

# Tilton cuts the ribbon on its new police station

**BY DONNA RHODES**  
Contributing Writer

TILTON – Last Saturday, the Town of Tilton held a double-featured celebration for the community when they swore in a new police chief and cut the ribbon on a new police station located at 45 Sanborn Road (Route 132) before a large crowd of residents, town employees and members of the surrounding law enforcement community.

Welcoming everyone to the ceremonies was select board chair Eric Pyra. Drawing attention to the building's cornerstone, inscribed with the words "For the Community, From the Community," he thanked everyone for their support in getting the new police station built after many years of studies and careful consideration. Pyra

added that as the town moves into the future, it was most fitting to also welcome a new chief to the new police station on the same day.

Kevin LaChapelle, who chaired the final police building study committee, also spoke briefly on the process that led up to the construction of the new headquarters at 45 Sanborn Road (Route 132). In his presentation, he thanked both the prior and the latest study committee members for all they did to develop a voter-approved plan for the town.

"So many folks worked hard for this building," LaChapelle said, "and due to the fact that you believed in us, believed in previous committees and all their work, here we are today."

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Tilton selectman, members of the now disbanded Police Building Study Committee, and the town's newest police chief, Corey L. Piser, all took part in last Saturday's official ribbon cutting for the new police station on Sanborn Road. Shown here are Chief Piser, selectmen Eric Pyra, Scott Ruggles, Pat Consentino, Joe Jesseman and Jon Scanlon, along with committee members Kevin LaChapelle, Tom Damon, Ken Dame and Chuck Drew.

## Piser sworn in as Tilton police chief



Corey L. Piser was all smiles while standing before Selectman Jon Scanlon last Saturday morning and taking the oath of office to become the Town of Tilton's new chief of police.

**BY DONNA RHODES**  
Contributing Writer

TILTON – Residents of Tilton were pleased to be on hand to see their new police chief, Corey L. Piser, take the oath of office outside their new police station last Satur-

day morning. Selectman Scott Ruggles introduced her and selectman Jon Scanlon had the honor of delivering the oath of office.

Under bright sunny skies, Piser swore to up-

hold her duties as chief and looked forward to moving into the future with her new town. She said it was an honor and a pleasure to be in Tilton

SEE PISER, PAGE A7



Summer Reading at xSanbornton Public Library began with a visit from the Squam Lakes Natural Science Center. Photo credit to our summer volunteer Phoebe Timmons.

## Sanbornton Public Library summer reading kicks off with real life tails

SANBORNTON - Summer Reading at Sanbornton Public Library began with a visit from the Squam Lakes Natural Science Center. To compliment this year's reading theme "Tails and Tales" SLNSC educators brought a porcupine, an opossum, and a skunk, and showed how they used their tails. Learn more about the weekly summer reading activities at <http://www.splnh.com/summer-reading/> or call 603-286-8288.

The Library hours are Tuesday and Friday 9 a.m.-5 p.m.; Wednesday and Thursday 1-7 p.m.; and Saturday 9 a.m.-2 p.m.

# Locals earn softball All-State honors



Morgan Hall of Belmont was named Division III First Team All-State.

**BY JOSHUA SPAULDING**  
Sports Editor

REGION — The New Hampshire Softball Coaches Association recently released the All-State teams for the recently-concluded high school season.

In Division III, First Team honors went to Morgan Hall of Belmont and Emma Griffin of Winnisquam. Second Team went to Becca Fleming of Belmont and Rebecca Kulengosky of Winnisquam and Honorable Mention went to Kara Stephens of Belmont, Savannah Perkins of Belmont and Lily Auger of Winnisquam.

Joining Hall and Griffin on the First Team were Makenna Balderra-

ma of Berlin, Ami Rivera of Bishop Brady, Riley Gamache of Campbell, Mylie Aho of Conant, Ella Harris of Gilford, Megan Kimball-Rines of Hopkinton, Leah St. John of Mascenic, Grace

SEE ALL-STATE, PAGE A7



Emma Griffin of Winnisquam earned First Team All-State Honors.


JOSHUA SPAULDING



# Belknap Mill Invites Families to the Park!

LACONIA - Beginning Friday, July 2, the Belknap Mill will kick off its third year of “Kids in the Park,” a family summer program series. “Kids in the Park” offers fun learning opportunities in Rotary Riverside Park for children and families each Monday, Wednesday, and Friday beginning at 10:30 a.m. throughout the month of July. The full calendar of events and times can be found on the Mill’s website at: [www.belknap-mill.org/kidsinthepark](http://www.belknap-mill.org/kidsinthepark). This year’s “Kids in the Park” program is


generously sponsored by Helping Hands Thrift Store, Laconia Kiwanis, and the Bank of New Hampshire. “Partnering with local businesses and organizations to provide high quality, engaging and fun programming for our community is always our primary goal. We are grateful for the support from our sponsors,” commented Tara Shore, the Mill’s Program & Operations Manager. Families are invited to enjoy learning about night creatures from Squam Lake Science Center, a puppet show with CactusHead Puppets, and the whimsical musical sounds of Mr. Aaron. The Winnepesaukee Muskrats will be looking for friends to play catch, Downtown Gym will give everyone a great workout and then wind down with a relaxing yoga session with Miss Cassie. Kiwanis C.A.R.E.S will read stories about pets and be prepared for a special guest! Petals in the Pines returns again this year for fairy house building, and the Laconia Conservation Commission will share fun activities to help us understand how to conserve resources and why it is important that we do! SubZero Nitrogen Ice Cream will conclude our programming. There will be painting ducks on “Duck Day” for an upcoming Community Art Exhibit at the Riverside Duck Derby in October and finally the Mill will be hosting a Christmas in July Party with snow cones! Don’t want to miss anything? Check out our website for the full schedule! See you in the park!



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Beginning Friday, July 2, the Belknap Mill will kick off its third year of “Kids in the Park,” a family summer program series.

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# Loon Cam streaming live

MOULTONBOROUGH — The Loon Preservation Committee (LPC) is now broadcasting a 24/7 live Loon Cam. The Loon Cam, which is in its seventh year of operation, features a pair of loons nesting in the Lakes Region of New Hampshire. The loons laid their first egg on May 24, and if all goes well, biologists expect chicks to hatch from June 19-21. Viewers can tune in to watch as the loons incubate their eggs and interact with one another and with the other wildlife species that they share the lake with.

Longtime LPC volunteer and Loon Cam Oper-

ator, Bill Gassman, noted the social value that the Loon Cam had in 2020, when many people were confined to their homes due to the Covid-19 pandemic.

"In many ways, watching the Loon Cam became an escape for our viewers. Watching the loons carry on with their normal nesting routine, as well as being able to immerse themselves in the peaceful lake setting, seemed to be a much needed respite from everything else that was going on in the world last spring," he said.

Gassman also noted that the Loon Cam has

an active chat community, which allows viewers to share events that happen on the camera, connect, and socialize over their love of the birds.

LPC hopes that the Loon Cam will help to educate the public about New Hampshire's loons and the threats that they face while on our lakes.

"Over the course of the breeding season, loons face a variety of challenges," says LPC Senior Biologist and Executive Director, Harry Vogel. "These include natural threats like dealing with swarms of black flies or predation, but also many human-caused threats,



COURTESY

A loon incubates an egg on the Loon Preservation Committee's Live Loon Cam.

such as lead poisoning resulting from the ingestion of lead fishing tackle, fishing line entanglement that renders loons unable to eat or keep their feathers waterproofed, boat strikes, and nest failures due to human recreational pressure. If the Loon Cam can help to get

more people to care about loons and become interested in protecting them, then we've done our job."

Those interested in viewing the Loon Cam can do so at [loon.org/looncam](http://loon.org/looncam).

The Loon Preservation Committee monitors loons throughout

the state as part of its mission to restore and maintain a healthy population of loons in New Hampshire; to monitor the health and productivity of loon populations as sentinels of environmental quality; and to promote a greater understanding of loons and the natural world.

## Top country artist David Nail at the Lakeport Opera House July 2 and 3



COURTESY PHOTO

Two "Night's On Fire" at the Lakeport Opera House when hit-making country artist David Nail returns for one of his first live performances back on the road on the 140-year old stage July 2 and 3.

