



# Joe Jesseman replaces Saint John on Tilton Select Board

## Jeanie Forrester named new Town Administrator

BY LEIGH SHARPS  
Contributing Writer

TILTON—It was an eventful night at Town Hall last Thursday evening, as former selectman Joe Jesseman was appointed to re-join the board as a replacement for the recently departed Ashlee Saint John, and former state senator and gubernatorial candidate Jeanie Forrester was named as retiring Town Administrator Joyce Fulweiler's successor.

Fulweiler was also lauded for her many years of service to the town.

Addressing the audience and speaking for the board, Chairman Jonathan Scanlon read, in part, "What is most impressive about Jeanie is her caring and compassion for people and the issues that are important to our community. She looks forward to working with the Board to achieve our goals. We are very fortunate

to have Jeanie's skills and expertise as we face these challenges."

"I am so honored by this appointment. I know I have big shoes to fill, but I am so looking forward to working in this beautiful town. My door will always be open! I'm so excited to be a part of this family," Forrester said.

Forrester is a three term state legislator, and former Town Administrator in Tuftonboro and New Durham. She is also the former Executive Director of the Main Street Program in both Plymouth and Meredith. She will start her employment Oct. 15.

Seven residents threw their hats in the ring for appointment on the select board to fill the vacancy left by former board member Saint John, who recently moved out of town. The interim appointment lasts five months until the town election next

March. That remaining term/seat will be on the ballot, as well as a three year seat now held by Katherine Dawson.

Prior to last Thursday's candidates' night, two of the prospects withdrew their candidacy, so five turned out at town hall for the hour long interview session. Sitting left to right were Joe Jesseman, Eric Pyra, Juliet Harvey-Bolia, Jason Wright and Tod Odell. They were each given a few minutes to give a little self background and reasons why they desired to fill the vacant seat.

Jesseman said he was a former selectman, and had "budgeting experience, town policy, and planning and zoning knowledge."

Pyra said he has been involved with the town in various ways including the school system, budget committee, planning and zoning boards

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LEIGH SHARPS

Retiring Town Administrator Joyce Fulweiler (left) congratulates Jeanie Forrester (right), who will succeed her in October.

# Two men arrested on drug charges on Winnisquam Trail

BY DONNA RHODES  
dhrhodes@salmonpress.com

BELMONT – Concerned citizens recently notified the Belmont Police Department about heavy foot traffic and tents popping up in the woods along the Belmont portion of the Winnisquam Trail, which is part of the regional WOW Trail. Those reports prompted officers to step up their patrols of the area along Lake Winnisquam, and that in turned led to the arrest of two men last week for drug charges and an outstanding warrant.

Capt. Richard Mann of the Belmont Police reported that on Friday, Aug. 17, an officer assigned to the area spotted two men walking on the trail, one of whom he recognized as a person wanted on a warrant. The officer initiated contact with the pair and called for backup to help make an arrest on the subject he knew to be wanted by the court. As additional officers were en route however, that man, identified as 46-year-old David A. Sargent of Laconia, took off running. Telling the second man to stay put because it was suspected that he, too, might have an outstanding warrant, the Belmont officer took off in pursuit of Sargent. He was tackled to the ground and after an "intense but brief struggle" was taken into custody with the assistance of offi-



COURTESY

David A. Sargent, age 46 (left) and 35-year-old Jason Sabin (right), both of Laconia, were taken into custody along the WOW Trail in Belmont last Friday for an outstanding warrant, resisting arrest and other drug-related charges.

# Local food truck voted one of New Hampshire's Top Ten

BELMONT — Congratulations to Mr. Brian Baxter, owner of "BB's Hot Bites -N- Cool Delights," for being chosen #10 Food Truck in New Hampshire in the 2018 WMUR Viewer's Choice poll.

Hundreds of voters responded to the search for the Best Food Trucks in New Hampshire. Baxter and his family are very proud and excited with the results of placing #10 in the state!

BB's Hot Bites -N- Cool Delights is located on the front grounds of Osborne's Winnisquam Agway, 304 Daniel Webster Highway, Belmont. Colorful fin flags and multiple banners surround the food trailer, which also has a large grass area with lots of comfortable seating to enjoy your meal. The menu includes a mouthwatering Steak -N- Cheese with generous portions served in

the perfect roll. Hamburgers, hot dogs, veggie burgers, and more, even a fluffernutter for the kid in you. Daily and weekly specials are frequent. A full ice cream menu will satisfy you on those hot and humid days. Frappes, Hot fudge sundaes, cones, and cups. Did we mention Ice Cream sandwiches? Yes, they even carry a delicious dairy free ice cream option.

Baxter and his staff follow their mission statement of providing you with great food and great service. You can expect enthusiasm and appreciation when you place your food order at BB's. Regular operating hours are Tuesday through Friday, 11 a.m. – 3 p.m. for the grill and 11 a.m.-8 p.m. for Ice Cream! Baxter is no stranger to the food industry. He will shift gears in September. BB's Hot Bites -N- Cool Delights

# Early deadlines for Labor Day

The offices of the Winnisquam Echo will be closed Monday, Sept. 3 in observance of Labor Day.

To ensure that our Sept. 6 edition arrives in subscribers' mail boxes on schedule despite the holiday, the submission deadline for any press releases, letters to the editor, and obituaries intended for publication that week

has been moved up one business day, to Friday, Aug. 31 at 4 p.m. Submissions are welcome in person at our offices, located at 5 Water St. in Meredith, or by e-mail to Editor Brendan Berube at brenndan@salmonpress.news.

Any submissions not of an urgent nature received after 4 p.m. on the 31st will be held for publication on Sept. 13.

For information regarding the holiday deadlines for display advertising, please contact Beth Tobyne in Sales at 279-4516, ext. 110 or beth@salmonpress.news.

The staff of the Winnisquam Echo would like to wish our readers and advertisers a safe and enjoyable Labor Day weekend.



COURTESY

Congratulations to Mr. Brian Baxter, owner of "BB's Hot Bites -N- Cool Delights," for being chosen #10 Food Truck in New Hampshire in the 2018 WMUR Viewer's Choice poll.

will shut down for the season, and he will concentrate on serving "hot bites" at the famous Deerfield Fair, located in Deerfield. He has been a solid vendor there for more than a decade! Brian owns two permanent buildings on the fairgrounds where he serves his famous sweet potato

fries, loaded baked potatoes, and Green Mountain Coffee.

Stay up to date with "BB's Scoops Ice Cream," a.k.a. "BB's Hot Bites -N- Cool Delights," by visiting our Facebook page. We hope you "like" it.

See you at Osborne's Winnisquam Agway Brian! Congratulations!

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## PINES HAPPENINGS

### Fall Youth Sports

Registration for the Pines' fall sports programs is open now. Pre-School Soccer (ages three to five) is full, but we still have openings in Kindergarten-Grade 1 Rec Soccer, Grades 2-3 Traveling Soccer, Grades 4-6 Traveling Soccer, Kindergarten-Grade 2 Rec Field Hockey, and Grades 3-6 Field Hockey. Volunteer coaches are needed for Grades 4-6 Traveling Soccer, and Grades K-2 Rec Field Hockey. Register in advance, online or at the Pines, through August 31 at 5:30 PM. Rec programs are \$48 for Tilton and Northfield residents, \$58 for non-residents, and Traveling Sports are \$58 for Tilton and Northfield residents, and \$68.00 for non-residents.

### After Class Blast

There are still a few openings in the Pines'

after school program, After Class Blast (ACB). Children in Grades One through Five and Afternoon Kindergarten arrive at the Pines by bus from Union-Sanborn and Southwick Schools, usually between 3:30 and 3:40 p.m., and must be picked up by 5:30 p.m., when the program ends. The cost is \$120 per child per month. Payment for the first month is due at registration, which ends Aug. 24. Payment for other months is due by the first Friday of that month. Children must be registered in advance to participate in this program. We have no openings in our before school program at this time

### Positions Open

The Pines is hiring part-time youth counselors for our before and after school programs for the coming school year.

Hours for the before school program are 6:45 to 8:45 a.m., and hours for the after school program are 3 to 5:30 p.m. Applicants must be at least 16 years old and pay depends on experience. Interested applicants should contact Recreation Director Samantha Magoon at pccprogram-director@gmail.com.

### August 31 Vacation Camp Day

There is no school on Friday, Aug. 31, and the Pines will provide a Vacation Camp Day for children in Kindergarten through Grade 5. Children may be dropped off as early as 7 a.m. and must be picked up by 5:30 p.m. when the program ends. The cost is \$32 per child, and we can accommodate a maximum of 25 children. Children must be registered in advance, online or at the Pines, by Wednesday, Aug. 29, at 5:30 p.m. Weather permitting we will walk to the Union-Sanborn School playground for a picnic lunch, and end the day with a movie and popcorn at the Pines. What to bring: a refillable water bottle, lunch, snacks and drinks. What to wear: sneakers and weather-appropriate play clothes.

### Raffle Calendar Fundraiser

Help support the Pines by purchasing a Raffle Calendar! Calendars will be available for \$10 each beginning Tuesday, September 4, through the end of September. The Raffle runs Oct. 1 through 31. There will be a variety of prizes, including gift certificates from the Highlands Bike Park, Tilton House of Pizza, Dunkin' Donuts, and Applebee's, and more. Calendars may be purchased at the Pines, and from children attending Pines programs, Pines staff mem-

bers, and others.

### Third Annual Pines Yard Sale

The Pines will hold its Third Annual Yard Sale on Saturday, Sept. 8, from 9 a.m. to 2 p.m. Donations may only be brought to the Pines Tuesday, Sept. 4 through Friday, Sept. 7, between 9 a.m. and 5:30 p.m. We cannot accept donations outside of this time. Appliances, automotive

items and electronics will not be accepted. Family appropriate items only. Vendors wishing to participate must register in advance by Wednesday, Sept. 5 at 5:30 p.m. Bring your own tables or clothing racks for \$10 each, maximum of two per vendor. The Pines will have no tables available to rent.

