

# Sanbornton resident awarded Boston Post Cane

Photo



During their Old Home Day/250th Anniversary celebrations on July 10, Sanbornton Selectmen Bob Lambert, John Olmstead and Jim Dick were pleased to present the Boston Post Cane to the town's oldest resident, Jean Auger, who will turn 96 in October.

BY DONNA RHODES  
Contributing Writer

SANBORNTON – As the Town of Sanbornton celebrated Old Home Day and the town's 250th Anniversary, another special event also took place on July 10, when selectmen presented the Boston Post Cane to 95-year-old Jean Auger.

Boston Post canes were first distributed to more than 400 New England communities in 1909, courtesy of Boston Post newspaper publisher Edwin Grozier. The canes were part of his publicity campaign for the paper and he had them specially made from mahogany with a gold knob on top. Intended to honor residents for their longevity, the canes were originally awarded to the oldest male of each community, residing there for at least 10 years, then passed on to the next when that person died or moved to

SEE AUGER, PAGE A11

# Students grades 6 to 12 get creative at Summer Art Camp

TILTON — The Lakes Region Art Association, a non-profit 501-C-3 organization, is hosting three separate Summer Art Camps beginning in June for students in grades from six to 12.

Professional artist, and President of the LRAA, Tom Hitchcock, will teach Summer Art Camp, which begins Monday, July 26 at 9 a.m. Two classes per week, Monday and Wednesday, 9 to 11 a.m. at the LRAA Fine Art Gallery at the Tanger Outlets, Suite 300. Hitchcock will focus on teaching several art disciplines including: pencil drawing, composition, perspective, design, color and light and painting with acrylics. His teaching will also include some Art History and instruction to help build an appreciation of the fine art.

Tom Hitchcock's background in art, and his curriculum for teaching art was developed over many years of his professional career starting at Syracuse University Fine Art School. His professional experiences have been in the real world of art and design, graphics, photography, illustration, creative thinking, marketing and advertising.

"I want to pass on what I have learned to help students willing and eager to learn how to develop their own artistic abilities and perhaps make it their career like I have," he said.

Hitchcock's classes will focus on a student's ability to learn and grow as an artist. Class sizes are limited and it's recommended early registration to insure a 'place at the easel.'

To register, call Hitchcock at 496-6768.

# Longtime Sanbornton resident remembered

BY DONNA RHODES  
Contributing writer

SANBORNTON – In the evening hours of Tuesday, May 4, 75-year-old Tom Salatiello of Sanbornton passed away peacefully at his home after a hard fought battle with pancreatic cancer and other medical issues, leaving people from many communities saddened by the loss.

Salatiello was well known in many ways. After graduation from St. Francis College in Maine (now the University of New England) and earning his Master's degree at West Virginia University, he worked most of his professional career as a social worker for the State of New Hampshire, retiring after 49 years this past February.

After college, he and his wife Linda (Carlson) Salatiello lived in Gilmanton and Center Harbor before making their forever home in Sanbornton where they raised their two children, Erika and Christopher.

All who knew Tom knew he led by example, working for causes he believed in and helping others whenever he could. Through that dedication to friends, neighbors and community, he soon turned toward to politics at both the state and local level.

Serving five terms as



COURTESY

Tom Salatiello, a former five-term state representative for District 4 and dedicated resident of the Town of Sanbornton, passed away peacefully at home on Tuesday, May 4 after a lengthy battle with cancer and emphysema.

a State Representative for Belknap County District 4, encompassing the towns of Sanbornton and Tilton, he didn't stop there. Over the years he joined many town committees and boards, including terms as a member of Winnisquam Regional School Board, a Sanbornton Library Trustee, a member of the town's Historic District Commission, Sewer Commission and the Solid Waste Disposal Committee. He also served on the Building Needs and Town Park Committee, along with the Sanbornton Budget Committee. Perhaps his most well known commitment to the town though was ten (nonconsecutive) years of service on the Board of Selectmen, the last

term ending just this past March.

"Tom went into politics because he wanted to help others by building a network of people," said Linda. "If he couldn't help, he'd refer them to whoever he thought could. And if that didn't work out, he'd keep looking to find a solution. Many times he worked late into the night to help someone, even though he'd worked all day at his job, too."

On the town level, Sanbornton's chair of the Board of Selectmen John Olmstead was full of praise for Salatiello, saying he was not only a great person, but the "missing link" on the board when it came to ideas and solutions that was much appreciated by his fellow selectmen.

"He was our stabilizing link. We referred to him most favorably as our 'Moral Minority,'" Olmstead said.

Even as his health declined, Tom did not neglect his sworn duties to Sanbornton. When he couldn't make it to a meeting, he would take part in a conference call and carefully consider all matters presented that week.

"I can't praise him enough. He will be greatly missed," Olmstead said.

In 2021, Salatiello declined to run for reelection. SEE SALATIELLO, PAGE A11

# Almirola wins shortened Foxwoods Resort Casino 301



KATHY SUTHERLAND

MARTIN TRUEX JR.'s crew works on his car after an early incident in Sunday's race at New Hampshire Motor Speedway.

LOUDON — Aric Almirola raced Mother Nature, daylight and the NASCAR Cup Series (NCS) field to claim his first win since 2018 in a wild Foxwoods Resort Casino 301 at New Hampshire Motor Speedway (NHMS) and a berth in the 2021 NCS Playoffs.

"That's what a race car driver lives for," the 37-year-old Tampa, Fla. native said after the race. "For so long, I've been so close to winning at places like here, like Dover. We have been fighting, scratching, clawing. It feels so good to have that pay off."

Following a red flag for rain that delayed the race for an hour and 41 minutes, Almirola powered his number 10 machine from his 22nd place starting spot into the top five by the end

of the second stage. In the final stage, Almirola battled past Brad Keselowski, Denny Hamlin and Kevin Harvick – who have combined for nine wins at "The Magic Mile" – to take the lead. After leading the final 20 laps, NASCAR officials called the race eight laps shy of its scheduled distance due to darkness.

Christopher Bell, who dominated Saturday's Ambetter Get Vaccinated 200 NASCAR Xfinity Series race on the 1.058-mile track, nearly pulled off the weekend sweep, finishing second.

"I didn't know how many laps they cut us short, but when I saw the board and how many laps we had left, it stings," Bell said. "If I was able to get to him, I think I had something for him. We were really

good right there at the end of the race."

Keselowski, Joey Logano and Ryan Blaney rounded out the top five.

The race, NHMS's 50th Cup Series showdown, was marked by six cautions – including the red flag for rain – for a total of 47 laps.

The Foxwoods Resort Casino 301 trophy marks the third win of Almirola's NCS career and the first not on a superspeedway. With the win – the first for Stewart-Haas Racing this season – Almirola earned a spot in the NASCAR playoffs.

"This is by far one of my favorite racetracks," Almirola said. "I know what I want out of the race car here. I know what to ask for in adjustments. Everything kind

SEE RACE, PAGE A11

# Leadership group graduates



COURTESY

The Leadership Lakes graduating Class of 2020 at the Belknap Mill ceremony.

LACONIA — Leadership Lakes Region recently conducted its 22nd annual graduation ceremony with 24 Lakes Region professionals joining the alumni ranks.

Since its inception in 1998, the non-profit group has graduated 409 members.

“This was a challenging time for our class due to COVID,” stated Program Coordinator Jennifer McLean.

She pointed out that the current graduating

class started their eight-month leadership journey in October 2019, but was forced to suspend all meetings and program events due to the pandemic in early 2020. The group restarted in May 2021 to complete the remaining three Program Days and graduate.

Throughout the pandemic-driven hiatus, McLean kept the group engaged through on-line “face-to-face” meetings and personal contact. The class picked up right

where they left off and completed Social Issues, Health Issues, and Lakes Day culminating in the graduation ceremony held at the remodeled, updated Belknap Mill. Featured guest speaker was Rusty McLearn, former CEO of Hampshire Hospitality Holdings and the driving visionary behind the resurgence of the Meredith area as a tourist destination, as well as the development of the I-93 rest stop facilities.

Another ceremony



Jennifer Kelley, second from left, receiving her Adrienne Stevens Founder's Award for Leadership from Adrienne's nephew and niece, Chris and Tammy Stevens. Last year's recipient, Andrea Condodemetrak (left) and Leadership Lakes Chairman Don Morrissey (right) share the moment.

highlight was the selection of class member Jennifer Kelley, Executive Director of the Lakes Region Children's Auction, as the recipient of the Adrienne Stevens Founders' Award for Leadership. The award, named in honor and memory of the late Adrienne Stevens, a founding force behind the creation of Leadership Lakes Region in the late 1990's, is presented by her family to that graduate who, in

a vote by their peers, exemplifies the community volunteerism and leadership of Adrienne Stevens. The award was presented by Chris and Tammy Stevens, Adrienne's nephew and niece, assisted by last year's recipient, Andrea Condodemetrak.

This year's graduating class was made up of residents from 14 area communities and represented careers in banking, energy management, non-profit agencies, se-

nior living, education, healthcare, the legal profession, public safety, tourism, financial management and architecture. A full listing of the 24 graduates, along with information about the next Leadership Lakes Region class starting in October, 2021, may be found at [www.leadership-lakesregion.org](http://www.leadership-lakesregion.org). Applications for the next class are currently being accepted.

## LRCC helps Kirk Beattie fulfill dream of being a firefighter — and now chief



Kirk Beattie

LACONIA — For as long as he can remember, Kirk Beattie has wanted to be a firefighter. From

a start in a local youth exploration program to his current position as a Fire Chief, he has benefited from the kind of hands-on experience he found at Lakes Region Community College.

Beattie grew up in Franklin. His father and grandfather were both military veterans. They were on-call firefighters at the Franklin Fire Department and instilled a work ethic in Kirk that set him up for a public service career as he followed in their footsteps.