LACONIA - Two "Night's On Fire" at the Lakeport Opera House when hit-making country artist David Nail returns for one of his first live performances back on the road on the 140-year old stage July 2 and 3. As part of the Independence Day weekend, Nail, a critically-acclaimed singer, songwriter and recording artist, will make his only scheduled New England tour stop this year

so far at the historic venue.

"I can't wait to come to New England this summer," said Nail who was nominated twice by the Academy of Country Music and by the Grammy Awards. "As a performer, coming to a place like the Lakeport Opera House is the perfect opportunity to allow guests to enjoy an intimate performance in a comfortable setting."

Hailing from Missou-

ri, Nail is well-respected up and down Nashville's Music Row and with fans around the world. He's written or co-written multiple hits with "Let It Rain" topping the Billboard Hot Country Song charts at No. 1 and "Whatever She's Got" peaking at No. 2. Other top songs include "Nights On Fire" and "Red Light."

Nail's candor cuts like a laser through star-mak-

ing propriety, a ritual of predictable answers to predictable questions, recited by artists averse to the controversy that truth can bring. His songs are honest as he evokes the demons with which he has wrestled through much of his life. Through dealing with his own bout of mental illness, Nail began making his most "organic" work to date, David Nail & The Well Ravens, with Jason Hall and Andrew Petroff.

Over the last nine years, he's release five albums: "I'm About to Come Alive," "The Sound of a Million Dreams," "I'm A Fire," and "Fighter," which hit No. 3 in the Billboard Top Country Albums and his most recent with the Well Ravens named "Only This and Nothing More."

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. Over \$1 million was invested in the Opera House renovation which opened on June 11 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 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.

Other scheduled performances include: A night of magic with Adam Wilber on June

25, Unforgettable Fire: U2 Tribute Band on June 26, Clay Cook of the Zac Brown Band on July 9 and 10, The Little Mermen a Disney Cover Band on July 11, Dancing Dream: ABBA Tribute on July 17, Billy Joel Tribute: David Clark's Songs in the Attic on July 31, Steve Sweeney Comedy on Aug. 5, Recycled Percussion on Aug. 6 and 7, and medium Maureen Hancock on Aug. 8.

For more information on events and to purchase tickets in advance, visit [lakeportopera.com](http://lakeportopera.com).



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## Sanbornton Historical Society presents NH First with Bill Gardner, July 8

SANBORNTON - With all the political turmoil of late, what is the status of NH's First in the Nation Primary? The Sanbornton Historical Society is proud to present Bill Gardner, NH's Secretary of State, with all answers on Thursday, July 8, at 7 p.m. at the Sanbornton Old Town Hall on Meetinghouse Road. Bill Gardner has been working hard to maintain NH's First in the Nation Primary since he was elected SOS in 1976. This informative presentation is free and open to the public. Please note our programs will be held at the Old Town Hall this year to allow more room for social distancing. [www.lanetavern.org](http://www.lanetavern.org). Email: [info@lanetavern.org](mailto:info@lanetavern.org)

### Laconia author releases new book

LACONIA - Give a Salute! is pleased to announce the recent release of "Memories," a book by James Novak, author of the popular memoir, "Ora's Boy" (2012). "Memories" shares what happens to the author after he leaves Laconia in 1957, enlisting in the U.S. Air Force.

Travel along with the author from Turkey to Thailand, and throughout the United States, as he recollects the many memories of his adult

life.

In "Memories," he shares his experiences with hangings, tornadoes, hurricanes, Sharia law, the Vietnam War, a bigger-than-life con man, his near-death experience after being buried alive, and so much more.

Jim Novak was born in Laconia and graduated from Laconia High School in 1957. He graduated magna cum laude from Park College in 1970, with dual degrees in Business and Eco-

nomics, and earned his master's degree in Public Administration from the University of Oklahoma in 1977. Serving his country in the Air Force for over 23 years, Jim embarked on his civilian career with Lockheed Missiles & Space Co. upon his military retirement. After traveling extensively, he now resides back in Laconia with his wife, Denise, and their dog, Thea.

Both "Ora's Boy" and "Memories" can be purchased at The Belknap

Mill in Laconia, most bookstores, and online at Amazon.com. They are available in hardback, paperback and e-book versions.

Give a Salute! is an independent publishing company located in New Hampshire. Find out more about them at [www.giveasalute.com](http://www.giveasalute.com).



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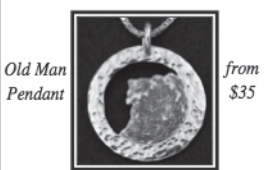
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What would Barry say?

When sitting down to write this Editorial, this Editor had heavy on her mind her old mentor from the radio days, Barry Lunderville who has since passed on, or as he called it “taking a dirt nap”. Barry owned radio stations in NH and worked for CBS out of Boston. He was especially great to talk to when discussing small town politics and joked, “Well between us girls,” During one particular time of discord, he passed this poem along and it is one that is read often, especially when thinking, “What would Barry say?”

“If” by Rudyard Kipling

“If you can keep your head when all about you  
Are losing theirs and blaming it on you,  
If you can trust yourself when all men doubt  
you,  
But make allowance for their doubting too;  
If you can wait and not be tired by waiting,  
Or being lied about, don’t deal in lies,  
Or being hated, don’t give way to hating,  
And yet don’t look too good, nor talk too wise:

If you can dream—and not make dreams your  
master;  
If you can think—and not make thoughts your  
aim;  
If you can meet with Triumph and Disaster  
And treat those two impostors just the same;  
If you can bear to hear the truth you’ve spoken  
Twisted by knaves to make a trap for fools,  
Or watch the things you gave your life to, broken,  
And stoop and build ’em up with worn-out tools:

If you can make one heap of all your winnings  
And risk it on one turn of pitch-and-toss,  
And lose, and start again at your beginnings  
And never breathe a word about your loss;  
If you can force your heart and nerve and sinew  
To serve your turn long after they are gone,  
And so hold on when there is nothing in you  
Except the Will which says to them: ‘Hold on!’

If you can talk with crowds and keep your virtue,  
Or walk with Kings—nor lose the common touch,  
If neither foes nor loving friends can hurt you,  
If all men count with you, but none too much;  
If you can fill the unforgiving minute  
With sixty seconds’ worth of distance run,  
Yours is the Earth and everything that’s in it.”  
And—which is more—you’ll be a Man, my son!

Send your letters!

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JOSHUA SPAULDING

Shrine Practice

Winnisquam’s Phil Nichols practices with his fellow New Hampshire quarterbacks during the first practice for the New Hampshire Shrine Maple Sugar Bowl team, which was held on Saturday at Kingswood Regional High School in Wolfeboro. The Shrine Bowl takes place on Saturday, Aug. 7, at 12:30 p.m. at Castleton University in Castleton, Vt.

STRATEGIES FOR LIVING

On Our Survival as a Society

BY LARRY SCOTT

If you were to define an absolute as a principle that is universally valid, a point of reference that is unconditional, there are four absolutes: evil, love, justice, and forgiveness. What we have here is more than a philosophical point of view, for if we are to survive as a society, evil must be condemned, love must be unconditional, justice must be unrestricted, and forgiveness must be without limit. These four absolutes define us, and our survival as a society may well be at stake. Some would say our survivability as a society is an environmental issue. Others see it as racial, and still others as an economic issue. I believe our survivability is a moral and spiritual issue and that without dramatic change, the

current chaos is only going to get worse. We live in an age of relativism, but we can’t survive without an objective standard of truth. There must be a foundation for right and wrong that cannot be qualified, compromised, or minimized. If no one is wrong, if predispositions must be respected, if a radical minority can dominate our national life, pandemonium will follow. Where do these four converge? How do we define these critical issues not only in terms we can understand but find a solution to the state of affairs in America today? We decry evil, we demand respect, we look for justice, and we hope to be forgiven for the mistakes we have all made. There is only one time in the history of mankind that all four

absolutes came together: at Calvary. It was there, when Jesus, the Messiah, was crucified, that evil was seen for what it can do to a society. It was there that love was defined, God’s justice in the condemnation of sin was seen, and that forgiveness without limitation was offered. And it was given from a heart of love for you and me ... by the only One who could assume the penalty for our sin. “It is finished,” Jesus said as He took His final breath, and indeed, it was. Finished was the predominance of human evil, finished the ultimate expression of unmerited love, and finished, too, was the demand for justice in the condemnation of sin. And, perhaps most important of all, finished was man’s alienation from God now that forgiveness for sin was

available to all. To those who nailed Jesus to the cross, it may have seemed like just another execution. But their act transformed your eternal future and mine. Love and justice, and forgiveness are now available to all. And evil was once and for all stripped of its power to dominate the human heart. If ever there was time when America needed Jesus and the message He preached, that time is now. Every one of us, caught up as we are in the conflicts overtaking our great country, need a new definition of evil, a new respect for justice, a new understanding of love, and a new attitude toward forgiveness. For more thoughts like these, follow me at [indefenseoftruth.net](http://indefenseoftruth.net).

