacky monster angle. In an article on TCM.com, film critic Nathaniel Thompson noted, “Indestructible Man” in enjoyable as a fusion of three different genres: crime film, science fiction, and rampaging monster horror...it's fair to say

that this film has actually proven far more indestructible than its resuscitated title character.” “Indestructible Man” also boasts some iconic B/W shots of old Los Angeles landmarks, including the historic Bradbury Building, with its ornate atrium and staircases, and the Angels Flight funicular Railway. What's not to love? Grab your candy corn and join LRPA after dark for this cult classic from the past.

Mark your calendars for Shocktoberfest's delicious Halloween treats:

Oct. 8 & 9: “Indestructible Man” (1956)

Oct. 15 & 16: “Planet of the Vampires” (1965)

Oct. 22 & 23: “Shock” (1946)

Oct. 29 & 30: “Horror Express” (1972)

You can't find television like this it anywhere but LRPA TV, Atlantic Broadband 25. Not a subscriber? Log onto www.live.lrpa.org and catch all the fun.

About Lakes Region Public Access Television (LRPA)

Lakes Region Public Access Television (LRPA) is a nonprofit, noncommercial public access TV station and

community media center located on the Laconia High School campus in Laconia, NH. LRPA streams via the web at live.lrpa.org, and cablecasts locally on Atlantic Broadband Channel 24 (educational programming), Channel 25 (information and entertainment) and Channel 26 (government meetings) to nearly 11,000 viewers in our member communities of Belmont, Gilford, Laconia, Meredith and Northwood. Programming is produced by and for the people of the greater Lakes Region. LRPA's mission is

to empower our community members to produce content that

fosters free speech and the open exchange of ideas,

encourages artistic and creative expression, promotes a well-informed public through governmental transparency, and

unites our communities through the power of media and technology.

LRPA's slogan: Community empowered by media. Visit us on the Web at www.lrpa.org.



COURTESY

Preparing Mother's Room

June Huot, St. Vincent De Paul Thrift Store Manager, and Sue Page, Children's Foundation Coordinator, look over the donated items for the new “Mothers Room” to be set up at a local school in the Lakes Region. They worked closely with a school nurse to organize this wonderful project.

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Edward Jones: Financial Focus

What does retirement security mean to you?

October is National Retirement Security Month. But what does retirement security mean to you? And how can you work toward achieving it? Here are some suggestions:

- **Build your resources.** While you're working, save in tax-advantaged accounts such as your IRA and 401(k) or similar employer-sponsored retirement plan. In your 401(k), contribute at least enough to earn your employer's match, if one is offered, and increase your contributions whenever your salary goes up. Remember, especially early in your career, time is often your biggest asset. Be sure to save early, since the longer you wait, the more you'll need to save to help reach your goals.
- **Look for ways to boost retirement income.** When transitioning to retirement, you can take steps to align your income with your needs. For example, consider Social Security. You can start collecting it as early as

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REINARTZ

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of the office with assistance from an interim Deputy Town Clerk/Tax Collector.

As the lively celebration settled down and employees prepared to end their lunchtime party for Reinartz, she also had a few things to say about her two-plus decades as TC/TC in a town she not only lived and worked in, but volunteered in as well.

“I want the townspeople to know how much I appreciated them and their confidence in me to reelect me each term,” said Reinartz. “I really enjoyed working for

them. I always tried to treat people the way I would want to be treated, while treating them all the same.”

She said the current town hall staff is the best she has ever worked with in her 22 years in Tilton, praising them as professionals who know their jobs well, while adding, “They’re a great resource for the residents. They’ve been more like a family to me and it’s going to be weird not coming here every day.”

Reinartz also asked that residents stay involved with the local government and events to keep the Town of Tilton a great place to live, rec-

reate and do business.

Once she and Bill return from vacation she said they will make decisions about where to live and what they will do in the future, with an eye on moving a bit south to be closer to Bill’s children and grandchildren. A future retirement home in Florida is also be considered.