“When I was 14 years

old, the Franklin Fire Department had an explorer program, which allowed me to learn about the job and how to become a firefighter. I would clean the station and tools after a fire, and I instantly fell in love with this career. I knew it was the direction I wanted to take in life,” he recalled.

Beattie continued to work in the firefighter explorer program until he was 18 and then joined the Call Force Division, a group of on-call firefighters, which enabled him to earn hands-on firefighting experience. Working in this type of training environment helped set the path for his future.

“When I finished high school, there was a lot of push for people to go to a four-year college, but I already knew what path I wanted to take. There was a great school 20 minutes away from

home that had exactly what I wanted to study,” he said.

So, Beattie enrolled in the fire protection program at Lakes Region Community College (LRCC).

“Of course, there are general education credits that are necessary, but I got to learn what I wanted to study, which is a big part of why I enjoyed my time at LRCC,” he said.

Beyond what he learned, he feels the connections he made — both with the faculty and fellow students at LRCC — helped make his career trajectory easier.

“Looking back, I see it now in the relationships I made. The instructors were educated and experienced in their fields and passed that knowledge along to us. I still have connections throughout the state over 26 years later with former classmates. I'm

a huge believer that connections can make one's job easier,” he said.

Beattie earned his associate degree in fire protection from LRCC in 1995 and then graduated from NHTI — Concord's Community College with a degree in emergency medical services in 1997. He started his post-college career as a full-time firefighter paramedic and continued to climb through the ranks in the department. Years later, he earned his Bachelor's degree in public service management from Granite State College and his Master's degree in public administration from Columbia Southern University.

“My education helped me move up in my career at the Laconia Fire Department. I was promoted to lieutenant, where I was overseeing shifts and then to captain overseeing the station. Then, in October 2018, I was promoted to fire chief,” he explained.

As the chief, he still goes to fires and emergencies, but his role also focuses on strategizing and planning for the department's future and determining how it fits within the community.

“LRCC has helped shape the fire services programs across New Hampshire. So many people that went through LRCC's program are at the top of their fields. It's a huge distinction to say you started there,” he said.

LRCC's fire services program is recognized by the United States Fire Administration through the Fire and Emergency Services Higher Education Program and is currently ranked #4 out of 221 programs in the United States.

To learn more about LRCC's fire services and fire protection programs, visit the college's Web site: [lrcc.edu](http://lrcc.edu).

Lakes Region Community College is a fully-accredited, comprehensive community college located in the Lakes Region of New Hampshire that serves more than 1,200 students annually, and offers housing options for students. LRCC offers more than 40 degree and certificate programs, including Automotive and Marine Technology, Fire Science, Nursing, Culinary Arts, Business, Accounting, and more. In addition, LRCC provides a strong background in Liberal Arts for students who choose to complete their first two years at a community college and then transfer to a four-year college or university for a baccalaureate degree. Business and industry training programs are also available. Lakes Region Community College is part of the Community College System of New Hampshire. For more information, visit [lrcc.edu](http://lrcc.edu).

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# Children’s Auction names Holly Andrews an Auction Champion



Holly Andrews

LACONIA—Holly Andrews has a Children’s Auction wardrobe. She pulls it out every December for the event, wearing a different holiday dress or festive piece of clothing each of the five days she volunteers.

In 2020, Andrews even had a holiday mask with matching headband.

The garb the Meredith resident wears to her shifts at the Greater Lakes Region Children’s Auction is only a small piece of the pleasure she gets out of being a long-

time volunteer, though. She loves the event’s hustle and bustle—the clanging of the cow bells, the jingle bells, Santa hats, and the high spirits that come with doing something for the good of community.

“I love the Auction because it recharges my charitable batteries for the year,” Andrews says. “I really get filled up with giving back during that time.”

Back in 1993, when Andrews first volunteered for the Auction,

she was working at Meredith Village Savings Bank, and she was pregnant with her first child. The bank held a raffle of sorts for employees who wanted to volunteer for a time slot; the bank paid them for the hour they spent. Andrews was interested and put her name in.

For many years, when Andrews was a bank teller, she volunteered in this way and worked either as a cashier or on the phone bank. As her two children grew, she got them involved in the Auction as well. Heather and Kyle went shopping with Andrews, and they purchased items to donate. Heather later attended the Huot Career and Technical Center and helped run the video cameras at the event.

“She really loved that,” Andrews remembers, noting both kids are grown now.

Andrews works for New Hampshire Mutual Bank Corporation now, and her area of expertise is in IRAs and health savings accounts. Each year, she takes a week of vacation and works as a cashier with Jennifer McGreevy.

Because her work skills do not involve a lot of math, Andrews appreciates the computer.

“People assume I’m

good at math, but really, the computer is my life saver,” she says.

This year, given the COVID-19 pandemic and the scaled back attendance it forced on the Auction and its volunteers, Andrews worked alongside McGreevy, Diane Alting, and Lisa Cornish in the box office building at the Bank of New Hampshire Pavilion. Other volunteers were in a separate building at the pavilion space, and McGreevy ran back and forth between the two.

“It was different,” Andrews says, explaining that with the COVID-19 restrictions, people could not gather live. Still, the community took part in a lively way, and the results show it.

“I was blown away by the amount of money that was raised,” she says. “I thought for sure it would be much lower than it was. We had no idea how the system would work, and if community members would be spending money. I thought the outcome was fabulous.”

Learn more about the auction at [www.ChildrensAuction.com](http://www.ChildrensAuction.com), where you can discover more about sponsorship opportunities and ways to donate.

## BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests from June 28 through July 12.

David S. Chase, age 36, and Courtney L. Rogers, age 35, both of Laconia, were arrested on June 29 for Criminal Trespassing.

Bailey G. Swinton, age 25, of Laconia was arrested on June 30 for Conduct After an Accident and Theft By Unauthorized Taking in an amount less than \$1,000.

Russell A. Bean, age 50, of Moultonborough was arrested on July 1 for Driving After Revocation or Suspension (subsequent) and Suspension of Vehicle Registration.

Ronald P. Johnson, age 46, of Belmont was arrested on July 1 for Criminal Threatening-conduct, Criminal Threatening with a Deadly Weapon, and Breach of Bail.

Sean M. Murphy, age 33, of Belmont was arrested on July 3 in connection with multiple bench warrants.

Jeremy D. Cook, age 47, of Belmont was arrested on July 4 for being a Fugitive Arrested Without a Warrant.

Steven Thomas Flattery, age 33, of Manchester was arrested on July 4 for Failure to Display Plates, driving an Unregistered Vehicle, Operating Without Lights, and Driving Under the Influence-Impairment.

Perley J. Laraway, age 43, of Belmont was arrested on July 5 for Violation of Probation or Parole, Possession of a Controlled Drug (subsequent), and in connection with multiple warrants.

A juvenile, age 17, was arrested on July 5 for Domestic Violence-Simple Assault resulting in Bodily Injury.

Jakob S. Desgroseilliers, age 24, of Belmont was arrested on July 5 for Driving Under the Influence-Impairment.

Colby M. Mudgett, age 19, of Hillsborough was arrested on July 6 in connection with a warrant.

Nicholas R. Scerra, age 28, of Gilford was arrested on July 6 for Driving After Revocation or Suspension (subsequent) and Suspension of Vehicle Registration.

Daniel W. Sorrell, age 43, of New Hampton was arrested on July 7 for Possession of a Controlled Drug (subsequent).

David Eric Iverson, age 60, of Tilton was arrested on July 7 for Simple Assault.

Stephen R. Donahue, age 35, of Laconia was arrested on July 7 in connection with a warrant.

John E. Ohanasian, age 59, of Laconia was arrested on July 8 for Driving Under the Influence-Impairment.

Donald T. Wilson, Jr., age 59, of Belmont was arrested on July 9 for being a Felon in Possession of a Dangerous Weapon.

Seth Thomas Dubois, age 28, of Belmont was arrested on July 11 for Operating After Certification as a Habitual Offender.

### COURTESY PHOTO Chaz at CHaD

Winnisquam graduate Chaz Hibbert participates in practice for the CHaD East-West Game last week at St. Thomas High School in Dover. The game was held on Saturday at St. Anselm College in Manchester.



## Annual Loon Census to be held on July 17

MOULTONBOROUGH —The Loon Preservation Committee (LPC) will conduct its annual loon census on July 17 from 8-9 a.m.

The Loon Census began in 1983 as a way for LPC to bolster its season-long efforts to monitor the presence, abundance, and breeding success of loons by engaging members of the public in its work. During that hour, LPC staff and hundreds of volunteers throughout the state will take to the lakes to count loons.

“The Loon Census is a valuable part of our annual data collection,” said LPC biologist, Caroline Hughes. “It helps us to get a good count of the number of paired, as

well as unpaired, adult loons and loon chicks that are present in our state.”

Unpaired adult loons are those that do not develop a bond with a mate and defend a territory in a given year. Because they are not tied to a particular lake, they may spend time on many lakes, making it more difficult for biologists to get an accurate count during their surveys.

“During the census, we have hundreds of volunteers surveying hundreds of water bodies at the exact same time, which helps us to get a snapshot in time of our loon population and nail down exactly how many of those unpaired adults we have in the state,”

Hughes said.

The Loon Census also helps LPC to monitor the progress of known loon nests, discover previously unknown nests, check on the survival of chicks that have hatched in the previous weeks, and detect new loon chicks that may have hatched since biologists last surveyed a given water body. Census results are incorporated into LPC’s summer-long monitoring, the results of which will be given in an end-of-season presentation livestreamed on the organization’s YouTube channel on Aug. 26.

New Hampshire’s Loon Census is part of a much larger regional effort—at the same time that biologists and volunteers are setting

out on New Hampshire lakes, counterparts in Maine, Vermont, and New York will be out doing the same. Those who would like to take part in the New Hampshire segment of this region-wide effort to count loons should contact the Loon Preservation Committee at 476-5666 for more information.