LETTERS TO THE EDITOR

Sanbornton Historical Society holding special events

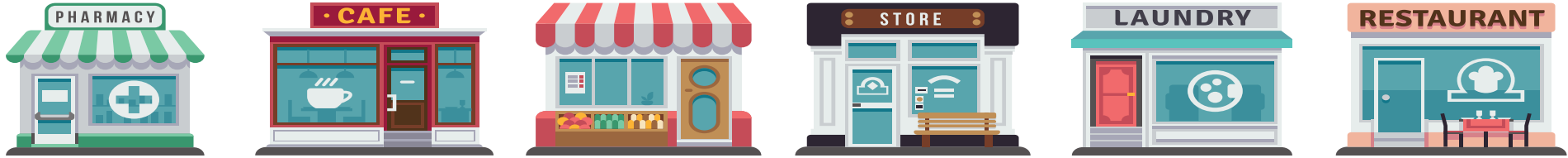
To the Editor:

The Sanbornton Historical Society is pleased to announce several upcoming events in July. Although Covid curtailed our public events for the past year, we’ve been hard at work behind the scenes to maintain the Lane Tavern and historical treasures of Sanbornton. For our first program in 2021, we’re pleased to present NH FIRST by Bill Gardner, NH’s Secretary of State. This update of the status of the First in the Nation Primary will be discussed with the expertise and history only Bill Gardner can provide. He’s been working hard to maintain NH’s First in the Nation Primary since he was elected SOS in 1976. This event will be held at on Thursday, July 8th, at 7pm at the Old Town Hall on Meetinghouse Road in Sanbornton to allow more room for social distancing. The Historical Society is also happy to participate in Old Home Day on July 10. We’ll sell light break-

fast items up by the Old Town Hall instead of our usual pancake Breakfast. Stop by our table for more information about the Sanbornton Historical Society and the Lane Tavern. You can also take a tour of the Lane Tavern from 1 - 3pm! Tours are generally 3-40 minutes and guided by long-time members, Vicki Abbott and Linda Salatiello. We’d also like to thank Carol Levesque for organizing the Cookbook project as a fundraiser for the Lane Tavern. Cookbooks will be available for \$15 each or two for \$25 at our programs and Old Home Day or you can email us at [info@lanetavern.org](mailto:info@lanetavern.org). They make great gifts and purchases help us maintain the Lane Tavern for future generations. For more information, check visit our website [www.lanetavern.org](http://www.lanetavern.org) or our FB page. Hope to see you soon!

Betsy Bryant  
Sanbornton Historical Society

ALL WE KNOW IS LOCAL ~ SalmonPress.com





## We listen to the old stories, and sift the ashes of history



By JOHN HARRIGAN  
COLUMNIST

Most of the time, it's a pleasure to hear from readers. Some of the time, it's a heartache, for reasons I'll explain. I'm going to amalgamate mail here, because it's easier that way.

Most letters refer to things I've written about, including questions or sometimes challenges on facts, and that's fine. I've never said or felt that I know it all. I've also felt that I should reply to anyone who cares enough to write. My sign-off is always "Thanks for being a reader."

It's when letters ask questions about knowledge and stories being lost by the minute that the heartache comes in. And off we go, into the never-ending land of "I wish."

+++++

I wish that more people knew about the Foxfire Project, or at least enough two or three generations ago to emulate it, far more widely than it ever was.

On the positive side, Foxfire was indeed emulated here and there around New Hampshire and neighboring states, most often by dedicated teachers who enlisted pupils and students to interview their elders about what life was like in their youth and how things had changed. Unfortunately, the original zeal that fostered these efforts too often sputtered out.

In 1966, English teacher Eliot Wigginton was working with a mix of grades and classes at the Rabun Gap Nacoochee School in northeastern Georgia, a jumbled region of mountains and hollows, when he began the modest effort that would become the nationally acclaimed Foxfire Project. Thousands of people were caught up and captivated by the project as the school produced a magazine, published a series of books,



This before-and-after image shows what was there, and what no longer is—a dramatic change in the lives of legions of North Country residents and visitors who were so used to looking up to the Old Man. (Courtesy oldmanofthemountainlegacy.org)

and inspired a Broadway play. The school is still publishing the magazine.

Most people alive at the time undoubtedly remember the Back to the Land movement, in which thousands of idealistic young people (okay, a local term) sought a simplified lifestyle using basic skills to live from and with the land. The Foxfire story was a natural fit, and its books and magazines could be found in many a rejuvenated old farmhouse, winterized tent, or yurt.

+++++

If I'm representative of people who've read all the local and regional history they can find, and listened to a whole lot of stories, the challenge is clear. Who is going to collect this kind of information, sift it for importance and meaning, and keep it where researchers and the just plain curious can find it?

Here are just a few tidbits from my own brief time on the planet:

--Near the turn of the last century, a family staked out a farm in one of the wildest and most distant parts of the ter-

ritory. When they didn't appear in the spring for basic provisions—salt, seed, and flour—a search party went out, and found them all dead of apparent typhoid. The party burned the buildings, and today only deep moss indicates an old opening in the woods.

--As the 1950s story goes, a state road crew helped residents dynamite a small cave overlooking the upper Connecticut River; the stated concern being the safety of local children. Ever since settlement times, the cave had been known as a shelter and lookout point for local Abenaki—but looking out for what? Campfire smoke, trappers and traders, other Indians, perhaps the spring run of salmon, nearly 400 miles from the sea? (Atlantic salmon are documented as having reached First Connecticut Lake.)

--In New Hampshire and Vermont, there are two places where natural travel routes through the woods have long been known as "Captive Trails," for their use by raiding parties to hustle their captives to Canada for ransom. Has anyone undertaken archaeological digs?

--There is an oft-told story concerning the fall of the Old Man of the Mountain, on May 3, 2003. The accepted explanation was water seepage, seasonal freeze-thaw cycles, and the inexorable tug of gravity. If anything came out about dynamite work nearby, I missed it.

+++++

There is no putting the Old Man back, of course, and the five ledges that formed the profile were bound to fall sooner or later. A look at the famous talus slope at the base of the cliff—famous because there are so few East of the Mississippi—tells you why.

Today, the great plunge and breakup of the Old Man are revealed by mere yellowish tinges atop millennia of debris. Local history and stories from people who are here for just a blink are much harder to capture and comprehend.

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

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The first U.S. Postal stamp featuring the Old Man of the Mountain, issued on June 21, 1955, commemorated the 150th anniversary of the "discovery" of the Great Stone Face. (Courtesy Patrick Hummel, NH State Parks)

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## 80's Dance Party in the Park for the Belknap Mill Arts in the Park Summer Concert Series

LACONIA - Friday, July 2 at 6 p.m., the Belknap Mill is teaming up with Frank FM 98.3/99.1 to bring you an 80's Dance Party in Rotary Riverside Park as part of our 2021 Arts in the Park Summer Concert Series!

The 1980's were a decade of bold style, colors and heaping mounds of permed hair! Patrons are encouraged to crimp their hair; dig out that neon attire and poofy skirts and get ready for a "totally radical" evening of 80's top hits by Queen, Madonna, Bruce Springsteen, U2 and many others!

