

# Teen donates 3D-printed face shields to Tilton Senior Center

BY DONNA RHODES  
dhrhodes@salmonpress.news

TILTON – When the Tilton Senior Center took delivery of their new bus last month, the COVID-19 pandemic presented them with some unexpected health protocols they were not prepared for. A 15-year-old from Epsom, however, came to their rescue last week with PPE equipment for the volunteer drivers and the center’s Executive Committee couldn’t have been more pleased.

“This means we can finally start picking people up to bring them to doctor’s appointments, shopping and even a few programs here at the center that are starting up again,” said Committee Chair Pat Consentino.

Angelica Whitney is a junior at Bishop Brady High School where she is a member of their FIRST Tech Challenge

Robotics team. While the program at BBHS is only a few years old, the team is already making themselves known in the robotics world with awards and recognitions, and when FTC challenged teams across the country to help provide a million PPE devices for first responders and others who need protection from the virus, Whitney decided to take on that challenge.

With some help from the team captain, her brother Nick, along with her parents, she began running two 3-D printers at her home in April to create face shields and ear savers. Her printers form layers of plastic according to her programming instructions, producing adjustable plastic headbands to which she then adds custom cut sheets of clear plastic to create a shield.

“I buy plastic through Amazon then round off the corners and use a



**Bishop Brady High School junior Angelica Whitney recently presented the Tilton Senior Center with a donation of face shields she made as part of a FIRST Robotics Tech Challenge to provide PPEs to medical staff, first responders and other organizations. On hand for the presentation was (left to right) Jennifer Cormier who facilitated the donation, Whitney, and, modeling the shields, Senior Center Executive Committee members Pat Consentino, Jane Alden and Emily Laplante.**

three-hole punch to fit it to the headbands,” Whitney explained.

The printers have also

allowed her to create adjustable ear savers- pliable plastic bands that elastic from face coverings can be attached to behind the head rather

than tugging on earlobes. The adjustment tabs also allow a better fit for those who find that masks don’t always fit their face well, such

as children and more petite adults.

In two-and-a-half hours, Whitney said she can produce three

SEE **SHIELDS**, PAGE A8



**The trustees of the Belmont Public Library are pleased to announce completion of a \$26,760 project to clean and repair exterior brickwork.**

## Belmont Public Library celebrates completion of LCHIP-funded project

BELMONT – The trustees of the Belmont Public Library are pleased to announce completion of a \$26,760 project to clean and repair exterior brickwork. This marks the conclusion of a five year, multi-stage process to protect the exterior of the his-

toric building.

“We are delighted to wrap up this important project to preserve our historic building,” said Eileen Gilbert, library director. “The library is a beautiful and useful institution in Belmont.”

Pendlebury Masonry of New Boston handled the project to clean and repair two sides of the library building, using a boom lift to inspect the chimneys. The expert masons made sure to match the historic

SEE **LIBRARY**, PAGE A8

## Spaulding Youth Center receives grant supporting Equine Therapy and Horsemanship programs

NORTHFIELD — Spaulding Youth Center is excited to announce it has received a \$15,000 grant from the New Hampshire Charitable Foundation. This grant was funded by gifts from the Charitable Foundation’s Daisy Hale Fund. The grant will directly support Spaulding’s equine therapy programs.

Horseback riding and horsemanship serve as a unique and effective form of therapy for Spaulding children and youth facing behavioral, emotional and physical challenges. Children create an emotional bond with the horses and participating in this activity encourages them to build social skills and confidence in a positive atmosphere. Spaulding’s board-certified behavioral analysts (BCBAs) use Applied Behavioral Analysis (ABA) to develop and monitor plans for each student to build structure, set goals and promote skill acquisition based on their individual needs and abilities. The grant funding will cover the costs associated with transportation, instruction and materials. Historically, Spaulding students have received programming from both Back in the Saddle Equine Therapy Center (BITS ETC) and Lakes Region Riding Academy, and Spaulding intends to continue both



collaborations.

Located in Hopkinton, BITS ETC is a 501(c)3 non-profit that offers therapeutic riding and equine-assisted activities for people living with disabilities in central New Hampshire. BITS ETC was the first facility in the Northeast to be licensed by SpiritHorse International to offer its award-winning curriculum of special use for riders on the autism spectrum.

Lakes Region Riding Academy, located in Gil-

ford, New Hampshire, is home to Spaulding’s Healing with Horses program. The program provides residential students the opportunity to experience horseback riding in an intimate, calming setting. Students receive personal lessons from founder Julie Lawrence once a week for a four-week session and learn about the care and maintenance of horses.

“Spaulding is honored to receive this grant

SEE **GRANTS**, PAGE A8



# Cindy Hemeon-Plessner named Volunteer of the Year for by Granite United Way



Cindy Hemeon-Plessner

MEREDITH — Cindy Hemeon-Plessner, SVP and Marketing Officer for New Hampshire Mutual Bancorp (NHMB) and sister organizations Merrimack County Savings Bank, Meredith Village Savings Bank and NHTrust, has been recognized as Volunteer of the Year for 2019 in New Hampshire’s Central and Lakes Regions by Granite United Way.

Each year, the Granite United Way recognizes extraordinary people and companies who align with their values of giving, advocating and volunteering. The Volunteer Award recognizes an individual who does critical, impactful work for the betterment of his/her local community. Hemeon-Plessner was singled out for her

extraordinary commitment and leadership.

“We are fortunate to have Cindy among our volunteer leaders in our Central Region,” said Patrick Tufts, President and CEO of Granite United Way. “She shows incredible dedication to our community, and a passion for helping others. We are proud to present her with our 2019 Volunteer Award.”

“We’re extremely proud of Cindy for being recognized by Granite United Way as the 2019 Volunteer of the Year for the Central Region,” said Gregg Tewksbury, President and CEO of NHMB. “This award distinguishes her 30-plus years of volunteerism, support and dedication to her local community. We’re very fortunate to have Cindy represent our companies through her compassionate leadership and strength. This recognition is very well-deserved!”

As a longtime supporter and volunteer of the United Way, Hemeon-Plessner is passionate about giving back.

“I am overwhelmed and deeply humbled by this recognition,” said Hemeon-Plessner. “I started donating to the United Way when I was a teacher for Teach for America 30 years ago! I have volunteered for Days of Caring in Texas, California, Massachusetts and my beloved NH. I’m absolutely honored to receive this award and dedicate it to all my United Way co-workers over the last three decades.”

Hemeon-Plessner is a member of the Community Impact Committee for Granite United Way, and has served as the Chair of several past Day of Caring events. She has also enjoyed a long history of community leadership and volunteerism, including with the New Hampshire Charitable Foundation, Lakes Region Children’s Auction and

with the Boys and Girls Club of Central New Hampshire’s Endowment Committee.

Granite United Way is an experienced and trusted organization dedicated to leveraging the resources of investors and volunteers to create lasting change by addressing the underlying causes of our community’s most pressing needs. They are committed to improving the lives of individuals and families by supporting programs in the areas of education, income and health. Granite United Way works with over 1,000 companies, 25,000 investors and thousands of volunteers every year to make NH a better place to live, work and raise a family. Granite United Way serves the Southern Region (Manchester/Derry/Salem), Merrimack County, North Country, Central New Hampshire, Northern and Upper Valley Regions of New Hampshire and Vermont, as well as Windsor County, Vt. For more information, visit [www.graniteuw.org](http://www.graniteuw.org).

New Hampshire Mutual Bancorp, a shared services organization, was formed in 2013 when two New Hampshire-based community banks, Meredith Village Savings Bank and Merrimack County Savings Bank, formally affiliated – the first relationship of its kind in the state. This strategic partnership has positioned the banks to leverage each other’s strengths as they work together to advance a shared vision of maintaining and enhancing community banking standards and values. MillRiver Wealth Management joined as a third affiliate in 2015, combining the financial advisory divisions of MVSB and the Merrimack. Savings Bank of Walpole joined NHMB in 2018. In 2020, MillRiver Wealth Management affiliated with the New Hampshire Trust Company and Savings Bank of Walpole Wealth Management to become NHTrust. For more information, visit [nhmutual.com](http://nhmutual.com).

## BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests during the week of July 31 to Aug. 7.

Ryan William Streitenberger, age 39, of Laconia was arrested on July 31 for Possession of Controlled/Narcotic Drugs.

Lester E. Conway, age 43, of Gilford was arrested on Aug. 1 in connection with multiple warrants issued by both Concord District Court and Merrimack County Superior Court.

Nathan G. Bishop, age 20, of Belmont was arrested on Aug. 1 for Criminal Threatening (intimidation, etc.) and Harassment.

Timothy Kingsbury, age 35, of Loudon was arrested on Aug. 2 in connection with a bench warrant issued by Franklin District Court.

Joshua I. Gagne, age 38, of Belmont was arrested on Aug. 2 in connection with a warrant issued by the Laconia Police Department.

Andrew Leblanc, age 30, of Belmont was arrested on Aug. 3 for Prohibited Sales of Alcoholic Beverages.

Stephen E. Anderson, age 26, of Laconia was arrested on Aug. 4 in connection with a bench warrant issued by Laconia District Court, Operating After Certification as a Habitual Offender, and in connection with a warrant issued by the Hooksett Police Department.

Joshua P. Wilk, age 45, of Laconia was arrested on Aug. 6 for Driving Under the Influence-Impairment, Possession of a Controlled Drug (Fentanyl), Transportation of Drugs in a Motor Vehicle, and control of a premises on which Controlled Drugs have been kept.

## NORTHFIELD POLICE LOG

NORTHFIELD — During the month of July, the Northfield Police Department received 1,521 calls for service.

The following arrests were made:

Derek Grimm, 47, of Northfield for Conduct after an Accident.

Dylan Gerlack, 21, of Franklin for Conduct after an Accident.

Dylan Corgatelli, 19, of Laconia for Driving after Revocation/Suspension-Subsequent, License Required-Op w/o Valid License, Uninspected Vehicle and Unlawful Possession.

Melissa Fujita-Sweet, 43, of Northfield for DV Simple Assault; Physical Contact.

James Killoran, 47, of Northfield on a warrant for non-appearance in court for Possession of a Control Drug.

Sandra Descoteaux, 53, of Northfield for Breach of Bail Conditions.

Jade Markham, 23, of Alton for Criminal Trespass.

Kyle Gerrish, 21, of Franklin on warrants for non-appearance in court for Theft by Deception and Non-Payment of fine for two charges of Theft by Deception.

James Beyer, 71, of Franklin for DUI-Impairment and DUI.

Kyle Hastings, 30, of Northfield for Driving after Revocation/Suspension and Driving after Revocation/Suspension or DUI.

Rodney Young, 55, of Northfield for non-appearance in court for Disobeying an Officer.

Ortiz De La Cruz, 24, of Franklin for Driving after Revocation/Suspension and Operating w/o Valid License.

Charles McWilliams, 51, of Northfield for non-appearance in court for Violation of Court orders.

A male, 16, of Concord for License Required; Operating w/o Valid License and Misuse/Fail to Display Plates.

## TILTON POLICE LOG

TILTON — The Tilton Police Department responded to 1,040 calls for service and made the following arrests from July 20 to Aug. 2.

Arrested during this time period were Eric Peters (for Driving After Suspension and n connection with a warrant), Paige Colby (in connection with a warrant), Jacob Deveno (for Criminal Trespassing and Driving After Suspension), Leah Storey (in connection with a warrant), Paul Caristi (in connection with a warrant), Michael Deveno (for Receiving Stolen Property and Criminal Trespassing), Josiah White (for Driving After Suspension), Victoria Cicca (for Criminal Trespassing), Joshua Delemus (for Simple Assault), Steven St. Jacques (for Driving After Suspension), Nahan Bishop (for Driving After Suspension), Michael Desroches (for Simple Assault and Resisting Arrest), Jeremy Michael (in connection with a warrant), and Maria Vallee (for Willful Concealment and Criminal Trespassing).