### Mindfully Fit Over 40

In this six-week program Certified Health Coach and Yoga Instructor Kelly Lang Molloy will illuminate some of the most common mistakes that women over (or approaching) 40 often make in their efforts to stay healthy, and how you can transform your health with ease and grace. Kelly will reveal how key issues like hor-

SEE PINES, PAGE A10

# Belmont police create safe location for Internet transactions

BELMONT — The Belmont Police Department now has a designated space in our front parking lot for Internet and/or private sale transactions. A sign was donated by a Belmont resident and the Town installed it this week.

With the many Internet fraud cases we hear about, the officers felt it was a great service to the community to create a safe place to complete internet purchases and exchanges.

If you think about it, it is very rare that you complete a purchase from someone you actually know on something like Craig'slist or from an on line site, so our effort is to make sure the transaction is done in a place the buyer feels comfortable and is covered by the police video



camera.

Our primary goal is to be a deterrent to crimes and scams involved with buying online. The designated spot will have 24-hour video surveillance

and anyone can use it.

A red flag will be if your seller does not want to use the police station for the transaction you should rethink the purchase.

## BELMONT POLICE LOG

BELMONT — The Belmont Police Department responded to 141 calls for service and made the following arrests during the week of Aug. 10-17. Please note that the names of juveniles, and those of individuals taken into protective custody but not formally charged with a crime, have been withheld from publication.

Jason Sabin, age 35, of Laconia was arrested on Aug. 10 for Resisting Arrest or Detention and two counts of Possession of Controlled/Narcotic Drugs. A companion, David A. Sargent, age 46, of Laconia was arrested during the same incident for Possession of Controlled/

Narcotic Drugs, Resisting Arrest or Detention, and in connection with two outstanding warrants.

Vincent Scott, age 34, of Belmont was arrested on Aug. 11 for Possession of Drugs, a separate count of Possession of Controlled/Narcotic Drugs, and in connection with an outstanding bench warrant.

Brian Donald Kimball, age 41, of Belmont was arrested on Aug. 11 in connection with an outstanding bench warrant issued by Franklin District Court.

Timothy E. Peavey, age 58, no known current address, was arrest-

ed on Aug. 11 in connection with an outstanding bench warrant issued by Laconia District Court.

Yaniree Alicea Figueroa, age 24, of Laconia was arrested on Aug. 13 for Driving After Revocation or Suspension and a Suspended Registration (Operating-Misdemeanor).

Melissa M. Potter, age 37, of Dorchester was arrested on Aug. 14 for Possession of Controlled/Narcotic Drugs.

Amanda Marie Mullen, age 27, of Bristol was arrested on Aug. 16 in connection with two outstanding bench warrants issued by Plymouth District Court.

## TILTON POLICE LOG

TILTON — The Tilton Police Department responded to 399 calls for service and made the following arrests during the week of Aug. 6-13. Please note that the names of juveniles, and those of individuals taken into protective custody but not formally charged with a crime, have been withheld.

Arrested during this time period were Katia Gonzalez (for Possession

of Drugs), Roland Mills (in connection with an outstanding warrant), Nicole Hollins (for Driving After Suspension), Bryce EasonFall (in connection with outstanding warrants), Michael Johnson (in connection with an outstanding warrant), John Lacortiglia (for Driving After Suspension), and Joshua Rochetter (for Driving After Suspension).

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Melanie Mardin, LRCS Resource Coordinator

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## HALL MEMORIAL LIBRARY

### September Highlights at Hall Memorial Library Tilton/Northfield

Something New... This year we're coming to a school near you! Stop by our Library Llama booth at your school during lunch. The Library Llama is a mobile library hosted by us, Hall Memorial Library. Its purpose is to bring books from the public library to student and teachers at local schools. We recognize that for some students coming to the library is not an easy option and we want everyone to have access to the information they want and need. Here's the line-up for September: WRMS, Monday the 10th - Southwick, Wednesday the 12th - WRHS, Monday the 24th... and remember: Lunch-time at the Library Llama for all your reading needs.

### Teen Times in September

Tuesday the 4th and the 18th at 3 p.m. Sewing Club  
Wednesday the 12th and the 19th at 3 p.m. Let's Play Stuff!  
Thursday the 6th and the 13th at 3 p.m. Let's Make Stuff!  
Friday the 14th and the 28th at 3 p.m. Fiber Arts Club

Thursday the 20th at 4 p.m. Live Action Angry Birds for Teens/Tweens and Kids

### Children's Programming

Please Note - There will be no storytime on Sept. 5 and on Sept. 19. Miss Julie will be here on Sept. 12 and Sept. 26 for StoryTime for stories, poem and a simple craft. See you then.  
Let's Go Lego - Saturdays from 10 a.m.-2 p.m.

### Weekly Adult Programs...

Chess Club - Mondays from 3-5 p.m.  
Spanish Club - Tuesdays from 10-11:30 a.m.  
Sit and Knit - Friday from 2-5 p.m.  
Psychic Readings with Nancy Smart - Fridays 11 a.m.-5:30 p.m.  
By Appointment Only - Readings are 20 to 30 minutes long and donations are accepted and encouraged. Call 286-8971 to arrange an appointment. Scheduling in advance begins on the previous Saturday and runs through Friday.

For Everyone... Rock & Read - Every Monday in September, 10 a.m.-8 p.m.

Have you ever dreamed of getting paid to read? Then make that dream come true! For every half-hour you spend reading one of our books while in the library you'll receive one buck... that is a "Hall Memorial Library Buck." Library Bucks can be used to pay down your fines, send a fax, make photocopies or buy books from our book sale. Before you begin, let the librarian at the main desk know you're participating in the Rock & Read program. Double your time... Every 15 minutes spent reading to a child who is not yet a reader or is a begin-

ner reader, will earn the child one Library Buck. Only physical books please... no devices.

Display Case - An Eclectic Collection of 3D Printed Objects

### September Calendar of Events

Monday the 3rd Library Closed for Labor Day... Have a Great Long Weekend

Saturday the 8th at 11 a.m.

Kid Craft - for kids ages seven to 10. Make a craft with Miss Maggie - what's in store? It's a surprise. An adult needs to accompany the child. No drop-offs.

Monday the 10th during lunch-time at WRMS

The Library Llama mobile library will be at the Middle School during lunch. Check out books then and there! The Llama makes it easy.

Monday the 10th at 5 p.m.

Trustees Meeting - open to the public

Monday the 10th at 6 p.m.

Scrabble - Adults Only

Wednesday the 12th at noon

Scrabble in the Afternoon - A great way to spend a day... friends and a leisurely game. Adults Only.

Wednesday the 12th during lunch-time at Southwick School

The Library Llama mobile library will be at Southwick School during lunch. Check out books then and there! The Llama makes it easy.

Monday the 17th at 4:30 p.m.

Herb Walk with Nathan Searles - Come learn to identify and use some of the many common medicinal and edible plants and mushrooms that surround us every day. This class will focus on easily identified plants and mushrooms that can be safely used in a household setting. Be prepared to explore outside, wear proper walking shoes and dress for the weather. Children are welcome to join under parental supervision.

Monday the 17th at 6:30 p.m.

The Bookers - Before We Were Yours by Lisa Wingate - Based on

one of America's most notorious real-life scandals—in which Georgia Tann, director of a Memphis-based adoption organization, kidnapped and sold poor children to wealthy families all over the country—Lisa Wingate's riveting, wrenching, and ultimately uplifting tale reminds us how, even though the paths we take can lead to many places, the heart never forgets where we belong. (Amazon)

Thursday the 20th at 4 p.m.

Live Action Angry Birds for Teens/Tweens and Kids - Knock down piggies, collect tickets, win prizes!

Monday the 24th during lunch-time at WRHS

The Library Llama mobile library will be at the High School during lunch. Check out books then and there! The Llama makes it easy.

Monday the 24th at 6 p.m.

Scrabble, Adults Only

Tuesday the 25th at noon

The Noon Book - "Their Eyes were Watching God" by Zora Neale Hurston - One of the most important and enduring books of the 20th century, "Their Eyes Were Watching God" brings to life a Southern love story with the wit and pathos found only in the writing of Zora Neale Hurston. Out of print for almost 30 years—due largely to initial audiences' rejection of its strong black female protagonist—Hurston's classic has since its 1978 reissue become perhaps the most widely read and highly acclaimed novel in the canon of African-American literature. (Amazon)

Wednesday the 26th at 4 p.m.

YaH Book Group - "The Joy Luck Club" by Amy Tan Four mothers, four daughters, four families whose histories shift with the four winds depending on who's "saying" the stories. In 1949 four Chinese women, recent immigrants to San Francisco, begin meeting to eat dim sum, play mahjong, and talk. United in shared unspeakable loss and hope, they call themselves the Joy Luck Club. Rather than sink into tragedy, they choose to gather to raise their spirits and money. "To despair was to wish back for something already lost. Or to prolong

SEE LIBRARY, PAGE A10



COURTESY

Belmont Police are on the lookout for a vehicle similar to the one shown here that was stolen from Cupples Car Company last Thursday evening.

# Belmont police seek help locating stolen vehicle

BY DONNA RHODES  
drhodes@salmonpress.news

BELMONT – Police in Belmont are asking for the public's assistance in locating a pickup that was reported stolen from Cupples Car Company on Route 3 in Belmont last Friday morning.

The owner of Cupples arrived at work that day to discover his building had been burglarized and a black 2001 Toyota Tundra possibly bearing New Hampshire Dealer Registration plates was missing. A review of video surveillance of the exterior of the business narrowed the time of the crime down to approximately 8 p.m. on the previous evening, Thursday, Aug. 16.

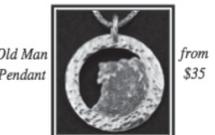
Officers collected physical evidence from the scene then began canvassing nearby businesses to see if they, too, had any signs of attempted entry to their buildings. They also sought any additional video evidence other cameras in the area may have caught of the burglary and theft at Cupples.

Police in area towns and the New Hampshire State Police were notified about the theft and the truck was also entered into a nationwide police stolen vehicle database.