Gift certificates generously donated by Happy Cow Ice Cream and Burrito Me will be awarded for the best 80's costume! Frank FM's Pat Kelly will be joining us to DJ the evening, filling the park with the best music to dance the night away!

The Belknap Mill's 2021 Arts in the Park Summer Concert Series is generously sponsored by Founding Sponsor, The Laconia Putnam Fund and Media Sponsor, Lakes FM 101.5, 104.9 The Hawk, and 107.3 The Pulse. For more information about upcoming performances or our safety guidelines, please visit our website [www.belknapmill.org](http://www.belknapmill.org)

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### Edward Jones: Financial Focus

Declare your financial freedom

Independence Day is almost here. And as we make progress in moving past the COVID-19 pandemic, more of us will be able to enjoy Fourth of July activities. However you observe the holiday, it's important to recognize all the liberties we enjoy in this country. But you may still need to work at one particular type of freedom – and that's financial freedom. How can you achieve it?

There's no one instant solution. But you can work toward financial independence by addressing these areas:

- **Retirement savings** – Approximately 45% of Americans think the ideal retirement involves "enjoying my well-earned freedom," according to the March 2021 Edward Jones/Age Wave Four Pillars of the New Retirement study. But when you're retired, the risk to this freedom is obvious – the paychecks have stopped but the bills haven't. Furthermore, you could spend two or three decades in retirement. That's why it's so important to contribute as much as you can afford to your tax-advantaged retirement accounts, such as your IRA and your 401(k) or another employer-sponsored plan. At a minimum, put in enough to earn your employer's matching contribution, if one is offered. Whenever your salary goes up, try to increase the annual amount you put in your 401(k) or similar plan. And if appropriate, make sure you have a reasonable percentage of growth-oriented investments within your 401(k) and IRA. Most people don't "max out" on their IRA and 401(k) each year, but if you can consistently afford to do so, and you still have money you could invest, you may want to explore other retirement savings vehicles.
- **Illness or injury** – If you were to become seriously ill or sustain a significant injury and you couldn't work for an extended period, the loss of income could jeopardize your ability to achieve financial independence. Your employer may offer disability insurance as an employee benefit, but this coverage is typically quite limited, both in duration and in the amount of income being replaced. Consequently, you may want to consider purchasing private disability insurance. Keep in mind that this coverage, also, will have an end date and it probably won't replace all the income lost while you're out of work, but it will likely be more expansive and generous than the plan provided by your employer.
- **Long-term care** – Individuals turning 65 have about a 70% chance of eventually needing some type of long-term care, such as a nursing home stay or the assistance of a home health aide, according to the U.S. Department of Health and Human Services. And these services are quite expensive – the average annual cost for a private room in a nursing home is more than \$100,000, according to Genworth, an insurance company. Medicare typically covers only a small part of these expenses, so, to avoid depleting your savings and investments (and possibly subjecting your grown children to a financial burden), you may want to consider long-term care insurance or life insurance with a long-term care component. A financial advisor can help you choose a plan that's appropriate for your needs. By addressing these areas, you can go a long way toward attaining your financial independence. It will be a long-term pursuit, but the end goal is worth it.

**Jacqueline Taylor**  
Financial Advisor  
3 Mill Street  
PO Box 176  
Meredith, NH 03253  
603-279-3161  
Fax 866-532-8685  
[jacqueline.taylor@edwardjones.com](mailto:jacqueline.taylor@edwardjones.com)



# WRHS announces bear pride recipients for Quarter 4

TILTON - Congratulations to Winnisquam Regional High School Quarter 4 bear pride recipients and thank you to our community sponsor McDonalds of Tilton.

Dylan Allard, Liam Allerdice, Avary Anderson, Eveline Auger, Lilyana Auger, Jahnzaeb Azam, Alexia Baker, Austin Baker, Hannah Baker, Logan Baker, Jacqueline Beaulieu, Jonathan Beaulieu, Isaac Beliveau, Veronica Bellville, Christopher Biancardi, Declan Bigelow, Zachary Bobek, Alyssa Bolduc, Aaron Bolia, Anthony Boomer, Nathan Bouchard, Alyssa Bowden, Nathaniel

Bragdon, Sophia Braun, Zachary Braun, Jaelyn Bresse, Kayla Briere, Madison Broughton, Gabriel Brown, Leigha Brown, Brianna Buffington, Caleb Bushway, Mabel Buteau, Isabelle Camerato, Michael Camerato, Kaitlyn Carey, Alyssa Caron, Trinity Carter, Colby Chase, Connor Chase, Mohammad Chaudhry, Cody Cheng, Sophia Cheng, Nicholas Chesley, Brendan Cilley, Layne Cilley, Makenzie Clay, Alexia Collins, Anthony Coote, Symphony Cote, Anna Cruz, Caleb Cunningham, James Cura, Emma Curtin, Ayden Cushing, Lea Dalton, Alyse Damato,

Joseph Damato, Sophia Day, Aidan Disario, Chloe Disario, Aidan Donahue, Caleb Drew, Noelle Drouin, Alexander Dubiel, Madison Dubiel, Corbin Dubord, Aliviah Dumas, Amanda Dunham, Sheamus Dunn, Kelsey Durand, Ella Edwardson, Alanah Ellsworth, Deren Ficici, Matthew Finemore, Gavin Finogle, Jillian Fisher, James Fitzgerald, Hunter Foster, Madisen Foster, Makenzie Foster, Raymond Fretchette, Carter Fredette, Cooper French, Demetrius Frender, Jesse Gardner, Emily Garnett, Ashley Gauthier, Makayla Germain, Mackenzie

Getman, Kyle Gilbert, Madison Gilbert, Ethan Gilleon, Olivia Glines, Dylan Godwin, Hennessy Goodwin, Patrick Goodwin, Duncan Gosselin, Faith Gosselin, Aiden Gray, Emma Griffin, Evan Griffin, Zachary Guerriero, Emmalena Haggett, Alexis Hamilton, Eyan Hanks, Liam Hanks, Callissa Harbour, Brandon Hasek, Karissa Haskins, Madyson Haskins, Nolan Haskins, Shelbee Hawthorne, Logan Heath, Charles Hibbert, Kailey Hodgdon, Madison Hoffman, Jacob Holt, Carolyn Honer, Isabelle House, Madison House, Matthew Hunt, Izabelle Jacobs, Abigail Jewell, Brylee Jordan, Jasmine Jordan, Bradyn Kane, Patrick Kenny, Brandon Kevin, Madison Knopka, Kaly Knowles, Griffin Knowlton, Matthew Knowlton, Simon Kulczkowski, Nathan Kulengosky, Rebecca Kulengosky, Colter Kuss, Mark Labonville, Abbey LaBrie, Ava LaFlamme, Gabriel Lagace, Caiti Lajoie, Sophia Lamannuzzi, Paul Laraway, Hannah Laughy, Jakob Laughy, Nathan Lavoie, Lillian Leroux-Parsons, Athena Lewis, Haley Libby, Daniel Licata, John Licata, Noel Lica-

ta, Jr. Lill, Elijah Livingston, Jordan Livingston, Logan Lockrow, Abigail Long, Lauren MacDonald, Cody MacLennan, Garret Mango, Riley Mann, Brandon Marceau, Gavin Martin, Raina Matthes, Emily Max, Alan Maxwell, Trevor Maxwell, Francis McComiskey, Olivia McComiskey, Quintin McDaniels, Hunter McDonald, Andrew McKaig, Kyle Messier, Keion Miller, Olivia Mills, Lukas Mondor, Tayah Moore, Dakota Morin, Dylan Morin, Cheyenne Morrison, Jorja Morrison, Leighton Morrison, Samuel Mulleavey, Shannon Murphy, Madison Muzzey, Teagan Nelson, Alex Nichols, Philip Nichols, Richard O'Brien, Gavin O'Leary, Alexander Ojikutu, Josiah Olson, Henry Osmer, Mary Osmer, Marguerite Parker-Drevescraft, Allison Parry, Brendan Parry, Chandler Partello, Seth Patten, Tishara Patten, Andrew Pearson, Noah Pearson, Madelyn Penney, Milee Perrino, Nolen Perrino, Aiden Phelps

Collin Phelps, MacKenzie Phelps, Mackenzie Philippy, Gianluca Piovano, Austin Plamondon, Kaleb Platanitis,