A big lover of dogs, as all who have registered their dog with her over the years know, she said that love might even lead her to a new job down the road.

“Maybe I’ll work part-time as a dog walker. Who knows?” Reinartz said with a wink and a grin.



At her retirement party last Thursday, Tilton Town Clerk/Tax Collector Cindy Reinartz was presented a throw blanket of the historic Tilton Town Hall as a gift from her coworkers.

RICARD

CONTINUED FROM PAGE A1

of caring” at Franklin VNA & Hospice.

“She is being honored for her work ethic, her positive attitude, her ability to put clients at ease, her leadership in the agency and her community, says. “She truly represents Franklin VNA’s mission and strives to provide excellent care each day she comes to work.”

In addition to caring for patients, Ricard coordinates the home health aide and homemaker program, manages the Private Duty Program, serves as lead LNA,

mentors new staff, volunteers for community center blood pressure clinics, and drive-thru vaccine clinics. She also volunteers for Franklin VNA’s Community Day.

“No one could deserve this more!” says colleague Carol Shaw Plumb in a Facebook comment. “[She] has worn many hats over the years and done those jobs well! [Her] loyalty and commitment to the agency and the community are legendary.”

Her co-workers also recognized Ricard with the 2018 Franklin VNA Employee of the Year Award.

The Home Care, Hospice & Palliative Care Alliance has recognized outstanding caregivers in the hospice & home care setting since 1974. Submitted award nominations were collected from the 42 member agencies providing care to every New Hampshire community. Home care agencies offer services across the state for thousands of New Hampshire residents of all ages recovering from surgery, injury or illness, chronic or terminal illnesses, or other conditions needing support at home.

SPAULDING

CONTINUED FROM PAGE A1

ket themes included coffee, carwashes, popcorn, sewing kits, and margarita mixes.

Along with festivities planned by the volunteer committee comprised of representatives from across the organization, the Committee for Diversity, Equity and Inclusion offered information and its “Diversity Ball” game to help interested participants discuss experiences and thoughts on diversity and inclusion issues.

“Spaulding Academy & Family Services is a special and safe place for our children and fami-

lies, and this is possible due to each and every staff member in our organization,” said Todd Emmons, CEO & President, Spaulding Academy & Family Services.

“Celebrating our incredible staff in this way is just one small way of saying ‘thank you’ for their dedication. I was thrilled to hear many employees express that this was our best appreciation event to date, and we all enjoyed taking a moment to spend quality time together.”

As part of the event, Spaulding Academy & Family Services also acknowledged those employees who celebrated milestones over the past

year. These 21 employees were specifically recognized for their dedication to serving the children and families of Spaulding Academy & Family Services for the following milestones:

Five years of service: eight staff members

10 years of service: six staff members

15 years of service: five staff members

20 years of service: two staff members

For more information about Spaulding Academy & Family Services, visit SpauldingServices.org.

WINNISQUAM REGIONAL SCHOOL DISTRICT BUDGET COMMITTEE

The WRSD Budget Committee has a vacancy it seeks to fill for a member from the Town of Northfield until the 2022 annual meeting of the School District. Interested candidate must be a registered voter. Those wishing to apply should send a letter stating their intentions to:

Chairperson
Winnisquam Regional Budget Committee
433 West Main Street, Tilton, NH 03276

Public Hearing Notice

A Public Hearing for the Special District Meeting of the Shaker Regional School District relative to the revised Adequacy Education Funding will be held on Thursday, October 7, 2021 at 6:30 pm in the Belmont High School Cafeteria.

The meeting will be available to view via livestream and can be accessed by clicking on the YouTube link on the district website, www.sau80.org.

