

Harlow, Swain finish in top 10 at Newfound



Briana Harlow climbs the hill at the Mills Invitational at Newfound last week.

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — For the second time in a week, the Winnisquam cross country team made the trip to Bristol to compete in a meet hosted by Newfound. The Bears competed in the Mills Invitational, running alongside the



David Swain powers to the finish line at Newfound last Tuesday afternoon.

host Newfound teams, Plymouth, Inter-Lakes, Kearsarge and Prospect Mountain. Kearsarge won the girls' race and Newfound won the boys' race. Briana Harlow had the top time for the Winnisquam girls, finishing in a time of 24:51 for fifth place overall. Lilly Webster was the other Winnis-



Lilly Webster runs for Winnisquam during last week's meet at Newfound.

quam girl competing, finishing with a time of 32:02 for 25th place overall. In the boys' race, David Swain ran to eighth place overall with a time of 20:36 to lead the Bears. Dylan Allard finished in a time of 30:05 for 39th place and Collin Phelps finished in a time of 31:31 for 43rd



Dylan Allard runs during last week's meet at Newfound Regional High School.

place overall. The Bears are slated to compete next at Gilford on Friday, Oct. 8. *Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or josh@salmonpress.news.*

Hall Memorial Library adds free streaming service

NORTHFIELD – The popular on-demand streaming service **hoopla digital** is now available for free through the Hall Memorial Library. Library card holders can access more than 950,000 titles (eAudiobooks, eBooks, comics, movies, TV shows, and music). Content can be streamed from any computer, television, mobile device or platform by downloading the Hoopla digital app for iOS, Android, AppleTV, Chromecast or Roku.

Nicole Schulze, Hall Memorial Library Director, says about the new service, “Our community’s service expectations have changed as a result of the COVID-19 pandemic. In a world where groceries, prescriptions, and just about everything else can be delivered to your doorstep, we want to be sure that the Library is there too. Hoopla allows our patrons to bring the library onto their devices and into their homes, without waitlists, with longer checkout periods, and entirely for free!”

The hoopla digital collection includes fan favorite movies, newly released albums, New York Times bestselling titles and exclusive STEAM educational content to enhance each patron’s experience. All content is accessible via hoopla digital’s mobile app and online at www.hoopladigital.com with your Hall Memorial Library card. hoopla digital is a service of Midwest Tape – a trusted partner to public libraries for more than 25 years.

For more information about hoopla or to sign up for a library card, call the library at 287-8971 or send an email to hallmemoriallibrary@gmail.com. Hall Memorial Library is open Monday through Friday, 10am-6pm and continues to offer curbside service. Visit us at www.hallmemoriallibrary.org and follow us on Facebook and Instagram @hallmemorial, TikTok @hmlteens, and Snapchat @hmlteen.

No tricks, just treats at the Belmont Library in October

BELMONT — The Belmont Library is now the proud steward of two Little Free Libraries. Little Free Library is a non-profit organization that promotes neighborhood book exchanges, usually in the form of a public bookcase. More than 90,000 public book exchanges are registered with the organization and branded as Little Free Libraries. Take a book, leave a book: one Library is located on the Village Rail Trail and the other at the entrance to the Town Forest walking trails on Wildlife Boulevard.

The Little Free Libraries were made available through IMLS funds administered through the NH state library. The Institute of Museum and Library Services is

SEE **LIBRARY**, PAGE A10

COURTESY

The Belmont Library is now the proud steward of two Little Free Libraries

Former Franklin resident releases first novel

Dave O. Dodge and book cover

PHOENIX, Az. — International travel writer and former Franklin resident, Dave O. Dodge, has announced the release of his first-ever published book, “The Seasons of Grace,” which tells the unauthorized story of author Grace Metalious.

Dodge’s novel follows the life of Metalious, a New Hampshire native who wrote four novels during her successful career and short life.

She is best known for her first book, “Peyton Place,” which became an unprecedented blockbuster when it was first published in 1956. Metalious’ book was dubbed “the first dirty book” and sold 12.5 million copies, with only The Bible selling more copies during the 1950’s. The book was also on the New York Times best seller list for over a year while at the same time being banned in numerous libraries and countries for its controversial content.

Dodge’s “The Seasons of Grace” was released 65 years to the day of the publishing of “Peyton Place,” and the novel thoroughly peels back the curtain with this fictional story based on the life of Metalious and her desire to tell stories, that no one dared to tell before that time. Her life, like her writings, was a whirlwind that created havoc and controversy with every strike of the typewriter key, with “Peyton Place” hitting on thought inducing and previously unspeakable subjects like rape, murder, incest, abortion, promiscuity, and adultery, all which Dodge weaves into a gripping story, which delves deeply throughout his book.

“Grace Metalious was a female writer who grew up in Manchester, New Hampshire and her novels were unprecedented for someone with her background during that period in American literature history,” said Dave O. Dodge. “I wrote ‘The Seasons of Grace’ to bring deserved recognition to this legendary writer who changed the game for all female writers during her era.”

Dodge, who spent time his early career in New Hampshire, followed by Boston as a seasoned luxury brand retailer guru, is a celebrated international

freelance writer whose career has allowed him to travel around the world and back. At his core, Dodge bleeds New England blood and was raised in Franklin, New Hampshire, and like his protagonist, Grace Metalious who made her home in nearby Gilmanton. His hometown gave him the inspiration to write his first novel about the fellow great New Englander.

“The Seasons of Grace: The Unauthorized Backstory of Peyton Place” is currently available on Amazon and Kindle.

SEE **DODGE**, PAGE A11

Banking on Kindness rocks raise money for Children's Auction

LACONIA — Bank of New Hampshire has initiated a Banking on Kindness project to spread kindness around the community and to

help bring awareness to the 40th Annual Greater Lakes Region Children's Auction.

Beginning the week of Sept. 20, local orga-

nizations will be placing teal blue Kindness Rocks in popular areas throughout the Greater Lakes Region community. These brightly colored rocks will include inspirational quotes and sayings, designed to cultivate connections within our communities and lift others up through a simple act of kindness.

Bank of New Hampshire is using social media to connect with community members who find these Kindness Rocks. For every Kind-

ness Rock that is posted to social media using the official #BankingOnKindness hashtag, Bank of New Hampshire will donate \$20 to the Greater Lakes Region Children's Auction, now through Oct. 28.

"In the last 40 years, the Greater Lakes Region Children's Auction has raised over \$7 million, which provides critical services and opportunities to kids throughout the Greater Lakes Region community. The need continues to grow, so we are delighted that Bank of New Hampshire has come up with a new way to spread the word far and wide about the 40th Anniversary of the Auction," said Jamie Sousa, Chairperson of the Greater Lakes Region Children's Auction.

Follow Bank of New Hampshire and the Greater Lakes Region Children's Auction on social media, for hints and clues on where you can find Kindness Rocks in your local community.



Bank of New Hampshire is proud of this partnership with the Greater Lakes Region Children's Auction 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. For all the latest information on this year's Auction and how to help, visit the Auction's website: www.ChildrensAuction.com.

Bank of New Hampshire, founded in 1831 provides deposit, lend-

ing 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.

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A collage of four images showcasing a property. The top-left image shows a large, two-story house with a light-colored exterior, dark shutters, and a two-car garage. The top-right image is a close-up of a stainless steel grill set into a wooden cabinetry unit with a blue and white tiled backsplash. The bottom-left image is an aerial view of the property, showing the house, a large lawn, and a swimming pool. The bottom-right image shows the interior of a large, well-lit indoor swimming pool with wooden paneling on the walls and ceiling.

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COLUMBUS DAY WEEKEND

2021 Challenge inaugural event for Children’s Auction a big success

GILFORD — The 42 Teams who make up the 2021 Challenge kicked off their very first Sweepstakes Social this past Friday to raise funds for the Children’s Auction. Presented by Daniels Electric Corporation and held on board the M/S Mount Washington dockside at the Weirs, the event featured entertainment, dancing, delicious appetizers, and \$15,000 in cash prizes to 10 lucky winners.

More than \$20,000 was raised at the event, which passes thru to the 2021 Challenge Teams in support of their fundraising efforts thru the year. Teams will tally their funds and present to the Children’s Auction on Dec. 9 at a Closing Ceremonies celebration. Last year, the Challenge Teams raised \$249,640 bringing the total of the 2020 Children’s Auction to \$435,809 which was

distributed to 63 organizations that provide food, clothing and shelter; child and family resources; education, afterschool and recreation programs; and health-care, substance abuse prevention and victim outreach.