Alexis Poole, Noah Potter, Mackenzie Pouliot, Kelsie Poulton, Evan Power, Vanessa Power

Bradyn Proulx-Rose, Erica Proulx, Melissa Proulx, Lucy Prunier, Nicholas Pyra, Quinn Ralston, Nicole Reusch, Aislen Reynolds, Emma Richardson, Abigail Riordon, Ashlee Roache, Jocelyn Roache, Caleb Robdau, Lucas Robdau, Dylan Robert, Caelan Roberts, Meredyth Robillard, Connor Robinson, Angelleah Ross, Kelsey Rotonelli, Sarah Roy, Marissa Ryley, Jordan Seavey, Savannah Seavey, Sadira Senecal, Jack Sheridan, Kathleen Sheridan, Delaney Skourtis, Laura Slate, Aidan Sleeper, Abby Smith, Evan Smith, Zachary St. Onge, Kaylin Stankatis, Dominic Stone, Burton Swanson, Breanna Sweeting, Kaleb Teeter, James Thibault, Skye Tibbetts, Riley Tobin, William Trowsdale, Lily Tucker, Hannah Turcotte, Preston Warner, Marlyssa Weatherbee, Lily Webster, Kaylee White, Colton Wilsie, Rebecca Wilson, Avery Winters, Ashley Wolf, Cadence Wujcik, Dominique Yasharian, and Josiah Ziminsky.

## Kaleb Hibbard of Belmont earns Bachelor of Science from Springfield College

SPRINGFIELD, MA - Kaleb Hibbard of Belmont has earned a Bachelor of Science degree in Health Science from Springfield College for studies completed in 2021.

Springfield College concluded its 2021 Commencement Weekend ceremonies with eight separate in-person ceremonies at Stagg Field on the Springfield College main campus, four on Saturday, May 15 and four on Sunday, May 16.

“To the Class of 2021, Springfield College

I congratulate you and I thank you, you have made us proud in more ways than we can count,” said Springfield College President Mary-Beth Cooper. “Please remember to stay connected to us and to each other. Through the Springfield College network, great things can be accomplished. And remember to come back and visit us. You will always have a home here. All the best as you continue your journeys.”

is an independent, non-profit, coeducational institution founded in 1885. Approximately 4,100 students, including 2,500 full-time undergraduate students, study at its main campus in Springfield, Mass., and at its regional campuses across the country. Springfield College inspires students through the guiding principles of its Humanics philosophy - educating in spirit, mind, and body for leadership in service to others.

## Northfield resident, Kyle Mann Named to Worcester Polytechnic Institute’s Spring 2021 Dean’s List

WORCESTER, Mass. - Worcester Polytechnic Institute (WPI) has announced that Kyle Mann, a member of the class of 23 majoring in Architectural Engineering, was named to the university’s Dean’s List for academic excellence for the spring 2021 semester.

A total of 2,148 un-

dergraduate students achieved the criteria required for WPI’s spring 2021 Dean’s List. The criteria for the WPI Dean’s List differs from that of most other universities as WPI does not compute a grade point average (GPA). Instead, WPI defines the Dean’s List by the amount of work completed at the A level

in courses and projects.

“WPI’s academic programs are rigorous and require a level of independence beyond what is required in traditional courses. WPI students work on open-ended problems for communities around the world. The problems are important and the impact is real” said dean of undergraduate studies Arthur C. Heinricher. “Some of this nation’s best and brightest students come to WPI to study engineering and science and business and the humanities. Those named to the Dean’s List have excelled in all of their work, and we are exceptionally proud of these outstanding students.”

## Local students receive diploma from Norwich University

NORWICH, VT - Ethan Thomas Cray of Sanbornton received a Bachelor of Arts in criminal justice from Norwich University at the May 1 commencement ceremony in a hybrid of virtual streamed and in-person events held campus-wide in accordance with Vermont pandemic guidelines and with the Norwich community’s health and safety as the highest priority.

Norwich University was honored that Joint Chiefs of Staff Chairman Gen. Mark A. Milley gave the commencement address to the Class of 2021 in recorded remarks. Milley is the military’s senior-most ranking member and serves

as principal adviser to President Joe Biden, Defense Secretary Lloyd Austin III and the National Security Council. The Class of 2021 includes approximately 447 students from 32 undergraduate programs and one master’s program: 437 bachelor’s degrees and 10 Masters of Architecture as well as 18 International students from 10 countries on five continents. There were four separate commencement ceremonies, two each running simultaneously in Shapiro Fieldhouse and Kreitzberg Arena at 9 a.m. and noon. Graduates include future military officers, law enforcement officers, engineers, nurses, and many

who will go on to graduate school, jobs in the federal government, athletic training, construction management, cyber security and numerous public-service sectors. The Class of 2021 consisted of 169 civilian students and 268 students in the Corps of Cadets. Milley shared with Norwich graduates that both his parents fought in WWII, and shared details of notable Norwich alumni who distinguished themselves in service to the nation. “You’re about to graduate from an institution that has taught strength of character and leadership and perseverance,” he said.

## University of New Hampshire’s Dean’s List for the Spring 2021 Semester

DURHAM - The following local students have been named to the Dean’s List at the University of New Hampshire for the spring 2021 semester:

Highest Honors: Felicia Blodgett-Du-

ran of Northfield, Daisy Burns of Sanbornton, Olivia Dill of Tilton, Trevor Hunt of Belmont, Noah Longval of Sanbornton, Kimberly Lowrey of Tilton, Joseph Marcoux of Northfield, Sarah Marcoux of Northfield, Michael Marrone of Belmont, Emilee Martin of Northfield, Harrison Parent of Northfield, Jason Plant of Sanbornton, Kylee Rock of Tilton, Michael Roy of Northfield, Alise Shuten of Belmont, Hailley Simpson of Belmont, Mary Thomas of Northfield, Brianna Turner of Tilton, and Nathaniel Wilson of Tilton,

Tilton.

Honors: Thomas Marchese of Tilton, Hannah Max of Sanbornton, Joshua Shevlin of Northfield, and Ramsay Stroud of Belmont.

Students named to the Dean’s List at the University of New Hampshire are students who have earned recognition through their superior scholastic performance during a semester enrolled in a full-time course load (12 or more graded credits). Highest honors are awarded to students who earn a semester grade point average of 3.85 or better out of a possible 4.0. Students with a 3.65 to 3.84 average are awarded high honors and students whose grade point average is 3.5 through 3.64 are awarded honors.

High Honors: Ila Bartenstein of Northfield, Cole Contigiani of Belmont, Alexis Day of Belmont, Kaitlynn Delisle of Belmont, Christopher Jones of Tilton, Douglas Jones of Tilton, Olivia MacLean of Tilton, Seth Rupp of Belmont, and Anthony Syhabout of



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## PETS OF THE WEEK




**Sasha**

Sasha is a wonderful girl who loves to play! She is perfect if you are looking for lots of personality in a medium sized package! Sasha loves to play with her toys, and already has excellent house training habits. Sasha is working on her leash skills, impulse control skills, and sharing her things. She is looking for a quiet home, where she can continue building her skills with positive reinforcement, and get lots of play time and walks! Sasha would do well in a home with adult humans, no cats, and no dogs- she wants to be your one and only four legged friend!



**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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STATION

CONTINUED FROM PAGE A1

He asked those who worked with him on the project to step forward for special recognition. Among those on hand that morning were Ken Dame, Tom Damon, and Chuck Drew. LaChapelle expressed further gratitude to their Advisory Committee, which consisted of former police chief Robert Cormier and several of his officers, former Town Administrator Joyce Fulweiler, current Town Administrator Jeanie Forrester, and Tilton's Finance and IT Director Tim Pearson.

He also gave thanks to Goudreau & Associates Architects and Milestone Engineering & Construction for their planning and hard work toward the completion of the new headquarters.

The final speaker before the ribbon cutting was Pat Consentino, vice-chair of the board of selectmen, who has worked with the police station study committees since

they first began 12 years ago. She, too, thanked Pearson and Forrester for their numerous hours of work "above and beyond their normal jobs," keeping expenses as minimal as possible through grants and other cost saving measures. Consentino also paid her respects to the Tilton Highway Department's work in assembling office equipment and performing any other jobs necessary for the completion of the building.