Mountainside Pit

NOW OPEN

Off of Sandy Knoll Road, Tuftonboro

Sand Fill

For questions call Jim Bean

603-455-5700

NORTH COUNTRY COINS, LLC

BUYING • SELLING • APPRAISALS

Est. 1989

WWW.NCCNH.COM

TUES • FRI 10 - 5 • SAT 10 - 3

HIGHEST PRICES PAID

All US and foreign silver and gold coins, estate jewelry, scrap gold, diamonds. Free oral appraisals.

NORTH COUNTRY COINS.

Main St., Plymouth, NH 536-2625.

THE WINNISQUAM ECHO:

The next best thing to word of mouth advertising!

MEET YOUR SALES REPRESENTATIVE

TRACY LEWIS

603-616-7103

Call Tracy today at (603) 279-4516 ext. 182 or e-mail [tracy@salmonpress.news](mailto:tracy@salmonpress.news)

Our advertisers trust us, our readers trust our advertisers!

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

ADVERTISE WITH US

ADVERTISING EXECUTIVE

Tracy Lewis

(603) 575-9127

[tracy@salmonpress.news](mailto:tracy@salmonpress.news)

TO SUBSCRIBE OR FOR SUBSCRIPTION SERVICES:

WINNISQUAM ECHO

(603) 279-4516 OR

KERRI PETERSON

(603) 677-9085

[kerri@salmonpress.news](mailto:kerri@salmonpress.news)

SEND US YOUR NEWS AND PICS

[MyEcho@SalmonPress.news](mailto:MyEcho@SalmonPress.news)

TO FAX THE ECHO:

CALL (603) 279-3331

TO PRINT AN OBITUARY:

E-MAIL: [news@salmonpress.news](mailto:news@salmonpress.news)

CALL: 603-677-9084

TO SUBMIT A LETTER TO THE EDITOR:

E-MAIL: [news@salmonpress.news](mailto:news@salmonpress.news)

TO SUBMIT CALENDAR ITEMS:

E-MAIL: [news@salmonpress.news](mailto:news@salmonpress.news)

WWW.SALMONPRESS.COM

(603) 279-4516

A SALMON PRESS PUBLICATION

ECHO STAFF DIRECTORY

PRESIDENT & PUBLISHER

FRANK G. CHILINSKI

(603) 677-9083

[frank@salmonpress.news](mailto:frank@salmonpress.news)

BUSINESS MANAGER

RYAN CORNEAU

(603) 677-9082

[ryan@salmonpress.news](mailto:ryan@salmonpress.news)

OPERATIONS DIRECTOR

JIM DINICOLA

(508) 764-4325

EDITOR

BRENDAN BERUBE

(603) 677-9081

[brendan@salmonpress.news](mailto:brendan@salmonpress.news)

DISTRIBUTION MANAGER

JIM HINCKLEY

(603) 279-4516

PRODUCTION MANAGER

JULIE CLARKE

(603) 677-9092

[julie@salmonpress.news](mailto:julie@salmonpress.news)

USPS 024-975

The Winnisquam Echo is published weekly by Salmon Press, P.O. Box 729, 5 Water St., Meredith, NH 03253. Periodicals postage paid at Meredith, NH 03253. POSTMASTER: Send address changes to the Winnisquam Echo, P.O. Box 729, Meredith, NH 03253.



# Laconia Harley-Davidson modifies on-site Bike Week activities

MEREDITH — After consultation with the Town of Meredith, Laconia Harley-Davidson has announced modifications to its on-site activities during the 97th Annual Laconia Motorcycle Week, which is taking place Aug. 22-29. The dealership will remain open throughout the rally and demo rides will take place, following health and safety protocols in accordance with local, state and federal guidance. However, it will not be hosting vendors, food or live music on-site.

“Laconia Motorcycle Week is the nation’s longest running motorcycle rally, attracting visitors

who enjoy New Hampshire’s beautiful scenery and some of the most spectacular motorcycle riding in the nation. While some of the activities have changed this year, this fact remains unchanged,” said Laconia Harley-Davidson owner Anne Deli. “The health and safety of our motorcycle riding family and our community remains our top priority. After extensive conversations with the Town of Meredith, we made the mutual decision to postpone on-site activity. We appreciate the understanding of our community as this was not a decision that was made lightly. We will still

be open for business and invite people to enjoy Laconia Motorcycle Week, Laconia Harley-Davidson and all that New Hampshire has to offer. Let’s focus on the ride.”

“The Town recognizes and supports the actions taken by Laconia Harley-Davidson to not invite vendors on their property this year, knowing that the decision to do so was a difficult one and was made with the safety of all in mind. The Town stands ready to work with all to ensure that the public and visitors have a safe and fun experience during Motorcycle Week,” said Meredith Town Manager Phil

Warren.

“The look and feel of this year’s 97th Laconia Motorcycle Week may have changed, but the sense of community amongst residents, businesses and riders emulates the very pride that is this rally’s true legacy,” said Jennifer Anderson, Deputy Director of the Laconia Motorcycle Week Association. “This year, visitors can look forward to adding even more miles on two-wheels with plenty of gypsy tours and self-guided rides throughout New Hampshire. Maps and suggested routes are available daily at Rally Headquarters in Weirs

Beach and at Laconia Harley-Davidson in Meredith.”

Laconia Harley-Davidson has published a series of self-guided rides available for free at its dealership, and invites customers to demo Harley-Davidson Motorcycles and shop its expansive selection of Harley-Davidson and Motorcycle Week merchandise throughout the week. The dealership is open normal business hours, Monday – Friday 10 a.m. – 7 p.m., Saturday 10 a.m. – 6 p.m. and Sunday 10 a.m. – 5 p.m.

Motorcycle Week attendees can also purchase raffle tickets for a chance to win a 2020

Harley-Davidson Road Glide. Net proceeds from the raffle will benefit the Greater Lakes Region Charitable Fund for Children, a 501(c)(3) non-profit organization that helps over 70 community-based organizations that focus on providing support for underserved children in the Central New Hampshire and Lakes Region.

Motorcycle Week attendees are also encouraged to visit <https://laconiamcweek.com/> for a list of event details.

## Belmont man pleads guilty to Conspiracy to Commit Bank Fraud

Belmont man pleads guilty to Conspiracy to Commit Bank Fraud

CONCORD — Jon Daigle, Jr., 33, of Belmont, pleaded guilty in federal court on Thursday to conspiracy to commit bank fraud, United States Attorney Scott W. Murray announced today.

According to court documents and statements made in court, on Dec. 12, 2019, the Belmont Police Department received a report that two people were using drugs in a parked car outside a convenience store. Officers responded and identified Daigle and another individual as the occupants of the vehicle. In plain view, they observed drug paraphernalia in the car. Officers seized the vehicle and applied for a search warrant, which was granted. Later that day, officers searched the car and found suspected methamphetamine, drug paraphernalia,

mail addressed to various people in Laconia, Gilford, and Meredith, New Hampshire (including checks made out to people who were not occupants of the vehicle), a USPS mail tote, and a lock pick set.

On Jan. 15, the Bedford Police Department began an investigation of mail stolen from a community mailroom. A surveillance camera in the mailroom showed that on Jan. 12, Daigle was captured on video as he picked the lock to the mailroom, entered the room, rummaged through various packages, and left with a handful of mail.

On various occasions between January and April of 2020, Daigle and his co-conspirator altered stolen checks and cashed or attempted to cash them at various banks in New Hampshire. Some of the checks were stolen from the community mail-

room in Bedford and also from mailboxes in Manchester. On April 1, Daigle and a co-conspirator attempted to use a stolen driver’s license to cash a check at a credit union.

On April 23, Daigle and a co-conspirator were arrested by Manchester Police Officers. Officers seized the vehicle and obtained a search warrant. The vehicle contained over \$16,000 in stolen checks, stolen credit cards, the stolen driver’s license used at the credit union on April 1, and various other pieces of stolen mail.

Daigle is scheduled to be sentenced on Nov. 17.

“Bank fraud causes real harm to individuals as well as financial institutions,” said U.S. Attorney Murray. “The harm is compounded when criminals interfere with the U.S. Mail to facilitate their schemes.

We will continue to work closely with U.S. Postal Inspection Service and all of our law enforcement partners to identify and prosecute those who engage in this type of criminal activity.”

“The U.S. Postal Inspection Service actively conducts investigations with our counterparts to combat mail theft in our communities,” said Inspector in Charge Joseph W. Cronin of the U.S. Postal Inspection Service’s Boston Division. “The U.S. Mail remains one of the most secure means of transmitting personal information and our Postal Inspectors work diligently to preserve the integrity of the U.S. Mail.”

This matter was investigated by the United States Postal Inspection Service, the Belmont Police Department, the Bedford Police Department, and the Manchester Police Department.

## Jennifer Williams, EA joins local financial advisory firm

LACONIA — The Foundry Financial Group, Inc., a fee-only Registered Investment Advisor in Laconia, is pleased to announce the addition of Jennifer Williams, EA as a Wealth Management Advisor working as part of an advisory team. Jennifer will be responsible for financial planning and investment management client service and business development.

Williams joins The Foundry after spending ten years in public accounting and is looking forward to drawing on her experience in tax planning.

“I enjoy building close personal relationships with my clients and am committed to learning about their financial goals,” says Williams, who holds a B.S. in Accounting and Finance from Eastern University in Pennsylvania.

“We are thrilled to have Jennifer on our team,” said Michael Fogarty, President of The Foundry. “She has the professional commitment to learning and warm personality that we look for in our professional staff.”

Financial planning services are offered through The Foundry. Investment advisory services are offered through Cambridge Investment Research Advisors, Inc., a Registered Investment Advisor. The Foundry and Cambridge are not affiliated.

Serving all of New Hampshire for 50 years.



**PORTER**  
ASPHALT PAVING, INC.

**286-8182**  
**www.porterpaving.com**

Paving & Resurfacing • Driveways & Parking Lots • Line Striping  
Specializing in Residential and Commercial Paving  
Owner Installs Every Job


**BLACK DIAMOND BARGE CO.**

**MARINE CONSTRUCTION**

Septic Systems	Materials Delevered
Dock Repair and Construction	Landscape
Site Work	Break Waters
Stone Work	Raised Beaches

Jim Bean, Owner  
**603-569-4545** office  
**603-455-5700** cell  
[blackdiamondbarge@roadrunner.com](mailto:blackdiamondbarge@roadrunner.com)

Wonderful Things  
Come In Small Packages...



Old Man Pendant from \$35

especially if they're from  
**Alan F. Soule Jewelers**  
286-8649  
AS 422 W. Main St. AS  
Tilton, NH  
(across from Winnisquam HS)

Gold • Sterling • Diamonds  
Colored Stones • Repairs  
Custom & Handcrafted Items  
Wedding & Family Jewelry

**Oil Tank Removal and Installation**  
**SPENCER BROS. LLC**  
Serving New England for 37 Years • Family Owned



**(603) OIL-TANK**  
**(207) OIL-TANK** **(800) 300-0550**  
Email: [spencerbrosh@gmail.com](mailto:spencerbrosh@gmail.com)  
**Above Ground and Underground Tanks**

Mount Washington Valley  
**CRAFT FAIR**



**FREE ADMISSION!**

**Aug 22 Sat 10-5**  
**Aug 23 Sun 10-4**

**Live Music!**  
**Mask Required**  
**Please Use 6' Social Distancing!**  
**Rain or Shine!**

**Schouler Park**  
**1 Norcross Circle, Rt. 16**  
**North Conway, NH (Next to Scenic R.R.)**  
[www.joycescraftshows.com](http://www.joycescraftshows.com) • 603-528-4014

**FREE ADMISSION Please Social Distance Mask Required! Rain or Shine**



**Arts & Crafts Festival**  
**Aug 14-16**  
**Fri 10-5**  
**Sat 10-5**  
**Sun 10-4**

**The Nick Recreation Park**  
**10 Trotting Track Rd. Rt. 28 Wolfeboro**  
**(Formerly at Brewster Academy)**  
**Chainsaw Demo & Live Music!!!**  
[www.joycescraftshows.com](http://www.joycescraftshows.com) Info - Joyce (603) 528-4014



## A challenge... and an opportunity

School this fall will be an unprecedented experience for students from pre-school all the way through graduate school. With districts ironing out re-opening plans, it's important to remain patient and to withhold judgement. Administrators are working with their respective state guidelines, communities and experts in every aspect of education, and health to keep staff, students and families safe. Now is not the time to be a know-it-all because the fact will always remain, that we don't know it all, and never will.