Belmont Police Department asks anyone with information about the crime or where the vehicle may be located to contact them, anonymously if so preferred, at 267-8350.



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# Opinion

A4 Thursday, August 23, 2018

WINNISQUAM ECHO

## STRATEGIES FOR LIVING

### Ok, who sinned?

BY LARRY SCOTT

“OK, who sinned? This man or his parents?” was a question posed to Jesus when the disciples met a man born blind. Surely, someone must have sinned. But not so, Jesus said; this happened “so that the works of God might be displayed in him” (John 9:3). Something good was about to happen!

I am interested to note the dramatic change that comes to a man’s life when he encounters Jesus Christ. When Jesus is taken seriously, life – and death – take on a new perspective. As Matthew stated in his Gospel, “The people living in darkness have seen a great light.” Acknowledging Jesus Christ as Lord changes everything.

The story of the “man born blind” is a classic case in point. “OK, Jesus, who did it?” Surely somebody did something wrong, or so the thinking went, for this man to have been born blind. And Jesus, in my words, said, “No way! Many people are born blind; that’s life.” Sometimes there is no, “Why?” But our God is a God of renewal and hope, a God of second chances. To paraphrase Jesus again, “This is not the end of the story. This man is about to be a display of God’s goodness; this man is going to see!”

The man’s healing, however, demanded his cooperation. Since the man had been blind from birth, he had spent a life-time letting others take care of him. It was now time for him to do something for himself. Accordingly, Jesus made a mud plaster, covered the man’s eyes, and instructed him to go to the Pool of Siloam and wash. Then, and only then, would he see.

Like the blind man, if God is to do a work in our lives, it will demand our trust and obedience. God is prepared to make you and me the best that we can be. In God’s scheme of things, each of us is earmarked to be someone special. The transition, however, from who we are to what we can be, seldom comes easy. Believe me, I know what I am writing about.

When I resigned from my first pastorate in 1978, little did I know that my life would be in free-fall for the next thirty-six years. As in the case of the blind man, no one had sinned. But a series of unfortunate decisions set me on a course in life that was, for me, a living nightmare. The low point was reached during a ten-year period in which I lived in total black-out, completely clueless about where life was going to take me. This, as it turned out, however, was as much a part of the divine plan as were my years in active ministry. Heaven, it seems, was far more interested in my maturity than it was in my productivity.

And my years “in the dark” were not wasted. I came through a new man. Quite like the blind man, “Whereas I was blind, now I see.” I emerged with a new message, a new, re-vitalized relationship with God, and, not incidentally, a life-time of living to write about!

Prior to healing the blind man, Jesus said, “I am the light of the world.” Indeed, He is, and what Jesus did for the blind man, what He has done for me, he can do for you as well. Give him a chance!

For further discussion, and your comments, please access my blog at [indefenseoftruth.net](http://indefenseoftruth.net).



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## PET OF THE WEEK

CHANCE: so named by his original shelter, all the way down in South Carolina, this sturdily built canine travelled a very long way for his “second chance”. Sadly overlooked, he’s been waiting since June 1st for his lasting forever home.

Medium sized brown dog, just about 50lbs – he seems to have faded into the background of the adopting public’s consciousness and after this length of time, as the prettier, more obviously purebred, and cute tiny puppies leave the building, he remains, forlorn and lonely.

We know he would be a good dog with some guidance away from the shelter. For some dogs it’s just is too loud, too busy, to reactive for them to cope with

the constant stream of visitors, and proximity of other canines.

Ideal home, Chance is actually afraid of cats! He may be able to enjoy the company of another dog at some point in his life, maybe a local canine playmate. We must be very clear, he has had no experience that has been positive with children and really needs an adults only home.

Please come and visit this sweet two-year-old Shepherd mix today and chat with one of our knowledgeable adoption staff. We really want to make the right match for him.

Shelter is open on Weekends, 11-4 and every day except Mondays and Wednesdays Noon to 5p.m Check [www.nhhumane.org](http://www.nhhumane.org)



## CHANCE

## NORTH COUNTRY NOTEBOOK

### TV show inspires thoughts of the (not so) lowly beaver



By JOHN HARRIGAN  
COLUMNIST

*Editor’s note: Mr. Harrigan is currently on an extended hiatus. The following North Country Notebook column was originally published in April of this year.*

My siblings and I were fortunate to grow up within reconnoitering distance of a swamp. My mother, a non-helicopter Mom before her time, saw swamps as safer than streets and sidewalks. Hence her frequent suggestion, “Go play in the swamp.”

I only had to hear this suggestion once, and the further I explored the swamp the more of it I wanted. And it wasn’t long before I came smack up

against the works of the beaver.

+++++

Beaver Brook, which begins in Stewartstown and Colebrook as springs and trickles amongst the ridges of South Hill, in those years pretty much ended in a huge alder swamp behind our house on Park Street, one of the main routes into town. It was here, in the vestiges of an 1880s water-powered manufacturing complex, that I stumbled onto an amazing waterworks complex of the beaver’s very own.

There were major dams and minor dams, wing dams and canals, and in the midst of it all, quite a far cry apart, two very big and very active beaver lodges.

Soon I was absorbing all that I could get to know about beavers, adding to in-the-field observations by looking stuff up. The beaver, resources said, is among Earth’s oldest warm-blooded species. And the beaver has done more to reshape major landscapes and to create or alter hab-



COURTESY

A beaver about to make a big splash. I’ve long thought that this startling tail-slap is an inherited trait to gain a second or two on the beaver’s would-be predator (a bear, a coyote) rather than to warn the rest of the colony, as is so often told. (Courtesy NH Fish & Game, ardea.com)



COURTESY

There’s plenty going on in this 18th Century fantasized illustration of a beaver colony—beavers building a dam, another felling a tree, and others here and there if one looks, some actual beavers, some not. (Courtesy NH Fish & Game, shutterstock.com)

itat than any other creature on the planet, including man.

What dredged all this up was a Nature series special I bumped into on late-night TV

## LETTERS TO THE EDITOR

### It is my honor to represent you

To the Editor:

It has been an honor and privilege to serve the people of District 2 in the State Senate. We’ve tackled many critical issues ranging from the mental health and opioid crises to energy costs and school safety.

As a member of the Senate Finance Committee, I had the opportunity to help produce a budget that effectively targeted your tax dollars to our state’s most pressing needs. We are effectively helping those most in need without new or increased taxes or fees. More work remains to be done, but we’ve laid down a solid foundation to improve the lives of our citizens

and families.

Protecting children is a critical role of government, and the budget established a Public School Infrastructure Fund to help fund school projects critical to student and staff safety. Nearly \$19 million was appropriated last year, and an additional \$10 million was added this year when tax revenues exceeded estimates by \$100 million.

Our higher-than-expected revenues also allowed the legislature to invest an additional \$36.4 million to address roads and red listed bridges across the state. Our district has its fair share of roads and bridges that need improvements, and I’m pleased that we were able to provide these additional funds which resulted from our business tax cuts.

Finally, SB 365, which had bipartisan sponsors and passed the Senate on a voice vote, is critical to save timber and biomass jobs across the state. While I am disappointed the bill was vetoed, I’m continuing to work with my Senate and House colleagues to override this veto to allow these reasonable measures to become law.

The Republican legislature continues to make significant strides in improving the lives of every Granite State citizen, family and business. I remain committed to fighting for your jobs, your quality of life and your future. Thanks again for the honor of representing you.

Respectfully,  
Sen. Bob Giuda  
Warren

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Please include your name, address and phone number.

# Northeast Delta Dental sponsors oral health initiative at Spaulding Youth Center

NORTHFIELD — Northeast Delta Dental, the most trusted name in dental benefits for Maine, New Hampshire, and Vermont is sponsoring an oral health initiative at Spaulding Youth Center led by Virtudent, the leading provider of mobile dental clinics and tele-dentistry services. The goal of the initiative is to ensure high-quality oral health care reaches an important underserved audience, specifically, young people with autism, neurological impairments, behavioral difficulties, emotional disabilities, and learning or developmental disabilities, many of whom wouldn't be able to receive appropriate high-quality preventive dental care in a setting that works well for the patient.

To seamlessly fit into patients' lives at Spaulding Youth Center, Virtudent brings a full dental clinic and tele-dentistry offering onsite. A highly-trained dental hygienist operating under the supervision of a dentist conducts the basic preventive dental visit using innovative portable kits the size of a suitcase. Standard appointments deliver an advanced cleaning and a comprehensive oral exam, including a full oral health risk assessment to determine the patient's risk of oral cancer, gum disease, and cavities as well as digital dental x-rays and intra-oral photographs, which are reviewed remotely by a team of highly-qualified dentists.

After reviewing a patient's case, the dentist may determine that additional treatment is necessary and will submit a referral. An appropriate member of the patient's care team will then work with the patient to help find a trusted local dentist. All dental records are securely transferrable to the patient's selected provider to ensure proper continuation of care.

"We believe that significant change can be achieved when all components of the environment work together (e.g., school, home, community) to create consistency for our students. Our Virtudent partnership with support from Northeast Delta Dental is perfectly aligned with our beliefs as the high quality on-site dental clinical model allows for consistency for the children," said Susan Ryan, President and CEO of Spaulding Youth Center.

"Disparity in oral health care is alarming. We understand patients have a variety of different needs in terms of dental care and want that care to be delivered to them at no additional cost for the patient or

provider. Not only is the model we've helped create for Spaulding Youth Center convenient for patients, it also recaptures patients who otherwise may not receive appropriate and timely high quality preventive care," commented Tom Raffio, Northeast Delta Dental's President & CEO.

"As the first commercial tele-dentistry practice in the United States, Virtudent is committed to using technology to make the traditional dental visit vastly more accessible, convenient, and patient-centric. Our mission is to improve and innovate on the oral healthcare delivery system so that high quality dental care is not a luxury, but a standard," said Dr. Hitesh Tolani, D.M.D., Virtudent's Founder and CEO. "We are thrilled to have support from Northeast Delta Dental to partner with mission driven organizations like Northeast Delta Dental and Spaulding Youth Center to eliminate the logistical impediments that can often prevent children from getting world-class oral health, which is also a key part of their overall health and wellness."