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## Summer is a great time to manage stress

Most individuals take time during the summer months to unwind and sort of reset after a busy fall, winter and spring. Summer vibes are usually all about taking things slow and soaking up as much sunshine as possible before Old Man Winter heads back into the neighborhood. Many people who suffer from “burnout” welcome the longer days and warmer weather; however sometimes these three months of frisbee throwing and hanging by the lake aren’t enough.

With the go, go, go culture that has taken over our society, many people find themselves burnt out, to their detriment. Experts say people can reverse that feeling of burn out and we decided to share what we have found with our readers.

If work is taking its toll on you, you may need to make some changes there. Experts say that oftentimes, simply talking it out with a co-worker or supervisor can help to get things off your chest, especially if the consensus is to create a healthier work environment. Some people have found that the only way to cure burnout is to change positions, however without proper techniques every job, could eventually burn you out.

Managing stress properly is huge; however, not everyone knows exactly what that entails. Healthy eating, exercise and proper sleep are the easiest things one can do to ease stress in other aspects of your life. Most people who are over working themselves claim that time is an issue. There is no time to exercise, no time to sleep, no time to eat healthy. Point blank, if they can put a man on the moon, you can find the time to put yourself first without letting your job duties fall by the wayside. This could include little tricks such as parking your car far from the entry of a place to extend the walk, taking the stairs or even placing your computer on a counter so that your sitting time is lessened. Everyone knows what works best for themselves, so often times a bit of creativity and resourcefulness is needed.

A vacation can help ease burnout symptoms but often, a week isn’t enough time to truly combat burnout. If you are at a severe risk of burning out, experts say to stop working for at least two weeks and cut yourself off completely from the office. According to those in the know, they say most employers will understand that this break will result in a better employee after they return. If two weeks isn’t in the cards, at least take one day a week to yourself with no phone calls, no emails or anything work related.

Finding a release is imperative, whether it’s going for a run or simply tuning out with a good movie or an old fashioned game of solitaire. If you let stress build and build without letting off some steam, that could lead to unintentional outbursts and severe irritability.

Try not to let yourself become dependent on alcohol and caffeine. Everything in moderation. We’re not sure, but we do believe the Red Bull trend has settled a bit.

Switch things up by asking for different responsibilities. When things get mundane, they can become less interesting. Having fun while also getting the job done can make a world of difference. Even working away from the norm, and changing up the scenery can be a game changer. Find a nice coffee shop or a park and try to avoid working from home at all costs. If you work from home, you will begin to associate the same feelings about work, in the home. Your home is your sanctuary, and you need to protect it.

Oftentimes, people take better care of their vehicles than they do themselves. To keep a car running smoothly, you need to upkeep with maintenance, use top of the line fuel and keep the miles low.

In the book “Don’t Sweat the Small Stuff, and It’s All Small Stuff” by Richard Carlson, he talks about how when you die, your ‘In Basket’ won’t be empty. His point is that we all feel the need to get everything done. We stay up late, get up early, just to get everything done. By doing this he says we put off having fun or spending time with loved ones. Keeping a full ‘In Basket’ means that your time is in demand, with projects to complete and phone calls to return. Carlson reminds his readers that no matter what you do or who you are, nothing is more important than your own happiness and sense of inner peace and that of your loved ones. He reminds us that when we die there will still be things left to finish, and that someone else will do it.

It’s one thing to read tips, and take advice from others, but it’s another thing to remember what you’ve read, and to put those words into action.



COURTESY

### Craft fair returns to Tanger Outlets this weekend

Don’t miss the Summer Fun Craft Fair at Tanger Outlets in Tilton on July 24-25, Saturday 10 a.m. to 5 p.m. and Sunday 10 a.m. to 4 p.m. There will be more than 80 fabulous exhibitors, including beautiful soy candles, handsome leather jewelry, wooden crafts, amazing nuts & bolts artistic creations, scarves, books with autographs, custom family photography, doll clothes, fabric creations, handcrafted tiles, wreath designs, handmade soaps, string art, gourmet foods, New Hampshire maple syrups, gourmet honey, amazing animal photography, decorative lanterns, fine art, florals, sublimation tiles & trivets, and lots more! Rain or shine under canopies - friendly, leashed pets welcome! Located: 120 Laconia Rd., Tilton, Exit 20 off I-93 & bear left. For more information, call Joyce at 387-1510. See you there!

## STRATEGIES FOR LIVING

# The essence of good news

BY LARRY SCOTT

As he stood before the judge, with millions of curious Americans eagerly awaiting the decision, O.J. Simpson held his breath. The verdict, the judgment of a group of his peers, was about to be announced. And then he heard the unbelievably good news. “Not Guilty!” And he broke into tears.

It was Tuesday in America, Oct. 3, 1995, and I remember the event as if it were yesterday. Along with my former secretary and her family, we were sitting round the dining room table in Camp Hill, Pa., and I remember Marlene saying, “They’re going to let him off.” I couldn’t believe it; she was right.

A jury of sympathetic peers chose to exonerate O. J. for the deaths of his

ex-wife, Nicole, and her friend, Ron Goldman. Within a few months, a civil court would look at the same evidence and find him guilty and liable for \$33.5 million in indemnity to the two families involved. But for the moment, O.J. Simpson was a free man.

Life has been tough for O.J. since that day 26 years ago. He was convicted of armed robbery and kidnapping in 2008 and served a nine-year prison sentence at the Lovelock Correctional Center near Lovelock, Nev. But the once well-respected football star and television personality is now a free man and reportedly worth around \$3 million. Not bad ... all things considered.

I write of this incident, for there is a sense in which it is a metaphor of my life. My crisis

was not legal, however; it was spiritual. And as much as I wanted to proclaim my innocence, I was, indeed, guilty. In the words of the New Testament, “All have sinned and fall short of the glory of God.” There would be no playing with the evidence or denying the truth. The divine verdict was in. “The wages of sin is death!”

But I am a free man! God never declared me innocent; He pronounced me pardoned. My past includes the good, the bad, and yes, a good bit of the ugly, but God says I have been forgiven. “Therefore being justified by faith,” wrote the Apostle Paul, “we have peace with God through our Lord Jesus Christ.” Jesus assumed the penalty for my sin; that was what His death was all about.

The Christian faith is pictured by some as a convenient religious philosophy for the weak and the ignorant, a crutch that proposes divine intervention when life gets tough. But not so! Serving God is no cop-out from the pressures of life. What God does offer, however, is the assurance our sins have been forgiven, life now has purpose and meaning, and, at the end of our journey, eternal life.

“Come to me,” Jesus said, “all you who are weary and burdened, and I will give you rest.” The invitation is there; the offer stands. Take God at His word, and I guarantee it will change your life!

For more thoughts like these, follow me at [indefenseoftruth.net](mailto:indefenseoftruth.net).

## FROM OUR READERS

# You can make a difference

To the Editor:

I didn’t know that there was such a problem. Aren’t there agencies that take care of the children? These are typical comments that I receive when I talk to people about being a CASA (Court Appointed Child Advocate) and what I do in that role.

The fact is that most of us go about our day working hard, paying attention to our family and friends, and doing things for our community when we can. We love and care for our children and try to provide a safe nurturing environment for them as they grow. Because we are so busy in our everyday routine most of us don’t interact with the growing segment of the population for whom life is not so

great.

We have thousands of families in our state that suffer from alcohol and drug misuse, mental health issues, lack of stable employment and housing, and a day-to-day struggle to provide for their children. Sadly, a growing number of the children from these families end up suffering from abuse and neglect and they desperately need our help. One of the ways that we can help the children is by becoming a CASA.

A CASA functions as the eyes and ears of the court when it comes to the children who are involved in abuse and neglect cases. The CASA works in conjunction with a caseworker from the Division of Children, Youth and Families to

learn about, advocate for, and monitor the needs of the children throughout the life of the case and then report their progress to the court. The CASA also files reports and speaks up in court in order to keep the judge updated on how things are progressing for the children.

In my role as a CASA, I get to know the child, their family, and will interact with their teachers and schools, medical professionals, and therapists as needed. I also get to know and interact with a fantastic network of foster care providers, the wonderful people that open their hearts and homes to these children in need.

Unfortunately, I have also learned that not every day is a good day in

the life of a case. There may be days that break your heart, but those days will be few compared to the progress you will see in the lives of the children. If you have 10-15 hours a month to give to a child, a family, and your community then I would ask you to please go to [www.casanh.org](http://www.casanh.org) or contact Katie at 528-8006 or [kpelczar@casanh.org](mailto:kpelczar@casanh.org) and start the exploration process of what it takes to become a CASA. While on the CASA website you can also sign up for a convenient virtual info session. I can guarantee that becoming a CASA will change your life.

Tom Goulette  
Belmont

# An ice-sheet one mile thick bulldozed everything in sight



By JOHN HARRIGAN  
COLUMNIST

Imagine that you are playing a round of golf. Other than that, you are relatively sane.

Then, on the 7th fairway, you come upon a big, wide, hole in the ground. Having hit, say, a nice eight-iron over the hole, you putt out and trudge over toward the eighth tee--and just to the right, there's another big hole in the ground.

Having finished Number Eight, you head on over to the 9th tee--and yup, there's another hole in the ground. This time, you could park a couple of 18-wheelers down there. You can see the green, all right, way to the west, by the equipment barn. But in between you and the green is this big, wide hole.

It is the abyss.

From the bottom of the hole, even a tall person cannot see the flag. Therefore, he cannot see



A classic kettle hole pond, filling in from its edges of sedges. Eventually the center becomes a quaking bog, and over time (a lot of time), it fills in. (Courtesy NH State Parks)

the green. Therefore, he cannot see the two sandtraps guarding the approaches to the green.

In fact, he cannot see any of the topography leading to the green, because from the bottom of the hole all he can see is sky. He cannot see even the tops of trees marking where the green might be. Looking skyward, he can see the odd crow, maybe a raven. A raven will peer down, with a curious eye: "What are you doing down there, in a hole, on a hole?"