In the spirit of Patrick’s Pub Mania, which transformed into The Challenge in 2020, the Sweepstakes Social was about having fun while making a difference for children and families in need in the greater Lakes Region.

“People really enjoyed themselves. The cruise ship was the perfect venue, providing a spectacular setting, delicious food and beverage, along with some great entertainment,” said Tom Milligan, President of Daniels Electric Corporation, who picked the 10 cash prize winners. “We are delighted to

be associated with this event and proud to support the 2021 Challenge Teams on behalf of the Children’s Auction.”

Each of the 300 tickets purchased selected one of the 2021 Challenge teams of their choice to receive a matching amount of money in the event their number was chosen. Grand Prize Winner Kate Flaherty of Gilford won \$5,000, and her team, Patrick’s King’s Corner, received a matching amount.

“I’m so happy to be a winner, and even happier that \$5,000 will go to bolster our team’s fundraising efforts,” said Flaherty.

Challenge teams have a fun and spirited competition for the three awards: Top Dollar Team, Outstanding Participation and the Feeding Families Award. 2020 team winners were presented with their awards



Grand Prize winner Kate Flaherty of Gilford, with event organizers Jennifer and Allan Beetle and Tom and Lauren Milligan of Daniels Electric Corporation.

prior to the grand prize drawing: Juggernaut Fitness - Feeding Families Award; Ladies of the Lake - Outstanding Participation; Belknap Landscape Corporation

/ Merry Misfits - Top Dollar Team. Mount Washington Cruises and Shaw’s were major sponsors of the event, along with Lakes Region HVAC, Gilford

Home Center, Meredith Village Savings Bank, US Foods and Patrick’s Pub & Eatery. For more information, visit www.childrensauction.com/challenge.

“Carnival of Souls” kicks off LRPA’s Shocktoberfest

LACONIA— Do you like scary movies? If you do, then LRPA TV has got you covered! Celebrate the scariest month of year with our Fifth Annual Shocktoberfest, a month devoted to vintage horror films. This weekend (Oct. 1 & 2 at 10 p.m.), take a trip to Terror Town with 1962’s eerily atmospheric cult favorite “Carnival of Souls,” directed by Herk Harvey and starring Candace Hilligoss.

Mary Henry (Hilligoss) and two friends are out in a car, enjoying the day. At a stop light, some guys in another car challenge them to a street race, and they accept. As the girls’ car speeds across a bridge, the driver loses control and the car plunges into a river. A search party drags the river for the car, and just when things look dire, Mary emerges from the water, cold and dazed. She can’t seem to remember any details about the wreck and has no real answers for the searchers. To move on with her life, Mary accepts a job in a different state as a church organist. On the drive to her new position, she passes a mysterious deserted carnival pavilion to which she finds herself inexplicably drawn. As she is looking at the pavilion, Mary is startled by an ominous man looming in her path, nearly causing her to drive off the road. She blames this vision on a lingering aftereffect of the accident, composes herself, and drives to her destination. Mary arrives at her destination and takes a room at a boarding house, meets her new employer, and generally tries to get on with her life. However,

she can’t stop seeing the apparition of the menacing man – nor can she get the vision of the abandoned carnival pavilion out of her head. What do these frightening visions mean? Will she ever be able to move on with her life?

Although it was an initial failure at the box office, “Carnival of Souls,” made on a shoestring budget of less than \$20,000 and with a total crew of six(!), has since become a highly regarded and well-loved psychological horror cult classic. It is the only feature film ever pro-

duced by director Herk Harvey, but certainly not his only time behind the camera. During his successful, 30+-year career, he made more than 400 industrial, safety and educational films and documentaries for Centron Productions. Harvey used a three-week vacation to make “Carnival of Souls.” Upon the film’s re-release in 1989, critic Roger Ebert awarded the film three out of four stars and wrote that the movie was “... an odd, obscure horror film that was made on a low budget in 1962 and still has an intriguing power. Unlike most of today’s

horror movies, “Carnival of Souls” has few special effects. Instead, it depends on crisp black-and-white photography, atmosphere and surprisingly effective acting.” Lead actress Candace Hilligoss studied with famed teacher Lee Strasberg at the Actor’s Studio in New York City and brings remarkable depth to the character of Mary. This movie’s not to be missed! Grab your candy corn and join LRPA after dark for this fan favorite classic from the past.

Mark your calendars for Shocktoberfest’s delicious Halloween treats:

Oct. 1 & 2: “Carnival of Souls” (1962)

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

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

Oct. 22 & 23: “Shock” (1946)

Oct. 29 & 30: “Horror Express” (1972)

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

About Lakes Region Public Access Television (LRPA)

Lakes Region Public Access Television (LRPA) is a nonprofit, noncommercial public access TV station and community media center located on the Laconia High School campus in Laconia, NH. LRPA streams via the web at live.lrpa.org, and cablecasts locally on Atlantic Broadband Channel 24 (educational programming), Channel 25 (information and entertainment) and Channel 26 (government meetings)

to nearly 11,000 viewers in our member communities of Belmont, Gilford, Laconia, Meredith and Northwood. Programming is produced by and for the people of the greater Lakes Region. LRPA’s mission is to empower our community members to produce content that

fosters free speech and the open exchange of ideas, encourages artistic and creative expression, promotes a well-informed public through governmental transparency, and unites our communities through the power of media and technology.

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



COURTESY

Community “Duck”orating exhibit returns to Belknap Mill

The Belknap Mill’s Community “Duck”orating Exhibit returns this October! Decorated Ducks will be displayed at the Fifth Annual Riverside Duck Derby on Saturday, Oct. 16, along the Winnepesaukee River in Rotary Park. A wooden duck is just \$25, and all proceeds will benefit the Belknap Mill’s 2022 Community Programming. Ducks can be purchased online or at the front desk. Finished ducks should be returned to the Mill no later than Friday, Oct. 15. To register, visit www.belknapmill.org.



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Opinion

A4 Thursday, September 30, 2021

WINNISQUAM ECHO

Take a break from bad news

Oftentimes, ideas for Editorials arise when something close to us personally surfaces that hits home, or when we hear a significant amount of chatter about a specific topic. This week, the chatter has been about national news overload.

We love the news — after all, it's what we do. Sharing information with our readers on the local level is both an honor and a necessity.

This week, however, we have heard many people say they just can't listen to the national news anymore. They feel bombarded by a relentless parade of doom and gloom, from the continuing (and to us, frankly confounding) debates over mask mandates in schools to the minute-by-minute coverage of the tragic Gabby Petito case, oftentimes leaving them feeling depressed and overwhelmed. News junkies watch the news every morning and night, check their Twitter feeds, listen to talk radio on their commutes and are constantly in the know. It's important and responsible to be aware of what's happening around you, however finding a balance is key, even for those of us in the businesses.

It seems as though the national news cycle has been nothing but chaos. Bad news seems to ping our phones almost on the minute. This can be exhausting.

As a way to catch your breath, pick one day of the week as a 'no news' day, sort of like a news siesta. Get outside, unplug, read a book, listen to some vinyl or watch Cobra Kai (we do recommend for a splash of nostalgia). Attempt to shut off the little magic box we all stare at way too much on the daily. Could landlines actually still serve a purpose?

If you feel like you can't make a difference, realize that you can. Do something every day to make the world a better place, even if that means your own little world. Such actions can often result in the domino effect.

Take some time to count the blessings in your life. Positivity still surrounds us in bulk if you look for it. Family, friends, dogs, crisp fall leaves, apple crisp, bacon, a friendly wave from a neighbor, morning coffee, a cold drink, a beautiful hike or walk, a good novel and a nice music blasting session are just a few things we can lean on to always lift us back up.

Take some time to count the blessings in your life. Positivity still surrounds us in bulk if you look for it. Family, friends, dogs, crisp fall leaves, apple crisp, bacon, a friendly wave from a neighbor, morning coffee, a cold drink, a beautiful hike or walk, a good novel and a nice music blasting session are just a few things we can lean on to always lift us back up.

Send your letters!

Winnisquam Echo
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Meredith, NH, 03253

Our fax number is 279-3331.

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

Please include your name, address and phone number.