About Northeast Delta Dental

Northeast Delta Dental administers dental benefits for more than 875,000 people in Maine, New Hampshire and Vermont, offering dental insurance programs for companies of all sizes, and individuals and families with no access to employer-sponsored dental benefits. The Northeast Delta Dental Foundation awards grants to non-profit organizations that offer programs and services to improve oral health and access to dental care. Learn more at nedelta.com.

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. Services include academic, behavioral health, residential, foster care, health and wellness and family support. Our mission is supporting exceptional children and families toward a successful future. 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 Virtudent  
Virtudent is changing the face of dental healthcare by leveraging tele-health technologies

and a new scalable delivery model to bring high-quality dental care to patients who are otherwise foregoing their routine dental visits. By coupling state-of-the-art pop-up dental clinics with tele-health technologies, Virtudent brings the dental visit right on-site. Our tele-dentist-

ry care delivery platform not only leverages the best dentists in the country, but also separates the diagnosing provider from the treatment provider in order to ensure our patients receive non-biased treatment plans that are 100 percent formulated to promote prevention,

wellness and health. Virtudent aims to make a traditionally headache-inducing dental experience vastly more convenient, transparent and most importantly – all about the patient! To learn more about Virtudent visit, [www.myvirtudent.com](http://www.myvirtudent.com).

## Hall Memorial Library Happenings

**Tilton/Northfield Monday, Aug. 27**  
Chess Club, 3-5 p.m.

The Bookers, 6:30 p.m.  
"The Guernsey Literary and Potato Peel Pie Society" by Mary Ann Shaffer and Annie Barrows -Praise for The Guernsey Literary and Potato Peel Society "I wonder how the book got to Guernsey? Perhaps there is some sort of secret homing instinct in books that brings them to their perfect readers." January 1946: London is emerging from the shadow of the Second World War, and writer Juliet Ashton is looking for her next book subject. Who could imagine that she would find it in a letter from a man she's never met, a native of the island of Guernsey, who has come across her name written inside a book by Charles Lamb. (Amazon)

**Tuesday, Aug. 28**  
Spanish Club, 10 a.m.  
Noon Book Group, noon

"The Guernsey Literary and Potato Peel Pie Society" by Mary Ann Shaffer and Annie Barrows -Praise for The Guernsey Literary and Potato Peel Society

"A jewel . . . Poignant and keenly observed, Guernsey is a small masterpiece about love, war, and the immeasurable sustenance to be found in good books and good friends."—People

**Tech Tuesday, 2-4 p.m.**  
**Wednesday, Aug. 29**  
Rock & Read, Summer Reading Program "Libraries Rock" Happening, 10 a.m.-6 p.m.

Earn a library buck for every 15 minutes you rock & read a book or magazine from our collection (no devices please). Pay down your fines, make photo copies, send faxes, or purchase books from our on-going book sale. Let the librarian at the cir-

ulation desk know that you are going to participate in the Rock & Read program before you get rockin'.

Story Time, 10:30 a.m.  
A sweet time with Miss Julie... please come!

YAH Book Group, 4 p.m.  
"Salt to the Sea" by Ruta Sepetys

Winter 1945. WWII. Four refugees. Four stories. Each one born of a different homeland; each one hunted, and haunted, by tragedy, lies, war. As thousands desperately flock to the coast in the midst of a Soviet advance, four paths converge, vying for passage aboard the Wilhelm Gustloff, a ship that promises safety and freedom. But not all promises can be kept . (Amazon)

**Friday, Aug. 31**  
Tarot Card, Palm, Psychic Readings with

Nancy Smart from 11 a.m.-5:30 p.m.

By Appointment Only –Readings are 20 to 30 minutes long and donations are accepted and encouraged. Call 286-8971 to arrange an appointment. Scheduling in advance begins on the previous Saturday and runs through Friday.  
Sit and Knit, 2-5 p.m.

**Saturday, Sept. 1**  
Let's Go Lego, 10 a.m.

**New Items**  
"The Washington Decree" by Jussi Adler-Olsen  
"Meet Me at the Museum" by Anne Youngson  
"Chariot on the Mountain" by Jack Ford  
"Number One Chinese Restaurant" by Lillian Li  
"Good Luck with That" by Kristan Higgins  
"Our House" by Louise Candlish

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# Franklin VNA & Hospice highlights importance of vaccines

FRANKLIN — As we look forward to school starting in September, and thoughts of apples and harvest begin to fill our heads, thoughts of immunizations should start to fill our heads as well. Whether it's to get ready to go back to school or prepare for the chill of fall and the pneumonia and flu it brings with it, we all need shots (vaccines) to help protect us from serious diseases. This protection is called immunization. To help keep our community safe, Franklin VNA & Hospice is proudly participating in National Immunization Awareness Month.

Shots can prevent serious diseases like the flu, measles, and pneumonia. It's important to know which shots

you need and when to get them. If you are the parent of a child, your school and pediatrician should work together to determine which immunizations your child needs to help keep her or him safe, and to help keep those who are unable to vaccinate due to immune disorders safe as well.

All adults need immunizations to help them prevent getting and spreading serious diseases that could result in poor health, missed work, medical bills, and not being able to care for family. This is especially true if you are pregnant, over 65 or have had a serious illness such as a lung disease, diabetes or cancer.

Franklin VNA & Hospice is proud to provide influenza vaccines

October to May for any patient or attendee to its Flu Clinics. It is highly recommended to get an influenza vaccine every year, as each year the vaccine changes to protect you best. In the United States, millions of people that don't get vaccinated are sickened, hundreds of thousands are hospitalized and thousands or tens of thousands of people die from the flu.

There are now two different vaccines to help prevent pneumonia for those at risk or are over 65. You should talk with your health care provider about these if you are at risk to ensure you have had them both. A 2017 study found for patients with COPD the influenza and pneumococcal vaccines decrease exacerbations

of their disease (Efficacy of Influenza and Pneumococcal Vaccination in Preventing COPD Exacerbation). This means fewer emergency room visits, hospitalizations, and illnesses.

Getting your immunizations is an important step to make sure you, and the ones you love stay healthy. It helps protect those who are unable to be vaccinated and helps prevent

illness in our most vulnerable neighbors. Talk to your doctor or nurse to make sure that everyone in your family gets the shots they need.

Franklin VNA & Hospice is an independent, non-profit organization established in 1945 to serve the Home Health care needs of the community. They provide home care, Hospice, clinic and community education services to Andover, Belmont,

Boscawen, Canterbury, Franklin, Hill, Northfield, Sanbornton, Salisbury, Tilton, Webster and surrounding towns, as requested. For more information on sponsoring a Memorial Brick or partnering with them for a stronger level of support for the Teuscher-Wilson Hospice Garden, call Franklin VNA & Hospice at 934-3454 or visit [www.FranklinVNA.org](http://www.FranklinVNA.org).

## Step Out of Your Comfort Zone & Into the Magic! An online 28-Day challenge

LACONIA — Join the Good Vibe Tribe for an online 28-Day Challenge: Step Out of Your Comfort Zone and Into the Magic! You are invited to flirt with the unfamiliar, fearlessly seek out new experiences and take charge of your desires. This is for those whose career, relationships, finances or routine could use a little kick. The Challenge is led by Emily Clement, life coach, and takes place in a private Facebook group. The Challenge starts on Sept. 9, and the cost is \$47.

The four-week Challenge includes weekly themes and daily challenges. Each day includes a video, a challenge to complete, and the opportunity to share your experience within the group. Go at your own daily pace. Experience it privately with a journal or posts within the group. Previous participants joined because, "I needed a little 'umph' to get my life feeling more exciting again" and "I was stuck in a rut and needed a boost."

After the Challenge, others shared, "I loved the community of like-minded people," "the daily interaction held me accountable- I loved it!" "The videos included clear steps and Emily is hilarious!" and "I am way more positive and focused now!" If self care is an ongoing priority or you are just beginning to think about your own path, you are in the right place. Register at [www.EmilyClementLifeCoach.com](http://www.EmilyClementLifeCoach.com).

Emily Clement is a life coach based in Laconia. She leads workshops and



Emily Clement

retreats throughout New England, and coaches individuals, couples and small groups. The Good Vibe Tribe is her favorite community of joy seekers. Find her

on Facebook and YouTube for inspiration and events. She can be reached at [Emily@EmilyClementLifeCoach.com](mailto:Emily@EmilyClementLifeCoach.com) or 520-6300.

## VNA/Hospice, Peabody Home to host grief support group this fall

FRANKLIN — Franklin VNA & Hospice and Peabody Home announce a combined fall grief support group that will meet Wednesdays from Oct. 10 through Nov. 14 from 2 to 4 p.m. at the offices of Franklin VNA & Hospice, 75 Chestnut St., Franklin. The purpose of this group, facilitated by

Rev. Tobias Nyatsambo, Hospice Chaplain, and Hospice volunteer Beatrice Gove, is to provide individuals with a caring environment in which to discuss their loss and grief.

For more information or to pre-register (a requirement for attendance), contact April at 834-3454.

### Jean L. Moulton, 79

FRANKLIN — Jean L. Moulton, 79, a resident of Franklin for over 12 years, died at her home, Tuesday, Aug. 14, 2018 with family at her side after a brief battle with cancer.

Jean was born in Brunswick, Maine June 16, 1939, daughter of the late Raymond Hill and Florence Daggett. She moved to Belfast, Maine as a baby with family, where she lived until moving to Connecticut in 1966. Jean lived there until moving to California, where she resided for 15 years, later moving back to Connecticut in 1990. In 2006, she moved to Franklin, living here until her death. Over the years, she was employed by the U. S. Envelope Co. in Rockville, Conn. for seven years and Pacific Envelope in Anaheim, Calif. for four years, later working for 14 years at the Staple Distribution Center in Killingly, Conn. Jean loved her "Kit Kat," taking him for walks. He was wonderful company to Jean for over 17 years. She loved spending time at the TRIPP Center in Franklin. Over the years, she



enjoyed playing bingo, board games and crocheting, giving away most of what she created. She enjoyed giving away crocheted items to special causes. Jean was a "helping others person", often cooking and baking for them. She enjoyed being with family and friends. She was an avid supporter of the New England Patriots and her favorites, "Tom Brady and The Gronk." Family was special to Jean, especially grandchildren, great-grandchildren and great, great-grandchildren. She was predeceased by her infant baby, Karan Ann, her two brothers, Edward and Richard Daggett, her parents and one sister, Elaine Solomon.