At this time, it's best to leave things up to the experts and remember that this is only temporary. The powers that be as far as re-opening goes, are doing the best they can, given the unfortunate and unpredictable circumstances they've been put in. The only thing left to do is to be supportive. Anything apart from that is simply counter-productive.

Students of all ages are experiencing all sorts of feelings, and not necessarily in a negative way; however, we do know that some are. Children and teens need each other now more than ever. Parents, extended family members, older siblings and community members need to set the example of what resiliency looks like. Yes, this fall will be difficult, especially for single working parents whose option to home school is null. In those cases, we can only hope there will be some sort of respite offered in each community for those in need.

What we need to remember is that children are resilient, to varying degrees. Most children are capable of working through tough times and managing stress in their own way. We just need to pay attention and keep an eye out. Resilience is something that we all develop as we grow, each time we face a challenge, adversity or any sort of trauma or failure.

As parents, we wish we could protect our children from harm's way or from facing any sort of adversity. There will always be bullies, grief, heartbreak and all sorts of obstacles. Global pandemic is new on the list, but alas here we are. How we react matters. Our children are watching and listening to all of us. Remember that what seems small to us, seems much larger to a child.

Experts tell us to arm your children with confidence to face their problems, so that they know, they have the tools to confront tough things. When they can self soothe and bounce back independently, they grow and become stronger and more resilient.

Oftentimes when parents jump in too much to solve their children's issues (albeit with good intentions), it can weaken their resilience and ability to problem solve on their own. Without the ability to problem solve, children may encounter more anxiety in the future. Of course, age plays a role with guidance and we have faith that most parents know what is best for their children.

One tip from experts is to make sure to spend plenty of one on one time with your child so they know they are loved and supported unconditionally. These positive connections give parents and adults a chance to model resiliency.

Having your child take what's called a 'healthy risk' is important. This simply means, letting them step outside of their comfort zones, knowing that if they fail, little harm will occur. When children avoid taking risks, they are teaching themselves that they aren't capable to tackle challenges.

If your child comes to you with an issue, respond by asking them questions on how their specific problem should be solved. We like this one, and had one reader tell us that she has been having her children watch episodes of the television show "MacGyver," whose main character's defining trait is his ability to think on his feet and improvise his way out of challenging situations. We're not suggesting letting kids figure everything out for themselves, we all need help at times.

Make sure your children know what kind of emotion they are having, and let them know those feelings are normal and will pass. Lead by example. Teach your children that exercise is important and any other activities that promote calm.

While we wish there was a quick fix, there just isn't one. During this pandemic, we need to stay positive and teach our children the power of optimism. There's a quote that explains this perfectly: "The way you perceive a specific situation is determined by your frame of mind. If your frame of mind and thoughts are positive, you will always be in a position to seize the opportunities that are before you."

## LETTERS TO THE EDITOR

To the Editor:

The position the Governor has taken, described in an article published in the Laconia Daioly Sun, on Mandatory Masks and his lack of concern is going to cost Gov. Chris Sununu the upcoming election for sure! His performance to date has been reasonable, but allowing hoards of Bike Week people to in-

fest Laconia and our state's stores and restaurants and food markets without masks will be disastrous. Unfortunately, we will not know until two weeks after they have returned home what the health impact has been.

We don't want to hear, when the bad news comes out, that "it is what it is"; that is totally unacceptable

in New Hampshire!

Governor, do your job and ban Motorcycle Week and the NASCAR race! Also, make masks mandatory in public places in our beautiful, safe state! Let's keep it that way!

BILL WHALEN  
SANBORNTON



COURTESY

### After the storm

When Tropical Storm Isaias ripped through Northfield last Tuesday, it left a path of destruction that closed many roads and tore down power lines, including this tree that fell across Peverly Road, as well as other damage-related road closures and outages on Oak Hill, Bean Hill and beside Glines Park.

## STRATEGIES FOR LIVING

### Never give up on your dreams

BY LARRY SCOTT

Moses, who once roamed the Pharaoh's palace as an adopted son, was now living the life of a shepherd in the arid and hot southern region of the Arabian peninsula. For 40 years, he had been tending his father-in-law's sheep, convinced he would never fulfill his cherished dreams.

Forty years before, Moses had been a man on a mission.

The adopted son of a former Egyptian Pharaoh, Moses had lost his royal status when the new Pharaoh came to power. His people were now slaves. But a determined forty-year-old Moses refused to accept the status quo.

Moses dream of emancipating his Hebrew brethren, however, came to nothing; he made a colossal mistake. When one of his Hebrew brethren was being abused by an Egyptian, Moses

went to his defense and killed the Egyptian. But no one cheered his ambition, and soon he had to flee for his life. He was to spend the next forty years dreaming of what might have been.

But things were about to change. One morning, amid the stillness known only in the desert, a nearby shrub burst into flames. And suddenly, a voice. "Moses, take off your sandals. The ground on which you are standing is holy ground!" Come again? Holy ground? Yes, holy ground! God is present, and that changes everything.

The hot-shot young Hebrew has become a seasoned shepherd, and he's lost his bravado. When God tells him He is about to satisfy his lifelong dream, Moses can hardly believe it. He is to lead the children of Israel out of Egypt, God tells him, and all he can think to say is, "Who, me?" "Yes, you!"

And then comes this question, and it is the signature moment of Moses' life. "And, who," Moses asks, "shall I tell the Israelites sent me? What is your name?" "I AM WHO I AM," God responds. "You can tell them the I AM has sent you."

And that is the turning point. Knowing God, up close and personal, and by name, changes everything. The brash young Hebrew is now an elderly, insecure shepherd, convinced life has passed him by. But his forty years in the wilderness have not been wasted. Finally, he is a man God can use.

This question, then. Can God do for you what he did for Moses?

The problem is that most of us have heard of God. We've been told of His existence, that He is the Creator and the Father of our Lord Jesus Christ. Knowing about Him, however, is one thing; knowing Him is

another matter entirely.

But as He did with Moses, God would like to reveal Himself to you. You, too, can have a "God moment," a "burning bush" of your own; it's never too late to initiate a new beginning.

Jesus said, "Come to me and I will give you rest." With our nation in turmoil, and the pandemic dominating our lives, it's an offer that, taken seriously, could change the course of your life.

You may have spent the last forty years agonizing over what could have been. Perhaps sin, an error in judgment, or an unfortunate decision, altered your life and destroyed your hope of being the person you know you could be. But do not despair. God is more than able to take your past and use it to help you become the person who, without Him, you could never be. Never give up on your dreams!

## How to keep cool and avoid extreme heat

With many of the normal ways we keep cool closed or inaccessible this summer, keeping cool if you don't have air conditioning on some of the hottest days of the summer is a real challenge. It's not just about being uncomfortable, being overheated can cause serious health problems for those with Asthma, Congestive Obstructive Pulmonary Disease, Congestive Heart Failure and many other health conditions.

Overheating can also cause heat exhaustion, which can lead to heat stroke, both of which are dangerous. They occur when your body gets too hot and can't cool itself properly. Heat exhaustion can go away if you treat it quickly, but if it doesn't pass or progresses to heat stroke, it becomes a medical emergency.

The CDC lists signs of heat exhaustion as feeling faint, or passing out, headache, weakness, nausea or vomiting, heavy sweating, cold and clammy skin, and fast but weak pulse. It happens when you are out in the sun too long, or in a hot environment like a house or apartment without adequate ventilation or air conditioning. You need to immediately move to a cooler place, put some cool, wet cloths on your body, or take a cool bath,

and hydrate with sips of water. If symptoms last longer than an hour, or get worse, you may have moved into heat stroke – a medical emergency.

In heat stroke, your body temperature rises to dangerous temperatures, 103 degrees or higher, which can cause permanent organ damage. Your skin becomes hot and dry, or just damp with feelings of dizziness and nausea, headache, confusion and loss of consciousness even seizure. It's a medical emergency, so 911 needs to be called. Most people with heat stroke aren't able to safely swallow because they have an altered level of consciousness, so they

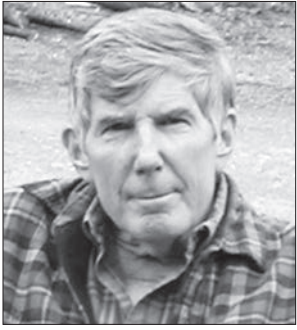
shouldn't drink because of the risk of choking. A person with heat stroke should be moved to a cooler place, and have their temperature lowered with cool cloths or a cool bath.

Rather than wait and hope that neither of these terrible situations happens to you or your loved ones, make a plan and take some smart steps to keep cool in the heat of the summer. First, consider if you don't have air conditioning, can you get to some? Do you have a close relative or friend in your existing circle of social contacts with A/C who you could visit if it gets

SEE HEAT, PAGE A8



# Anonymous letters, and seeking Maine, while photographing various things



By **JOHN HARRIGAN**  
COLUMNIST

Anonymous letters just irritate the day-lights out of me. My name is right out there week in and week out, after all, as is my contact information, so the least readers can do, I'd think, is have the courage, decency, and trust to sign letters.

Trust? Yes, trust that if someone asks to remain anonymous and has good reason, I'll honor it.

And I guess that's what irks me, because that kind of fear translates to mistrust--specifically, a lack of faith that I'll honor my end of the bargain.

To be clear here, I cannot, and do not, pay much attention to letters that arrive unsigned. For one thing, I cannot use anything in them, no matter how interesting it might be, because I have utterly no way of determining veracity. And while I may indeed never reveal the identity of a source, I have to at least be able to demonstrate to an editor (and/or publisher) that I have one and it's legitimate.

Fortunately, I'm not covering the police beat or court beat or even, for that matter, the Fish and Game beat; I might touch on those entities from time to time while following an interesting story, but it's not a steady thing. And I try to do my visiting with Fish and Game in neutral territory, like a hearing room or a camp.

In general, I don't go looking for bad news, and try to keep things upbeat because I'm an upbeat guy. There's plenty enough gloom and doom in the news without me adding any more. But please--unsigned letters are a waste of my time and yours. Have the forthrightness to sign the letter, and include a phone number--not for publication, but so I can check a fact or ask a question.

And, of course, so I can find out the story behind the story, and what moves a person to seek anonymity.

+++++

A friend and I went on a truck-tour last weekend, our Maine mission being to locate the Maine border. As we suspected, it was right where we left it the last time, although the shrubbery had grown up some.

Readers will want to know whether we found the border, meaning more than just a haphazard bunch of blazes, and will be heartened by the answer, which is "Yes." However, once again we were disappointed to find out that it's not a series of dashes, like this, --- but is a solid line, like this: \_\_\_\_\_. And you have to guess on the lakes and streams, because the paint never gets a chance to dry.

We always see wildlife of one sort or another, and on this trip, we happened onto a deer almost right away, in fact only a couple of miles from home.