"They saved the town thousands of dollars with all they did," she said.

Other thank you's were given to Cormier for "getting us to where we are today," as well as the business community's generous donations toward the construction. Among some of the major donors were the Gaudet-Hosmer family, Alex Ray and the Common Man Family of Restaurants, Franklin Savings Bank, McDonald's Corporation, Planet Honda, Lowe's and MI-

BOX.

Most of all Consentino thanked the community for not only voting for the project at Town Meeting but contributing individually to it through the purchase of a brick or tile that is now a lasting part of the police station.

"You were there for us all the way," she concluded.

Attention then moved to the entrance to the 12,500 sq. ft. building where fellow select board members joined Pyra and those who served on the police building study committee to officially cut the ribbon for the new facility.

Public tours of the new station were conducted afterward.

The front lobby contains windows for dispatch and reception staff. The room is lined with plaques in honor of all who made the new facility possible, along with a frame holding the uniform of Officer Eric Keck, who passed away suddenly in July of last year.



The cornerstone of the new Tilton Police Department expresses the gratitude felt by all who worked many years to build a safer, more efficient facility and were finally able to do so through the support of voters and the local business community.

"We thought it was important to recognize Eric for all he did and taught us during his time with Tilton PD," said LaChapelle.

Just beyond the lobby to the right is a large training and Emergency Operations Center that can also be used as a Community Room. Behind that is an administrative office wing, a smaller conference room, squad

room, locker rooms, a uniform storage area, laundry, break room, and a fitness area. On the right side of the building is a processing room, holding cells, evidence storage rooms and access to a three-vehicle Sallyport (garage). One bay of the garage is designed to hold for large items, such as vehicles or trailers, which can be secured until a search warrant is

obtained. From the other bays, prisoners can be brought safely from a cruiser into the building for interrogation and booking procedures.

The new police station, officials said, provides greater safety for not just the officers, but the public, office staff and those being held for questioning.

PISER

CONTINUED FROM PAGE A1

that morning in particular - not only to begin her first day as Chief of Police but to also be able to take part in the ribbon cutting ceremony for the new police station.

Already beginning to feel at home in her new town, Piser took a moment to express her gratitude to both the town leadership and the citizens who made the new police station a reality, saying it was a building any chief would be proud to work within.

Piser comes to Tilton with 26 years of experience in law enforcement and was also a Staff Sergeant in the Florida Army National Guard from 1993-2002 additionally holding Secret Security Clearance during that time. While in the National Guard she was the recipient of several awards, medals, and special recognition.

The new chief also has an extensive background in supervisory experience, management, and executive positions within her law enforcement profession.



Tilton Police Chief Corey L. Piser stood proudly beside some of her officers outside their new police department after a joint ribbon cutting and her swearing in ceremony took place on June 24th.

She holds a number of college degrees, including an Associate of Arts degree from Daytona Beach Community College (Fla.); a Bachelor of Applied Science degree in Supervision and Management from Daytona State College; a Master of Arts degree in American History from Southern New Hamp-

shire University; and recently received a PhD in Criminal Justice from Liberty University in Lynchburg, Virginia.

Vocationally she has thousands of hours in basic, advanced, and specialized Law Enforcement courses, including the Florida Sheriffs Institute Commanders Academy, an

Active Shooter Incident Command course and Effective Budgeting for Command Staff and Managers.

In her resume Piser stated she is motivated toward meeting new challenges and to "accomplish shared goals with a team of united professionals."

Her latest work expe-

rience includes her role as a lieutenant in the Volusia County Sheriff's Office in Deland, Fla. where she has worked since 2004. Among several other designations, Piser serves there as their Deputy Sheriff for eight years. Prior to moving to the sheriff's department, Piser worked for the Daytona Beach

Police Department from 1995 until 2004, where among her many duties with that department, she was a Special Response Team operator; a SWAT Operator and a Patrol K-9 handler.

As chair of the search committee, Ruggles was impressed by Piser and her many accomplishments and felt she was the exactly the type of chief Tilton Police Department needs today.

"I'm so pleased that Corey accepted our offer and we welcome her to our community," he said.

Piser is also pleased and told the crowd that assembled for her swearing in that she is excited to now be a leader for the Town of Tilton and its police department.

"I look forward to utilizing community policing philosophy and 21st Century policing practices to move the Tilton Police Department into the future, and best serve our town's residents and visitors," the chief said. "I look forward to getting to know you all better along the course of this journey."

ALL-STATE

CONTINUED FROM PAGE A1

LeClair of Monadnock, Ella Bernier of Prospect Mountain, Rylee Page of Somersworth, Ashleigh von der Linden of St. Thomas, Kiera Gilman of Trinity, Madison Perry of Newfound and Lexus McIntosh of White Mountains.

Kimball-Rines and

Rivera were named Division III Co-Players of the Year and Dutch Stauffeneker of Mascenic was named Coach of the Year.

Joining Fleming and Kulengosky with Second Team honors were Jill Hallee of Berlin, Isabella Rivera of Bishop Brady, Alexa Robert of Campbell, Tessa Spingola of

Conant, Jaiden McKenna of Gilford, Maddie Carmichael of Hopkinton, Katalina Davis of Mascenic, Paige Beede of Monadnock, Mackenzie Renner of Prospect Mountain, Morgan Williams of Somersworth, Elizabeth Flynn of St. Thomas, Emma Service of Trinity, Tiffany Doan of Newfound and Nicole

Gross of White Mountains.

Also earning Honorable Mention with Stephens, Perkins and Auger were Grace Bradley of Berlin, Jayden Johnson of Bishop Brady, Chloe Steniger and Emily Cooper of Campbell, Graecen Kirby of Conant, Madelyn McKenna of Gilford,

Maddy Follansbee and Keegan St. Cyr of Hopkinton Lilly Simpson of Inter-Lakes, Lila Buxton of Mascenic, Madison Swett and Emma Loudermilk of Monadnock, Michaela Gates of Prospect Mountain, Seaira Anderson of Somersworth, Sophie Graziano of St. Thomas, Sarah Sewall of Trinity, Katie

Sweeney of Newfound and Alyssa Fryman of White Mountains.

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

BELMONT POLICE LOG

BELMONT – The Belmont Police Department reported the following arrests during the week of June 14-21.

A juvenile, age 13, was arrested and charged with Criminal Threatening on June 16.

Nichole R. Brackett, 32 of Laconia, was listed on June 16 as a wanted person for the charge of Willful Concealment.

Zackarie M. Farrell, 29 of Gilmanton, was listed as a wanted person on June 17 on the charge of Driving after Revocation/Suspension.

Kevin C. Welcome, 60 of Concord, was arrested and charged with Possession of a Controlled Drug on June 18.

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# The Little Mermen, a premier Disney cover band July 11 at Lakeport Opera House

LACONIA - “Be our guest” and have “Wishes granted” as premier Disney cover band, the Little Mermen, brings kids and families on their feet for a live action sing-along show at the Lakeport Opera House. The Little Mermen will perform two shows on Sunday, July 11 including a matinee at 3:30 p.m. and an evening performance at 7 p.m.

“Disney-lovers young and old are in for a real treat with the Little Mermen show,” said Lakeport Opera House venue director Tim James Everett. “This nostalgic family-friendly show will have everyone singing out loud to their Disney favorites with lots of fun surprises during the performance.”

The band’s repertoire covers rock versions of all 82 years of the Disney canon including favorites from “Beauty and the Beast,” “Aladdin,” “The Little Mermaid,” “The Lion King,” “Mary

Poppins,” and “Frozen.” The group performs in full costume with band members dressing up as beloved film characters.

Founded by singer and songwriter Alexis Babini, the Little Mermen throws enchanted events that are jam-packed with nostalgic fun and sing-alongs. Hailed by BuzzFeed and Time Out New York as the premiere Disney cover experience, the show has won praise from none other than Disney.com and Alan Menken, composer of “Beauty and The Beast,” “Aladdin,” “The Little Mermaid,” “Tangled,” and others, himself. Spectators are encouraged (but not required) to dress as a Disney character for a chance to win a prize including a meet and greet with the Little Mermen.