Jean leaves two daughters, Wanda and her husband Donnie Gullage of Pembroke and Bonnie Prete of Danielson, Conn.; sons,

Dale Moulton of Laconia and Kurt his wife Linda Moulton of Haines City, Fla.; grandchildren, Scott, Jeremy and Robert Wilkinson, Dee Laffley, Kurt Moulton, Sandra Sweetland, Angela Moulton, Shannon Helm and Douglas Muenchausen; several great-grand and great, great-grandchildren; sisters, Carolyn Ashley of Searsport, Maine and Elizabeth Sutton of North Carolina; brothers, William Daggett of Belfast, Maine, Raymond Hills, Jr. of Bangor, Maine and Richard Hills of Houlton, Maine; and generational nieces and nephews

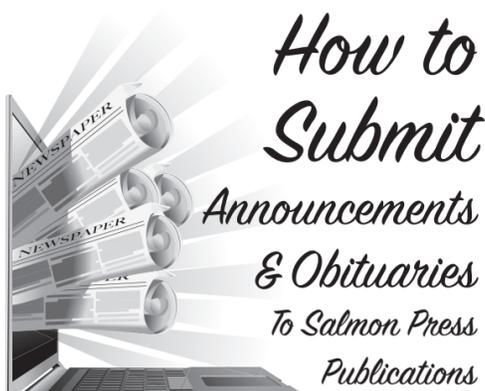
This wonderful mom and grandma will certainly be missed.

A celebration of Jean's life will be held Saturday, Aug. 25, 2018 at 11 a.m. at the William F. Smart Sr. Memorial Home, Franklin-Tilton Road (584 West Main St.) in Tilton, NH 03276. All are welcomed back to Wanda's home in Pembroke following the service.

She will be laid to rest with her infant daughter in the Smart Cemetery in Belfast, Maine.

Jean loved children and the family requested donations be made in her name to the Make-A-Wish Foundation of NH, 814 Elm St., Suite 300, Manchester, NH 03101.

For more information, go to [www.smartfuneralhome.com](http://www.smartfuneralhome.com).



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Photos are also welcome, but must be submitted in jpeg format.

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## Frederic March helps a star be born on LRPA this weekend

LACONIA—Join Lakes Region Public Access Television at 10:30 p.m. this Friday and Saturday night (Aug. 24 & 25) for our "LRPA After Dark" feature, 1937's timeless melodrama "A Star is Born," starring Janet Gaynor and Frederic March.

"A Star is Born" is the definitive movie about Hollywood fame, fortune, and its human toll: the juxtaposition of the talented, young actress's rising career with the downward spiral of her husband, an aging, self-destructive, alcoholic matinee idol. This movie is so fantastic that it's been remade twice, once in 1954, with Judy Garland and James Mason, and again, infamously, in 1976, with Barbra Streisand and Kris Kristofferson. It's even in the works again, this time with Bradley Cooper in the starring role! For many fans and critics, however, the original 1937 version is still the best. Filmed in wonderful early Technicolor and directed by William Wellman, it was nominated for six Academy Awards, winning for Best Original Story, and garnering a special award for the film's outstanding color photography. Critic Leonard Matlin wrote, "Two remakes haven't dimmed the glow of this drama ... March and Gaynor

are at their best." Grab your popcorn and join LRPA after dark for this vintage classic!

You can't find television like this it anywhere but LRPA TV, Atlantic Broadband Channel 25. Not a subscriber? Then log onto Live Stream through our Web site ([www.lrpa.org](http://www.lrpa.org)) where you can

catch all the fun.

About Lakes Region Public Access Television (LRPA)

Lakes Region Public Access Television (LRPA) is a nonprofit, noncommercial public access TV station and community media center located on the Laconia High School campus in Laconia.

## Pitman's offers a full weekend of live music

LACONIA — Pitman's Freight Room is pleased to announce the following events for this weekend:

Thursday, Aug. 23, 8 p.m., \$20: David Lockwood Jazz Trio

After high school and knocking around in New York City and D.C. in the 1970's, David Lockwood enrolled at Berklee College of Music in Boston and graduated in 1980.

In 1995, Lockwood had the opportunity to spend two weeks with his songwriting hero Randy Newman as he was beginning to write the score for Toy Story while recording vocals for his album, Faust. "He was so generous, and even more wickedly funny than I thought possible. He was also very direct. When I told him I'd been struggling to write lyrics, his response was 'You got anything to say?' David Lockwood. Singer.

Songwriter. Musician, with Tim Gilmore on drums and Scott Kiefner on bass

Doors open at 7 p.m... and we are a BYO venue. Call 527-0047 for reservations.

Friday, Aug. 24, 8 p.m., \$20: The Soultown Band

The Soultown Band is New England's premier Motown show band, performing the best of the golden era of Motown, Stax and Muscle Shoals soul music. The band lineup is: Roxanne Mann - vocals John Mann - guitar, vocals Michael Vincent - keys, vocals Gary Calderone - sax, harp, vocals Matt Rivero - trumpet, trombone, vocals Mike Cloutier - bass, vocals Jay Crowley - drums, vocals.

Doors open at 7 p.m... we are a BYO venue. Call 527-0043 for reservations.

Saturday, Aug. 25, 7 p.m., \$20: Swing Dance with the Tall Granite

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 nearly 11,000 viewers in our member towns and cities of Belmont, Gildford, Laconia, Meredith and Northwood. You

may also watch us over the internet at <https://livestream.com/lrpatv/channel25>. 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).



The Tall Granite Big Band.

Big Band

From the syncopated heart of New Hampshire, the Tall Granite Big Band carries on its Swing tradition Texas style! This 18-member band has its roots in Texas with music collected over seven decades by the late Houston band leader Johnny Dyson. The Dyson band's early repertoire included classics from Glenn Miller, Count Basie, Perez Prado, Duke Ellington, Harry James, and other greats. But Dyson also worked closely with Texas arrangers including Don Elam and Fred Baetge, and over time his bands acquired unique material reflecting the vital "Third Coast" culture and its Blues and Latin influences, which help distinguish Tall Granite today. To-

day, our members are drawn from around the Granite State and our focus - as it was in Dyson's day - remains on dancing! Our Pitman's Dance Nights typically are prefaced with a complimentary Swing dance lesson from area instructors to help everyone acquire or brush up their moves! So if you're done with duel-

ing banjos or screaming guitars, grab your two-tone shoes, slick back that hair, join us at the excellent Pitman's Freight Room and swing and sway or just relax to the Tall Granite Big Band's smoky horns and unique sound! Free dance lesson before the show from 7 - 8 p.m. Doors open at 6 p.m.

## Peabody Home's Cheryl Barnes honored as Northeast Nurse Leader or 2018

FRANKLIN — One of Peabody Home's hardworking nurses, Cheryl Barnes RN, was recently recognized as the Nurse Leader for 2018 in the Nation's Northeast Region. The award was presented by Lynn Beede, BSN RN, the Director of Nursing Services of Coös County Nursing Home in Berlin, and the President of the New Hampshire Chapter of the National Association of Directors of Nursing Administration (NADONA).

NADONA is the largest organization representing nurses working in long-term and post-acute care settings in the United States and Canada. They strive to be the leading force for nurses and healthcare professionals through education, professional development, and clinical expertise. For one to receive the 2018 Nurse Leader of the Year Award, they must show dedication and valuable contributions to the field of long-term care and be an active member of the NADONA organization.

During the presentation, Beede stated, "This is a highly competitive and prestigious award and it is my honor to present this to Cheryl, who is highly deserving of this award."

Thanks to Barnes' compassion over the past 20 years, Peabody Home's residents have had the best care and



COURTESY

One of Peabody Home's hardworking nurses, Cheryl Barnes RN, was recently recognized as the Nurse Leader for 2018 in the Nation's Northeast Region. The award was presented by Lynn Beede, BSN RN, the Director of Nursing Services of Coös County Nursing Home in Berlin, and the President of the New Hampshire Chapter of the National Association of Directors of Nursing Administration (NADONA).

attention they could receive. Cheryl's leadership and knowledge extend upon her being there —you can see the care and respect throughout all of Peabody Home's staff.

Peabody Home is a nursing home in Franklin that takes pride in the nursing, assisted living and independent care services it provides to their residents, family, and friends.

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## MARK ON THE MARKETS

### Outdated planning



BY MARK PATTERSON

Having reviewed many existing financial plans or insurance policies that may be a part of the plan, there are a few common problems that exist in these plans and maybe in yours. The first is a term life insurance policy that was purchased years ago that is known as “Annual renewable level term.” This term policy starts out being affordable for most but increases in price every year or renewal period. Eventually this becomes very expensive and not viable for most. The biggest problem is that this policy becomes very expensive as we age. If you have had a health issue, it may not be viable to get a policy where the premiums are fixed for a period of time, say 10 or 20 years. For some a more permanent policy

may have been a better choice when they were younger and possibly healthier. A combination of term and permanent may be a great strategy for those who need more insurance for the next 20 years or so, but still want some coverage for the remainder of their lives. There are many ways to structure the proper life insurance plan, it should be specific to your needs.