This deer stayed around for a while, right on the side of the road, long enough that we accused it of posing for animal crackers, as coach (and later in life, fishing and cribbage cohort) Dick Moulton used to say. He and I played fierce cribbage in between fishing forays at Trio Ponds. In pegging he was good at ambush, but I had some pretty good teachers too, in the likes of Erwin Bennett and Rudy Shatney.

Cribbage is played in camps throughout northern New England, in general wherever loggers and logging followed the first of what were called the Big Cuts. This was the felling of old-growth forest, the leading edge that drew and formed the famed Bangor Tigers and successive waves of men and expertise ever westward, starting in Maine and sweeping through New Hampshire, Vermont, New York and the Great Lakes region before logging the Rockies and the Sierra, and winding up on the Pacific shore in Oregon and Washington.

Cribbage legend and lore is that the game was introduced by Scandinavians, who came here to seek whatever the new continent could offer and were good at building camps, keeping tools sharp and cutting wood.

I don't get to play much cribbage now, on account of partners dying off, an impossible thing to fix. So I am thinking of putting a want ad in the paper, something like "Old dub seeks one of the same



COURTESY

This deer was watching the traffic go by on South Hill Road, so we stopped to visit. It didn't do tricks or anything, but we photographed it anyway, just because it was there. (Courtesy West Milan Sporting Tours)

to play some pretty fast cribbage on a steady basis." A dog and the tendency to laugh at life's foibles would be icing on the cake.

+++++

Where were we? Oh yes, the deer.

What is it about the sight of a deer--or any wild creature, for that matter--that makes us automatically reach for a camera?

There is utterly nothing unusual about seeing a deer, after all. It wasn't always that way. There was a time, perhaps six or seven generations ago, when seeing a deer was about as unusual as seeing moose was back in the 1950s.

I remember a bull moose that came across the golf course, was allowed to play through, hit a nice seven-iron, and ran through several shared back yards, picking up a swing-set along the way. It galloped into Beaver Brook swamp, the unofficial name for the jungles that I routinely disappeared into for much of my boyhood. We used to build cedar-log rafts to pole around in there, and once found a turtle that

Edgar Bennett and Robert Shaw carved their initials onto a half-century before.

Anyway, this moose on the loose was a sensation, and by the time it disappeared into the embrace of the swamp, it was being pursued by various people armed with everything from guns to hatchets, as well as the usual passel of dogs, and people on horseback. Jim Berry, the game warden, shot it with a tranquilizer dart so the swing-set could be untangled from its rack and it could run away, which it was happy to do, disappearing in the general direction of Creampoke.

So we took a photograph of the deer, and later in the day did the same thing with a young fox, last year's pup, which was wandering around on a logging road in the wild woodlands, seeming confused about what it was supposed to be doing. "You're supposed to be acting like a wild animal," we told it, more or less in unison, and it ran away.

(Full disclosure: Upon encountering the fox, we did what any good red-blooded Merkan would do--reached for a camera, which in this



2This young fox, last year's pup, was wandering around a logging road with a sort of dazed demeanor, and it hung around striking poses before trotting off toward Maine. (Courtesy West Milan Sporting Tours)

case, of course, was an iPhone, which was good for nothing else at the moment because there was no such thing as a cell tower in the territory.)

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

*Lakes Region* **\$149**  
Chimney Sweep

**Chimney Pro**

Sweeps • Stonework  
Brick Repairs • Liners  
Caps • Installations  
Fire Place Makeovers

CHIMNEY SAFETY INSTITUTE OF AMERICA  
**CERTIFIED CHIMNEY SWEEP**

**Video Chimney Inspections**

**603-520-7217**

BETTER BUSINESS BUREAU  
**BBB**  
Fully Insured

**NEW HAMPSHIRE BOAT MUSEUM**

**See Our Newest Exhibit:**

**Locally Produced**  
Fresh Water Boats Made in New Hampshire

**This Month's Featured Artist**  
Amy Piper, photography

 Come and see the beauty of New Hampshire captured through Amy Piper's lens.

Vintage Boats, Lake Memorabilia  
Family Activities, And More!

399 Center St., Wolfeboro  
603.569.4554 • nhbm.org

**Forest Pump & Filter Co.**  
Serving The Greater Lakes Region Area for Over 50 Years

**WE DO IT ALL**

**WELL DRILLING PUMP SYSTEMS**  
**FILTERS**

*Family Owned Business for 40 Years*

**CALL FOR SERVICE**  
**FOREST PUMP & FILTER CO., INC.**  
**603-332-9037**

  
**ARTISAN'S MARKET**  
and Seasonal Farmer's Market

**Every Wednesday beginning July 22**  
**3 to 8pm**  
**Rain or Shine**


Sanbornton Old Town Hall  
19 Meeting House Hill Road

\*\*\* Facial masks required  
\*\*\* Sanitizer will be available

Vendor Coordinator  
Dawn Gaudreau  
email: DAGaudreau@hotmail.com

All CDC recommendations will be implemented

Made with PosterMyWall.com

**RE/MAX Bayside**  *With you every step of the Way!*

There's never been a better time to sell!

**SOLD**

**FOR SALE**



208 Daniel Webster Hwy Meredith, NH 03253 (603) 279-0079  
604 Main Street Laconia, NH 03246 (603) 527-8200  
**www.baysidenh.net**



# Comfort Keepers

## Hernias and seniors

BY MARTHA SWATS  
Owner/Administrator  
Comfort Keepers

It's estimated that at least 10 percent of the population will have a hernia in their lifetime. A hernia is described as a bulging of an organ or tissue through an abnormal opening. The causes and types of hernias vary depending on the location in the body, severity and symptoms. One thing holds true, no matter the circumstances – any hernia can turn into a medical emergency. Seniors that suspect they have a hernia, whether it is painful or

not, should discuss this with their doctor as soon as possible. Seniors that have a hernia will often notice a lump in the abdomen, groin, leg or other area of the body. These lumps can be painful or painless, soft or firm, and will vary in size. Other hernia symptoms include pain, a heavy sensation in the area of the hernia, and swelling. The trapped tissue causing the hernia lump can lose blood supply, becoming a strangulated hernia. A strangulated hernia can be a life-threatening condition and requires immediate surgery. Hernias that have become strangulated can cause fever, sudden intense pain, nausea and vomiting. Strangulated hernias can also change appearance, with the lump becoming larger or turning red or purple. Medical professionals evaluating a hernia will typically do a physical exam and may order an ultrasound or CT scan as well. Seniors that want to discuss their hernia with their doctor can use the following list of questions as a guide for starting this conversation: What type of hernia

is this? Does my hernia require surgery? How can I know if my hernia is getting worse? How can I care for my hernia? What should I do if my hernia starts to hurt, or changes in appearance? How can I take care of my hernia? What does surgery and recovery look like for a hernia? Comfort Keepers® Can Help If your loved one has specific care needs related to a health issue, like a hernia, we can help. Our

caregivers can provide transportation to appointments, assist with meal preparation and light housework, provide companionship and help monitor physical changes and symptoms. We strive to elevate the human spirit through quality, compassionate, joyful care. To learn more about our in-home care services, contact your local Comfort Keepers location 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 536-6060 or visit our Web site at [nhcomfortkeepers.com](http://nhcomfortkeepers.com) for more information.

## MARK ON THE MARKETS

### Advisor versus robot



BY MARK PATTERSON

Robo-advising has become immensely popular because of the low fees typically associated with this automated service. I believe there is some merit and a place for Robo-advising. There are just some concerns that I have regarding Robo -advising, first being, we really have not seen how the robot handles a fast-moving


downward market or an elongated bear market. I can see Robo -advising being used by young people with a very long time horizon in the markets that are just allowing the robot to rebalance their portfolio and to make algorithmic choices for their money. Where I don't believe Robo works well is for someone inside of 10 years of retirement or doesn't like

equity market risk. As we get closer to needing our assets for income, or simply do not have time to recover from a correction in the equity markets, then an advisor that is skilled at structuring steady, sustainable and reliable income that mitigates market risk, sequence of return risk and longevity risk can be invaluable. I have seen many portfolios that were good candidates for Robo advising. Typically, these portfolios were made up of a family of mutual funds with attached commissions and 12 b1 fees sold by "advisors" who did not take the clients best interests into consideration, but sold funds that their firm was paid to promote. In this instance this clients' money was being passively managed through high cost mutual funds whereas the robot may have done a better job for less fees. I guess what I'm saying is that given the choice of a robot or a typical broker connected to a firm or bank, I might

choose the Robo as well. Client money must be managed with the client's best interest first, but can only be done by an advisor who really understands how to manage that money for their client's needs. As I mentioned earlier, until last March, we have not really seen how the robot reacts in tough market conditions. The last eight years had seen a couple of bumps but not any major drawdowns in the equity markets until volatility ramped up quickly but dissipated with the rally we are still amid! So, complacency is at a high level and money will chase a market nearing possibly, another top. Studies also tell us that investors will start to sell near the bottom and buy near the top. A robot will not have an opinion on the direction of the markets such as, if you should hedge, if you should raise cash levels or start to shift money over to bonds, fixed income or precious metals. It is a good thing that the robot

takes your emotions out of the equation, but I'm not so sure that taking a qualified advisor or asset managers emotions, skill and knowledge is a good thing. Time will tell. Robo advising may work for you if your time horizon is long and you don't mind market risk in the equity markets, or it could work for a portion of your portfolio that is designated for growth but you will not need for income in the next 10 years. A good asset manager can manage your money using modern portfolio theory with very low-fee investments that are designed to maximize your returns and minimize your risk, and in our firms case, we may add "alpha" to a portfolio which is growth over and above an expected return. Compare that to the low fee robot. It is all about net returns and risk. Mark Patterson is an advisor with MHP asset management and can be reached at 447-1979 or [Mark@MHP-asset.com](mailto:Mark@MHP-asset.com).

TOWN OF THORNTON



ZONING BOARD of ADJUSTMENT

NOTICE OF MEETING/PUBLIC HEARING

Monday, August 24, 2020

The Zoning Board of Adjustment for the Town of Thornton will hold a Public Meeting on **Monday, August 24, 2020**, beginning at 7:00 PM at the Thornton Town Offices for the purpose of conducting the following business:

**REHEARING: APPLICATION/PUBLIC HEARING:** Review and Public Hearing on an application filed by property owner Floating Feather, LLC by members Joe Frazer and Anna Gammal for "SPECIAL EXCEPTION" as provided under ARTICLE IV of the Thornton Zoning Ordinance. Their intent is to use the property for the operation of a "Meeting Room, Shop, Office with other approved bldgs." on Judges Road [Tax Map 13, Lot 6-7].

**APPLICATION/PUBLIC HEARING:** Review and Public Hearing on an application filed by property owner, Family Revocable Living Trust, Mary R. Fraser, Trustee for "VARIANCE" as provided under ARTICLE VI SECTION A.1 of the Thornton Zoning Ordinance. Proposed subdivision Lot 1 to have 85 feet of frontage on Blake Mountain Road [Tax Map 15, Lot 4-13A], rather than the required 100 feet of frontage.

Joseph Monti, Chairman

TOWN OF NORTHFIELD

ZONING BOARD OF ADJUSTMENT

Monday, August 24, 2020 at 7:00 pm

AGENDA

**ATTENTION:** Due to COVID-19 we will be hosting this meeting online via **Zoom**. If you do not have access to attend the meeting online, you can call into the meeting or make arrangement to attend the meeting by calling Stephanie at 286-7039 x.111.

Join Zoom Meeting  
[www.zoom.us](http://www.zoom.us)  
Meeting ID: 85679580660 Password: 027207

One tap mobile  
+13126266799, 85679580660#, 1#, 027207#

Dial +1 646 558 8656  
Meeting ID: 85679580660 Password: 027207

All applications and plans are available for review at [www.northfieldnh.org](http://www.northfieldnh.org).