RC GREENWOOD

Rainy battle

Winnisquam's Ayden Cushing pushes the ball past a Hopkinton defender during last week's game in Tilton. The Bears dropped a 6-1 decision to the Hawks and also fell 3-0 to Laconia on Saturday. Next up, the Bears will be at home Friday, Oct. 8, against White Mountains and then they will visit Newfound on Tuesday, Oct. 12, both with 4 p.m. starts.

STRATEGIES FOR LIVING

The musings of a righteous man

By Larry Scott

If being sincere, a man of character and integrity, a good man who was respected by his peers, the Apostle Paul was that man. He was sincere, self-disciplined, and respectable. If peace of heart and mind can be earned, developed, and merited, he had it made.

And he was very religious. "If anyone else thinks he may have confidence in the flesh," he wrote, "I more so: a Hebrew of the Hebrews; concerning zeal, persecuting the church; concerning the righteousness which is of the law, blameless."

And there is no evidence Paul was not at peace with himself and the principles he lived by. His faith in the Law of Moses and the message of the Old Testament prophets was easily justified. Paul never questioned his religious

convictions—until he took Jesus seriously. He had known of Jesus, perhaps even seen Him in person, but he dismissed Jesus as a fraud and a heretic.

Does the fact that a man is happy and prosperous, admired and at peace, justify his point of view? Faith, even misplaced faith, can give a man peace of mind and heart. But I grant that with this caveat: the validity of faith is determined by its object. A man may, indeed, believe in himself. His personal integrity and strength of character may well give him a sense of security that rivals my Christian convictions. He may have it all together, enjoying the best life has to offer. "Eat, drink and be merry" may be the hallmark of his life.

But that doesn't alter truth or change the facts.

Lee Strobel, one-time legal affairs editor for the Chicago Tribune,

was, by his own admission, a skeptic and avowed atheist. "I had," he writes, "read just enough philosophy and history to find support for my skepticism. ... I had a strong motivation to ignore them: a self-serving and immoral lifestyle that I would be compelled to abandon if I were ever to change my views and become a follower of Jesus."

For Strobel, as recounted in his book, "The Case for Christ," the chance to re-think his convictions came when his wife, Leslie, became a Christian. "Setting aside my self-interest and prejudices as best I could, I read books, interviewed experts, asked questions, analyzed history, ... and for the first time in my life picked apart the Bible verse by verse ... And over time the evidence of the world — of history, of science, of philosophy, of psychology — began

to point toward the unthinkable."

So then, to the surprise of many, Lee Strobel became a Christian. It is telling, however, that nothing took place until he took an honest look at the facts, and for most of us, that's tough. We would rather be the master of our own affairs, free to do as we please.

Typically, a change of heart did not come easy for Lee Strobel. No easy believism here; Strobel did his homework. In the end, however, he had to admit: survey the record, evaluate the arguments, consider the issues with an open mind ... and one cannot help but conclude: Jesus was who He said He was and that demands a change of heart.

For more thoughts like this, follow me at in-defense-of-truth.net.

LETTERS TO THE EDITOR

Thank you for supporting St. Vincent de Paul Children's Foundation

To the Editor:

On behalf of the St. Vincent de Paul Children's Foundation, I would like to thank everyone — local businesses, organizations, and individuals — who donated to this year's 31st Project Pencil Program.

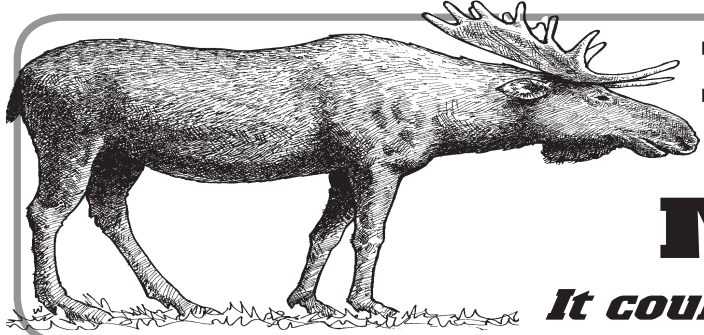
Your donations helped make this year's program a great success! This year, we provided over 500 children in the Lakes Region with backpacks and back to school supplies. The support and generosity we received from businesses and individual donors was amazing.

A special "Thank you" goes out to Bert and Mary. These two wonderful volunteers have delivered backpacks and supplies for a number of years. This program wouldn't have happened without them.

By combining our talents and working together during this pandemic, we can truly make a difference in the lives of the children in our community.

Sincerely,

Sue Page
St. Vincent de Paul Children's Foundation
Laconia



Brake for Moose.

It could save your life!



Winnisquam Echo

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TO THE EDITOR:

E-MAIL: brendan@salmonpress.news

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Using dogs to hunt bears: Who defines “fair chase?”



By JOHN HARRIGAN
COLUMNIST

There’s a certain place on the road up the hill where the wild creatures like to cross. It’s a place where a bear came tumbling down on an otherwise humdrum day.

On a commute that is like “Lion Country Safari” to begin with, I’m extra watchful on a short stretch of road that goes by a field and through spruce and fir, and then is broken up by a big glacial esker, with a spring-fed pond to boot.

Over the years, I’ve seen everything here—bears, a bobcat, moose, too many deer to remember, partridges (grouse) too. And red tail hawks crossing at Warp Factor Five as they zoon through the woods, hunting at speeds beyond belief.

The tumbling bear is fixed in my mind because it was a special bear, as was the bear I saw feeding on the first green grass of spring in a field behind Kathy and Curtis Keazer’s house on Route 145 one spring.

Then there was the bear I encountered in the middle of Titus Hill Road during a seven-mile run on a rainy, windless day. Now, that was one for the books—a bear that was running up through the hardwoods off Titus Hill Road and hove up over the embankment just as I came along, knocking off 8.5-minute miles and zoned out, thinking.

And there we were, the bear immediately standing up and swaying, trying to catch my scent, and me breathing hard, because I was running, not jogging, so I stood with arms around my chest, trying to contain my breathing and prolong the moment, a moment that probably went all of five seconds but seemed like one of those slow-motion clips, forever.

+++++

The bear that I saw sitting down just over a kept-up fence along Rabbit Path Road in Landaff was a standout for me, because you don’t often see a bear sitting down. It was one of those corner of the eye things, and I was well beyond the bear when I slowed down, and then backed up to be sure what I’d seen.

It was a big boar of a bear, its coat rippling in black waves, as it sat there scooping up dirt with a front paw, at least what looked like dirt.

“Don’t shut the engine off,” Rudy always advised as part of his basic driver’s education, and so I never touched the switch, the sound remained part of the background noise the bear had already dismissed as a threat, and so it sat there so bear-like and focused on the business at hand, which was getting food. It was such big business, so bear-like for a bear.

But it begged the question, which was whether the ants were worth it—the energy expended versus the energy derived. Was a paw-full of dirt and ants worth the brain-cells and muscle-power to get it?

Sort of like the energy spent climbing onto a dumpster and tearing the lid apart, versus the small amount of food within. It’s a tradeoff a bear no doubt struggles to make, like the time and energy spent breaking into a camp versus the possible food inside.

So there is how we wind up treating our top predator, willingly or not, in keeping with the mantra of a fed bear being a dead bear, no matter the circumstances, and so it most often goes. Pathetic, but true.

+++++

The other day I had a chance to visit with an old friend who knows way more about bears than I ever will, a guy

who’s cheerfully spent a lifetime at it, while my experience has largely been with bears hell-bent on quitting the scene.

Bears are very much in the news just now, with controversies rising anew in towns like Sandwich about using hounds to chase and tree bears, and what constitutes “fair chase,” and one of the hearts of the issue, landowners’ rights.

Sandwich is simply where two fundamental freedoms—no, three, maybe four or five—have come together to force the issue.

I asked my old friend about hounding, and landowner rights, and what is fair chase, especially from a bear’s perspective. What’s it like for the bear, the anxiety and terror of it, the dogs and humans ever closer, the commotion and the fear?

Well, he said, to a bear it might be all in a day’s work, the main object at hand being the constant search for food anywhere the bear can find it, whether apples or standing corn or garbage on your Uncle Fudd’s deck.

“A bear is worrying and weighing odds all the time,” he said, whether it’s free-running dogs, or crossing roads, or encountering hikers or hunters deep



COURTESY

Sam Geesaman, the night bellman at the Omni Mount Washington Resort, went out onto the porch to get a sunrise photo in June of 2019 and encountered this bear already looking at it. (Courtesy Omni Mount Washington)

in the woods. And as ever-more people acquire their little pieces of God’s Country and build their dream houses, humans steadily encroach on bear habitat—another source of conflict and fear.