The other scenario that I run across often is

a plan with no plan for maybe one of the greatest threats to your family's financial future and legacy. The lack of “Long term care insurance.” I also see many policies that were purchased some time ago that are not adequate for today's cost of care. Many policies are structured for a two year payout. While the average time to need LTCI is around three years, there are far more healthy people that just become older and need

some help in their own homes. That can go on for extended periods of time. I make it a point to structure Long term care health insurance for that very common scenario of extended in home care. Traditional LTCI policies are a “use it or lose it” proposition, meaning you pay for it, and hope you do not use it, however you do not get your money back if you don't. I prefer using an “Asset Based” policy that has other features

and benefits that can be used in conjunction with an existing LTCI policy. This policy can pay out over an extended period of time if needed. If it is not used or partially used, the remainder LTC benefit reverts to a death benefit to your beneficiaries. This money can also be borrowed from the policy or just retrieved if you want your money back, less any benefits that you may have used. The opportunity for you to re-visit

your plan or lack of plan should be addressed and brought up to date. Have an advisor who is well versed in all aspects of financial planning review your current plan and policies. Often times the policies you have can be updated or supplemented to suit your needs going forward.

Mark Patterson is an advisor with MHP Asset Management, and can be reached at 447-1979 or Mark@MHP-Asset.com.

## New trails, big wins

### Business owner sees economic value in the Winni Scenic Trail and the WOW Trail

BELMONT—The way Brian Baxter sees it, the local bike trails aren't just a great way to get a new view of the Lakes Region while enjoying some exercise at the same time. The entrepreneur says the paths are gearing up the local economy.

The owner of BB's Hot Bites -N- Cool Delights, Baxter parks his food trailer at Osborne's Agway in Belmont, where the Winni Scenic Trail and the WOW Trail now come to an end near the bridge over Lake Winnisquam. From this vantage point, he sees runners,

walkers, cyclists—and lots of tourists.

He tells the story of a couple visiting from Pennsylvania who stumbled across the trail while on vacation. They hopped on in Lakeport, pedaled four and a half miles south to Osborne's Agway, and got a friendly welcome from Baxter, who was parked in his usual spot.

The man and woman ordered sandwiches from Baxter's truck and did some shopping inside Agway, where they were happy to find homemade donuts. Then, they treated themselves to some of Baxter's ice cream and headed back the way they came, with a dozen doughnuts for another time.

“They were new vacationers up here, and when they left to head back up the trail, they said ‘We'll see you again next year,’” Baxter said. “They were just so delighted that they fell upon the trail and found a way to view the beautiful scenes of New Hampshire. It was a great experience for them.”

He added “They had a great meal. They felt safe and comfortable while biking. They had an adventure. Who wins on that? Laconia, Osborne's, Me, and the state of New Hampshire.”

Every day, Baxter sees similar scenes play out on the combined trails. It offers stunning



COURTESY

Brian Baxter with his food truck, BB's Hot Bites -N- Cool Delights.

views of the region's lakes, a chance to walk, run, or cycle and feel safe, and it connects athletes, sightseers, and commuters to businesses that dot the path.

Cyclists come off the trail hot, thirsty, happy. They buy water and specials such as steak and cheese or egg salad sandwiches, and they talk about what a good experience they're having, Baxter said.

A Sanbornton resident, he's owned BB's Hot Bites -N- Cool Delights, also known as BB's Scoops, for about 13 years, naming the business “BBS” after himself, his son Brian, and his daughter Shelby. When the children were young, they both worked alongside him in the truck.

For many years, BB's traveled to events—fire-

works, old home days, music festivals, weddings, and corporate functions. But Baxter and his wife, Mary, who is also involved with the business, decided they wanted to set down some roots. Now, you can find them set up at Osborne's, where they operate Tuesday through Saturday from 11 a.m. to 8 p.m.

From 11 a.m. to 3 p.m., BB's serves hearty lunch fare, such as hot dogs, burgers (including a black bean veggie burger), and grilled cheese sandwiches, along with daily and weekly specials. At Mary's suggestion, they also sell a fair number of Fluffernutter sandwiches—peanut butter and Marshmallow Fluff.

From 3 p.m. until close, Baxter sells only the ice cream he buys

from Gifford's in Maine. As his customers rest and eat, Baxter said they talk about the trail.

“They feel it's safe. They feel it's top-notch,” he said. “There are stop signs. People adhere to etiquette. Everything is spelled out for you on the trail. People are impressed. I've talked to a lot of people about the trails, and I have only heard positive comments.”

For more information about BB's Scoops, visit [www.facebook.com/bbscoops22/](http://www.facebook.com/bbscoops22/); for Osborne's Agway, visit [www.osbornesagway.com/](http://www.osbornesagway.com/).

For information on the WOW Trail, visit [www.wowtrail.org](http://www.wowtrail.org), and for the Winni Scenic Trail, [www.belmontnh.org/projectswinnitrail.asp](http://www.belmontnh.org/projectswinnitrail.asp).

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## Edward Jones: Financial Focus

### Have You Planned for Long-term Care?

If you are fortunate, you will retain your physical and mental capacities throughout your life and can always live independently. But there are no guarantees for any of us. If you ever require some form of long-term care, will you be prepared?

So what is the risk of needing long-term care services? According to the Department of Health & Human Services, about 40% of individuals over age 65 receive some form of paid in-home care, with an average care period lasting less than one year. However, about one-third of the population receives care in a nursing home: Of those

individuals, about half stay less than one year, 30% stay between one and three years, and 20% stay longer than five years.

And, unfortunately, this care can be expensive. For example, it costs \$97,500 per year, on average, for a private room in a nursing home, according to the 2017 Cost of Care Survey produced by Genworth, an insurance company. In some major metropolitan areas, the cost is much higher. Furthermore, Medicare typically pays only a small percentage of these expenses.

So, how do you protect yourself against these potentially

catastrophic costs? Essentially, you have four options:

**Self-insure** – You can try to build enough financial assets to cover the costs of a long-term care event. However, you would need to accumulate an extremely large sum to fully protect yourself, and you'd be diverting assets that could be used to help fund your retirement.

**Long-term care insurance** – A traditional long-term care (LTC) insurance policy will pay for qualified long-term care costs. The younger you are when you purchase your policy, the lower your annual premiums are likely to be.

Keep in mind, though, that a basic LTC policy offers no death benefit or cash value – your premiums are only paying for a nursing home stay, home health care or other type of long-term care service. (Also, even a good LTC policy will include a waiting period before the insurance kicks in and a maximum amount of coverage, such as three years.)

**Hybrid/linked benefit insurance** – Because of some concerns about paying for insurance but never needing care with traditional long-term care insurance, this type of insurance provides a death benefit plus long-term care

coverage. You can accelerate the death benefit to help pay for long-term care costs, and you can also choose to create an additional pool for these costs after the death benefit has been exhausted. But if you don't need long-term care, you still have the life insurance death benefit. Due to the death benefit, your premiums will be higher than those of a traditional long-term care policy.

**Life insurance with long-term care/chronic illness rider** – By choosing a permanent life insurance policy with this rider, you can accelerate all or part of the death benefit to pay for long-term care costs.

(Your death benefit will then be reduced.) This option generally provides more flexibility in paying premiums than a hybrid policy, which may require a larger dollar commitment. Similar to hybrid, you still have the life insurance benefit if you don't need care.

Which option is best for you? There's no one “right” answer for everyone, but a financial professional can help you choose the method that's most appropriate for your situation. And from an economic standpoint – and possibly an emotional one, too – you may be better off by taking action sooner, rather than later.

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.



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# Multicultural Festival seeks new flavors for international menu

LACONIA — As Saturday, Sept. 8 approaches, a host of chefs, cooks & bakers are busily preparing their wares for the 18th annual edition of the Laconia Multicultural Festival, to be held from 10 a.m. to 4 p.m. in Rotary Park & areas surrounding the Belknap Mill in downtown Laconia.

Sponsored by the Laconia Human Relations Committee, in addition to many other contributors and numerous dedicated volunteers, this signature event—the original Laconia festival—celebrates America's cultural diversity and the rich ethnic heritage of the Lakes Region.

"One of the key elements of the Festival is always the food vendors," explained Becky Guyer, Multicultural Festival Committee Executive Director. "Ethnic food is more popular than ever nowadays. Every market seems to have a special section devoted to it. But the food choices at our Festival are uniquely authentic because they are prepared by individuals &

families who grew up learning the traditions of their heritage. They live that legacy and will share it with us all on Sept. 8!"

"For instance," continued Festival Committee member David Stamps, "the Kelleher family has been with us for years, serving the dishes of their Filipino

heritage. And they are returning this year."

"Some of the vendors simply share the traditions of their families, while others serve their wares professionally as a career," added Committee member Matt Soza. "And the Lanna Thai restaurant located right here in Laconia, near our High School, will

again be represented. Nat and his family have also been involved with the Festival for years. They serve Thai & also Japanese fare. Their restaurant is named for a beautiful part of Thailand, known for forested mountain ranges in the lower extremities of the Himalayan foothills. And when you try

their recipes, you will feel transported to those forested hills as surely as if you had taken a trip there—which is the whole point!"

"There will be many returning favorites at the Festival," Becky Guyer commented. "But we also want new vendors, offering more choices, reflecting more tradi-

tions. So, if you have a great family recipe from the 'old country' or an eatery offering a range of ethnic fare, come add your flavors to our international menu!"

Check out our Web site, [www.laconiamulticulturalfestival.org](http://www.laconiamulticulturalfestival.org), for further details and follow us on Facebook.

## Zac King Trio to play Pitman's

LACONIA — Pitman's Freight Room welcomes the Zac King Trio Thursday, Aug. 30.

Zachary King is a Boston-based percussionist, teacher, and composer with an eclectic taste in music. At 16, he began performing as a lead vocalist and drummer for the metal ensemble Epicenter, and since then has worked with a wide array of musicians spanning multiple genres. Zachary attended New England Conservatory in 2015, where he studied under Billy Hart and Bob Moses. Since then he has focused on writing compositions pulling from

his diverse range of influences.