THE SALMON PRESS 2021/2022 NEW HAMPSHIRE WINTER GUIDE

ADVERTISING DEADLINE
WEDNESDAY, OCTOBER 21ST
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SIZE & PRICING INFORMATION	
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1/2 PAGE horizontal (7.25" x 4.5")	\$435
1/3 PAGE square (4.778" x 4.5")	\$310
1/6 PAGE vertical (2.187" x 4.812")	\$170
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SHAKER REGIONAL SUPERVISORS OF THE CHECKLIST

The Canterbury Supervisors of the Checklist will be in public session at the Elkins Public Library, Canterbury Center, Canterbury, NH for any changes and corrections to be made to the vote checklist on:

Wednesday, October 13, 2021,
from 6:00 – 6:30 p.m.

Supervisors of the Voter Checklist:
Mary Ann Winograd, Denise Sojka, Brenda Murray

SHAKER REGIONAL SUPERVISORS OF THE CHECKLIST

The Belmont Supervisors of the Checklist will be in public session for any additions, changes, or corrections to be made to the voter checklist at the Belmont Town Hall, 143 Main Street, Belmont NH on:

Wednesday, October 13, 2021,
from 6:00 – 6:30 p.m.

DUE TO COVID restrictions, MASKS are required.

Supervisors of the Voter Checklist:
Brenda Paquette, Donna Shepherd, Nikki Wheeler

About Spaulding Academy & Family Services

Spaulding Academy & Family Services is a leading provider of educational, residential, therapeutic and community-based programs and services for families, and children and youth with neurological, emotional, behavioral, learning or developmental challenges, including Autism Spectrum Disorder and those who have experienced significant trauma, abuse or neglect. Established in 1871, Spaulding Academy & Family Services is a tax-exempt 501(c)(3) nonprofit that was formerly known as Spaulding Youth Center since 1958. Our scenic hilltop campus is located on more than 500 acres in Northfield, NH and welcomes boys and girls from ages 4 to 21 from around the state of New Hampshire and beyond. In addition to programs provided on our Northfield campus, Spaulding’s community-based programs include foster family licensing, Individual Service Option (ISO) foster care, ISO in-home services, child health support services, and more for children ages 20 and younger and their family. For information about Spaulding Academy & Family Services, visit www.SpauldingServices.org.



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Gorgeous 4BR/3BA home at Long Bay on Lake Winnepesaukee. Screened in farmers porch, large kitchen/dining area, cozy living room with FP., HW oak flooring on 1st level, grand master en suite w/ walk-in closet & unfinished, 3rd level (with stairs.)



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Online-Only Bidding Ends:
Wednesday, October 20th
at 1:00 p.m.



57 RUMFORD STREET is a 19th Century Victorian-style home on a .23-acre city lot. The home offers 3,700 sq.ft. with 6-bedrooms, 2-bathrooms and original features to include fireplaces with ornate surrounds, leaded-glass windows, hardwood floors throughout, a butler's pantry, wainscoting and beautiful built-in cabinetry. There is a detached, brick, single-car garage with a slate roof and hardwood floors. This home has a terrific layout with wide hallways and is ready for a renovation. The Franklin Pierce Law School is located one block away, as well as a quaint delicatessen, and just a short walk to the Capital and downtown. Tax Map 48, Block 1, Lot 5.

PREVIEW: Thursday, October 14th from 2:00 to 4:00 p.m., Tuesday, October 19th from 9:00 to 11:00 a.m.



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Town of Rumney Russell Elementary School Moderator Vacancies

The Town of Rumney and Russell Elementary School are searching to fill the positions of Town Moderator and Russell Elementary School Moderator. Interested persons must be a Rumney Resident and a Registered Rumney Voter.

Qualified persons for the Town Moderator position should contact the Rumney Town Clerk's office at 603-786-2237, 79 Depot Street Rumney, NH. This appointment would conclude at the end of the March 2022 Town Meeting.

Qualified persons for the Russell Elementary School Moderator position should contact the Russell Elementary School Clerk at 603-786-9591, 195 School Street, Rumney NH. This appointment would conclude at the end of the February 2022 Deliberative Session.

Town Moderator position will be on the March 2022 Town Ballot for a two-year term. School Moderator will be on the March 2022 Rumney School Ballot for a one-year term.