- 1. Minutes** – July 27, 2020 and July 30, 2020
- 2. Wireless EDGE Towers II, LLC-** Continuation of Application to construct an AGL Tower located at 149 Park Street (Map U09 Lot 1F) in the C/I Zone.
- 3. Spaulding Youth Center** – Application for a Special Exception to create a Residential Home Care Facility located at 68 Bay Street (Map U15 Lot 5-1) in the R1 Zone.
- 4. Steven Grant** – Application for a Special Exception to construct a Self-Storage facility located on Rt. 140 (Map R14 Lot 4-5B) in the Commercial Industrial Zone and the Ground Water Protection District.
- 5. Other Business**
- 6. Adjournment**

The Town of Northfield complies with the Americans with Disabilities Act regulations. Please contact the Selectmen's Office at 286-7039 if you need special assistance in order to attend this meeting.

2020 Salmon Press

Fall Home Improvement

In Central NH



Distributed in the  
September 17, 2020  
issues of...

GRANITE STATE NEWS, CARROLL  
COUNTY INDEPENDENT, BAYSIDER,  
MEREDITH NEWS, PLYMOUTH RECORD  
ENTERPRISE, WINNISQUAM ECHO,  
GILFORD STEAMER & NEWFOUND LANDING



**Copy Deadline: Wednesday, September 3rd at 3PM**

**To place an ad please contact:**

Tracy at (603) 616-7103  
email: [tracy@salmonpress.news](mailto:tracy@salmonpress.news)



# “Alfred in August” Month continues on LRPA

LACONIA— Alfred Hitchcock is recognized as one of cinema’s most intriguing and successful directors, and with good reason. LRPA After Dark is celebrating “The Master of Suspense” during his birthday month of August with a festival of some of his early works Join us each Friday and Saturday night at our new showtime of 10 p.m. for a thrilling good time. For this weekend’s feature (Aug. 14 & 15, we’re pleased to air the 1938 thriller “The Lady Vanishes,” starring Margaret Lockwood, Michael Redgrave and Dame May Whitty.

In “The Lady Vanishes,” we meet young Iris Henderson (Lockwood), vacationing in Europe and traveling back to England via train. She and her fellow passengers, an interesting and mysterious group of people including a young musicologist named Gilbert (Redgrave), are delayed by an avalanche and must spend the night at a local inn. In doing so, Iris befriends an elderly woman named Miss Froy (Whitty). The next morning, while assisting Miss Froy with her luggage, Iris receives a blow to her head. Miss Froy helps her on the train, where they share tea and lovely conversation. Iris

falls asleep across the compartment from her new friend, but when she awakes, Miss Froy has disappeared – and her fellow passengers claim that no such person ever existed! Was she a figment of Iris’s imagination? Perhaps it was the blow to her head? No one on the train will take her seriously or help her look except for Gilbert, and even he, while becoming smitten with the lovely Iris, has his doubts.

“The Lady Vanishes” was Alfred Hitchcock’s last film shot in Great Britain before he made his move to the United States. It was triumph

with critics and movie audiences alike, and was in fact the most successful British film of its time. Upon its release in the U.S., “The Lady Vanishes” received the New York Film Critics Award for Best Director and was named one of the ten Best Pictures of 1938 by the New York Times, whose critic Frank S. Nugent wrote, “If it were not so brilliant a melodrama, we should class it as a brilliant comedy.” Most film critics consider “The Lady Vanishes” to be the best of Hitch’s early (pre-1940) films. It was a favorite of many directors, including Orson Welles, Peter Bogdanovich and Francois

Truffaut, and is included in the book “1001 Movies You Must See Before You Die” by Steven Schneider. Be sure to watch for Hitch’s trademark cameo appearance; hint, it’s near the end, in the Victoria train station. No wonder this is a must-see! Grab your popcorn and join LRPA after dark for this glorious thriller from the past.

Mark your calendars for “Alfred in August,” a month-long tribute to Alfred Hitchcock!

All showings are at 10PM on LRPA TV

Aug. 14 & 15: “The Lady Vanishes,” 1938

Aug. 21 & 22: “Sabotage,” 1936

Aug. 28 & 29: “The 39 Steps,” 1935

Coming in September: LRPA’s Third Annual “Silent September” Film Festival!

lic Access Television (LRPA) is a nonprofit, non-commercial public access TV station and community media center located on the Laconia High School campus in Laconia, NH. LRPA cablecasts locally on Atlantic Broadband Channel 24 (educational programming and public bulletin board), Channel 25 (information and entertainment) and Channel 26 (government meetings) to more than 12,000 homes 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](http://www.lrpa.org).

## MVSB James D. Sutherland Memorial Scholarship 45recipients announced

REGION — Meredith Village Savings Bank (MVSB) is pleased to announce this year’s recipients of the James D. Sutherland Memorial Scholarship. The scholarship is awarded annually to one exceptional graduating senior in each high school supporting the students of the towns and cities where MVSB has a branch. These include

This year’s recipients include:

*University of Maine announces spring 2020 Dean’s List*

ORONO, Maine— The University of Maine recognized 4,210 students for achieving Dean’s List honors in the Spring 2020 semester, including Sonya Campbell of Tilton.

Of the students who made the Dean’s List, 2,769 are from Maine, 1,333 are from 41 other states and 108 are from 43 countries other than the U.S.

- Lydia Clapp of Center Harbor, attending St. Michael’s College in Colchester, Vermont

- Myles Carrier of Moultonborough, attending Full Sail University in Winter Park, Florida

- Autumn Faris of Center Ossipee, attending NH Technical Institute in Concord

- Molly Edmark of Plymouth, attending Keene State College

- Riley Huneke of Portsmouth, attending the University of Southern Maine in Portland

- Lily Michaud of Alton, attending the University of Oklahoma in Norman, Oklahoma

- Maya Minnick of Laconia, attending Castleton State University in Castleton, Vermont

- Maddison Recator of Gilford, attending the University of New Hampshire in Durham

The Sutherland Memorial Scholarship was established in memory of James Sutherland, who served as President and CEO of Meredith Village Savings Bank between 1982 and 1996. Scholarship recipients represent the values of Meredith Village Savings Bank, which include accountability, mutuality, excellence, respect, integrity, teamwork and stewardship. Students interested in applying for the 2021 scholarship are encouraged to contact their school’s guidance department.

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

You can’t find television like this it anywhere but LRPA TV, Atlantic Broadband Channel 25. Not a subscriber? Then watch us online at [live.lrpa.org](http://live.lrpa.org) to catch all the fun.

About Lakes Region Public Access Television (LRPA)

Lakes Region Pub-

Mountainside

LANDSCAPE & EXCAVATION

Start to...  
Lot clearing & Site Work  
Excavation  
Septic Installation & Repair  
Roads & Driveways

...Finish

Landscape Design and Maintenance  
Stone Walls, Walks and Patios  
Irrigation Systems • Plantings and Sod

James A Bean

569-4545

[mtnsidelandscape@roadrunner.com](mailto:mtnsidelandscape@roadrunner.com)

Cell: 603-455-5700

Reasonable Rates • Fully Insured

Dining & Entertainment  
LAKES REGION

East of Suez

OPEN THU-SUN  
For Pre-Order Takeout  
& Limited Seating  
BOOK AHEAD

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.

.....

775 South Main St.  
Wolfeboro  
603.569.1648  
[www.eastofsuez.com](http://www.eastofsuez.com)  
reservations appreciated

Ambrose

BROS., INC.

MEREDITH, N.H.

WELDING SERVICES

CALL FOR QUOTE

Route 3 • Meredith, NH • 03253

279-4444

BIG LAKE Taxi & Limo, LLC

Airport Shuttles to and from Portland, Manchester & Logan, Concerts, Nights Out, Mt. Washington cruises, large group discounts.  
We'll take you anywhere you want to go!  
.....  
Check out our website for prices and book your trip!  
[www.biglaketaxiandlimo.com](http://www.biglaketaxiandlimo.com)  
875-3365  
Fully Insured and Airport Registered

WE HAVE A VEHICLE FOR EVERY OCCASION!

Paid Advertisement

Paid Advertisement

Paid Advertisement

Paid Advertisement

Paid Advertisement

Edward Jones: Financial Focus

When Facing Illness, Take Control of Finances

In light of the coronavirus pandemic, virtually all of us have considered health-related issues. But for people facing a serious, chronic illness, such as Parkinson’s disease, multiple sclerosis, diabetes or cancer, health concerns are an everyday matter. If you’re fortunate, you may never be afflicted with such maladies, but the future is unpredictable. Of course, going through these health challenges bring physical and emotional concerns – but also financial ones. How can you prepare for them?

Essentially, you’ll need to consider four key areas: investments, insurance, legal arrangements and taxes. Let’s take a quick look at each of them:

- Investments – You’ll likely need to draw on your investments for at least some of the expenses associated with your illness. So, within your portfolio, you may want to establish a special fund devoted entirely to these costs, whether they be health care, modifications to your home, transportation and so on. A financial professional can help you choose investments for this fund, as well as make recommendations for your overall investment strategy, including techniques for boosting your income, such as adding investments that can provide an income stream that kicks in when you think your costs will rise.
- Insurance – Depending on your health status, you may be able to collect Medicare earlier than the traditional starting point at age 65. Even so, you’ll likely need to supplement it with additional coverage. But you may also want to look beyond health insurance. For example, you might be able to purchase a “chronic illness rider” that allows you to tap into life insurance benefits while you’re still alive. Or you might consider adding a “long-term care rider” to a life insurance policy; this rider offers financial benefits if you ever require daily care that you can’t provide for yourself. And some foundations, states and drug companies offer programs that can help pay for some costs that your insurance won’t cover.
- Legal arrangements – If you haven’t already done so, you may want to establish the legal documents most appropriate for your situation, such as a durable power of attorney for finances, which gives someone the authority to manage your financial affairs if you become temporarily incapacitated, possibly due to flare-ups of your chronic disease. Once you’ve recovered, you regain control of your financial decisions. You might also want to consider a health care proxy, which appoints an individual to make medical decisions for you if you can’t. In creating or revising these documents, you’ll need to consult with your legal professional.

• Taxes – You might qualify for Social Security disability payments, which, like other Social Security benefits, are taxable, so you’ll need to be aware of what you might owe. But you might also be eligible for some tax breaks related to your condition. If you still itemize tax deductions, you may be able to deduct some medical expenses, as well as certain home improvements, such as wheelchair ramps, bathtub grab bars, motorized stairlifts and so on. Your tax advisor may have suggestions appropriate for your situation.

Dealing with a chronic illness is never easy. But by considering how your illness will affect all aspects of your life, getting the help you need, and taking the right steps, you may be able to reduce the financial stress on you and your loved ones.

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)

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. For more information or to sign up for their monthly newsletter, contact your local Financial Advisor.

Member SIPC



LIBRARY

CONTINUED FROM PAGE A1  
bricks and mortar, complimenting the original masons on the sturdy design and local materials. Local mason Joe Rhodes had completed earlier phases of the restoration.

Grant recipients are required to raise a minimum of one dollar for each dollar provided by LCHIP. This project leveraged \$3,475 from the library’s reserve capital funds and a matching grant of \$10,000 from the state’s New Hampshire Conservation License Plate (Moose Plate) Program, which supports the protection of critical resources in New Hampshire, including scenic lands, historic sites and artifacts, plants and wildlife.

About Belmont Public Library  
The library is currently open to the public.

Check the Web site for hours. Curbside pickup is available during all open hours. The Belmont Public Library is open any time at [www.belmontpubliclibrary.org](http://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.