Bassist John Hunter has performed in concerts and television appearances from Maine to San Francisco while accompanying such jazz greats as Dizzy Gillespie, Clark Terry, Slide Hampton, Sheila Jordan, Jimmy Heath, James Moody, James Williams, Louis Bellson, Milt Jackson, Joe Williams, Paquito d'Rivera, Marian McPartland, Jeff Coffin, Wycliff Gordon, and Mike Metheny. He has accompanied singers Toni Tenille, Maureen McGovern, and The Four Freshmen, and also ap-

peared with such diverse groups as the Broadway touring company of "A Chorus Line" and the Los Angeles Opera a la Carte. He toured and recorded for many years with the Shaw Brothers, and is presently a member of the Seacoast Big Band and the Capital Jazz Orchestra, which toured the eastern U.S. with Ken Peplowski in the fall of 2013. His teaching credits include faculty positions since 1979 at the University of New Hampshire, Dartmouth College, the University of Maine at Augusta, the New Hampshire Summer Youth Music School, and numerous clinics and workshops at colleges and public schools throughout the Northeast.

Nihco Gallo is a vibraphonist and drummer who has been making music on the seacoast of New Hampshire since 2010. In 2012, Gallo received the Percussive Arts Society's Terry Gibbs Vibraphone Scholarship, an award that al-

lowed him a semester at the Franz Liszt Academy in Budapest, where he studied under renowned Hungarian percussionist Bela Zsoldos. While studying at the University of New Hampshire, Gallo often lead interdisciplinary research projects, spanning fields of mathematics, sculpture, programming, music, and visual art. Currently, Gallo writes and performs in coastal NH and ME, where he leads and supplements a wide array of musical groups.

Pitman's is a BYO venue. Admission is \$20 ...For reservations, call 603-527-9943. The doors open at 7:15 p.m.

Rockin' Jake Friday, Aug. 31

Rockin' Jake has been hailed by many as one of the premier harmonica players in the country. His original sound is a hybrid of second line, swamp funk, blues and zydeco with influences from Paul Butterfield, Big Walter Horton,

James Cotton, The Meters, WAR, J. Geils Band, Clifton Chenier, and the Fabulous Thunderbirds.

Based out of New Orleans since 1990, Rockin' Jake relocated since being flooded out by Hurricane Katrina, and now lives in Southern Florida. Jake has toured nationally with G. Love & Special Sauce, blues and pop legend Maria Muldaur, and bluesman T.J. Wheeler.

Jake is a five-time winner of Off Beat Magazine's coveted Best of the Beat award for best harmonica player. He and his band pour out their souls in every performance with high energy and electricity which consistently brings the audience to their feet.

Five-time winner, Off Beat Magazine's Best of the Beat award "Best Harmonica Player" 2011.

Admission \$20 in advance via reservation, \$25 at the door. Doors open at 7 p.m., and we are a BYO Venue! For reservations, call 527-0043.

## TILTON

CONTINUED FROM PAGE A1

and the Fire Commission.

"I am entrenched in this town," he remarked.

Harvey-Bolia told the audience she has experience serving on boards for seven years.

"This is a great town," she said. "There are a lot of wonderful things about it and there is potential unrealized. My pet project is in downtown revitalization."

Wright, a water and sewer commissioner, said his job working in the State Surplus department gives him great ideas on ways to "collaborate surplus with the town in finding ways to save money for many items and services."

Odell, who relocated to Tilton from Littleton last November, said he had served on many boards and commissions in Littleton

including the Park and Rec. Commission.

"I work in construction and have overseen many state projects including the Cannon Tramway and residential construction as well," he added.

Several residents asked questions, as well as a selectman, Katherine Dawson. Questions ranged from how to obtain more grants, employ resources better, advertise town events, beautifying Main Street, regionalization, the budget season. One resident had concerns that the board already had two sewer commissioners on it and wondered what the impact would be if a third were appointed to the board.

Mutual candidate concerns were over forming a business community/committee, with not just Tilton

exit businesses but with downtown businesses as well, riverfront and downtown renewal and holding more community events.

Before going into non-public to deliberate and vote on an appointment, Scanlon told the audience, "We wish we could have everyone here. This is a very hard decision and we don't want anyone to take offense. We'll vote for whom we feel can fill in for five months and get the town business done seamlessly."

After about half an hour, the board came out of session and announced Jesseman as their appointee.

Fulweiler said she is not about to just 'sit back' during retirement.

"I am going back to school to be a drug and alcohol counselor," she said. "I'm very excited about it."

## ARRESTED

CONTINUED FROM PAGE A1

cers from the Laconia Police Department who also responded to the back up call.

"During a custody search post-arrest, a quantity of narcotic drugs, several small baggies, 15 needles, three spoons with burnt residue and a baggie containing a crystal-like substance were seized from Sargent," Mann said.

Sargent's prior arrest, for which the outstanding warrant was authorized, was also made by

Belmont police when he was found to be in possession of Fentanyl at that time.

The second subject encountered along the trail on Friday ignored orders and did leave the scene during the chase to apprehend Sargent, but was quickly located by responding officers. That man was identified as Jason Sabin, age 35, of Laconia and consequently taken into custody for resisting detention. Mann reported that Sabin was also found to be in possession of four needles, one already loaded

with a liquid, along with a baggie containing what was described as a crystal-like substance. Those items were sent to the lab for proper identification.

Both men were scheduled to appear in Belknap County Superior Court on Thursday, Aug. 23 at 1:30 p.m. to face their charges.

Belmont Police Department said they will continue to keep a close eye on the WOW trail through the use of not only cruisers, foot and bicycle patrols but officers in civilian clothes as well.



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**NOTEBOOK**

CONTINUED FROM PAGE A4

on, of course, the beaver.

+++++

The swamp inspired a big part of my early life. It was the source of my first public drawing, in Mrs., Drew's fourth grade class (I think).

It was a rendition of a red-winged blackbird perched on a cat-tail. I remember that I first sketched it out in black and white, because it was for a class in water-color painting. When I had the soft lines of pencil just where I wanted them, I painted in the colors.

I had chosen the red-winged blackbird because it was among the first birds of spring, right along with the crows, which back then were migratory. The crows, hungry upon arriving back home, made a lot of noise, being a garrulous bunch by nature. When the crew at Pollard's slaughterhouse up on Cooper Hill threw out bones and offal, they became downright raucous.

It was the caws of crows that somehow became the signal for my brother Peter and I

to throw our bedroom window open for the first breath of spring air. And right along behind the crows came the song of the male red-winged blackbird, announcing his territory and seeking someone to share it.

+++++

Beavers young and old were building and digging and channeling and cruising all over the swamp, and eventually some of them became less wary as Pete and I built rafts and poled them all over the place. They became less prone to frantic tail-splashing and swimming away, and sometimes just followed along, perhaps out of curiosity.

As I explored much farther to fish, most often alone, the beaver encounters became up close and personal. Once, as I roll-cast my baited hook up under alders arching over the deep channel, a submerged beaver swimming by became entangled in my line. Once we both relaxed things a little, he went on his way unhooked.

+++++

I've often looked through old town histories, as Helenette

Silver did in researching her classic History of New Hampshire Game and Furbearers, and the reader encounters some great stories about beavers and beaver dams.

These accounts often mention loggers in the 1800s finding beaver dams of twenty and even thirty feet in height, hard to imagine. Even harder to imagine is how these dams survived spring freshets. But of course sooner or later a particularly hard winter and abrupt spring came along, and the oldest and weakest dams went out. What the loggers found were the survivors.

+++++

During my years of statewide feature writing for the New Hampshire Sunday News, my search for the state's longest trap-line led me to Elias Hopps of Groveton, who had a seemingly never-ending trap-line up in the Phillips Brook country. We arranged to meet one day at four in the morning, and off we went, first by snowmobiles, then on snowshoes.

The day will always stand out for me in many ways, not the least because I got to help Elias pull two traps that had what the old-timers called "plen-

ty big beaver" in them. I will remember the day best for using our snowshoes to dig a big hole in the snow, wherein to kindle a fire for lunch. There we were, in the middle of this vast, silent wild place, alone.

Well, not quite. With hardly a movement of an alder branch, out stepped game warden Arthur Muisse. We had not had a clue that he was there.

"Hello, boys," said Arthur, digging for his pipe. "Hello, Arthur," said Elias, looking surprised. "Join us for lunch?"

He did, and there was none of what Elias later referred to as "

that official talk stuff," just visiting as if encountering each other in that vastness was the most natural thing in the world.

I'll always savor that day, and that part of it in particular. As for Elias, he was happy to call it, as he happily did on the way home, a two-beaver day.

*(This column is syndicated in papers covering two-thirds of New Hampshire and parts of Maine and Vermont. Address letters, with town and telephone numbers in case of questions, to campguyhooligan@gmail.com or to Box 39, Colebrook, NH 03576.)*

**LIBRARY**

CONTINUED FROM PAGE A3

what was already unbearable." Forty years later, their stories and history continue. With wit and sensitivity, Amy Tan examines the sometimes painful, often tender, and always deep connection between mothers and daughters. (Amazon)

Thursday the 27th at 6 p.m.

Author Talk and Book Signing with Wayne D. King

"Sacred Trust: A vicarious, high voltage ad-

venture to stop a private powerline" by Wayne D. King

Sasha Brandt, an Iroquois woman from Canada, is hiking the Mahoosuc Range with her companion, a wolf named Cochise. There she meets Daniel Roy, a guide and outdoorsman. The three continue their trip together ultimately finding themselves camping with an unusual assortment of people including a former Olympic paddler, a deer farmer, a retired spook - the first US victim of Lyme disease - and an iconoclast named Thom-

as who lives in multiple backwoods abodes in the Great North Woods and rides a moose named Metallak. They discover that they have one very important thing in common . . . a deep concern about a private consortium proposing to bring a powerline with massive 150 foot towers through the most beautiful parts of the state. Determined to do more than shuffle papers and employ lawyers, the compatriots form a band of brothers and sisters - along with Cochise and Metallak - calling themselves "The Trust". Armed with only

their wits and a lot of heart they embark on a rollicking campaign of civil disobedience that would make Thoreau proud. (Amazon)

Saturday the 29th at 11 a.m.

Minecon Earth Party hosted by Jimmie Thibault and Avery Winters - Join us on Sept. 29 for our first-ever annual Minecon Earth Party! We will have refreshments, a rae with Minecraft-themed prizes, Minecraft Trivia, and we will be showing the Minecon Earth 2018 livestream.