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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
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Learn more about the NH Veterans Home on our website (www.nh.gov/veterans) and view our Facebook page (www.facebook.com/nhveteranshome) to see the NHVH team working together to serve our Veterans.

- Ensure the facility and its operation are in compliance with all life safety, clinical care, and support programs to meet or exceed all standards and regulations through internal Quality Assurance programs and external audits and surveys.

- Serves as the Home's liaison and representative to State, Federal and other officials. Also serves as the Commissioner and Department Head in the New Hampshire State Government.

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- Promotes the Veterans Home and its programs to veterans and community groups; primary liaison with residents, their families and the general public; oversees and often personally performs fundraising and public relations activities.

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Contact: For questions about this opportunity, please contact Paul J. Lloyd at (603) 715-5579.

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163 Daniel Webster Hwy, Meredith NH

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In The
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Join the MSA Globe Family

**Over 130 years ago, Globe invented
firesuits / 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:

- Able to speak, read and write English
- Have basic knowledge of computers or tablets
- Willing to learn
- Enjoy working with your hands
- Able to sit and/or stand for long periods of time
- Able to lift approximately 30 pounds
- Strong organization skills and 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

Cutting Room Associate

- Work in a fast paced environment preparing materials and fabrics used to create the firesuits / turnout gear
- Will spread fabric on one hundred foot table, perform quality inspection, and measure and mark fabric to be cut to specification
- Cut fabric into pieces using a Gerber Cutter
- Place cut goods on rolling racks
- Prepare material for other areas of production
- Bag goods

Special Knowledge, Skills and Abilities Required:

- Able to speak, read and write English
- Have basic knowledge of computers or tablets
- Able to use and understand a ruler and measurements
- Must be able to stand/walk, bend, reach and work with your hands for full shift
- Able to assist in team lifting of approximately 30 pounds
- Strong organization skills and high attention to detail
- Previous experience in Quality Control and Inspection desirable
- ANSI rated safety shoes (composite, steel or alloy toe) and safety glasses required

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

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TOWN OF NEW HAMPTON

The Town of New Hampton has an opening for a Laborer/Transfer Station Attendant/ Truck Driver

40 hour a week full-time position with the Public Works Department in support of the day-to-day operations for both Highway and Transfer Station. The work schedule will include Saturdays at the Transfer Station/Recycling Center and will include operating a skid steer and backhoe.

Must be able to perform manual tasks related to highway maintenance, solid waste handling and plowing and sanding. Sanding and snowplowing experience is a plus. CDL-B preferred but willing to train to obtain the CDL-B within 12 months of hire.

This is a non-exempt full-time position with benefits.

Interested and qualified persons can obtain an application at the Town Office or from the Town website www.new-hampton.nh.us

Send completed application and resume to: Town of New Hampton, Attn: Public Works Department, 6 Pinnacle Hill Road, New Hampton, NH 03256. This vacancy will remain open until the filled.

The Town of New Hampton is an Equal Opportunity Employer



PROGRAM ASSISTANT I

The State of New Hampshire, Department of Safety, Division of State Police - Marine Patrol Unit has a full time vacancy for Program Assistant I. This position is 37.5 hours per week and is non-exempt.

SCOPE OF WORK:

Performs diverse administrative duties in support of Marine Patrol by processing transactions for the general public, entering data and information into databases, and preparing and maintaining various documentation.

MINIMUM QUALIFICATIONS:

Education: High school diploma or high school equivalency credential. Each additional year of approved formal education may be substituted for one year of required work experience.
Experience: Three years of experience in a responsible clerical position, including experience in customer service and data entry.
License/Certification: None required.

SALARY:

Labor Grade 12
30,576.000 - 35,587.50 USD

LOCATION:

Gilford, NH

Applications must be submitted by Wednesday, 10/20/2021.

Job ID #22281: For complete job posting and to APPLY TODAY go to www.nh.gov
(Online Services, State Employment).

For more information, please contact: Stephanie.D.Colcord@dos.nh.gov or call (603)227-2135.