+++++

The hole is a kettle hole, one of three connected there in the 7th and 9th fairways by little ridges, like the rims of teacups.

The most recent glaciers began pushing south about 18,000 years ago, and eventually locked up so much of the Earth's water that sea-levels dropped more than 100 feet. The theory is that this revealed the Bering Strait land

bridge, which enabled the peopling of the Western Hemisphere. There are diverging opinions about all this.

Geologists and soil scientists say the ice was a mile thick. The advancing ice dragged rocks and boulders along, creating striations in the bedrock atop Mount Washington, 6,288 feet above sea-level. As the glaciers melted, they dropped boulders called glacial erratics, often many miles south of what they once called

home.

Pieces of ice fell off the faces of melting glaciers 14,000 (or so) years ago. Gravel and silt covered the massive chunks of ice, which eventually melted, leaving the kettle holes.

There are hundreds of kettle holes scattered around northern New England, many of them forming the lakes and ponds we see today. The Lincoln-Plymouth-Concord area is considered the epicenter of New

Hampshire's kettle holes.

Billy Haynes, my brother Peter; and I knew about the hole on the 9th fairway before we ever picked up a golf club, which all of us eventually did.

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

BY MARTHA SWATS  
Owner/Administrator  
Comfort Keepers

There are many benefits that come with getting older; and there are also factors to be aware of when it comes to our health and wellness.

As we age, our body's natural defenses become less reliable, and as a result, seniors are more susceptible to infection - including pneumonia. Pneumonia is an infection that affects one or both lungs and can range from mild to severe.

The additional steps that older adults take to protect their health can have long-lasting physical and mental effects. And staying healthy is the best way for seniors to continue living the highest quality of life.

Why pneumonia is more common in seniors

Changes to the lungs as we age: Because of changes to the respiratory system that happen with age, seniors can't always effectively clear secretions as well from their lungs. Those secretions can go down into bronchial tubes, causing the infection.

Weakened immune systems: A senior's immune system has a harder time fighting off infection. And, some health issues can have an even greater negative effect on a senior's ability to fight off an infection - issues like an organ or bone marrow transplant, chemotherapy (treatment for cancer), or long-term steroid use.

Senior health conditions: Diabetes, Parkinson's disease, chemotherapy, and HIV put seniors at a higher risk for pneumonia, as well as cystic fibrosis, asthma, COPD (chronic obstructive pulmonary disease), and bronchiectasis. Surgery can also expose seniors to infections that can lead to pneumonia.

Signs of pneumonia

Symptoms can include coughing, fever, chills, shortness of breath, chest pain, green or yellow sputum that comes up during coughing, fatigue, and the sudden worsening of a cold or the flu.

Pneumonia treatments

Typically, a physician will do a chest X-ray and/or blood test to determine if a senior has pneumonia. Bacterial pneumonia, it is usually treated with antibiotics. If the infection is viral, an anti-viral medicine may be prescribed. In addition to medication, doctors may give the patient fluids, oxygen, pain relief and medical support.

Reducing the risk of pneumonia in seniors

Seniors should discuss pneumonia prevention with their physician to determine the best plan. Some options to

help reduce the risk of pneumonia include:

Get vaccinated. All people over age 65 should get an annual flu shot, as well as a pneumococcal vaccine, a one-time shot that protects against the pneumococcus, or pneumonia bacteria.

Practice good hygiene: Wash hands regularly or use an alcohol-based hand sanitizer.

Don't Smoke or Take Steps to Quit: Smoking negatively impacts just about everything in our bodies, but the lungs obviously receive a significant amount of damage. Those who smoke are at a greater overall risk of pneumonia because the lungs' defense mechanisms become compromised.

Practice a Healthy Lifestyle: Seniors should

follow a physician-approved diet and exercise regimen. This will help bolster their immune system and reduce the risk of pneumonia.

Comfort Keepers® can help

Whether senior clients are recovering from pneumonia or looking to protect themselves, the trusted care team at Comfort Keepers® can help. Our caregivers remind clients to take medication, provide transportation to scheduled appointments, and support physician-prescribed exercise regimens and diets. Above all, our goal is to see that clients have the means to find the joy and happiness in each day, regardless of age or acuity.

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.

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

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Edward Jones: Financial Focus

The right emotions can be useful in investing

You may have heard that it's important to take the emotions out of investing. But is this true for all emotions? Certainly, some emotions can potentially harm your investment success. Consider fear. If the financial markets are going through a down period - which is actually a normal part of the investment landscape - you might be so afraid of sustaining losses that you sell even the investments that have good prospects and are suitable for your needs.

Greed is another negative emotion. When the financial markets are rising, you might be so motivated to "cash in" on some big gains that you will keep purchasing investments that might already be overpriced - and since these investments are already expensive, your dollars will buy fewer shares.

In short, the combination of fear and greed could cause you trouble.

But other emotions may prove useful. For example, if you can channel the joy you'll feel upon achieving your investment goals, you may be more motivated to stay on track toward achieving them. To illustrate: You may want to see your children graduate from college someday. Can you visualize them walking across the stage, diplomas in hand? If so, to help realize this goal, you might find yourself ready and willing to contribute to a college savings vehicle, such as a 529 plan. Or consider your own retirement: Can you see yourself traveling or pursuing your hobbies or taking part in whatever activities you've envisioned for your retirement lifestyle? If you can keep this happy picture in mind, you may find it easier to maintain the discipline needed to consistently invest in your IRA, 401(k) or other investment accounts.

Another motivating force is the most

powerful emotion of all - love. If you have loved ones who depend on you, such as a spouse and children, you need to protect their future. One key element of this protection is the life insurance necessary to take care of your family's needs - housing, education and so on - should something happen to you. Your employer may offer group life insurance coverage, but it might not be sufficient, so you may want to supplement it with your own policy.

Furthermore, you may need to protect your loved ones from another threat - your own vulnerability to the need for long-term care. Someone turning age 65 today has almost a 70% chance of eventually needing some type of long-term care, according to the U.S. Department of Health

and Human Services. This type of care, such as an extended nursing home stay or the help of a home health aide, is extremely expensive, and, for the most part, is outside the reach of Medicare. So, to pay for long-term care, you might have to drain a good part of your resources - or depend on your grown children for financial help.

To keep your financial independence and avoid possibly burdening your family, you may want to consult with a financial professional who can recommend a strategy and appropriate solutions to cover long-term care costs.

By drawing on positive emotions, you can empower yourself to make the right financial moves throughout your life.

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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.

# Sununu sees local impact of COVID relief



Gov. Chris Sununu gets a tour of Welch Manufacturing Technologies during a recent visit to the Lakes Region.



Gov. Chris Sununu with Michele and Glenn Welch of Welch Manufacturing Technologies showing a t-shirt for their division Bite Harder.

BY ERIN PLUMMER  
eplummer@salmonpress.news

LACONIA — Gov. Chris Sununu got a direct view of how a state COVID-19 assistance program helped local businesses during a tour of the Lakes Region.

On Thursday, Sununu visited a number of Lakes Region businesses and saw how they were faring, and how funds from the Main Street Relief Fund impacted them. Some of the businesses on the tour were Rubbin’ Butts BBQ in Center Harbor, Gilman-ton Winery, Heritage Farm Pancake House in Sanbornton, and others. He also visited NH Marine Patrol’s headquarters in Gilford.

The Main Street Relief Fund utilized around

\$350,000 in CARES Act funds to assist businesses and nonprofit organizations in the state that were impacted by the pandemic.

In the early afternoon Sununu visited Welch Manufacturing Technologies in Laconia, seeing the different items the company makes and getting a tour of the facility.

Welch Manufacturing Technologies is located on Province Road in Laconia and has four different divisions. Its flagship division Burns Machine makes parts for the aerospace industry that have gone into commercial airplanes, military helicopters, rockets, and many other kinds of aircrafts.

The company started when Glenn Welch bought Burns Machine

in Meredith on a “leap of faith.” At the time he was working for Digital Equipment Corporation in Maynard, Mass., and his wife Michele was a buyer for Rich’s department store in Salem.

“We’re at the point now where we’re 30-years-old, both of us, and we said we want to start a family,” Glenn said. “We don’t like the rat race down in Massachusetts.”

His parents had a house on Rattlesnake Island in Alton and said he wanted to raise a family in the Lakes Region.

Since then, they started three more divisions. Machined Component Source provides contracted designs to 20 different local companies for them to produce components for the aerospace and automotive industries. Plasclean Technologies cleans injection mold and extrusion machinery in ovens that burn off debris while maintaining the integrity of the machinery. Bite Harder produces sharpening tools for snowmobile carbide runners and track studs



Glenn and Michele Welch of Welch Manufacturing Technologies in Laconia show Gov. Sununu their company’s different parts and products.

and is working on other pieces of snowmobile safety equipment.

Glenn said the company came off its best year in 2019 when the pandemic hit. By April of 2020 they were only getting 20 percent of the orders they usually did and lost 80 percent of its backlog.

The company did receive funding from the Paycheck Protection Program (PPP) that carried it through May. In June they decided to start working on all the shortest contracts they had and created inventory.

“We kept everybody busy, and everybody was happy to be here, but we had to put new systems in place to make sure COVID didn’t come into our facility,” Glenn said.

Michele said putting in new COVID guidelines was “the hardest thing to do.” They put in new protocols and so far, only four people out of 30 in the company were diagnosed with COVID-19.

Because of its work in the aerospace industry the company was considered an essential business and couldn’t temporarily shut down. They also had to maintain a certain staffing level to keep its ISO 9100 certification. None of the jobs could work from home, including the office staff.

They ran on a four-day work week with staff working 10 hours a day. Office staff were furloughed every Friday and as a result were eligible for the additional \$600 a week in unemployment.

The company got another big helping hand from the Main Street Relief Fund.