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. Over \$1 million was invested in the Opera House renovation which opened on June 11 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 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.

Other scheduled performances include: A night of magic with Adam Wilber on June 25, Unforgettable Fire: U2 Tribute Band on June



COURTESY PHOTO

“Be our guest” and have “Wishes granted” as premier Disney cover band, the Little Mermen, brings kids and families on their feet for a live action sing-along show at the Lakeport Opera House.

28, country artist David Nail on July 2 and 3, Clay Cook of the Zac Brown Band on July 9 and 10, Dancing Dream: ABBA Tribute on July 17, Billy Joel Tribute: David

Clark’s Songs in the Attic on July 31, Steve Sweeney Comedy on Aug. 5, Recycled Percussion on Aug. 6 and 7, and medium Maureen Hancock on Aug. 8.

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



COURTESY PHOTO

Celebrate the Fourth of July at the fabulous 4th of July Craft Fair at Gunstock Mountain Resort on July 3-4!



## 4th of July Craft Fair at Gunstock July 3-4

Celebrate the Fourth of July at the fabulous 4th of July Craft Fair at Gunstock Mountain Resort on July 3-4! Hours will be Saturday and Sunday 10 a.m. to 5 p.m. both days.

There will be over 80 exhibitors with an array of interesting arts and crafts including chainsaw wood carvings by Elise who will be demoing her chainsaw wood talents both days! Some of the other arts and crafts will include beautiful hand painted snowboards/snowshoes/mushrooms/wood/slates/metal, cedar wood furniture, macrame chairs and demo, personal care products, CBD products, wildlife photography, hand painted tiles, jewelry, amazing canoli, abstract artwork, hand painted lanterns, wood carved black bears/signs, cribbage boards, cutting boards, soy candles, stained glass, gourmet foods, kettle corn, and lots more!

Always Free Admission! Rain or Shine Under Canopies! Friendly, leashed pets Welcome!

GPS Address: 719 Cherry Valley Road, Route 11A, Gilford. Info Joyce (603) 387-1510. See you there!!!

## Countdown is on for 4th of July Rubber Duckie Race

MEREDITH - Countdown to the annual Meredith Lions Club Rubber Duckie Race is on. The race is held on July 4 at Hesky Park in Meredith. Almost 3,500 little duckies will tumble down Mill Falls, under Route 3, and travel under the footbridge to the finish line. The first 28 ducks through are prize winners. First prize is \$1,000, second prize is \$550, third prize is \$300, fourth prize is \$200, and fifth prize is \$100. The other 23 prizes consist of gift certificates donated by local businesses.

Tickets are one for \$5 and five for \$20. Look for members at the pavilion on the Fourth for tickets. The club will also be selling t-shirts and novelties. The proceeds go back into the community in eyeglasses, hearing aids, food, hygiene products, scholarships and other needs.

The club is looking for assistance from 3:30 p.m. until 5 p.m. to help with the race. If you are over 21 and don’t mind getting wet the racecourse and duck collection needs your help. It’s a great way to cool off on a usually hot day. For more details contact Lion Bob at 603-527-8114.



COURTESY PHOTO

Duck in training checking out the Falls.

## Altrusa supports local restaurants and offers valuable savings with Taste of the Lakes Region Coupon Book



COURTESY PHOTO

Altrusa International of Laconia has launched the first ever Taste of the Lakes Region Coupon Book, which features great deals from 21 of the area’s most loved restaurants.

LACONIA - Altrusa International of Laconia has launched the first ever Taste of the Lakes Region Coupon Book, which features great deals from 21 of the area’s most loved restaurants.

For 30 years, Altrusa International of Laconia has hosted its annual signature fundraiser, Taste of the Lakes Region, where ticketholders could spend the

afternoon sampling local restaurant specialties. The in-person event had to be cancelled this year due to coronavirus concerns, but The Taste of the Lakes Region Coupon Book continues the tradition by highlighting some of the area’s most popular restaurants while offering diners significant savings.

The coupon book is being sold for \$20 and offers generous restaurants deals of up to a \$200 value. Coupon books are available for purchase online via PayPal at [www.AltrusaLaconiaNH.org](http://www.AltrusaLaconiaNH.org). They can also be picked up at: Hermit Woods Winery, Giuseppe’s Ristorante, Winnisquam Printing, The Cooling Rack or Franklin Savings Bank (Gilford Branch). In-person payment is by cash or check only.

Altrusa is a non-profit organization with a proud history of community service in the Lakes Region. 100% of the proceeds from this fundraiser will be returned to the community through our various scholarships, literacy projects and more.

For more information about Altrusa, please visit [www.AltrusaLaconiaNH.org](http://www.AltrusaLaconiaNH.org) or “Like” us on Facebook to keep up with our latest events and service projects. We thank you for your support and hope you enjoy the best Taste of the Lakes Region!

# East of Suez

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## Asian Cuisine

We are pleased to serve you this eclectic sampling of exotic cuisine from across Asia and the South Pacific, with a focus on Thai, Philippine, Japanese and Korean dishes. All are prepared to order with fresh, local produce, specialty condiments and internationally imported ingredients.

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reservations appreciated

## The Virtual Healthy Aging Series: Hard Topics Made Easy for Seniors and Those Who Care for Them

A COLLABORATION BY SPEARE MEMORIAL HOSPITAL, PEMI-BAKER COMMUNITY HEALTH, AND MID-STATE HEALTH CENTER

Plymouth, NH – Pemi-Baker Community Health, Mid-State Health Center and Speare Memorial Hospital are collaborating to provide The Healthy Aging Series: Hard Topics Made Easy for Seniors and Those Who Care for Them. The virtual series will be a mix of videos and podcasts designed to educate and assist seniors, caregivers, and the community about topics related to healthy aging.

Each month a new presentation will be available from an expert at Speare, Mid-State, or Pemi-Baker. The series launches July 1st with the first episode covering The COVID-19 Vaccine, presented by Mid-State Health Center’s Dr. David Fagan.

Future episodes will cover topics such as Home Funerals and Green Burials, Staying Fit Indoors and Out, Communicating with Your Aging Parent, Advanced Directives and more.

For a complete schedule of events, to learn more about the series, and to subscribe to episode notifications, visit [virtualhealthseries.com](http://virtualhealthseries.com).

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

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*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*

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*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*

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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  
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>.





### 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






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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.

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Apply in person at 1525 US Rte 4 in Danbury NH  
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\$.75 per hour shift differential on 2<sup>nd</sup> shift.  
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**\*\*\$500 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.

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### Lumber & Building Materials Yard Associate

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

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

Dan Uhlman, General Manager  
20 West Street, Ashland, NH 03217  
or you may email to [duhlman@belletetes.com](mailto:duhlman@belletetes.com). E.O.E.

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▶ Health Insurance	▶ Profit Sharing	▶ Store Discounts	▶ 401k



### Lumber & Building Materials Contractor Sales

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

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

Dan Uhlman, General Manager  
20 West Street, Ashland, NH 03217  
or you may email to [duhlman@belletetes.com](mailto:duhlman@belletetes.com). E.O.E.

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### Lakes Region Environmental Contractors

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Start date: July 1, 2021  
Applications can be found at:  
<https://www.interlakes.org/administration/human-resources>  
**Submit applications to:**  
Ashley Dolloff, Human Resources Director  
[ashley.dolloff@interlakes.org](mailto:ashley.dolloff@interlakes.org)  
Inter-Lakes School District  
103 Main Street, Suite 2, Meredith, NH 03253  
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**ZONING**  
**COMPLIANCE OFFICER**

The Town of Thornton is seeking a part time Zoning Compliance Officer. The expected number of hours will be between 8 and 12 hours per week and may include occasional evening meetings as required. Pay negotiable based on experience with an anticipated hourly rate of \$25.00 per hour.  
  
A full description of this position is available on the Town of Thornton's website at [www.townofthornton.org](http://www.townofthornton.org).