He knows his bears,

and I couldn’t fault his thinking.

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

Comfort Keepers

Home care tips for improving memory for seniors

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

One in nine adults in the U.S. over the age of 45 reports memory issues.

For seniors with memory issues, receiving care while remaining in their home can further enhance their quality of life. This is true for those with minor memory problems that result from age or for those with Alzheimer’s, dementia or other forms of memory loss. A familiar environment can reduce confusion and improve mental engagement, and

being surrounded by beloved objects and memory cues can foster a sense of connection and peace.

For older adults, there are some conditions that progress over time and have a significant effect on memory. However, lifestyle changes may help control memory problems and help seniors continue to remain independent at home with a little extra help from family or a professional caregiver.

Mental exercise: Research has shown memorization helps keep the brain healthy. Learning how to play an instrument or fix a car, and

even teaching others, strengthens the brain’s circuits.

Take a class: Formal education works the brain through the learning process. For those that want to keep their mind sharp, many colleges and universities offer courses at low cost or for free to seniors.

Socialize: Seniors who interact regularly with friends, family, and community are less likely to experience cognitive decline and can experience a better sense of overall wellbeing. Those who are unable to drive can enlist the help of family and friends to get to social engagements or seek the assistance of a caregiver.

Get up and move: Exercise is a great way to help keep the mind sharp. Seniors that are

interested in increasing their physical activity should consult with a physician before beginning an exercise program.

Eat well: Good nutrition

SEE COMFORT, PAGE A11

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

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

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10am - 6pm

Sunday
October 3
10am - 4pm

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Edward Jones: Financial Focus

Prepare yourself financially for illness... just in case

All of us hope to live long, healthy lives, so we do what we can to take care of ourselves through proper diet, exercise and avoiding unhealthy activities. However, none of us can predict our future, so it pays to be prepared for anything – including a serious physical illness or the onset of some type of mental incapacity, such as Alzheimer’s disease. Of course, you may never face these infirmities, but you should be aware that they could upset your long-term financial strategy and place considerable stress on your loved ones. What steps can you take to head off these threats?
First, make sure you know what your health insurance covers and how much you might have to pay out of pocket for treatment of illnesses such as cancer or kidney ailments. If you’re on Medicare (supplemented with Medigap) or Medicare Advantage (Medicare Part C), you’ll

want to know all about deductibles, copayments and coinsurance. However, if Alzheimer’s or another type of dementia is involved, Medicare may not cover the costs that could be incurred in an assisted living facility, so you may want to consult with a financial advisor, who can suggest ways of protecting yourself from long-term care costs, which can be quite high.
Your next move is to make sure you have adequate liquidity. It’s hard to predict how many out-of-pocket costs you could incur when coping with a serious illness, but it’s a good idea to have enough cash readily available, rather than dipping into your 401(k) or other retirement accounts. So, if you’re retired, you might want to keep up to a year’s worth of living expenses in a liquid, low-risk account.
Here’s another important step: Update your estate plan. Hopefully, if

you have a serious illness, you’ll be able to recover. But it’s still a good idea to review your estate plan to ensure everything is in order, such as your will and your living trust, if you’ve created one. If you’ve kept up your life insurance, you’ll also want to ensure your premiums are still being paid. And don’t forget to review your beneficiary designations on your 401(k), insurance policies and other financial documents, since these designations can supersede the instructions in your will.
As part of your estate planning, you may want to include a durable power of attorney for finances, which allows you to name someone to manage your financial affairs if you become incapacitated, and a durable power of attorney for health care, which lets

you name someone to make medical decisions for you if you’re unable to do so yourself. You may also create a health care directive or living will to express your wishes if you don’t have a power of attorney for health care, or the person named in a power of attorney for health care can’t be reached in an emergency. And since estate planning can be complex, you’ll certainly want to work with a legal professional, and possibly your tax and financial advisors, as well.
You might think it’s somewhat grim to prepare yourself financially in case you become seriously ill or if your life is touched by Alzheimer’s or another mental infirmity. But it’s a positive move – you’re protecting yourself and your loved ones from whatever life may throw at you.

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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.

Eastern Propane & Oil presents Runaway Pumpkin 10K & 5K

LACONIA — Eastern Propane & Oil is back as the Presenting Sponsor for The Runaway Pumpkin 10K & 5K Run/Walk that will take place at Opechee Park on Saturday, Oct. 16.

“Eastern Propane & Oil is proud to support the efforts of all those involved in the continued development of the WOW Trail,” said Whitney Cloutier, Eastern Propane & Oil Brand Manager. “We are not only committed to supporting the communities we serve but supporting events like the Runaway Pumpkin that raise necessary funds to help encourage the community to enjoy the outdoors.”

“Eastern Propane & Oil is an amazing community-oriented, family-run company that has supported this project since the very beginning

and we are very grateful for their partnership and support,” added Allan Beetle, WOW Trail President.

The Runaway Pumpkin courses offer views of Lake Opechee, chip timing, cash awards for the top male and female finishers and ‘delicious’ age category awards courtesy of Annie’s Café & Catering.

The event also offers Youth (13-20) and Kids (12 and under) discounted entry fees and a Kids Fun Run put on by The Downtown Gym.

Event Director, Jennifer Beetle explains, “The Runaway Pumpkin is a way for the whole family to get out and have some fun while supporting the WOW Trail.”

Participants are encouraged to register by

Oct. 1 in order to receive a Meredith Village Savings Bank sponsored long-sleeve tech shirt. In addition, participants that would like to fundraise for the WOW Trail are invited to do so by soliciting sponsorship donations. Participants that raise \$100 or more will receive a WOW Trail wearable.

Event details and on-line registration are available at wowtrail.org or for more information email info@wowtrail.org.

About Eastern Propane & Oil

Eastern Propane & Oil is a full service energy provider committed to delivering our customers superior service, comfort and safety. Family owned since 1932, we live in the same communities as our customers and we believe in serving our



WOW Trail Board Member/Event Director Jennifer Beetle and Race Director Jamie Poire thank Eastern Propane & Oil’s Whitney Cloutier, Brand Manager (center) for their Presenting Sponsorship of The Runaway Pumpkin 10K & 5K Run/Walk.

neighbors the way we would want to be served.

Delivery is available in New Hampshire, Maine, Massachusetts, Rhode Island, and Vermont and

we offer the sale, installation and service of propane or oil appliances including central home heating systems, water heaters, fireplaces and space heating solutions.

Free consultations, 24/7 service, online bill pay, installment plans, service plans, budget plans and pre-buy plans are all available through Eastern Propane & Oil.

Temple B’nai Israel of Laconia presents Five O’Clock Shadow Oct. 23

LACONIA — We Care of Temple B’nai Israel presents a return engagement of Five O’Clock Shadow (focs.com) on Oct. 23 at the newly refurbished Colonial Theatre in Laconia. The show will begin at 7:30 p.m. Tickets for reserved seats are \$31 per person and \$16 for students with ID. For everyone’s safety, reserved seating will be physically distanced, and masks are required at all times when in the theatre. More information about tickets and safety precautions are at <http://www.tbinh.org>.

Five O’Clock Shadow is one of Boston’s premiere vocal groups that began as a simple a cappella group and morphed into a vocal powerhouse when they learned how to mimic drum sounds and instruments such as trumpets, harmonicas, and guitars. With their rock-solid leads and harmonies, they create unique vocal textures that excite, entertain, and inspire audiences of all ages. Prior to performing at The Colonial Theatre, FOCS will be teaching a master class at Plymouth State Uni-

versity for student a cappella groups, Vocal Order and Mixed Emotions who will lead off the show and begin a one-of-a-kind musical journey that is not to be missed.

This is a chance to enjoy a solid musical experience in a grand historical setting. The Colonial Theatre first opened in 1914 during the glory days of vaudeville. After 87 years of operation, the theatre closed in August of 2002. The restoration of the Colonial began in March of 2016 and the grand opening took place on Aug. 27. The new Colonial Theatre was designed with the patrons in mind. The seats are comfortable with more than enough leg and elbow room to enjoy a two-hour performance. Literally, there isn’t a bad seat in the house.

Net proceeds from the concert will benefit The Bridge House ([\[ter.org\]\(http://ter.org\)\) a nonprofit agency providing information and referral services, emergency shelter, food, job training, transitional living support, and aftercare services for men, women, and families to help build](http://tbhshel-</p></div><div data-bbox=)

the skills needed for healthy independence. Bridge House also offers specialized services for veterans and financial assistance through “NH Funds 4 Our Vets.” The Bridge House’s goal is to end homelessness, one

family at a time.