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Belknap Landscape is now hiring for year-round career opportunities in Landscape Construction, Maintenance, & Tree Services. We also have seasonal positions in fall clean-up & snow removal available.

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Patient Access Manager
Patient Access Specialist
LNA/Unit Coordinator
RN Nurse Manager
ED Nurse Manager
ED Technician/LNA
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Cook (temporary)

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Cook

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APPLY ONLINE

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

Town of New Hampton

Vacancy for Assistant Town Clerk/Tax Collector

The Town Clerk/Tax Collectors' office is accepting applications for a part-time Assistant Town Clerk/Tax Collector. Applicants for this position must be a New Hampton resident.

Candidate must have a strong background in bookkeeping and familiarity with computers and common software programs, as well as other standard office machines. The individual must have a high school diploma or G.E.D. and have 1-2 years of documented experience in general office practices. The ability to work cooperatively in a small office environment, dealing with the public, is essential.

The average work week will be up to 30 hours. Starting wage is commensurate with knowledge, skills and abilities. The selected candidate must successfully complete pre-employment testing, criminal background and reference check.

This position will remain open until filled.

Please submit a completed application and resume, with 3 work references to radams@new-hampton.nh.us or:

Town Clerk/Tax Collector
P.O. Box 538
New Hampton, NH 03256

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New Ipswich, NH 03071
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TDD: 603-878-1326


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Line Packers
Machine Operators – 1st, 2nd 3rd & 4th Shift
Specialized Machine Operators: 1st, 2nd, 3rd, & 4th shift
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Setup B Operators: 2nd shift
Plating Tech: - 1st, 2nd, & 3rd shifts
Auto Line Machine Operator – 1st shift
Set Up Specialist – 1st shift
Quality Assurance
Maintenance Operative
Maintenance Mechanic 2nd shift
Maintenance Helper – 1st shift
Maintenance Mechanic 3rd shift
Quality Inspector 3rd shift

FRAMERS AND LABORERS WANTED FOR INDOOR WORK

Do you have construction framing or laborer experience but don't want to be out in the
cold this winter? Wallace Building Products is a 100% employee-owned business looking
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rough-framed walls for the construction industry in a shop environment.

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Apply in person at 1525 US Route 4 in Danbury NH or call 768-5900 to set up an
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Full-Time

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- HVAC experience a plus.
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If interested, send letter of intent, resume, application, and 3 letters of reference to:

Dan Clark
Facilities Director
Franklin School District
119 Central Street
Franklin, NH 03235
dclark@gm.sau18.org

Franklin School District is an Equal Opportunity Employer

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2021-2022 School Year

Needed Immediately
Kindergarten Long-term
Substitute Teacher

(Must be Elementary Education certified)
Please send letter of intent, resume, certification and references to:

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Wentworth Elementary School
PO Box 139
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mmccoy@pemibaker.org

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

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PERMANENT FULL-TIME
ADMINISTRATIVE ASSISTANT
FOR THE POLICE DEPARTMENT

The Town of Thornton is seeking candidates for
an immediate opening for a permanent full time
Police Department Administrative Assistant. The
applicant will be responsible for providing admin-
istrative support to the Police Chief in the daily
operation of the Police Department. This is a full-
time Monday through Friday position with bene-
fits with an hourly pay range of \$17.32 to \$24.46
depending on experience. Prior law enforcement
experience is preferred but not required. A full job
description and application packet is available
at the Town of Thornton Town Office and on the
town's website at www.townofthornton.org. Appli-
cations for this position will be accepted until the
position is filled.

Please submit applications to:

Town of Thornton
Attn: Debra Shepard, Town Administrator
16 Merrill Access Road
Thornton, NH 03285
Re: Full Time PD Administrative Assistant

The Town of Thornton is an equal opportunity employer.

salmonpress.com

Moultonborough School District 1st Grade Long-Term Sub Position

1st Grade Teacher Long-term Sub: Looking for a certified teacher to fill a long-term sub position in a 1st grade classroom. Position will run approx. 3 months from 12.6.21 to 3.7.22. Responsible for teaching math to two 1st grade classes, as well as writing, science and social studies to the homeroom class.