About New Hampshire’s Land and Community Heritage Investment Program  
The New Hampshire Land and Community Heritage Investment Program is an independent state authority created by the legislature in 2000 with a legislative mandate is to ensure the perpetual contribution of natural, cultural and historic resources to the economy, environment, and quality of life in New Hampshire. LCHIP provides matching grants

to New Hampshire communities and non-profits to conserve and preserve the state’s most important natural, cultural and historic resources., The program has provided 466 grants which have helped to conserve more than 290,000 acres of land for food production, water quality, ecological values, timber management and recreation and supported 280 projects to rehabilitate historic structures and sites. Grants have been awarded in all parts of the state and in 167 of New Hampshire’s 234 communities. Forty-six million dollars of state money has led to a total project value of more than \$317 million. The money for LCHIP grants comes from fees on four documents recorded at the Registry of Deeds in every county of the state.

For more information about LCHIP, visit [LCHIP.org](http://LCHIP.org) or call 224-4113

SHIELDS

CONTINUED FROM PAGE A1  
face shield bands on one printer. For the smaller ear bands, it only takes 30 minutes to create two of those on her second printer, enabling her to make up to 40 of those in a day.

On top of that and all her schoolwork, she also added masks as part of her PPE packages for people and facilities that needed them.

“I was sewing my own masks to begin with but then the grandmother of a family friend volunteered to make them for me,” she said. “That was a huge help. She can make a lot more in one day than I had time for.”

To date Whitney has made over 5,000 face shields. Her donations have benefited several health agencies, first responders, veterinary clinics, schools and nonprofit organizations throughout the state, including Tilton Senior Center now.

“The biggest amount so far has gone to New Hampshire Hospital, Concord Hospital and Catholic Medical Center,” she said, “but I make them for whoever needs them.”

A grant helped provide her with start-up money for the project but generous donations from the places and groups she has benefited have helped keep her busy protecting even more people this summer.

mer.

Consentino, who is also a member of Tilton’s Board of Selectmen, said it was all by chance that she became connected to Whitney. While on the phone with Police Chief Robert Cormier one night, she mentioned that the Senior Center was unable to transport people in wheel chairs due to current government regulations for social distancing.

“We have to lock their chairs in so that means we’re within six-feet of our clients and the CDC says we have to have masks, face shields and gloves when we do that,” she explained.

His wife Jennifer overheard their conversation and quickly jumped in with a solution.

“I told him ‘Hold the phone! I know who to call,’” she said.

As a previous resident of the Epsom community, the Whitney family members are longtime friends of Jennifer’s family so she knew all about Angelica’s project. It only took one phone call for her to get the 20 face shields the Tilton Senior Center needed to run their bus operations.

Cormier was also on hand last Thursday when Angelica and her mother Kavita delivered the shields and some ear savers to the center.

“I love the fact that all of these are adjustable and you can even replace

the plastic shields if they get damaged. That’s what’s so neat about what she’s doing- all the components can be customized and replaced if needed,” she said.

Consentino and others on the Executive Committee were also impressed by how lightweight and unobtrusive the shields were.

“I’m just really glad Jennifer was able to connect us with Angelica so we can get our bus up and running. There’s so much need for it in this area,” said Consentino. Turning to the high school student, she added, “Your very generous donation will help us keep our momentum going here at the Tilton Senior Center. Thank you, thank you, thank you!”

Emily Laplante, vice chair of the Executive Committee, told Whitney that the organization will also be expressing their gratitude to her through a portion of the donations received at their weekly Music Nights on Wednesdays.

Whitney said any other nonprofit groups, long-term care or medical facilities, first responders, veterans organizations or others in need of masks and face shields can contact her with their request at [ftc15772@gmail.com](mailto:ftc15772@gmail.com) and she will do all she can to help meet those needs.

HEAT

CONTINUED FROM PAGE A4  
really hot? Make a plan with them now, so you can cool down with them for a few hours when the day gets really hot.

Next, start from the inside out! Hydrating yourself with water is one of the best ways to keep cool because it gives your body plenty of moisture to use to cool itself with.

Then, go from the outside in. A cool shower or bath will help to lower your body temperature when you get hot. A dip in a pool or sprinkler

could be fun, too!

No slip n slide? A cool damp towel or washcloth on your neck or wrists also helps to cool you down because they are pulse points where lots of blood passes by close to the surface of the skin. Evaporative coolers are great reusable items you can use to cool down this way, too.

Lastly, don’t forget the tried and true methods like window fans, cotton sheets, and closing the blinds on the sunny side of the house.

Let’s stay cool and healthy together this summer!

Franklin VNA & Hospice is here for our community. We help keep you home, where you want to be, and help you recover in your home if you do get sick.

Franklin VNA & Hospice is your choice for excellence in Homecare and Hospice.

Choose Local. Choose Excellence. Choose Franklin VNA & Hospice.

For more information, call Franklin VNA & Hospice at 934-3454 or visit [www.FranklinVNA.org](http://www.FranklinVNA.org).

GRANT

CONTINUED FROM PAGE A1

from the New Hampshire Charitable Foundation,” said Susan C. Ryan, President & CEO of Spaulding Youth Center. “The funds directly support our participation in equine therapy programs in partnership with BITS ETC and Lakes Region Riding Academy. These programs give our students the chance to participate in a fun activity while creating positive therapeutic outcomes. We thank the New Hampshire Charitable Foundation for continuing to support our mission.”

Visit <https://www.nhcf.org/> to learn more about the New Hampshire Charitable Foundation.

About Spaulding Youth Center

Spaulding Youth Center is a leading provider of services for children and youth with neurological, emotional, behavioral, learning and/or developmental challenges, including Autism Spectrum Disorder and those who have experienced significant trauma, abuse or neglect. Services include academic, residential, clinical, community based, foster care, and family support. Established in 1871 and known as Spaulding Youth Center since 1958, our scenic hilltop campus is located on nearly 500 acres in Northfield, NH and welcomes boys and girls from ages four to 21 from around the state of New Hampshire and beyond. Spaulding Youth Center is a tax-exempt 501(c)(3) nonprofit. For information about Spaulding Youth Center, visit [www.SpauldingYouthCenter.org](http://www.SpauldingYouthCenter.org).

About the New Hampshire Charitable Foundation  
The New Hampshire Charitable Foundation is New Hampshire’s statewide community foundation, founded in 1962 by and for the people of New Hampshire. The Foundation manages a growing collection of nearly 2,000 funds created by generous individuals, families and businesses, and awards nearly \$40 million in grants and more than \$6 million in scholarships every year. The Foundation works with generous and visionary citizens to maximize the power of their giving, supports great work happening in our communities and leads and collaborates on high-impact initiatives. For more information, please visit [www.nhcf.org](http://www.nhcf.org) or call 225-6641.

THE SALMON PRESS 2020/2021 NEW HAMPSHIRE

WINTER GUIDE



SIZE & PRICING INFORMATION

Full page with bleed..... \$785  
(8.5" x 10.5" w/live image area of 7.25" x 9.25")  
FULL PAGE without bleed (7.25" x 9.14") .....\$785  
2/3 PAGE (4.778" x 9.14") .....\$575  
1/2 PAGE vertical(4.778" x 6.954") .....\$435  
1/2 PAGE horizontal (7.25" x 4.5") .....\$435  
1/3 PAGE square (4.778" x 4.5") .....\$310  
1/6 PAGE vertical(2.187" x 4.812").....\$170  
1/6 PAGE horizontal(4.778" x 2.188") .....\$170  
1/12 PAGE square(2.3" x 2.25") .....\$100

GLOSSY PAGE PRICING (sizing same as above)

Full Page..... \$1,500  
Half Page..... \$850

ALL ADS INCLUDE:

- Free Layout & Design
- Free Listing in our Advertiser’s Index
- Free Entertainment Listing in our calendar of events

DISTRIBUTED TO MORE THAN 300 LOCATIONS THROUGHOUT NEW ENGLAND INCLUDING...

Massachusetts, Rhode Island Connecticut & New Hampshire

ON NEWSSTANDS MID-NOVEMBER

ADVERTISING DEADLINE

WEDNESDAY, OCTOBER 2<sup>ND</sup> AT NOON

Glossy advertising is limited!

Tracy Lewis at 616-7103 or email [tracy@salmonpress.news](mailto:tracy@salmonpress.news)

FOR SALE

20 1/2 ft PENN YAN EXPLORER inboard w/225 HP; Chrysler Engine 1969 fiberglass.

Foldaway canvas top with viewing side flaps.

Opens for full sun and summer fun.

Priced at \$5,500.

Call 603-569-7935





## PLYMOUTH TERRACE

### ONE BEDROOM UNITS

Lovely Apartment Community  
For Tenants 62 and Over, or  
Handicapped/Disabled Regardless of Age.

SUBSIDIZED RENT BASED ON INCOME.  
INCOME RESTRICTIONS APPLY.

HANAWAY MANAGEMENT COMPANY  
An Equal Housing Opportunity Agent  
536-4402 • Contact us Today!



## Steenburgh Auctioneers

Auction of Antiques & Accessories \* Saturday August 15, 2020 @ 10 AM

2695 Mt. Moosilauke Hwy. East Haverhill, NH

We are pleased to present at public auction a variety of quality antique items from estates in Vermont and NH. Please note: **FACE MASKS ARE REQUIRED AT THIS EVENT HELD ON OUR PROPERTY.** We appreciate your cooperation. **PLEASE BRING YOUR OWN LUNCH. NO FOOD WILL BE SERVED.** We will have large auction tents set up so the lots are spread out, and social distancing guidelines will be in effect. **PAYMENT BY CHECK OR CASH ONLY.** Absentee bidding accepted. Auction Preview will be on Friday August 14, from 12-5 PM and the day of sale from 8-10 AM.

**The following is only a partial listing. Please visit our website [www.steenburgh.com](http://www.steenburgh.com) for updates.**  
**Sterling Silver:** 177 piece sterling flatware service (178 troy oz); sterling sauce boat and underplate; large sterling silver tray 49 tr. oz; large sterling silver bowl; lots of misc. Sterling silver flatware; sterling punch cups; selection of sterling weighted items; lot of misc. Sterling salt and peppers; other sterling items.  
**Jewelry:** lots of sterling silver rings, bracelets, and pendants; large amount of misc. costume jewelry;  
**Furniture:** Pine step back apothecary cabinet with multi drawer top over cupboard base - old refinish; 19th c. Slant lid school masters desk with stretcher base; drop leaf tiger maple Sheraton table; large Empire mahogany sideboard; Japanese Tansu cabinet; other Japanese style furniture; Empire mahogany server; pine 2 drawer blanket chest in red; fancy golden oak Larkin style side by side secretary/bookcase; Larkin drop leaf sewing table; Mahogany secretary; selection of Larkin oak dressers; antique oak folding bookshelf; pine country candle stand; early tiger maple crib; large selection of old trunks; lots of misc. chairs, dressers, tables, stands, and cabinets; and much more furniture;  
**Country Primitives and Accessories:** fine 19th c. sampler dated 1803 Bridgewater; A. Porter pewter teapot; early turned wooden bowl; trencher bowl in old red paint; selection of old butter molds; large pewter platter and other early pewter plates; early tin lantern; collection of old school bells; 2 collections of old food molds; collection of old wooden mortar and pestles; early wooden rocking horse; other large wood rocking horse; early wooden pitchfork and shovel; collection of 3 spun brass buckets; large Enterprise coffee grinder. lots of other country items.

**Paintings, Prints, and Artwork:** large oil on canvas by Cecil Larson Weston, VT of Afternoon Winter Landscape; 2 other Lake Scenes by Cecil Larson; 2 Etching signed by Luigi Lucioni of barns other etchings and prints by VT artists; Painting dated 1842 with woman tending turkeys signed Jacques Salmon; other prints, paintings and framed items.