We Care and Bridge House thank our sponsors, Audi Nashua, Miracle Farms Landscaping, Bank of New Hampshire, and Hannaford.

Powerhouse announces more auditions for “A Christmas Carol!”

LACONIA — Powerhouse Theatre Collaborative is excited to announce additional auditions for December’s co-production of Joel Mercier’s “A Christmas Carol: The Musical Ghost Story.” Produced in conjunction with NCCA at Jean’s Playhouse, the 2021 production is hoped to be the beginning of an annual tradition of bringing the beloved Dickens’ classic to the Lakes Region.

Auditions will be held on the third floor of the Belknap Mill on Sunday, Oct. 3. Kids and teens ages 6 and up are asked to come at 2 p.m. Adults will sign up for slots beginning at 4 p.m. For those interested who cannot attend on the 3rd, video submissions will be accepted. There is a \$25 participation fee, but nobody will be turned away from the cast if this presents a hardship. All information about the production and audition details can be found at <https://www.belknapmill.org/powerhouse-auditions>.

Directed by Mercier and featuring his original music and lyrics, the majority of the cast has been in place since last Spring, but there are several additional roles to fill for adults, and room to cast 10-15 children and teens to play the Cratchit kids and ensemble. Adult roles available include Scrooge, the Ghost of Christmas Past, Bob Cratchit, Nephew Fred, Mr. Fezziwig, Topper & Mrs. Topper, as well as the third member of the “ghostly” dance trio.

Says Mercier, “This production is the true definition of an ensemble cast. Everyone has a lot to do and everyone plays a specific character in the ensemble, while also doubling as traditional characters in the story, such as Fezziwig, the School Master, Mrs. Dilber, Old Joe, etc.”

Rehearsals will begin Oct. 24, and be Sunday afternoons and Tuesday and Thursday evenings at the Belknap Mill. Vaccinations are required for all participants over 12, and masks may be worn at some or all rehearsals depending on the levels of community transmission. Participants need to be prepared to be patient and flexible. Performance dates are scheduled for Dec. 17 - 19 at the beautiful Colonial Theatre. Powerhouse Theatre Collaborative’s 2021 season is generously sponsored by Spectacle Live. “A Christmas Carol” is sponsored by Lakes Region Fence, Melcher & Prescott Insurance and Misiaszek Turpin PLLC Architecture and Planning.

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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!



Meeko

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

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Attend Advantage Kids Gala to help children gain access to free tennis and yoga

LACONIA — Fund-raising for all the right reasons - assisting youth with physical and mental health and introducing them to sports that can stay with them for a lifetime. Advantage Kids, a New Hampshire-based nonprofit organization aimed at combining tennis and social-emotional learning to empower youth, is hosting an inaugural gala on Oct. 16 at the Lakeport Opera House in Laconia. The Advantage Kids Gala at the Opera House will be a celebration and an opportunity for those with a love of tennis or yoga to support efforts that encourage and engage youth across the state to participate in free tennis and yoga helping them develop in mind and body.

“Please join us for a fun and celebratory night out to connect and support free tennis and yoga for New Hampshire children with the chance to win court-side seats at next year’s U.S. Open,” said Brittany Boles, co-executive director of Advantage Kids. “Our goal is to raise \$50,000 at the Advantage Kids Gala at the Opera House and we need your help.”

As New Hampshire’s only National Junior Tennis & Learning (NJTL) organization, a distinction granted from the U.S. Tennis Association, Advantage Kids combines physical fitness through tennis with social-emotional-learning from

yoga to empower kids as young as five years old to give them advantages for a lifetime of success on and off the court. The NJTL model was founded 50 years ago by Arthur Ashe, an American professional tennis player known for winning three Grand Slam singles titles, and exists throughout the country, offering tennis and learning to thousands of children in different ways. Here in New Hampshire, Advantage Kids has 22 locations across the state.

According to the Women’s Sports Foundation, tennis is reported to have one of the highest rankings to youth and academic achievements and those children were less likely to use substances and were more likely to go to college. Science shows the profound effect mindfulness and meditation practices have on kids’ abilities to self-regulate, focus, and connect. Advantage Kids combined these two activities last year during the height of the pandemic and it has proven to be a great match giving youth the advantage in tennis, in school, and in life from cradle to college to career.

“My children have participated in the Advantage Kids summer program for two years,” said Kim Bahre, mother of two children ages 11 and 13. “I can see the difference in them this year from the added benefit

of yoga. This is a wonderful tool to help with uncertain times and with stress of the unknown. Teaching this knowledge is forever helpful.”

The nonprofit organization continues to grow the sport of tennis while enhancing the lives of underserved kids. Advantage Kids offers three programs at 22 locations across the state including Tennis plus Yoga - teaching free summer beginner tennis and yoga, AK Match Play - organized, fun competitive play opportunities for children and Mindful Mentors – teens who build leadership skills while mentoring younger kids.

The Advantage Kids Gala at the Opera House, sponsored by the recently renovated Lakeport Op-

era House, will be an unforgettable night raising funds for a worthy and potentially life-changing children’s cause. Food for the event will be provided by the Common Man with music from All Day Fire, a New England-based four-piece band with four-part harmonies playing all top rock and dance songs from the 1960’s to today. The evening will also include a silent auction with court-side tickets to the 2022 U.S Open, sea plane ride, a wine pull raffle and heartfelt presentations that will make a memorable evening. Media sponsor for the event is 104.9/The Hawk.

To date, Advantage Kids has raised \$800,000 since its inception in 2012 and has helped over 3,000 children who may



not have had the opportunity to play tennis, to learn and love the sport and adopt some of those strategies learned on the court into their daily lives.

To purchase tickets for the Advantage Kids Gala at the Opera House or to donate to the cause, visit www.AdvantageKids.net/events/gala.



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Help Children’s Auction ‘Fill the Box’

Two collection days: Oct. 8 & 9 at MVSB in Gilford

LACONIA — The Greater Lakes Region Children’s Auction needs your help to collect items early for this year’s Auction – the 40th anniversary of raising money to help local children in need! We’re working hard to collect new, unused items now. We have partnered with MI-BOX Moving and Mobile Storage and Meredith Village Savings Bank to hold two upcoming collection days at MVSB in Gilford and all the MVSB branches: Friday, Oct. 8, 11 a.m. – 3 p.m.

Saturday, Oct. 9, 9 a.m. – 1 p.m.

Dropping new, unused and unwrapped items for the Children’s Auction is easy! Just drive up to MVSB in Gilford or any MVSB from now through October 8, fill out a simple form, leave your item with the volunteers or MVSB employee, and you’re done! Need ideas on what to donate? These items bring the best bids:

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

Many thanks to MI-BOX Moving and Mobile Storage and Meredith Village Savings Bank for making these special collection days possible. Questions? Visit childrensauction.com or call (603) 527-0999. Mark your calendar for the 2021 Children’s Auction: Dec. 7-10!

About the Greater Lakes Region Children’s Auction The Greater Lakes Region Children’s Auction is a charitable event held every December in central New Hampshire. Countless volunteers and donors have turned the Auction and its many fundraising events, including the It’s For the Kids Community Challenge, into a major annual campaign. In the 40 years that the community has come together for the Auction, an impressive \$7 million has been awarded to local nonprofit organizations, all through volunteer efforts, community donations and corporate sponsorship. The Greater Lakes Region Charitable Fund for Children is a 501(c)(3) nonprofit organization that helps community organizations in the Central New Hampshire region. For more information about the Auction, the nonprofits it supports and how you can help, visit ChildrensAuction.com.

THE SALMON PRESS 2021/2022 NEW HAMPSHIRE WINTER GUIDE

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RC GREENWOOD

Friday night lights

Winnisquam's Nicholas Puffinburger looks for room to run during his team's loss to Laconia on Friday night. The Bears will be back in action for Homecoming on Saturday, Oct. 2, at 7 p.m.