Complete the application found at <http://www.sau45.org/district/employment> and submit it by October 29, 2021, along with a cover letter, resume, certification, transcripts and 3 current letters of reference to: K. Robinson, SAU Office, PO Box 419, Moultonborough, NH 03254 or email all documents to: krobinson@sau45.org

Equal Opportunity Employer

State of NH Job Opportunity Department of Education Bureau of Vocational Rehabilitation

The New Hampshire Department of Education, Bureau of Vocational Rehabilitation is hiring several part-time **Employment Specialists**. These positions will be covering the **Berlin, Plymouth, Littleton, and Conway** territories. For more information on these positions, please visit the following link and look for the Employment Specialist positions.

<https://www.education.nh.gov/careers>

The job postings will close on October 29, 2021. Please contact Tracey Frye at Tracey.L.Frye@doe.nh.gov with any questions.

Centerplate at Cannon Mountain
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Food & Beverage Positions

Positions available:

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

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

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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.

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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:

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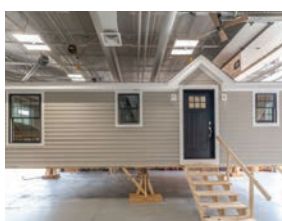
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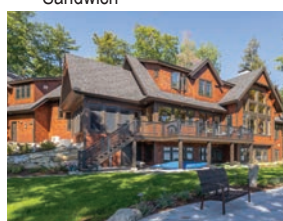
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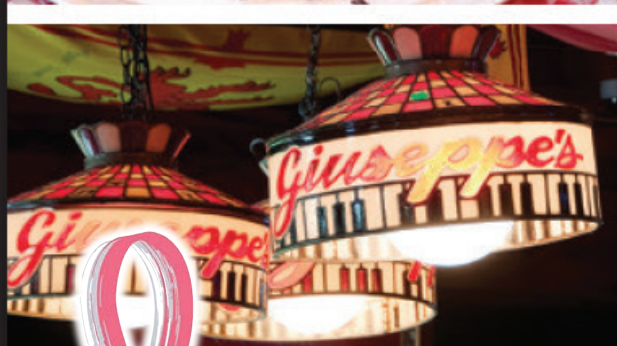
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RC GREENWOOD

Correction

The photo that ran in last week's paper did not identify the Winnisquam ball carrier correctly. The photo is of Anthony Boomer. This past weekend, the Bears dropped a 51-7 decision to Campbell and will be hosting Kearsarge in a 2 p.m. game on Saturday, Oct. 9.



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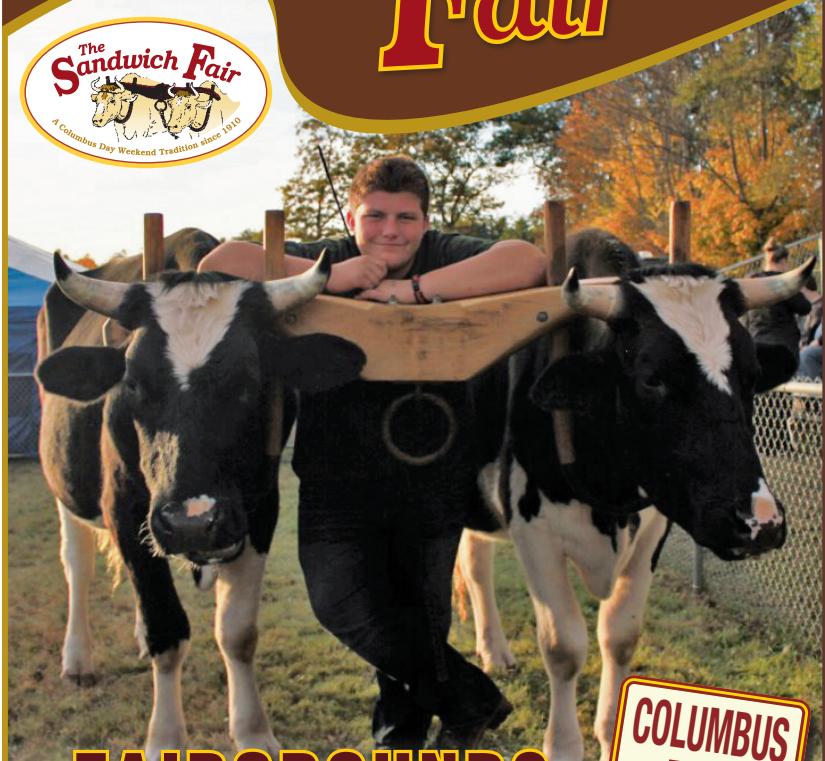