“Without the Main Street monies and without the PPP, we would not be here right now,”

Glenn said, “Gradually, the company started to get back to normal and the furlough ended. Glenn said they’re seeing quote packages they haven’t seen in a long time and longterm agreements being dedicated to them.”

By the first quarter of 2021 the company was 50 percent of where it was in 2019 and by the second quarter it was at 75 percent of those numbers. Glenn said they anticipate being back to 2019’s numbers by the second quarter of 2022.

The Welch’s said Sununu’s guidance and weekly press conferences helped immensely.

Sununu said he asked each industry to write their own safety guidelines.

“Long-term, I think we had a strategy to find balance, to keep things open at a decent level but also provide the safety,” Sununu said.

He said he initially didn’t have a full appreciation for how many workers wanted some kind of guidelines in place to protect them when they went back. As a result he let each industry write their own guidance based on what worked best for them, including the manufacturing industry. He also worked in collaboration with state epidemiologist Benjamin Chan and Department of Health and Human Services Commissioner Lori Shibinette. He said while their mission was purely

public health, he wanted to find a balance.

Sununu said it was amazing to visit these businesses and see how the funding helped them. He said when they came up with the program they wanted to make it as flexible as possible and understand that all the businesses would use the funding differently.

“To be here today to see that the business is not only doing well but thriving,” Sununu said. “To see the individuals, especially all these workers that were able to stay employed, that were able to stay have some security, have some economic security for themselves and their families.”

He said all the businesses he’s visited are all different but have similar themes of how the funding allowed them to get by in the tough times and get back up and take advantage of the economic recovery.

Sununu also said they wanted to provide guidelines for safety but make it clear they weren’t going to “come down with an iron fist.”


“We’re a state of personal and individual responsibility, businesses handled it really, really well,” Sununu said. “They knew what they were doing and for the most part we were able to trust in them to make sure they were keeping their employees safe because they wanted them around for the second hour of recovery that we’re seeing.”



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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!



**Zephyr**

My face says it all! I am a man of mystery and adorableness, and yes that is a word. The world is a big, loud place my friend and I am not sure I am a fan of those words. Small and quiet win me any day. I think that my future home understands that. Perfect cats like myself need to have the most perfect home. I want a hideaway that consists of a warm bed and the time that I need to come out of my shell. I want attention, I just don't know how to ask for it. I may hiss at first, but don't let that fool you I like the pets! In the spirit of honesty, I do have a medical history that should not 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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## Taylor Community's 2021 concert season features NHMF Winds

LACONIA — The 2021 Taylor Concert Series, sponsored by Bank of New Hampshire will host its next event open to the public on Saturday, July 24 at 3 p.m. in Taylor Community’s Woodside Building. It will feature the New Hampshire Music Festival Wind Ensemble performing Johannes Brahms’ “Serenade No. 1 in D Major, Op. 11,” conducted by Maestro Paul Polivnick, Music Director and Conductor Laureate of the NHMF.

This concert is generously being sponsored by Kit Peterson and Sandra Bicknell.

As space is limited, please note reservations are required to attend the socially distanced concert and can be made by calling Brenda at 366-1226 or emailing her at bkean@taylorcommunity.org.

Visit [www.taylorcommunity.org](http://www.taylorcommunity.org), or call 366-1400 for more information about this premiere not-for-profit Continuing Care Retirement Community in the Lakes Region.

# Underhill pitches Belmont Babe Ruth past Oyster River



Hutch Haskins slides home with a run in action against Oyster River in the 15U Babe Ruth state tournament Friday.

BY JOSHUA SPAULDING  
Sports Editor

PLYMOUTH — The Belmont Babe Ruth 15U team began the second week of the state tournament with a solid 6-0 win over Oyster River on Friday, July 16, at Plymouth Regional High School.

Belmont scored once in the first to get started and then rode the arm of starting pitcher Anakin Underhill for six innings on the way to the shut-out win.

Hutch Haskins led off the game with a base hit and scored on a base hit by Jaxson Embree and Belmont had the lead that it would never relinquish.

Underhill hit the first Oyster River batter in the bottom of the first inning and after a stolen base and a strikeout, Haskins gunned the runner stealing third base for the second out and a grounder to second ended the inning.

Belmont added a second run in the top of the second inning. Michael Collette walked to start the inning and Cam Ouellette was hit by a pitch. They both moved up on a sacrifice bunt by Nolan Lafrance and when Haskins reached on an error, Collette came home to score. Ouellette also tried to score, but he was gunned down at the plate to end the inning.

After giving up a base hit to open the bottom of the second, Underhill induced a 6-4-3 double play, turned nicely by Brady Thurber, Owen Waldron and Embree and after a walk, a fly ball to center ended the inning.

Belmont opened up the lead in the top of the third inning, starting with Embree reaching on a dropped third strike. Waldron reached on an error and an Underhill base hit drove in the third run of the game.

Consecutive groundouts by Emmanuel Mahoney and Collette each drove in runs and Belmont's lead went to 5-0. Ouellette and Lafrance continued the inning by working walks, but they were both stranded.

Underhill then set down the side in the order in the bottom of the inning and Belmont added its last run in the top of the fourth. Haskins led off with a base hit and one inning later, Waldron had a base hit and a sacrifice fly by Underhill, compounded by a throwing error, allowed Belmont to plate its sixth run.

The Belmont pitcher worked around a lead-off walk in the bottom of the fourth inning but Belmont went down in order in the top of the fifth. Embree made a nice play on a foul pop up in the bottom of the fifth and Belmont got a base hit with two outs in



Michael Collette reached to put a tag on an Oyster River runner in state tournament action Friday.



Anakin Underhill threw six shutout innings for Belmont against Oyster River last Friday.

the top of the sixth from Embree, but they could not score.

Underhill was able to work around a one-out walk in the bottom of the sixth inning and Belmont went in order in the top of the seventh inning.

Embree came in to pitch in the bottom of the seventh inning and with

one out, gave up a walk, however a force play on a grounder to short and a grounder back to the mound brought the game to a close with Belmont getting the 6-0 win.

Belmont kicked off the tournament the previous weekend with a 10-3 win over Lakes Region before falling to Plymouth by a 16-1 score.

The win over Oyster River sent them into the semifinals of the losers' bracket. However, the season came to a close with a 20-10 loss to Lam-prey River the following day.

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

## Coming to you from Tokyo. Or an airplane. Or somewhere...

As you read this, depending on what day it is, I am either boarding a plane in Boston, somewhere in the air over Canada or the Pacific Ocean, in the airport in Tokyo or in my Olympic accommodations in Tokyo.

Or, I guess there's always the chance that I am still at home and will be hanging around the Lakes Region for the next two and a half weeks instead of seeing the best athletes in the world at the strangest Olympics since the athletes competed in the nude back in the olden days.

I am scheduled to board a flight from Boston to Toronto on Wednesday morning, July 21. From Toronto, I am scheduled to fly to Tokyo and will arrive on Thursday afternoon

Japanese time, which is 13 hours ahead of where we are on the East Coast of the United States.

As I write this, on Sunday afternoon in the infield media center at New Hampshire Motor Speedway in Loudon, I have still not gotten official confirmation from Tokyo that my COVID-related paperwork has been approved, which means I could get there and they may not let me out of the airport.

I have covered two previous Olympics and none of them have been this difficult. In fairness, none of those Olympics were held during a pandemic. And the pandemic is the reason for the extra paperwork. Everything that I had submitted prior to the pandemic when the Olympics were supposed to happen last

### SPORTING CHANCE

By JOSHUA SPAULDING



July, is still in place and has still been approved. I have my credentials and I have my flights.

However, the Tokyo Organizing Committee had a mountain of paperwork for us to work through in order to cover the Olympics, including filing an activity report detailing each place we intend on visiting. We will not be allowed to go to areas outside of the Olympic venues, the media center and our hotels during the first 14 days we are in Japan and we must quarantine for three days in our hotel upon arrival.

When I booked my hotels, back in 2019, I was

not planning on spending much time there. I always look for the cheapest option and figure it's not terribly important what features my room has, since I sleep there and pretty much don't do anything else. Now that I have to stay in my room for three days, I am a bit concerned since the hotel does not have room service or a restaurant. They are supposed to supply us breakfast, but beyond that, I am unsure if I have access to any food, so some space in my luggage is going to be reserved for some small packages of snacks.

In any case, I hope that over the next few weeks you will see some sort of coverage from Tokyo. I can't guarantee I'm going to get to everything I want to get to, in fact I am sure of that.

But my goal is to see a lot, but at the same time, stay safe. With no fans, it's definitely going to be a unique experience for everyone involved, including yours truly.

If you are interested in following along on the journey, I can be found on Twitter and Instagram at SalmonSportsGuy. I also have a blog that I have updated daily during the Sochi and PyeongChang Olympics and will hopefully do the same in Tokyo. That can be found at salmon-sportsguy.blogspot.com.

Thanks for the many well wishes I have received in the past few weeks as the trip neared.

Hopefully things move along as well as possible the next few weeks.

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



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# Bank of New Hampshire sponsors Farmsteads of New England's Mobile Food Pantry



**Beth Lyons, Assistant Vice President, Hillsborough Banking Office Manager for Bank of New Hampshire; Kelli Olsen, Vice President, Corporate Cash Management Officer for Bank of New Hampshire; Amelia Gardner, Farm Manager for Farmsteads of New England at Farmsteads of New England's Mobile Food Pantry**

LACONIA — Bank of New Hampshire is excited to support Farmsteads of New England's Mobile Food Pantry Program for the 2021 season. Farmsteads of New England, Inc. (Farmsteads) is a pioneer in farm-based programs for adults with autism and other developmental

disabilities and is recognized nationally in the autism community for their groundbreaking and unique approach to program delivery for this population. Resident farmers live in an educational and therapeutic rural environment where individuals are valued for their

abilities, learn farming skills, earn wages, produce farm products in micro-businesses, are provided 24-hour/365-day care and support, and are given wide-ranging opportunities to enjoy life as fully as possible. The Mobile Food Pantry Program provides access to fresh,

locally-grown produce to pantries, soup kitchens, low-income housing communities, and to elderly housing complexes on a weekly basis free of charge. Bank of New Hampshire's sponsorship is enabling Farmsteads' Mobile Food Pantry Program to achieve its goal of doubling the number of households reached in 2021 by serving 200 households per week.