HIGH SCHOOL SLATE

Thursday, Sept. 30

BELMONT
Golf at Plymouth; 4
GILFORD
Golf at Bow; 4

Friday, Oct. 1

BELMONT
Cross Country Home Meet; 4
GILFORD
Boys' Soccer at St. Thomas; 4
Cross Country at Belmont; 4
Field Hockey at Littleton; 4
Girls' Soccer at St. Thomas; 4
Unified Soccer at Newfound; 3:30
Volleyball at St. Thomas; 5:45
GILFORD-BELMONT
Football at Timberlane; 6:30
WINNISQUAM
Field Hockey vs. White Mountains; 6
Volleyball vs. Franklin; 6:15

Saturday, Oct. 2

BELMONT
Volleyball at Newfound; 10
GILFORD
Cross Country at Thetford, Vt.; TBD
WINNISQUAM
Boys' Soccer vs. Berlin; 2
Football vs. Campbell; 7

Monday, Oct. 4

BELMONT
Volleyball vs. Trinity; 6:15
GILFORD
Unified Soccer vs. Oyster River; 4
Volleyball at Somersworth; 5:45
WINNISQUAM
Unified Soccer at Newfound; 4
Volleyball vs. Coe-Brown; 6:15

Tuesday, Oct. 5

BELMONT
Boys' Soccer vs. Derryfield; 4
Girls' Soccer at St. Thomas; 4
GILFORD
Field Hockey vs. Laconia; 4
Girls' Soccer vs. Inter-Lakes; 4
WINNISQUAM
Boys' Soccer at Trinity; 4
Field Hockey vs. St. Thomas; 4

Wednesday, Oct. 6

BELMONT
Volleyball at Inter-Lakes; 5:15
GILFORD
Boys' Soccer vs. Hillsboro-Deering; 4
Volleyball vs. Kingswood; 5:45

Thursday, Oct. 7

GILFORD
Field Hockey at White Mountains; 4

All schedules are subject to change.

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Whitefield, New Hampshire 03598
TEL.: 603-837-9363/FAX: 603-837-2326
Email: codyarseneault@sau36.org

Town of Rumney Russell Elementary School Moderator Vacancies

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

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

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

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

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CONTINUED FROM PAGE A1
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The Halloween Storywalk® is going up on the Village Rail Trail on Monday, Oct. 18, and will be available through Monday, Nov. 1. This story is The Scariest Book Ever by Bob Shea. StoryWalk® is an innovative and delightful way for children — and adults! — to enjoy reading and the outdoors at the same time. Laminated pages from a children’s book are attached to wooden stakes, which are installed along an outdoor path. The StoryWalk® Project was created by Anne Ferguson of Mont-

pelier, Vt. and developed in collaboration with the Kellogg-Hubbard Library. StoryWalk® is a registered service mark owned by Ms. Ferguson. Choose from two take n’ make projects in October. A generous library supporter has donated a limited number of 6inch tall wooden decorative pumpkins just waiting to be personalized. You can also celebrate autumn with a four-foot yarn pumpkin garland. Stop by the library or call for curbside pick up to make these fun projects your own. One of each kind

per family please.

The October non-fiction book group is centered on “The River of Doubt: Theodore Roosevelt’s Darkest Journey” by Candice Millard covering president Theodore Roosevelt’s scientific expedition down the River of Doubt (later renamed the Roosevelt River), in Brazil. The discussion is set for Thursday, Oct. 7 at 1 p.m.

Our Friday Fiction book group meets in person outside if the weather cooperates on Friday, Oct. 15 at 10:30

a.m. to discuss “Heart of Darkness” by Joseph Conrad. “Heart of Darkness” is the story of an English seaman, Charles Marlow, who is hired by a Belgian company to captain a river steamer in the recently established Congo Free State. Almost as soon as he arrives in the Congo, Marlow begins to hear rumors about another company employee, Kurtz, who is stationed deep in the interior of the country, hundreds of miles up the Congo River. Contact the library for meeting information.

The Library will be closed Friday, Oct. 8 through Monday, Oct. 11. The Belmont Public Library is open six days a week and any time at www.belmontpubliclibrary.org, serving the community with books, digital resources, and cultural programming. In 2018, the library celebrated 90 years in the same building and 125 as Belmont’s community library.

HELP WANTED

Make a Difference in a Veteran’s Life!

Build a career and a life in the beautiful lakes region.



New Hampshire Veterans Home has an exciting opportunity for an experienced leader to serve as the **Executive Director/CEO** reporting to a Board of Managers.

We are an intermediate, long term care facility offering a broad range of residential, medical, and nursing care to the Granite State’s elderly and disabled Veterans with honor, respect and dignity. The Home is situated on 30 acres in Tilton, New Hampshire and has the capacity to care for 200 residents with approximately 400 staff members.

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

- Ensure the facility and its operation are in compliance with all life safety, clinical care, and support programs to meet or exceed all standards and regulations through internal Quality Assurance programs and external audits and surveys.
- Serves as the Home’s liaison and representative to State, Federal and other officials. Also serves as the Commissioner and Department Head in the New Hampshire State Government.
- Plans, develops and secures necessary resources for existing operations, new facilities and capital improvements; coordinates the development of the Home’s biennial budget, appears at finance hearings and legislative budgetary committees as requested.
- Promotes the Veterans Home and its programs to veterans and community groups; primary liaison with residents, their families and the general public; oversees and often personally performs fundraising and public relations activities.
- Actively participates in Veterans Home, Nursing Home, Veterans Administration, and related groups to increase financial, political, and community support and awareness in veterans’ health and long term care issues.
- Advances the Home’s mission and goals as developed by the Strategic and Master Plans.

Preferred Qualifications:

Education: Master’s Degree in Health Care, Business, Public Administration or in a related field.

License required: N.H. Nursing Home Administrator’s License.

Compensation: \$85,514 - \$119,184 (Position #9U102)

How to apply: Submit a cover letter and resume for this position to: vethomebomchair@gmail.com

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



PROGRAM ASSISTANT I

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

SCOPE OF WORK:

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

MINIMUM QUALIFICATIONS:

Education: High school diploma or high school equivalency credential. Each additional year of approved formal education may be substituted for one year of required work experience.

Experience: Three years of experience in a responsible clerical position, including experience in customer service and data entry.

License/Certification: None required.

SALARY:

Labor Grade 12
30,576.000 - 35,587.50 USD

LOCATION:

Gilford, NH

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

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

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

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

KIRK’S TRUCK AUTO & TIRE CENTER

Automotive • Truck • Sales & Service • Heavy Truck Parts

KIRKS TRUCK& AUTO NOW HIRING
FULL TIME
AUTOMOTIVE MECHANICS

\$1000.00 SIGN ON BONUS AFTER 6 MONTHS
COME JOIN OUR FAMILY AND GROW WITH US
HIGHLY MOTIVATED A B C LEVEL TECHNICIANS
BUSY FAST PACED SHOP ,MUST HAVE OWN TOOLS
NH STATE INSPECTION LICENSE IS A PLUS
CLEAN DRIVING AND CRIMINAL RECORD A MUST.
THE RIGHT CANDIDATE WILL BE A SELF STARTER
AND WILL WORK WELL IN A BUSY FUN WORK ENVIRONMENT
WHERE EVERY DAY IS DIFFERENT
YOU WILL NEVER BE BORED HERE .
PLEASE APPLY IN PERSON TO 495 TENNEY MOUNTAIN
HIGHWAY PLYMOUTH NH
OR EMAIL RESUME TO KIRKSTIRE@ROADRUNNER.COM

495 TENNEY MT. HWY. PLYMOUTH, NH 03264
WWW.KIRKSTRUCK.COM

PLACE YOUR AD,
Get Read,
GET RESULTS!



North Country Home
Health & Hospice Agency

Come Join Our Team!

We are currently looking for the following talent!

RN Case Manager

Full Time–Plymouth, NH
\$7,500 dollar sign on bonus!!
Monday through Friday 8:00am–4:30pm,
No weekend commitment, great benefits, 403B match,
competitive wages, great team atmosphere.
NCHHA will also pay for Home
Health and Hospice Certifications.

PHYSICAL THERAPIST

(Full Time with Benefits)
Mon. – Fri. 8:00am to 4:30 pm

COTA

(Full Time with Benefits)
Mon. – Fri. 8:00am to 4:30 pm

LNA

(Full Time with Benefits)
Mon. – Fri. 8:00am to 4:30 pm

For more information, please contact

Linda Elliott, Human Resources at lelliott@nchhha.org
Apply online at Indeed.com

North Country Home Health & Hospice Agency is on
Equal Opportunity Employer



Fitness Center Hiring

Looking for EMT, AEMT, RN, or other medical certification to monitor activities in fitness center.
Help people get fit and have fun.
If interested send resume to
PO Box 184, Center Harbor, NH 03226.