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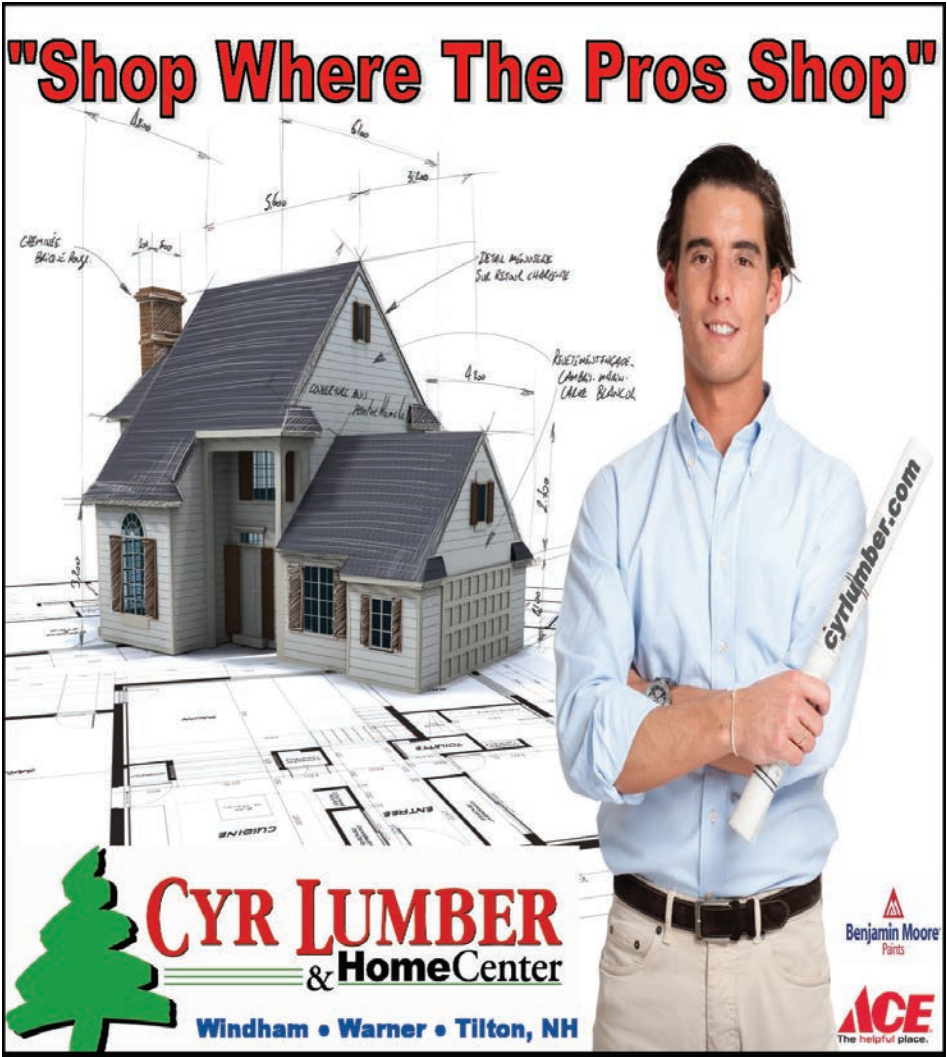
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