"We are so grateful to Bank of New Hampshire for its support of this important initiative," said Deborah DeScenza, Founder and Executive Director for Farmsteads of New England. "Farmsteads of New England was founded to give people who have developmental disabilities a meaningful and satisfying life, and growing food for the community is an important aspect of accomplishing our mission. It is exciting for our farmers to know they are contributing

members of the community; they get enormous pride from helping others. We look forward to providing food for many families struggling with food insecurity this year through our Mobile Food Pantry."

"We're grateful for the opportunity to support Farmstead's Mobile Food Pantry this year, furthering our goal to make an impact in the area of food insecurity," said Tiffany Baert, Vice President, Marketing Officer for Bank of New Hampshire. "Not only does this program provide critical resources for those struggling with access to fresh food within our communities, they are changing lives and providing meaningful opportunity to those with developmental challenges."

Bank of New Hampshire is proud of this partnership 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](http://www.BankNH.com).

## STRATEGIES FOR LIVING

### The Making of a Model

BY LARRY SCOTT

"The Making of a Model," the now completed manuscript on which I have been working for the past four years, is about ready to be released to Amazon Kindle for publication.

I have a story to tell but it is difficult to imagine anyone is interested in my struggles – except that my story is your story. "The Making of a Model: On Failure, Recovery, and a Chance to Live Again" is not just about me. It is your story as well.

Divorce in 1984 devastated my future. It would have helped my perspective if I could have blamed the wife for the break. But I was far from innocent for the collapse of our 25-year marriage and there was no way I could sugar-coat the events that left me destroyed and without hope. The marriage simply died, and for the next twenty years I would search for a means to restructure my life.

At the 12-year mark of my life as a single has been, I had an epiphany,

a divine encounter with God; my sleeper became a sanctuary.

With the cruise control set at 65 mph, I was headed east, half-way across the state of Texas. Hardly able to see the road for the tears streaming down my face, I suddenly shouted, "GOD! WHAT DO YOU WANT ME TO DO?" And although I am not given to mystic experiences, a thought passed through my mind that had all the earmarks of a divine encounter. "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.

I will tell my story, warts and all. I am evidence of a fundamental truth, first penned by King David of Israel. "Yea, though I walk through the valley of the shadow of death, I will fear no evil, for thou art with me; thy rod and thy staff they comfort me." No matter how dark the day, God is always accessible to an open heart.

And that is what "The Making of a Model: On Failure, Recovery, and a

Chance to Live Again" is all about. The journey has been tough; I have not always weathered the storms well. But God has been good to me, and from the smoldering ruin of my life, I have recycled and found the strength to live again. It is an honor to represent, as best I can, the Perfect Model, the One Who has given me a new lease on life!

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

# Great Waters welcomes Saturday Night Fever to region with The Australian Bee Gees Show

MOULTONBOROUGH — It's Saturday Night Fever on July 24 with The Australian Bee Gees Show – A Tribute to the Bee Gees, brought to the Lakes Region by Great Waters. The show starts at 7:30 p.m. and will be held at the Castle in the Clouds. Tickets are available at [www.greatwaters.org](http://www.greatwaters.org) or call 569-7710.

One of the most successful and adored acts in musical history is recreated in a 75-minute multimedia concert, an experience unlike any other. The audience will hear hits like "Staying Alive," "You Should Be Dancing," "How Deep

Is Your Love," and "Jive Talkin'," all while under the New Hampshire summer sky on the grounds of Castle in the Clouds.

The performers' authentic take on the trio's clothes, style and moves showcase five decades of the Brothers Gibb's success as rock and disco legends, while audiences groove to their memorable music and are immersed in the disco era.

Doug Kiley, Executive Director of Great Waters, states, "We are excited to welcome The Australian Bee Gees to our stage. With Vegas reopening to major acts and big crowds, we are



so glad The Australian Bee Gees decided to

make the trip all the way to the Lakes Region."

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

It's Saturday Night Fever on July 24 with The Australian Bee Gees Show – A Tribute to the Bee Gees, brought to the Lakes Region by Great Waters. The show starts at 7:30 p.m. and will be held at the Castle in the Clouds.

other forms of enriched entertainment, including comedy. For tickets and more information, visit [www.greatwaters.org](http://www.greatwaters.org).

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# New plaque recognizes history of Tilton House of Pizza



Dan and Tom Katsigiannis of the Tilton House of Pizza.

COURTESY

TILTON — Tilton Historical Society members were proud to present a Historic House Plaque to John, Dan and Tom Katsigiannis of Tilton House of Pizza!

The house that their restaurant is in was once a very different place in the small village of Sanbornton Bridge in the late 1800s. It was known then as the Lord Brothers Manufacturing Company.

Besides the House Plaque, which will be

mounted on the front of the building, they also received a framed history of the historic business (see story below) and early photos of what the establishment once looked like.

So, a big congratulations to Tilton House of Pizza and the Katsigiannis family! Thanks for being part of our community!

History of Lord Bros. Mfg.  
J.S. Towle and Albert

C. Lord, under the firm-name of Towle & Lord, began the manufacture of eye-glasses in one end of Hazen Copp’s wool-en-mill across from Town Hall, giving employment to four workers. As they grew in experience and perfected their machinery, the demand for their goods increased and more room was required.

On November 22, 1877 Mr. Towle sold out to George W. Lord (Alberts brother), but the firm-name continued as



The Lord Bros. Mfg. building as it appeared ca. 1878.

above, with Mr. Towle continuing his employment there.

In the summer of 1878, the brothers erected this present thoroughly-constructed building for their steam factory, situated on busy Main Street, across from the train station. The building is 32 feet across in the front, by 80 feet long, having high-posted stories and a basement, and costing \$10,000 to build.

Later, they added a wing measuring 20 x 42 feet and it was two stories high.

They moved into this building on the 1st of January in 1879, employing from 35 to 40 workmen, with an annual business of \$50,000 to \$65,000. They were the largest specialty factory in the United States at that time! Their specialty was eye-glasses, from the common to the best

“French Pebble” style, with a patented metallic spectacle case. Dr. Albert Lord also patented an adjustable nose-piece for eye-glasses, which grips the sides of the nose without causing any undue pressure, and keeping the frames from slipping during movement. In addition to their factory, they had a large wholesale and retail jewelry-store and large drug-store.

## Frank Sinatra tribute comes to Lakeport Opera House July 30



Brian Duprey as Frank Sinatra.

COURTESY

LACONIA — Take a step back in time with the ultimate Frank Sinatra experience, starring Brian Duprey, in an intimate performance at the Lakeport Opera House on July 30 at 8 p.m. Known as the only Sinatra tribute show that captures the look, the moves and the iconic, crooning voice of Ol’ Blue Eyes himself, this tribute show is full of classic hits, a special guest and a swinging seven-piece band that recreates concerts from the ‘50’s and ‘60’s.

“Brian is the real deal,

and we are excited to bring a Las Vegas show to Laconia,” said Emma Teto, Lakeport Opera House talent director. “Guests will be wowed by his performance. His voice and mannerisms are the closest you’ll ever hear and see to Frank Sinatra in his prime and guests will leave thinking they were at one of his shows.”

At least that is what happened to Sinatra’s own daughter, Nancy Sinatra, when she first heard Duprey’s voice on the Howard Stern Show and thought she

was listening to her father. Duprey, who is from Rhode Island, has been performing Sinatra and Rat Pack shows for more than 15 years but has spent a lifetime studying and perfecting his craft. He has performed more than 5,000 shows all over the country including in Las Vegas and Atlantic City.

“Frank Sinatra’s persona fits me like a glove,” said actor, singer, writer and producer Brian Duprey. “I used to listen to him growing up with my grandmother, who is now 93-years old and a big fan, and imitate his voice. It continued as a past-time at karaoke bars where I became more comfortable singing like him and then I morphed into looking and acting like him as well.”

Duprey’s show will include Sinatra’s most well-known hits like “Luck Be A Lady,” “Come Fly With Me,” “The Way You Look Tonight,” “Strangers In The Night,” “New York, New York” and more. There will be a special appearance by Duprey’s wife, Jami, as Marilyn Monroe singing some of her most famous classics. Duprey and Jami met while performing together in a Rat Pack show 10 years ago. Both performers will be available for an interactive meet and greet and pictures after

the show.

With a 200-seat layout 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 and reopened in Jun 2021, 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: ABBA Tribute on July 17, A Night of Local Stars on

July 23, Frank Sinatra Tribute on July 30, Billy Joel Tribute on July 31, comedian Steve Sweeney on Aug. 5, Recycled Percussion on Aug. 6 & 7, medium Maureen Hancock on Aug. 8, An Evening of Opera on Aug. 13, a Michael Jackson Experience on Aug. 14, 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.

## Concord Hospital offers Everyday Living and Diabetes classes

LACONIA — Concord Hospital - Laconia is excited to offer a free four-week Everyday Living & Diabetes classes in person and virtually this summer.

The in-person sessions will run on Wednesdays beginning July 14 from 10-11:30 a.m., and a second session will run on Wednesdays beginning on Aug. 25 from 9-10:30 a.m. The virtual classes will be offered on Wednesdays beginning July 14 from 3-4:30 p.m. and on Wednesdays beginning Aug. 25 from 2-3:30 p.m. The online class requires participants have access to the internet and have an e-mail address.

Those attending will learn skills for living a healthy life with diabetes. Learn to set goals for improving your diabetes with topics including managing blood sugar levels, healthy eating, physical activity, relieving stress and more.