**Accessories:** 19th c. inlaid mahogany traveling decanter box with bottles and glasses; 2 19th c. student lamps with white glass shades; Japanese bronze figure of a man; other student lamp with green glass shade; Framed map of Dartmouth MA; Childs toy wooden Express wagon; selection of old cast iron horse drawn toys; antique wooden ship model; collection of old model toy train set with hand painted cars and accessories; large collection of 20th c. Japanese hand painted and dressed dolls in glass cases; S. Grouch Glastonbury barometer; Glass, pottery, and porcelain: Pr. Hawkes sterling and crystal vases; other Hawkes sterling based crystal vase; lots of misc. Blue and white china; Wedgwood plates; large Meissen blue onion leaf susan; stack of 8 yellow etched crystal plates; yellow crystal etched bowls set; misc. Old flow blue Staffordshire; Ironstone teapots; misc. Japanese and Chinese porcelain items;

**MUCH MORE TO BE ADDED OVER THE NEXT WEEK !!!!!**

**TERMS: CASH OR CHECK - NO CREDIT CARDS. 10% Buyer's Premium.**

### STEENBURGH AUCTIONEERS LLC

523 JEFFERS HILL RD, PIKE, NH 03780

phone: 603-303-3072

NH AUCTION LICENSES 2194 & 2754

website: [WWW.STEENBURGH.COM](http://WWW.STEENBURGH.COM) email: [JOSH@STEENBURGH.COM](mailto:JOSH@STEENBURGH.COM)



## TO VIEW THESE AND OTHER PROPERTIES, VISIT:

Alpine Lakes Real Estate: [www.alpinelakes.com](http://www.alpinelakes.com)

Bean Group: [www.beangroup.com](http://www.beangroup.com)

Century 21 Country Lakes Realty: [www.countrylakesrealty.com](http://www.countrylakesrealty.com)

Century 21 Twin Rivers Realty: [www.nhreal21.com](http://www.nhreal21.com)

Coldwell Banker: [www.cboldmill.com](http://www.cboldmill.com)

Coldwell Banker Residential Brokerage  
[www.newenglandmoves.com](http://www.newenglandmoves.com)

ERA Masiello: [www.masiello.com](http://www.masiello.com)

Exit Lakeside Realty Group: [www.exitlakeside.com](http://www.exitlakeside.com)

Granite Group Realty Services:  
[www.granitegrouprealtyservices.com](http://www.granitegrouprealtyservices.com)

Gowen Realty: [www.gowenrealty.com](http://www.gowenrealty.com)

Kressy Real Estate: [www.kressy.com](http://www.kressy.com)

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

Lamprey & Lamprey Realtors: [www.lampreyandlamprey.com](http://www.lampreyandlamprey.com)

Maxfield Real Estate: [www.maxfieldrealestate.com](http://www.maxfieldrealestate.com)

McLane Realty: [www.mclanerealtyplymouth.com](http://www.mclanerealtyplymouth.com)

Mountain Country Realty: [www.mountaincountryrealestate.com](http://www.mountaincountryrealestate.com)

Nash Realty: [www.nashrealty.com](http://www.nashrealty.com)

New Hampshire Colonials Real Estate: [www.squamlake.com](http://www.squamlake.com)

Noseworthy Real Estate: [www.noseworthyrealestate.com](http://www.noseworthyrealestate.com)

Old Mill Properties: [www.oldmillprops.com](http://www.oldmillprops.com)

Peabody and Smith: [www.peabodysmith.com](http://www.peabodysmith.com)

Pine Shores Real Estate: [www.pineshoresllc.com](http://www.pineshoresllc.com)

Preferred Vacation Rentals: [www.preferredrentals.com](http://www.preferredrentals.com)

Remax Bayside: [www.baysidenh.net](http://www.baysidenh.net)

Roche Realty: [www.rocherealty.com](http://www.rocherealty.com)

Strawberry Lane Real Estate: [www.strawberrylane.com](http://www.strawberrylane.com)

Town & Forest Realty: [www.townandforest.com](http://www.townandforest.com)



**MEREDITH OFFICE**  
97 Daniel Webster Hwy  
(603) 279-7046

**LACONIA OFFICE**  
1921 Parade Road  
(603) 528-0088

## VISIT US ONLINE: [WWW.ROCHEREALTY.COM](http://WWW.ROCHEREALTY.COM)

\$299,000



MLS# 4818295

**Meredith:** Desirable building lot on Lake Waukegan w/ 150' of shoreline & wonderful views.

\$399,000



MLS# 4788136

**Tilton:** Available to customize! 4BR/4BA 2,906 sf, 11 rooms & energy-star certified! *Facsimile shown*

\$399,000



MLS# 4790418

**Gilford:** Income property! Seven seasonal cottages & year-round main house in Glendale.

\$329,000



MLS# 4813330

**Tamworth:** Antique cape with unique backyard. 3,700 sf. & 3-story barn. Near White Mountains.



**Introducing Lake Winnepesaukee's Newest Waterfront Development!**

**Welcome to Lakeside at Paugus Bay!** Set just yards from the sugar sand beach, docks, and landscaped lawns, these 32 luxury condominiums will feature 3-4 bedrooms with up to 3,380 sqft. of living space, plus corner balconies, direct elevator access to each unit, and a 2-car garage. Westerly exposure with blazing sunsets overlooking the lake.

**Prices start at \$664,900**

\* This Condominium has not yet been registered with or exempted from registration by the New Hampshire Attorney General's Consumer Protection Bureau (the "Bureau"). Until such time as these Condominium Units are exempted from registration or are registered with the Bureau no binding contract for sale or lease of any lot, unit or interest may be created.

# FIND THE HOME OF YOUR DREAMS

**Wolfeboro:** 15 Railroad Avenue • 603-569-3128

**Center Harbor:** Junction Rtes. 25 & 25B • 603-253-9360

**Alton:** 108 Main Street • 603-875-3128



**Island**  
REAL ESTATE



## THOUSANDS OF PROPERTIES, ONE ADDRESS... [MAXFIELDREALESTATE.COM](http://MAXFIELDREALESTATE.COM)

### FEATURED PROPERTIES



**ALTON** // Year 'Round Winnepesaukee waterfront, a 30' deepwater dock. Swim, Ski, Hike. Master+ensuite.  
**\$1,395,000 (4813764) Call 603-998-7076**



**WOLFEBORO** // Gorgeous contemporary, cathedral ceilings, on 15 private acres. Spectacular 180° mountain and lake views.  
**\$895,000 (4742244) Call 603-455-6913**



**MEREDITH** // Immaculate downtown property. 3,000+sf, 4-bedroom/3-bath, rooftop deck, gourmet kitchen, HW flrs. Views. Sold furnished.  
**\$699,000 (4811325) Call 603-630-2776**



**MEREDITH** // Short walk to beach & your deeded 24' deepwater dock. 2-Bedrooms. Winnepesaukee Colony Club amenities.  
**\$525,000 (4819298) Call 603-707-7257**



**GILFORD** // Custom-built 4BR/2.5BA Colonial in a wonderful neighborhood.  
**\$470,000 (4800843) Call 603-393-7072**



**MOULTONBORO** // Circa 1800 Boarding House: Mature grounds, beautiful trees/plantings, large barn. Two farm ponds. 8 acres.  
**\$395,000 (4820617) Call 603-387-5223**



**GILMANTON** // Classic 1850's Cape on 1.5 acres. 3-FP's, Gunstock Corners, pine floors & plenty of charm.  
**\$178,500 (4819879) Call 603-387-0364**

### LAND AND ACREAGE

**ALTON** // Build your castle on this 6 acres. Panoramic lake and mountains views.  
**\$550,000 (4742985) Call 603-520-5211**

**NEW HAMPTON** // Beautiful views from this majestic 13 acre building lot with amazing views from all directions.  
**\$145,000 (4807189) Call 603-520-7466**

**NEW DURHAM** // Nice 5 acre bldg. lot in a country setting, close to town & a great commuting location.  
**\$45,000 (4458054) Call 603-630-4156**

### ISLAND REAL ESTATE



#### CAMP ISLAND - GILFORD

Custom 3BR/2BA, log home, plus bonus room. 2+acres, 387' fig., level landscaped lot, SUN, PRIVACY, VIEWS!!!!  
**\$1,200,000 (4820184) Call 603-651-7040**



#### WHORTLEBERRY ISLAND - TUFTONBORO

3 separate lots of record, 1.33AC, 270' of Winni WF shallow beach. Incredible Views!  
**\$595,000 (4795841) Call 603-651-7040**



#### COW ISLAND - TUFTONBORO

Move in ready property, many updates. Spectacular sunsets, crystal clear water, sandy access.  
**\$530,000 (4798477) Call 603-651-7040**

### RENTALS

**LAKES REGION RENTALS SEASONAL & YEAR-ROUND**  
Ask for Tony @ 603-569-3128  
*Owners call about our rental program.*





**NEW HAMPTON SCHOOL**

**New Hampton School**  
has openings in  
**Dining Services**  
& **Campus Security**

Full and part time positions available.

Check our website  
for more information.  
[www.newhampton.org/about-us/careers](http://www.newhampton.org/about-us/careers)

Waterville Valley Resort has immediate openings for full-time and part-time positions:

**Kitchen Staff**  
**Banquet/Wedding Servers**

Apply online at [www.waterville.com](http://www.waterville.com). WVR is an "at-will" equal opportunity employer.




**Loon Mountain Resort**

Loon Mountain is currently open and hiring for both summer and Full Time Year Round positions.

Join us for a fun summer job or a career change in a safe, outdoor workplace. New safety policies are in place for both team members and guests.

Full Time Year Round benefits package includes: Medical, Dental and Vision, Paid Time Off, 401K Retirement Plan, and ski & ride privileges in an exciting resort environment.

For more information or to apply online please visit [www.loonmtn.com/jobs](http://www.loonmtn.com/jobs)

Equal Opportunity Employer

**FULL TIME**  
**FRONT OFFICE HELPER**

*Will train the right person*  
*Must be computer literate, good telephone skills, ability to multitask*  
*Mon - Friday position*

**Please no phone calls**  
stop in and apply  
495 Tenney Mnt. Hwy Plymouth  
Email resume to [kirks@myfairpoint.net](mailto:kirks@myfairpoint.net)

**VARNEY-SMITH**  
**Lumber Company, Inc.**  
**INSIDE SALES PERSON NEEDED**

Duties to include:

- Retail sales of lumber & building materials, windows, doors, cabinets as well as customer service.
- Must be conscientious, self-motivated, good with people, a team player
- Must have knowledge of the building industry
- Able to lift a variety of building materials
- Preferably long-term employee

Benefit to include:

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

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

**Framers and Laborers Wanted**

Wallace Building Products 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 NH.

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



**Loon Mountain Resort**

Loon Mountain has an immediate Full Time Year Round position for a Snowmaking/Trail Maintenance Foreman.

Knowledge of snowmaking equipment and supervisory experience preferred.

Benefits Package includes:  
Medical, Dental and Vision, Paid Time Off, 401K Retirement Plan, and ski & ride privileges in an exciting resort environment.

For more information or to apply online please visit [www.loonmtn.com/jobs](http://www.loonmtn.com/jobs)

Equal Opportunity Employer

**HELP WANTED**

**Landscape crew members wanted**

Well established Lakes Region New Hampshire landscape company is seeking softscape and hardscape team members. Valid drivers license required. Please call 603-279-8100 or email [scott@scottburnslandscaping.com](mailto:scott@scottburnslandscaping.com)

**HELP WANTED**  
**Waitstaff**  
**Wedding Coordinator**



**Newfound Lake Inn**  
1030 Mayhew Tpke.  
Bridgewater, NH 03222  
(603) 744-9111  
[www.newfoundlake.com](http://www.newfoundlake.com)

**Steel Erectors,**  
**Metal Roof & Siding Installers**  
**Foreman, Leadmen**  
**And Laborer Positions**

Will Train. Valid Driver's License required.  
Application available at:

**CONSTRUX, INC.** 630 Daniel Webster Hwy.  
Plymouth, NH 03264  
(603) 536-3533

Leading Pre Engineered Metal Building Co.