**To apply, please forward a letter of interest and resume to:**  
  
Town of Thornton  
Attn: Debra Shepard, Town Administrator  
16 Merrill Access Road  
Thornton, NH 03285  
Re: Zoning Compliance Officer

This posting shall stay open until the position is filled.  
**The Town of Thornton is an equal opportunity employer.**

**WHITE MOUNTAINS REGIONAL SCHOOL DISTRICT**  
**2021-2022 School Year**  
**Professional & Support Staff**  
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(Contact Kerry Brady, AD, for application, etc. – 837-2528)  
**WHITE MOUNTAINS REGIONAL SCHOOL DISTRICT**  
ESOL Teacher  
Full-Time Occupational Therapist  
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**2021-2022 School Year**  
**Professional & Support Staff**  
**WHITE MOUNTAINS REGIONAL HIGH SCHOOL**  
School Counselor  
**WHITEFIELD ELEMENTARY SCHOOL**  
Title I Teacher  
**LANCASTER ELEMENTARY SCHOOL**  
Part-Time Title I Teacher  
Full-Time Paraeducator  
Part-Time Paraeducator  
Middle School Math Teacher

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

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

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PITTSFIELD, NH

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**Please submit cover letter, resume, certification(s), application and three letters of reference to:**  
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# How seniors can maintain physical wellness by incorporating easy, fun exercises into their daily routine

BY GOLDEN VIEW HEALTH CARE CENTER'S REHABILITATION PROGRAM MANAGER KAREN MORIARTY, MS, OT/L

MEREDITH—Summer is here, and New Hampshire residents are spending more of their time outdoors. The warm weather and longer days provide plenty of options for seniors to maintain their physical wellness by incorporating simple exercises into their daily routine. Golden View Health Care Center's Rehabilitation Program Manager Karen Moriarty, MS OT/L has a few recommendations for seniors looking to maintain their fitness this summer.

"It's important to look at exercise in a broad sense," said Moriarty. "Activities like bocce, shuffleboard, and other lawn games are all great ways to stay active."

Moriarty also rec-

ommends walking as a great way to take advantage of the warm weather while getting in some exercise. Seniors can walk on a flat surface or up small hills for a more intense workout. Some seniors may use walking sticks to help maintain balance while going for a walk. Those who walk often might add in small arm or leg weights for a challenge.

"People often flock to water during the summer. Luckily in the Lakes Region, we're surrounded by it," said Moriarty. "Seniors who like to swim can utilize the water in their exercise routine. Walking in water is an excellent way to add resistance to a simple workout. For those who want to get in some cardio, treading water is a good choice. Floation devices can be used while treading water for safety."



For seniors with limited mobility, Moriarty also recommends swimming, as well as stationary arm and leg bikes.

"Yoga is also a great exercise for seniors," Moriarty said. "Yoga can be practiced by anyone, regardless of flexibility, coordination, and age. Accommodations can easily be made for those who need to practice posing while seated, making it an accessible exercise for most anyone. Seniors can also maintain flexibility through simple stretches like raising their arms above their head or doing ankle circles. This day and age videos can easily be found on websites like YouTube showing how to do simple exercises and yoga poses."

For anyone planning to add outdoor exercise into their daily or week-

ly routine, it's important to do so in a safe way.

"In this hot summer weather, hydration is very important," Moriarty said. "Seniors should drink plenty of plain water throughout the day. Seniors should also make sure they're wearing proper footwear and loose, comfortable clothing while exercising. If you're going for a walk away from your home, make sure you're carrying your cell phone and a water bottle so you can safely get out there and enjoy the summer."

Golden View Health Care Center has provided quality care to seniors of the Lakes Region and beyond since 1974. Golden View is a locally managed non-profit health care organization offering an umbrella of services including assisted living, short stay

rehabilitation, traditional long-term care, and respite care. For more information, please call 279-8111 or visit [www.goldenview.org](http://www.goldenview.org).

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Misconceptions of Long Term-Care Planning

BY EDWARD H. ADAMSKY,  
ATTORNEY AT LAW

Nursing Home care is what most people think about when considering Long-Term Care. If your care needs are high, you may need nursing home

care. But if your needs are not so high, there are options that may be more affordable, so you should always consider that first. You can have home-health-aides assist you at home or move into an Assisted Living Community. Those options will cost less than nursing home care. The average cost of nursing home care is around \$12,000 to \$14,000 per month - over \$150,000 per year. Most people cannot afford that expense for very long. In that case, you may need to seek Medicaid eligibility.

Medicaid is the only government program that pays for Long Term Care costs. Medicaid is a means-tested benefit, so you have to be financially eligible. If you don't qualify for Medicaid, you will have to pay for

your Long-Term Care costs on your own. A big misconception is that Medicare will pay for your nursing home care. Medicare is health insurance for medically necessary care. A short-term rehabilitative stay in a nursing facility may be medically necessary so Medicare will pay for that. But long term assistance with the activities of daily living (eating, dressing, bathing, and the like) is not medical care. It may not be too late to try to protect your assets. For many people, the thought of spending their life savings in the last year or two of their lives is too horrible to bear. They want to take whatever steps are allowed to "protect" their assets. You should start to plan for protecting

assets well in advance due to the five-year look-back period rule under Medicaid. But there are some exceptions to that rule, and there are some techniques that can be used at the last minute. So, you should always consult with an Elder Law Attorney when long term care is in the near future. There is often confusion about the look-back period. For over 20 years it was 3 years. That meant that the Medicaid office examined your financial affairs for the three years prior to the date of your Medicaid application. In 2006, the look-back period was increased to 5 years. It has been that way ever since. It is possible the law might change again, but nothing has happened since 2006 and it seems doubtful our current congress will target low-income seniors. Many people think that gifting \$15,000 is allowed by Medicaid because it is allowed by the IRS rules. But Medicaid and the IRS are two different systems with completely different rules. There is no yearly exemption amount for gifting under Medicaid. Any amount of money or any asset given away in the five years prior to your application can disqualify you from getting Medicaid. It is always advisable to consult with an experienced Elder Law attorney sooner rather than later. Although there are exceptions it is best to plan ahead and utilize the full extent of the law and the look-back period to accomplish your goals.

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# If you live with a Serious Illness, Learn How to Improve Your Quality of Life

ANNA SWANSON  
(Plymouth)- If you have cancer, lung, heart or kidney disease, Alzheimer's, or another serious illness, you should know about a medical team called palliative care that can address your symptoms and stress.

Pemi-Baker Community Health (PBCH) offers palliative care in your home, making it easy for you and your family members to ask questions and relay concerns. Their focus is on relieving the symptoms and stress of your illness, thus improving your quality of life. They will coordinate your care with your other doctors as well as provide support for the caregivers, reducing caregiver burnout. Palliative care is appropriate at any age and at any stage in your illness, and it can be provided along with curative treatment.

Is Palliative Care right for you?

Do you have one or more serious illnesses such as:

- Cancer
- Congestive heart failure (CHF)
- Chronic obstructive pulmonary disease (COPD), emphysema, lung disease
- Kidney failure
- Liver failure
- Neurological diseases (e.g., ALS, Parkinson's)
- Dementia

Do you have symptoms that make it difficult to be as active as you would like to be, or impact your quality of life? These symptoms might include:

- Pain or discomfort
- Shortness of breath
- Fatigue
- Anxiety
- Depression
- Lack of appetite
- Nausea
- Constipation

Have you, or someone close to you, experienced the following:

- Difficult side effects from treatment
- Eating problems due to a serious illness
- Frequent emergency room visits
- Three or more admissions to the hospital within 12 months, and with the same symptoms

Do you, or someone close to you, need help with:

- Knowing what to expect
- Knowing what programs and resources are available
- Making medical decisions about treatment choices/options
- Matching your goals and values to your medical care
- Understanding the pros and cons (benefits/burdens) of treatments (e.g., dialysis, additional cancer treatments, surgery, etc.)

Do you, or someone close to you, need help with:

- Coping with the stress

of a serious illness

- Emotional support
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If you answered yes to any of the questions above, you can benefit from palliative care. Ask your doctor for a palliative care referral with PBCH. Once PBCH receives the referral, they will contact you via phone to answer and ask questions and set up a meeting with you at your home.

For more information on how Pemi-Baker Community Health can help please call 603-536-2232 or email us at [info@pbhha.org](mailto:info@pbhha.org).

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