Registration is required for these classes. Please call Concord Hospital - Laconia Community Education at 527-2948 or e-mail communityed@lrgh.org for more information or to register.

salmonpress.com

# Music of Billy Joel comes to Lakeport Opera House July 31

LACONIA — On July 31, it will be a New Hampshire state of mind as the music of Billy Joel takes over the Lakeport Opera House with David Clark's Songs in the Attic at 8 p.m. This musical tribute incorporates piano, vocals, and an eerily similar stage look to the Piano Man himself while engaging the audience with wit and humor.

"Billy Joel's songs are timeless," said Tim James Everett, Lakeport Opera House venue director. "David Clark's Songs in the Attic continues to gain notoriety with stunningly accurate piano playing and lead vocals combined with dynamic and high

energy band performances. For the many fans of the Piano Man, it's a must-see event."

Clark, a Long Island, N.Y. native, and dopelgänger will perform Billy Joel's top hits on a baby grand piano including "Just The Way You Are," "It's Still Rock And Roll To Me," "We Didn't Start The Fire," and "Tell Her About It" and so many more. Since the release of "Piano Man" in 1973, Billy Joel has had 33 Top 40 hits spanning three decades, all written by the man himself. He has been inducted into the Songwriters Hall of Fame and the Rock and Roll Hall of Fame among many other accolades.

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 com-

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David Clark performing as Billy Joel. Rock on Aug. 28. chase tickets in advance, visit lakeportopera.com.

For more information on events and to pur-

## One Light Theatre brings "Little Mermaid" to the stage

TILTON — Live theatre is back, and One Light Theatre is so excited to have the opportunity to perform once again! It's been some time since many of us have stepped foot on stage before a live audience and we can't wait.

This summer, One Light Theatre is striving to expand our community and reconnect with past members to share in the joy of performing. Theatre is a wonderful place to make friends and create memories that will last a lifetime. Community theatre brings in a wide range of talented people to share in the spotlight. There is so much to learn from one another, and our team has

been hard at work behind the scenes. Live theatre holds a very special place in the hearts of the One Light family, and we hope to share that love through our Summer Camp and Mainstage productions this summer!

Summer camp provides amazing learning opportunities alongside a supportive environment to discover kids' interests and passions. We're incredibly excited to once again work with young community members and introduce them to the world of theatre. One Light Summer Camp is performing "The Little Mermaid Jr." with our campers. Camp will be held July 26 - July 30 from 8:30 a.m.-4 p.m. There's



Anna Williams as Ariel in One Light Theatre's Mainstage production of "The Little Mermaid."

still time to sign up for our summer camp program, more information can be found on our Facebook page @onelighttheatreco or on our website onelighttheatre.org. Two performances of "The Little Mermaid Jr." will be held July 31 and Aug. 1 at 1 p.m. We hope to share our young campers return to the stage with the rest of our surrounding community for a fun trip under the sea!

Alongside our Summer Camp production, One Light Theatre is performing "The Little Mermaid" as our Mainstage musical show on July 29, 30 and 31 at 7 p.m. Our exciting return to performing is taking a splash into the bright and vibrant

world of a beloved Disney classic. Ready to laugh and celebrate with our community once again! Rehearsals are well underway with our talented cast excitedly jumping back into performing and bringing to life a story of wonder, love, and longing to explore the unknown. Tickets are on sale now for both productions and can be purchased via our website onelighttheatre.org or by calling 848-7979. Come be a part of our world as One Light Theatre returns to the stage to do what we love best, share the beauty of theatre with our community.

## New Hampshire Mutual Bancorp welcomes Susan Ordway as Vice President, Digital Banking Officer



Susan Ordway

MEREDITH — Susan Ordway has joined New Hampshire Mutual Bancorp (NHMB) as Vice President, Digital Banking Officer. In this position, Ordway will manage the Digital Banking department and oversee online and mobile banking services for customers of Merrimack County Savings Bank (the Merrimack), Meredith Village Savings Bank (MVSb) and Savings Bank of Walpole. In addition to these responsibilities, Susan will also play an important role in researching and developing emerging technology as part of the banks' continual efforts to offer the latest in digital banking options for customers.

"In today's world, it's critical that we provide the same exceptional service online as our customers expect in person at our community banks," said Sara Lauze, Senior Vice President, Operations Officer for NHMB. "Susan's extensive experience and her passion for learning will make her a wonderful asset to this growing and fast-paced team."

"NHMB's reputation as a friendly, positive and supportive work environment drew me to the company and I am excited at the opportunity to put my experience to work in this challenging and exciting role," said Ordway.

Ordway has more than 25 years of bank operations experience, including roles in digital banking, deposit operations, call center, and project management. Before joining NHMB, she most recently served as Assistant Vice President, Deposit Operations Officer at Sugar River Bank. Susan is a graduate of the New England School for Financial Studies at Babson College and has earned the Accredited ACH Professional designation.

Ordway has served as a member of the Board of Directors for Orion House in Newport for eight years and most recently held the role of Secretary/Treasurer. She has also volunteered her time at the Newport Historical Society and Community Alliance.

New Hampshire Mutual Bancorp (NHMB) was created through a unique alliance between three mutual community banks and a wealth management firm who maintain separate organizations and management. The companies are able to achieve best in class software, services and

staffing while providing efficiencies through their shared service provider, NHMB. NHMB provides risk management, facilities, marketing, human resource, finance, compliance, information technology, deposit operations, loan operations and digital banking services to Meredith Village Savings Bank, Merrimack County Savings Bank, Savings Bank of Walpole and NHTrust. This strategic partnership has positioned the banks to leverage each other's strengths as they work together to advance a shared vision of maintaining and enhancing community banking standards and values. NHMB combined assets total more than \$2.8 billion. For more information, visit nhmutual.com.

## Simply Shaker online auction kicks off Aug. 1

CANTERBURY — Canterbury Shaker Village is hosting its most important fundraiser of the year, the Simply Shaker Online Auction & Picnic-on-the-Green. Simply Shaker Online Auction: Sunday, Aug. 1 – Sunday, Aug. 15

The Online Auction offers something for everyone! You can bid on a range of exciting items and experiences – from sommelier-selected wines to getaway packages and exclusive tours, to special artisan wares.

Bidding opens at 9 a.m., Sunday, August 1 and closes at 5 p.m., Sunday, Aug. 15. Every bid helps support the Village — all proceeds go toward maintaining and restoring this welcoming National Historic Landmark. So bid high and bid often!

The Village thanks all auction item donors for their contribution to the Village.

To register for the auction now by visiting [www.shakers.org](http://www.shakers.org). A pre-

view of auction items can be seen by visiting the Bidding Page.

Picnic-on-the-Green: Wednesday, Aug. 18, 5:30 – 7 p.m.

Enjoy a casual and relaxing summer evening on the Meeting House Green. This event will feature a picnic dinner, live music by the Jared Steer Trio, and a presentation from special guest Martha Werenfels, Principal at DBVW Architects, about the Village's ongoing preservation plan. Martha and her team have worked with the Village over the past year on a building assessment, which was funded in part by last year's Simply Shaker Fundraiser. This year's event will also feature a live Fund-the-Need auction, supporting restoration of the Village buildings.

Tickets are \$100 per person, including picnic fare and beverages. Beer and wine will be available, too. Visit [www.shakers.org](http://www.shakers.org) to purchase

tickets now.

Don't miss out on this wonderful event to conclude our Simply Shaker 2021 Annual Fundraiser!

Thank you to the generous sponsors of the Simply Shaker Online Auction & Picnic-on-the-Green: Elektrisola, Inc., Merrimack Country Savings Bank, Northeast Delta Dental, The Rowley Agency, Stinson Associates, New Hampshire Magazine, and Constance Old, Fiber Artist.

The museum is a member of the NH Heritage Museum Trail, which connects the public with culturally rich heritage institutions in New Hampshire. For more information, visit [nhmuseumtrail.org](http://nhmuseumtrail.org).

Canterbury Shaker is located at 288 Shaker Rd. in Canterbury, New Hampshire, just south of Laconia and north of Concord. For more information, visit [www.shakers.org](http://www.shakers.org), or call 783-9511, ext. 205.

## Gilmanton Historical Society presents "Music in My Pockets" July 27

GILMANTON — Three summer programs are scheduled by the Gilmanton Historical Society: Music in My Pockets with Jeff Warner on July 27, History of Gilmanton's Kitchen Family on Aug. 24, and History of Gilmanton's Jones' Mills on Sept. 28. The programs will be held at Old Town Hall in Gilmanton Iron Works, beginning at 7:30 p.m.

The season's opening program, "Music in My Pocket," brings Portsmouth musician Jeff Warner using "pocket instruments" like spoons and dancing puppets to show us how

American families, before the advent of electricity, gathered around the hearth and entertained themselves with songs and stories. Social hour begins at 7 p.m.; the program begins promptly at 7:30 p.m.

The Society's Museum, at Old Town Hall, will be open now through August every Saturday from 10 a.m. until noon. Curator Lori Baldwin is working on digitizing much of the collection, beginning with vintage postcards and photographs. The Society, partnering with the Gilmanton Conservation Commission, is




Jeff Warner brings Music in My Pockets to the Gilmanton Historical Society on Tuesday, July 27, 7:30 p.m. at the Old Town Hall in Gilmanton Iron Works, working on development of a farm museum at the Twigg Barn on Meetinghouse Road. It will house the growing collection of agricultural implements.

For more information check out the Society's Web site: [gilmantonhistorysociety.org](http://gilmantonhistorysociety.org).





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Equal Housing Opportunity

All real estate advertising in this newspaper is subject to The Federal Fair Housing Law which makes it illegal to make, print, or published any notice, statement, or advertisement, with respect to the sale, or rental of a dwelling that indicates any preference, limitation, or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination.

(The Fair Housing Act of 1968 at 42 U.S.C. 3604(c))


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

To complain of discrimination call HUD toll free at 1-800-669-9777


For The Washington DC area, please call HUD at 275-9200. The toll free telephone number for the hearing impaired is 1-800-927-9275.