KIRK’S TRUCK AUTO & TIRE CENTER

Automotive • Truck • Sales & Service • Heavy Truck Parts

KIRKS TRUCK& AUTO NOW HIRING
FULL TIME
TOW TRUCK DRIVERS

\$16.00 HR STARTING PAY
WITH ONE THOUSAND DOLLAR
SIGN ON BONUS AFTER 6 MONTHS

WILL TRAIN THE RIGHT PEOPLE, NEED GOOD
DRIVING RECORD, BE ABLE TO PASS DOT PHYSICAL
CAN OFFER FLEXIBLE SCHEDULE

PLEASE SEND RESUME TO KIRKSTIRE@ROADRUNNER.COM
OR STOP BY FOR AN APPLICATION
495 TENNEY MNT. HWY. PLYMOUTH NH
PLEASE NO PHONE CALLS!

495 TENNEY MT. HWY. PLYMOUTH, NH 03264
WWW.KIRKSTRUCK.COM

It Pays To Shop Locally!!



DODGE

CONTINUED FROM PAGE A1

About Dave O. Dodge:
Dave O. Dodge, born and raised in New Hampshire, is an experienced travel writer, international tour guide and natural story-teller. Dodge has turned his many talents into writing novels with his first book, “The Seasons of Grace.” His novel thoroughly peels back the curtain with this fic-

tional story based on the life of influential author Grace Metalious and her desire to tell stories such as “Peyton Place”, that no one dared to tell before that time. For more information about Dave O. Dodge, please visit his website DaveODodge.com. You can also follow “The Seasons of Grace,” on Facebook: The Seasons of Grace and Instagram: @the_seasons_of_grace

COMFORT

CONTINUED FROM PAGE A5
tion benefits the mind and the body. Healthcare professionals can suggest dietary guidelines and/or supplements that can help with memory issues.
Believe in yourself: Scientists are not sure why self-efficacy seems to ward off mental decline, but it may have to do with a person’s ability to manage stress.
Organize the home.

Creating to-do lists, calendars, a dedicated spot for keys and items that are often lost, and ensuring that things are put back after use can help those with memory issues feel comfortable and confident.
Get enough sleep. Lacking sleep can contribute to memory loss, so seniors should take steps to improve their sleep.
Taking an active role in engaging the mind can help older adults continue to live with

purpose, connection and joy. To learn how professional caregiving can help seniors stay active, social, and engaged, contact your local Comfort Keepers® office today.
About Comfort Keepers
Comfort Keepers is a leader in providing in-home care consisting of such services as companionship, transportation, housekeeping, meal preparation, bathing, mobility assistance,

nursing services, and a host of additional items all meant to keep seniors living independently worry free in the comfort of their homes.
Comfort Keepers have been serving New Hampshire residents since 2005. Let us help you stay independent.
Please call 603-536-6060 or visit our Web site at nhcomfortkeepers.com for more information.

HELP WANTED




Dining Service Positions Available
The Holderness School Dining Service Department is looking for team members for various positions, all with competitive wages.
For more information please see our employment portal at <https://www.holderness.org/about/employment>
Within walking distance from downtown Plymouth.
Non-Smoking Environment
Criminal Background check performed
EOE

BLUEBERRY STATION is looking for Friendly & Reliable **NIGHT CASHIER** Other shifts available.
Also in need of a **STOCK PERSON**
Please apply in person: **BLUEBERRY STATION**
1 Suncook Valley Road
Barnstead, NH



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



JOB OPPORTUNITIES
FULL-TIME
Occupational Therapist / Cardiopulmonary Rehab Coord
Multi-Modality Radiologic Technologist
Environmental Services Technician
Scheduling and Precert Coordinator
RN Surgical Services Manager
RN – M/S Charge, Night Shift
RN E.D., Charge, Night Shift
Patient Access Representative
Patient Access Manager
Patient Access Specialist
LNA/Unit Coordinator
RN Nurse Manager
ED Nurse Manager
ED Technician/LNA
Physical Therapist
LNA
Cook
PART-TIME
Cook (temporary)
Environmental Services Technician
PER DIEM
Cook
LNAs – RNs – Certified Surgical Tech – Medical Assistant
Patient Access Representative
APPLY ONLINE
WWW.UCVH.ORG
Upper Connecticut Valley Hospital
181 Corliss Lane, Colebrook, NH 03576
Phone: (603) 388-4236
Ucvh-hr@ucvh.org
EOE

Come Join our Team WE ARE HIRING!

- Steel Erectors
- Metal Roof & Siding Installers
- Forman, Leadmen
- Laborors Position

401K, Paid Vacations, Health and Dental Insurance
Valid Driver's License required.
Application available at:



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

Leading Pre Engineered Metal Building Co.

Scott Burns' Landscaping, LLC

SBL is looking to add to our landscape crews moving into Fall 2021.

Positions available include gardeners as well as hardscape and softscape crew members. If you're looking to change it up and love the outdoors, come join our team. Valid driver's license required.

For more info, contact Scott at 279-8100 or scott@scottburnslandscaping.com.

CAMPTON SCHOOL DISTRICT
Campton Elementary School

Immediate Opening 2021-2022 School Year

Full-time 2nd Shift Custodial Position
8 hrs/day
\$12.22 per hour
Benefits per Collective Bargaining Agreement

Please send letter of intent, resume and references to:

Frank McCann
Facilities Manager
Campton Elementary School
1110 NH Rte. 175
Campton, NH 03223
fmccann@pemibaker.org

2021-2022 EMPLOYMENT OPPORTUNITY
ASHLAND SCHOOL DISTRICT

ASHLAND ELEMENTARY SCHOOL

- **Long-Term Substitute Elementary Teacher**

Ashland Elementary School is currently seeking an energetic, collaborative, learner-centered Elementary Educator to fill a Long-Term Substitute Teacher position from mid-November until the end of the 2021-2022 school year. This full-time substitute position includes team-teaching students in grades 1 & 2. Applicant must hold current NH Teacher Certification. The successful applicant must meet all required conditions of employment.

Application Deadline: October 1, 2021

Applications can be found at: <https://www.interlakes.org/administration/human-resources>
Please submit cover letter, resume, transcripts, license (if applicable), certification(s), application and three letters of reference to:

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

EOE



Precision Lumber Inc.

WATCHMEN WANTED

PART TIME WATCHMEN POSITIONS AVAILABLE



Precision Lumber Inc.

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



Precision Lumber Inc.

IMMEDIATE OPENINGS
SAWMILL AND PLANER MILL WORKERS

DAYTIME SHIFT BENEFITS INCLUDE
VACATION, SICK AND HOLIDAY PAY, INSURANCE, CREDIT UNION, 401(k) PLAN, ATTENDANCE BONUS

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



Precision Lumber Inc.

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



ASHLAND - CASHIER

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

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

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

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

E.O.E.



Help Wanted

Harris Family Furniture in Plymouth is looking for the right person to join our sales team.

Experience with furniture sales is helpful, but not required.

We are looking for a team player that enjoys working with people. Weekends are a must.

Harris Family Furniture offers benefits to full time employees.

If you are interested, please email your resume to russ@harrisfamilyfurniture.com, or stop by Harris Family Furniture in Plymouth to pick up an application.

It Pays To Shop Locally!!

HELP WANTED

Centerplate at Cannon Mountain
is now hiring for fall and winter
Food & Beverage Positions

Positions available:

- Host/Hostesses
- Waitstaff
- Bartenders
- Prep Cooks
- Cashiers
- Bussers
- Supervisors
- Dishwashers
- Utilities
- House Keeping
- Administrative Assistant

1st, 2nd, 3rd shifts available; shift differentials for
certain positions

Employee Meals, Employee Discounts, Competitive Wages
Please inquire at Brittany.Bean@centerplate.com
We are an Equal Opportunity Employer



Join our growing team! - \$1,000 sign on bonus*
New Pay Structure & Shift Differential
Advancement Opportunities!

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



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

Make an appointment to visit our facility and apply
Call, Text or Email Leah
603-838-0791
LShadeed@Burndy.com

In Lincoln @ 34 Bern Dibner Drive, Lincoln, NH 03251 •
In Littleton @ 150 Burndy Rd, Littleton, NH 03561•
See all our open positions and apply online at:
<https://careers.hubbell.com/>

Open positions Include:
Automation Technician
Machine Operators
Maintenance Mechanic
Weekend Shift Supervisor

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

Burndy is a wholly - owned subsidiary of Hubbell, Inc., an equal opportunity employer M/F/Vet-
eran/Disability All qualified applicants will receive consideration for employment without regard
to race, color, religion, gender, national origin, disability, protected veteran status or any other
protected class

***Sign on bonus paid after 90 days**



Lumber & Building Materials Yard Associate

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

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

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

E.O.E.