**Shaker Regional School District**  
**Girls Varsity Basketball Coach**

Shaker Regional School District is seeking a Girls Varsity Basketball Coach. This is a stipend position and it is open until filled. Previous experience coaching is preferred but not required. Interested applicants should send a current resume and letter of interest via email to Cayman Belyea, Athletic Director at [cbelyea@sau80.org](mailto:cbelyea@sau80.org) or through the mail to Cayman Belyea, Athletic Director, Belmont High School, 255 Seavey Rd, Belmont, NH 03220.

**WHITE MOUNTAINS REGIONAL SCHOOL DISTRICT**  
**2020-2021 School Year**  
**Professional & Support Staff**

**LANCASTER ELEMENTARY SCHOOL**  
Paraprofessional (2 positions – 1 FT and 1 PT)

**WMRHS**  
Athletic Trainer  
Criminal Justice Teacher (.4 FTE)

**DISTRICT**  
Teacher of the Visually Impaired

**All applicants must apply on [Schoolspring.com](http://Schoolspring.com)**  
**Paper applications will not be accepted.**

**ATHLETICS**  
MS Boys' Soccer Coach  
Varsity Wrestling Coach (HS)  
Varsity Boys' Tennis Coach  
(positions are contingent upon COVID-19 status)  
(Contact Kerry Brady, AD, for application, etc. – 837-2528)

**For further information, contact:**  
Stephanie Glidden, Adm. Assistant to the Superintendent of Schools/Director of Student Services  
White Mountains Regional School District  
SAU #36  
14 King Square  
Whitefield, New Hampshire 03598  
TEL.: 603-837-9363/FAX: 603-837-2326  
Email: [sglidden@sau36.org](mailto:sglidden@sau36.org)


**SPREAD THE WORD!**

*Buy the Jumbo Ad and reach readers in ELEVEN NH Weekly Papers. From the Lakes Region to the Canadian Border.*

Call 1-877-766-6891  
**salmonpress.com**







NGH

Upper Connecticut Valley Hospital

**JOB OPPORTUNITIES**

**FULL-TIME**

**\*SIGN ON BONUS!**

\*RN – Surgical Services Manager

\*RN – M/S Charge, Day Shift

\*RN – M/S Charge, Night Shift

Speech/Language Therapist

Screener

**PART-TIME**

RN – M/S

Central Sterile Technician

Cook

**PER DIEM**

LNAs – RNs

Central Sterile Technician

Certified Surgical Tech

Phlebotomist

**APPLY ONLINE**

WWW.UCVH.ORG

Upper Connecticut Valley Hospital

181 Corliss Lane, Colebrook, NH 03576

Phone: (603) 388-4236


Ucvh-hr@ucvh.org

EOE

**SHAKER REGIONAL SCHOOL DISTRICT  
FOOD SERVICE SUBSTITUTES**

Shaker Regional School District’s Food Service Department has an immediate opening for Food Service Substitutes. Duties include, but are not limited to, prep work, serving, cleaning, washing dishes and pots/pans, and other tasks directed by the Kitchen Manager. Ability to lift up to 40 pounds. Prior experience in the food service industry is preferred, but not necessary. The successful candidate must be able to work in a fast paced, ever changing environment and perform as a team player.

Applications may be found on the Shaker Regional School District website or can be picked up at the SAU Office at 58 School Street; Belmont, NH 03220. Please contact Nancy Cate, Director of Food Service at 603-267-6525 ext. 1352, if you have any questions.



**NFI North, Inc.**

Inspiring and empowering people to reach their full potential

NFI North (NFI) Array of Services is seeking a skilled clinician to provide individual and family therapy and support services for children and adolescents and their families covering the state of New Hampshire.

This is a unique position in NFI’s expanding service array working with an integrated team that provides a wide array of therapeutic services to youth and families throughout the state of New Hampshire. NFI’s mission is to inspire and empower people to reach their full potential so they can live successfully within their home and community. We have helped those at risk to achieve amazing results such as finding joy in their life, having fun together and developing meaningful relationships and employment.

Master’s Degree in social work, psychology or related field required as well as have experience working with youth and families. NH license preferred. We assist those seeking licensure with supervision and training while employed with us.

This position provides in home services to youth and families participating in our community based services. This includes a flexible schedule with some weekends and evenings to conduct individual and family therapy. Reliable transportation needed for travel as indicated. On call is on rotation with the team.

Annual Full Time Salary: \$55,000 or higher based on education, experience and credentials. Consideration given to part-time or full-time candidates.

NFI North offers competitive salaries and an excellent benefit package. We provide environments that allow for creativity, a sense of empowerment and many opportunities for advancement. We offer comprehensive health and dental insurance and generous time off plan including three weeks paid vacation and additional sick and holiday time. We provide tuition reimbursement, retirement match, excellent training, career growth and supportive work environment.

NFI North is a proud partner with Southern New Hampshire University’s (SNHU) College for America. Not only do we offer our employees access at incredibly low and affordable rates, you can also enroll your immediate family members.

Please send resume and cover letter to: Program Director, NFI North, 249 Main Street, Littleton, NH 03561 or email [nfinorthhr@nafi.com](mailto:nfinorthhr@nafi.com) EOE/AA

**Framers and Laborers Wanted**

Wallace Building Products 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 NH.

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



**GOOD PAY FOR  
HARD WORK**

SHORT TERM OR LONG TERM AVAILABLE

King Forest Industries, Inc. located in Wentworth, NH, is currently accepting applications for full-time work. Lumber handlers and laborers. Must be able to lift 50 pounds.

As a full-time employee you will qualify for health insurance/dental/Vision/401K retirement plan/paid vacation/ paid holidays and production bonuses. King Forest is an equal opportunity employer.

If you wish to apply, complete an employment application, which can downloaded from our website or picked up in person and mailed to PO Box 230 Wentworth, NH 03282 or drop off in person Monday thru Thursday 7am-4:30pm and Friday until 4pm. No phone calls please.

*King Forest is an equal-opportunity employer.*

53 East Side Road • Wentworth, NH • [www.kingforest.com](http://www.kingforest.com)

**SHAKER REGIONAL SCHOOL DISTRICT  
FULL-TIME YEAR-ROUND GROUNDS**

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



**BURNDY®**

**Join our growing team!**

Burndy in Lincoln is hiring experienced manufacturing personnel. We offer flexible 3 to 5 day work week options, including a FT 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 and more.

We are an essential business with robust COVID-19 prevention protocols

**Make an appointment to visit our factories and apply**

In Lincoln at 34 Bern Dibner Drive, Lincoln, NH 03251 • [ppinkham@burndy.com](mailto:ppinkham@burndy.com)  
In Littleton Industrial Park, 150 Burndy Rd. Littleton, NH 03561 • [cnetska@burndy.com](mailto:cnetska@burndy.com)

See all our open positions and apply online at:  
<https://careers.hubbell.com/>

**Other open positions**

Entry level factory positions – No experience? NO PROBLEM!  
We’ll provide training!

**Factory Technician** (Lincoln)

**Machine Operators** (Both Locations)

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

All qualified applicants will receive consideration for employment without regard to race, color, religion, gender, national origin, disability, protected veteran status or any other protected class

**ADVERTISING WORKS.**

**Call 1-877-766-6891 • [salmonpress.com](http://salmonpress.com)**



Mon - Thur 4-8:30pm • Fri & Sat Noon-9pm • Sun Noon-8:30pm

NOW OPEN  
FOR DINE-IN!

OUTDOOR SEATING  
COVERED PATIO  
+ Roadside Cafe

CURBSIDE PICKUP  
& DELIVERY

Patrick's

IRISH ROOTS • AMERICAN SPIRIT

Serving the Community (safely)

ORDER ONLINE  
AT PATRICKSPUB.COM

for reservations call  
**(603) 293-0841**

18 Weirs Rd Gifford, NH 03249

VISA  
MasterCard  
Discover

CLASSIFIEDS

For Advertising Call (603) 444-3927

Moultonborough Academy

Middle School Volleyball Coach Wanted

Moultonborough Academy is seeking a Girls Middle School Volleyball Coach for the 2020-2021 season. Applicants should send a letter of interest, resume, and 2 references to: Matt Swedberg, Moultonborough Academy, PO Box 228, Moultonborough, NH 03254 or submit the material to mswedberg@sau45.org.

Move your smile and life forward with Invisalign!

Invisalign's clear, custom-designed aligners can be an inconspicuous way to get a beautiful new smile without interrupting your lifestyle. Meaning you can still enjoy the activities you love and the foods you can't live without, while shaping your smile more gently.

STRAIGHT TEETH ARE WITHIN REACH.

Call Dr. Alan Kennell today for a free, no-obligation consultation.

KENNELL  
ORTHODONTICS

Schedule a Free Consultation Today!  
Dr. Alan F. Kennell

The Clear Alternative to Braces

KennellOrtho.com | 524-7404 Laconia | 536-7404 Plymouth | 444-7403 Littleton

HELP WANTED

Professional  
painters  
needed

Drivers License  
and references  
a must

Please call  
**603-387-9760**

Plymouth State  
UNIVERSITY

Plymouth State University has the following positions available:

**Building Service Worker (Custodian)**

First Shift (5:00 AM - 1:30 PM) Monday - Friday

First Shift (5:00 AM - 1:30 PM) Wednesday - Sunday

Third Shift (11:00 PM - 7:30 AM) Friday - Tuesday

To view full descriptions of the positions and to apply, please visit <https://jobs.usnh.edu>

Plymouth State University is an Equal Opportunity/  
Equal Access/Affirmative Action institution

HOME CLEANOUTS • STORM DAMAGE • ROOFING MATERIALS • SMALL DUMPSTERS • FRONT LOAD DUMPSTERS

NO  
HIDDEN FEES

NO  
FUEL SURCHARGES

NO  
TRICKY LONG-TERM  
CONTRACTS TO SIGN

DISPOSAL DONE RIGHT

FOR YOUR HOME OR BUSINESS.

CALL TODAY FOR PRICING!

THE  
DUMPSTER DEPOT®

Waste Recycling Services

Like us on Facebook.

TOLL FREE 1-866-56-DEPOT

LOCAL 603-783-8050

WWW.DUMPSTERDEPOT.COM

COMMERCIAL & INDUSTRIAL BUSINESS SERVICE • ROLL-OFF OPEN TOP CONTAINERS • COMPACT UNITS

Personal Care  
Attendant

Granite State  
Independent Living

Tools for Living  
Life Independently

GSIL is looking for a dedicated personal care attendant to assist one of our consumers in Meredith, NH.

Duties include; dressing, Hoyer transfer, light housekeeping, meal prep, feeding and clean up.

Hours are 5:00pm to 11:00pm every evening.

Pay rate is \$10.25 - \$10.75/hr. Prior personal care experience is helpful but, training is available.

Please contact Ashley at 603-568-4930 for more information.

GSIL is an EOE

Equal Housing  
Opportunity

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

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

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

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

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

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

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

BRYANT  
PAVING

NOW HIRING

ALL GRADING & PAVING CREW  
POSITIONS

Call 279-1499 or email [admin@bryantpaving.com](mailto:admin@bryantpaving.com) TODAY!

ALL ARE ENCOURAGED TO APPLY

BRYANT PAVING IS A DRUG FREE WORKPLACE & EOE

SalmonPress.com

News, really close to home

Shop  
Local

DEADLINE NOTICE

CLASSIFIED ADS  
AND  
YARD SALES

DEADLINE IS FRIDAY AT 3PM  
FOR THE FOLLOWING WEEK

NO ADS CAN BE ACCEPTED ON MONDAYS

THANK YOU!