You may also call The New Hampshire Commission for Human Rights at 603-271-2767 or write The Commission at 163 Loudon Road, Concord, NH 03301

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



PLACE YOUR AD, Get Read, GET RESULTS!





Break out of the same monotonous routine and find an exciting new job.

See the Classifieds today!

GENERAL SERVICES

HELP WANTED

ANTIQUE SHOW

Saturday July 24

Antiques Show & Vintage Market

50 dealers

Antiques, Vintage, and Collectibles.

282 Durham Rd.

Dover NH at the Dover Elks Lodge

9am-10am

\$6 per person

10am-2pm

Free

Rain or Shine!

\$1 off with this Ad!

LOW COST SPAY/NEUTER

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Animal Alliance, cats and dogs.

Cat Cab service available.


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NCH 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

LNA/Unit Secretary

RN Nurse Manager

Physical Therapist

Screener

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](mailto:Ucvh-hr@ucvh.org)

EOE

Yard Sale For Sale BOATS Services Public Notice Camp Lost FOUND For Rent Sell!

# CLASSIFIED

FOR ADVERTISING CALL (603) 444-3927

## Help Wanted EXPERIENCED EQUIPMENT OPERATORS

Route 3 • Meredith, NH • 03253  
**279-4444**

## 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

## IMMEDIATE OPENINGS!

### BRIDGE LABORERS DUMP TRUCK DRIVERS

**\$500 New-Hire Incentive**

Visit [rmpiper.com/employment](http://rmpiper.com/employment) for more information and additional employment opportunities!

Text: (603) 481-1057    Email: [jobs@rmpiper.com](mailto:jobs@rmpiper.com)  
Phone: (603) 536-4154

**SCAN HERE WITH YOUR  
PHONE OR TABLET TO  
APPLY ONLINE!**

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](http://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 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](http://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.

## 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.interlakessd.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](mailto:ashley.dolloff@interlakes.org)  
or  
103 Main Street, Suite 2  
Meredith, NH 03253  
**Application Deadline: Open Until Filled**  
**EOE**

## VARNEY-SMITH Lumber Company, Inc.

### CDL TRUCK DRIVER/ YARD MAN

Duties to include:

- Local deliveries of lumber-building materials.
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- Must be conscientious, self-motivated, good with people, a team player
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- 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.

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W. Stewartstown, NH  
Heat, Hot water and Electric Included  
On-site Laundry  
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Federally subsidized - must meet income guidelines  
Rents based on 30% of your gross income

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FOR AN APPLICATION AT  
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This institution is an Equal Opportunity Provider & Employer

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to request us to email an application

**Precision Lumber Inc.**  
576 BUFFALO ROAD, WENTWORTH NH 03282  
[WWW.LUMBERNH.COM](http://WWW.LUMBERNH.COM)

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](http://www.newhampton.org/about/careers)

## 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](http://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.

# HELP WANTED



## 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 2<sup>nd</sup> shift.  
\$1.50 per hour shift differential on 3<sup>rd</sup> 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](http://www.psimp.com).  
You can also email your resume directly to [donna.doyle@psimp.com](mailto:donna.doyle@psimp.com),  
please be specific as to what shift and position.

*PSIMP an Equal Opportunity Employer.*  
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## 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 2<sup>nd</sup> career with a solid, growing company!

We offer competitive wages and benefits including medical, dental, vision, life insurance,  
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**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](mailto:ppinkham@burndy.com)  
See all our open positions and apply online at:  
<https://careers.hubbell.com/>

**Open positions Include:**  
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**Maintenance Mechanic**  
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All qualified applicants will receive consideration for employment without regard to race, color, religion, gender,  
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\*Sign on bonus paid after 90 days



## OPEN HOUSE – HIRING EVENT

With Snacks and Beverages

**July 21<sup>st</sup>**  
Morning - 6:30 am to 11:30 am  
&  
**July 22<sup>nd</sup>**  
Evening - 6pm to 10pm

PSI Molded Plastics located at Five Wickers Drive Wolfeboro, NH 03894  
**WE HAVE FULL AND PART-TIME POSITIONS AVAILABLE!**

We also offer competitive pay rates and benefits such as Health, Dental,  
Vision, Short Term Disability, Long Term Disability, Life Insurance  
Matching 401k, 10 paid holidays, paid vacation time, paid sick time!



**Assembler – 2nd & 3rd Shift**  
**Machine Operator – 1st, 2nd and 3rd Shift**  
**Machinist – 2nd shift**  
**Maintenance Tech – 3rd shift**  
**Process Technician – 2nd shift**  
**Spray Painter – 1st, 2nd shift**  
**Sander – 1st shift**

Rates start at \$14.50 for Machine Operators, Assemblers & Sanders  
Skilled trades start at \$18 and up.

**\$.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](http://www.psimp.com).  
You can also email your resume directly to [donna.doyle@psimp.com](mailto:donna.doyle@psimp.com),  
please be specific as to what shift and position.



**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](http://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.*

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](mailto: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>.



## 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**

## 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](mailto:kbrady@sau36.org))

**WHITE MOUNTAINS REGIONAL SCHOOL DISTRICT**  
Reading Specialist (Anticipated)

**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)

**LANCASTER ELEMENTARY SCHOOL**  
Preschool Teacher  
Middle School Teacher  
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 Arsenaault, 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: [codyarsenaault@sau36.org](mailto:codyarsenaault@sau36.org)

**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](http://www.schoolspring.com)  
to view open positions and to apply online.

**EOE**



**WE'RE IN IT FOR LIFE.**

**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  
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**Facilities &  
Maintenance  
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Experience in manufacturing  
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New employees are eligible for the following benefits effective date of hire!

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Our work environment includes:

- *Clean room operations*
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Call 528-1211 for more information.**

PITTSFIELD, NH

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Today, MSA Globe continues to lead the  
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innovative, head-to-toe PPE solutions that  
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MSA Globe employs 400+ employees,  
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- Utilize a variety of industrial single needle, double needle and programmable machines to stitch one of over 100 operations to complete the firesuit shell or liner
- Cross training may include Learning Snapping, Seam Seal, Automated Stitching, and Trim, Material preparation, Labeling, Inspection, Matching and Final packaging.

#### OPEN TO ENTRY LEVEL CANDIDATES.

We offer an excellent training program!

#### Special Knowledge, Skills and Abilities Required:

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

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

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

#### Office Staff / Customer Service

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

#### Special Knowledge, Skills and Abilities Required:

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

#### Preferred:

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

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

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\* Terms and conditions apply

16-6396-MCP / 06.2021

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 Precision Lumber Inc.

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[Beaton@breadloaf.com](mailto:Beaton@breadloaf.com)  
603-924-0440

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[www.ForestviewManor.com](http://www.ForestviewManor.com)

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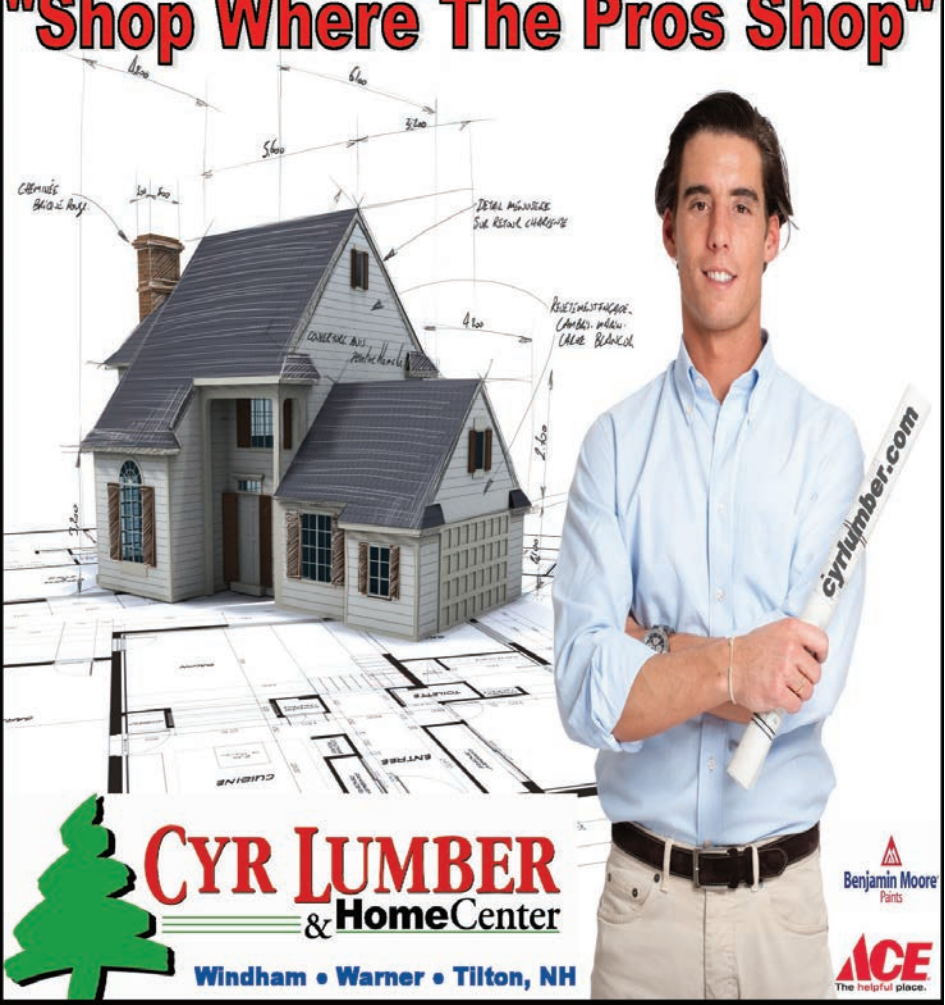


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shingled roofing  
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