- | | | | |
|---------------------|------------------|-------------------|-----------------|
| ▶ Competitive Wages | ▶ Paid Vacation | ▶ Paid Holidays | ▶ Paid Time Off |
| ▶ Health Insurance | ▶ Profit Sharing | ▶ Store Discounts | ▶ 401k |



Lumber & Building Materials Contractor Sales

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

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

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

E.O.E.

- | | | | |
|---------------------|------------------|-------------------|-----------------|
| ▶ Competitive Wages | ▶ Paid Vacation | ▶ Paid Holidays | ▶ Paid Time Off |
| ▶ Health Insurance | ▶ Profit Sharing | ▶ Store Discounts | ▶ 401k |

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



Hiring Laborers

Route 3 • Meredith, NH • 03253
279-4444

HELP WANTED

HELP WANTED



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

- Current Full Time Positions Available:**
- Painters
 - Maintenance Technicians
 - Groundsmen
 - Housekeepers
 - Housepersons
 - Laundry Attendants

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

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

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

PITTSFIELD, NH

LOOKING FOR A JOB WITH PURPOSE?

How does helping to protect firefighters sound?

Join the MSA Globe Family

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

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

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



MSA **GLOBE**
The Safety Company

Open Positions:

Stitching Machine Operator

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

OPEN TO ENTRY LEVEL CANDIDATES.
We offer an excellent training program!

Special Knowledge, Skills and Abilities Required:

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

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

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

Cutting Room Associate

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

Special Knowledge, Skills and Abilities Required:

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

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

Apply NOW @ msasafety.com/careers

16-6396-MCP / 08.2021

*Terms and conditions apply



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!

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

Machine Operators – 2nd and 3rd Shift - Starting Pay \$14.50

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

Spray Painters – 2nd and 3rd Shift - Starting Pay \$16.00

Sanders 1st Shift - Starting Pay \$14.50

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

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

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

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

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

PSIMP an Equal Opportunity Employer.

ISO 9001:2015 Registered.



To Heal, To Respect, To Console

Now Hiring for Registered Nurses for the following Departments:

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

Medical/Surgical

Emergency Room

Pediatric Acute

Operating Room/Surgery

Intensive Care

Labor & Delivery

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

Sign on Bonus

Subsidized Housing options

Loan Repayments options available

Excellent Benefits Package

Very Competitive rates

www.tchealth.org • 928-283-2432

TCRHCHHR@tchealth.org

1 hour from Grand Canyon, Monument Valley, Lake Powell and Flagstaff.



Customer Service Representatives

Part-time. Full-time.

Great time.

We have work from home opportunities available. Those with seasonal/occasional availability are also encouraged to apply.

Employees enjoy discounts at Garnet Hill, Ballard Designs, Frontgate, Grandin Road, QVC, HSN, and Zulily.

Join a talented team that works and laughs hard. 40% of us have been here 10+ years!

Find out why: apply at garnethill.com/careers.

Garnet Hill

SOURCED FROM NATURE. QUALITY IN EVERY STITCH. SINCE 1976.





TOWN HOUSE APARTMENTS

*** 2 & 3 BEDROOMS**

NORTHERN VIEW APARTMENTS

W. Stewartstown, NH

Heat, Hot water and Electric Included

On-site Laundry

24-hour Maintenance

Federally subsidized - must meet income guidelines

Rents based on 30% of your gross income

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

This institution is an Equal Opportunity Provider & Employer



RODGERS
SKI & SPORT
ski snowboard bike apparel

**Main Street
Lincoln, NH**
Under the Big Top
603-745-8347
Open 9-6 Daily

**BLOW OUT
PRICES!**
4 MILLION DOLLARS
OF INVENTORY
*Shop Early For
Best Selection*

40th Anniversary Giant Tent Sale
September 17th thru October 12th

LANGE - FISCHER - ELAN - DYNASTAR - NORDICA - BLIZZARD - HEAD - DALBELLO

**Hundreds of
Adult High
End Demos
Priced to
Move!**

**Ski Boots
FROM PRIOR YEARS
UP TO 60% OFF
STARTING AT \$149**

**Jr. Ski Package
w/boots
Starting at ...\$199**

HOT SKI DEALS
Rossignol Womens Skis – Starting at \$299 w/binding
Tweener Twin Tip Dynastar Menace 80 w/binding
Reg. \$500, Sale \$249
Volkl Mantra 20/21 Reg. \$825, Sale \$549
Head Kore 87R w/Attack 11 binding,
Reg. \$1,000, Sale \$499
Fischer GT 82 w/binding Reg. \$900, Sale \$599
Atomic 86C Men/Women w/Attack 11 binding
Reg. \$725, Sale \$399
Dynastar Intense 4x4 25 w/binding Reg. \$500, Sale \$329
Elan Magic w/binding Reg. \$500, Sale \$249

**Ski & Board
UP TO Wear
70% OFF
Kids Thru Adults**

**SPECIAL RACE
EQUIPMENT
BUYS!**

**SNOWBOARD GEAR
UP TO
50% OFF**

SALE EXCLUDES ALL 21/22 PRODUCTS

MARKER - LOOK - AND SO MUCH MORE!

Belknap Mill Society offers knitting classes

LACONIA — The Belknap Mill Society’s Textile Workshop Series continues this fall with a three part program focused on knitting. The program will be held at the Belknap Mill in the Rose Chertok Gallery, located on the third floor. For the safety of all, masks will be required Workshop participants can register for each individual program or the entire series.

From Fleece to Yarn: Introduction to Preparing Wool and Spinning Presented by Donna Kay. Donna has been studying traditional knitting for 30 years. ‘Folk’ knitting is her passion, and she loves passing her skills and knowledge on to others. This program will be held Wednesday, Oct. 20 from 5:30 to 8:30 p.m., and is open to ages 12 and older. Participants will learn how to prepare sheep fleece for spinning using small hand tools and the basics of using a hand-spindle to spin yarn to take home. All workshop materials are supplied and participants do not need to have experience in knitting to attend. The fee for this workshop is \$5.

The Circular Knitting Machine: Yesterday and Today Tour and demonstration will be held Wednesday, Oct. 27 from 5:30 - 7:30 p.m. This workshop is open to all ages and participants will receive an in- person docent guided tour of the Belknap Mill’s Knitting Exhibit to learn how socks were produced through the late 19th and early 20th century in Laconia. A demonstration with Jim Grant, via Zoom, from Good Karma Farm in Bethel, Maine will follow introducing and encouraging participants to learn what circular knitting machines are making today! Register early as this class is limited to 20 participants. The fee for this workshop is \$5.

Introduction to Knitting Socks is the final workshop in the series with Donna Kay and will be held on Wednesday, Nov. 3 from 5:30 - 8:30 p.m., and is open to ages 12 and older who have some knitting experience. Donna will teach how to knit a small sock from start to finish, how to turn a heel and shape the gusset and toe. Participants must supply their own yarn and needles. A materials list will be emailed to each participant after registering. Sock patterns and handouts will be supplied as well as a pattern for adult size socks to take home. This class is limited to 12 participants. The workshop fee is \$25.

Donna Kay is a knitting instructor, designer and accomplished hand spinner. Known for her patient teaching manner, she delights in sharing her knowledge and passion with her students. Donna designs for her company, Tree of Life Designs, and is a frequent contributor to Interweave Knits, PLY and Spin Off. She resides on a farm in New Hampshire with her husband, horses, a flock of sheep and a growing herd of spinning wheels.

Good Karma Farm in Belfast, Maine is the home of Jim, Amy and Zoe Grant, along with a host of Icelandic sheep, alpacas, turkeys, dogs and cats. Jim spins every bit of yarn that they produce and is an expert at making socks on a circular sock machine. He is a many generation Mainer and was born in Cumberland, Maine. We encourage you to learn more about Jim and Good Karma Farm at: <https://www.goodkarmafarm.com/>

For more information or to register for a class, please visit our website www.belknapmill.org or call 603-524-8813. To register visit: www.belknapmill.org/textile-workshops.

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