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**PINES**

CONTINUED FROM PAGE A2

money imbalance, stress and adrenal fatigue, toxic overload, weakened immunity and other challenges impact women as we age, and tell you how you can use nutrition and natural remedies to both heal and revitalize your body for years to come. Each class will include gentle movement and guided meditation to create a mindful and loving approach to health. Please bring a yoga mat and water bottle. This program will run on Thursday evenings from 7 to 8:30 p.m., Sept. 20 through Oct. 25. Cost is \$169 for the six-week program. Register in advance, online or at the Pines, by Tuesday, Sept. 18. Kelly is the author of "Live Free and Dream," the creator of the Back on Track Cleanse, a Food Freedom Fighter and

Essential Oils educator. For more information check out [www.livefreely.com](http://www.livefreely.com) or contact her at [kelly@greenlifewellness.com](mailto:kelly@greenlifewellness.com).

**Nutrition Essentials Class**

Are you ready for some fun? Sign up for the Nutrition Essentials Class offered by Certified Health and Wellness Coach Maggie Perez, Monday, Sept. 24, from 6:30 to 8:30 p.m. In this class you will learn eight useful basics in just two hours. This is a fast-paced adult class full of hands-on experience. Gain practical information to jumpstart your health goals. Learn what is needed for prevention of sickness and disease, how to lose weight naturally, as well as how to build optimal health to live long and strong. This class is \$89 for all course ma-

terials, a healthy snack with recipe, and Q & A. Get the information you need to quickly change your future health and wellness. Register in advance, online or at the Pines, by Thursday, Sept. 20. For more information, visit [www.maggiehealthcoach.com](http://www.maggiehealthcoach.com). You may also call 603-545-2070, or email [maggie@maggiehealthcoach.com](mailto:maggie@maggiehealthcoach.com).

**ZUMBA with Akiesha!**

ZUMBA with Akiesha takes place at the Pines on Tuesdays and Thursdays at 5:30 p.m. Thursday's class is Zumba Gold, a slower, low-impact version. Classes are for teens and adults. The cost is \$5 for drop-ins and the first class is always free. You may also purchase a punch ticket for \$45. Nine classes and the tenth is free! For more information check out

Zumba with Akiesha on Facebook, or email her at [ams-31@hotmail.com](mailto:ams-31@hotmail.com). All you need is water and a smile! There will be no class on Thursday, Sept. 6, when Akiesha will be away.

**ZUMBA with Akiesha!**

ZUMBA with Akiesha takes place at the Pines on Tuesdays and Thursdays at 5:30 p.m. Thursday's class is Zumba Gold, a slower, low-impact version. Classes are for teens and adults. The cost is \$5 for drop-ins and the first class is always free. You may also purchase a punch ticket for \$45. Nine classes and the tenth is free! For more information check out Zumba with Akiesha on Facebook, or email her at [ams-31@hotmail.com](mailto:ams-31@hotmail.com). All you need is water and a smile! There will be no class on Thursday, Sept. 6, when Akiesha will be away.

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THURSDAY  
August 23, 2018



BOB MARTIN

Gabby Isabelle competed in the Down Under Games last month in Australia.



BOB MARTIN

Jasmine Piper ran track in the Down Under Games in Australia in July.

## Winnisquam athletes compete in Australia

BY BOB MARTIN

Bob@Salmonpress.news

TILTON — Two Winnisquam Regional High School athletes took part in the Down Under Games last month, with Gabby Isabelle participating in track and field events along with volleyball, and Jasmine Piper running track.

Isabelle was very successful making it to the finals for her track events. She came in fifth in the long jump, which beat her personal record at 16.4 feet. She also ended up eighth in the shot put. Isabelle explained that the distance was deceiving as the shot put ball used was slightly



BOB MARTIN

Gabby Isabelle poses with a kangaroo during her time in Australia for the Down Under Games.



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Gabby Isabelle participated in beach volleyball in the Down Under Games.

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smaller, but she was happy with the way she threw. She also ran the 100



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meters and placed 21st with a time of 12.90 seconds. In beach volleyball, Isabelle walked away with a silver medal. She also participated in indoor volleyball and while her team placed fifth she came away with a medal for being the American MVP. Isabelle said the entire 22-day experience in Australia was something so incredible to her that she is

SEE ATHLETES, PAGE B3

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# Landau takes the helm in Belmont

BY BOB MARTIN  
Bob@salmonpress.news

BELMONT — Paul Landau has held a variety of coaching and teaching positions around the Granite State, and the former football coach of ConVal has taken a step forward in his career in education and athletics by becoming the new athletic director for Belmont High School and Middle School.

Landau started working for BHS this summer and said he is looking forward to getting to know the Lakes Region community, its people and it all it has to offer.

For the past 10 years following his graduation from the University of New Hampshire, Landau has been coaching high school athletics in a variety of capacities. He worked as a journalist for several years before going back to school to get his Master's Degree in Education to become a teacher.

His first coaching gig came when he coached American Legion baseball in Bedford. Landau also coached freshman baseball and freshman football and was the defensive coordinator for varsity football at Souhegan High School. He then became an elementary school physical education teacher at ConVal High School and was also the assistant coach for varsity football.

Landau then became the head coach at ConVal High School and kept this position for the next four years. There, he said he helped build up the middle school football program and watched the football team grow.

Wanting to get something that made more sense with his commute from Barrington, Landau went on the job hunt and the rest is history.

"I was also looking for a new challenge to take on and this opportunity popped up," Landau said.

Landau said it has been a busy start to his job, which began in July. He said the fo-

cus right now is to acclimate himself to the school community and gauge what is needed from him. Landau is happy to come into a role in a school district that takes pride in its athletics, as there have been a number of state championships and playoff teams over the past several years.

"It is a proud athletic tradition and people are really passionate about the programs here,"

Landau said. "I need to soak in what Belmont is about, look at what the town values in sports teams and see what I can do to help improve that."

Some ideas Landau has had is jump starting the weight program at the school and look at what is needed for equipment for the teams. He said otherwise, he will be keeping his ears open to what he can do to help make the athletic program as successful as

possible.

"Luckily we have a lot of seasoned coaches here, so I'm going to soak in everything I can," said Landau. "After that, once spring sports are done, I'll be able to sit back and decide what needs to be done further."

Landau said he has spoken to the fall coaches and said they have been very welcoming to him. He said once school starts up he will

be reaching out to the ones he hasn't met to get on the same page.

"I've been able to connect with a lot of people," Landau said. "I have met some of the parents in the district and it has been great to get an idea of what the community is about. Now I get to do the fun part of meeting the students and really enjoying that part of my job now that everything is up and running."

Landau said it is

impressive to see how much people care about their sports in the BHS community, and he is excited for this chapter of his life.

"This is my first full-time AD gig," Landau said. "I was lucky where I did hiring of coaches and mentoring in the feeder program at ConVal. I worked with Mark Swayze, who is their AD and hall of fame basketball coach. I've been very fortunate."



Waterville Valley will be hosting the U.S. Alpine Championships in March.

COURTESY PHOTO

## Waterville Valley to host U.S. Alpine Championships

WATERVILLE VALLEY — The nation's best alpine ski racers will descend upon New Hampshire's Waterville Valley Resort in 2019 and 2021 for U.S. Alpine Championship - the biggest race the resort has hosted since the White Circus visited in 1991 when Julie Parisien won the World Cup giant slalom.

Waterville Valley Resort will play host to the slalom, giant slalom and parallel slalom events March 23-26, 2019. The parallel slalom event will be a new addition to the U.S. Alpine Championships calendar.

"The introduction of the parallel event into the U.S. Alpine Championships tech week is an effort the alpine de-

partment has been advocating for and is excited about," noted U.S. Ski and Snowboard Alpine Director Jesse Hunt. "It's a format that spectators understand and enjoy. With the introduction of more parallel events in the World Cup, as well as the team event in the Olympic Games' calendar, it's important we begin to place more focus on the event. The inclusion of parallel into U.S. Alpine Championships is proof of our commitment to developing our young talent to reach the podium for this discipline at all levels in the future."

At this point, the plan is to run the current FIS format for the parallel event: Qualification:

one-run, single-pole "traditional-style" slalom (120-200m VD), for each gender. Heats: two-run, dual paneled slalom for 32 athletes (80-100m VD; 5 heats), per gender.

FIS is currently considering modifications to their format, which will be determined at the fall FIS meetings. Based on these conversations, format and qualification details will be modified accordingly for U.S. Alpine Championships.

"We are looking forward to bringing elite ski racing back to Waterville Valley Resort," said U.S. Ski and Snowboard Chief of Systems and Operations Calum Clark. "The membership and fan base in the east is vast and extremely engaged with the sport, and our athletes love competing in front of them. Julie Parisien had a commanding and inspiring World Cup victory there in 1991, and U.S. Ski and Snowboard is excited to bring some of the best ski racers in the world, like two-time Olympic gold medalists Mikaela Shiffrin and

Ted Ligety and Olympic champion Lindsey Vonn, back to the resort in hopes that they too will inspire the next generation."

Waterville Valley Resort shares the enthusiasm for hosting the event. "This will be the biggest race that Waterville Valley Resort has hosted since our last World Cup in 1991. The whole team is excited to be bringing elite racing back to Waterville Valley," says Waterville Valley Resort's President and General Manager Tim Smith. "I know our guests and pass holders won't want to miss the opportunity to see these athletes in action."

The downhill, super-G and alpine combined events will take place prior to the Waterville Valley events, and the venue will be announced shortly. Much like the 2015-2018 Sugarloaf, Maine/Sun Valley, Idaho venue arrangement, U.S. Ski & Snowboard looks to continue the successful long-term calendar plan to move

the annual celebration of American ski racing to top resorts around the United States. That said, U.S. Ski and Snowboard will be looking to the west for 2020 and 2022 and the announcement will be forthcoming.

Waterville Valley is a four-season resort set on 540 private acres surrounded by 360° of National Forest. Sitting atop the 4,004-foot Mt. Tecumseh, "New Hampshire's Family Resort" features 265 acres of skiable terrain, a vertical drop of 2,020 feet, 60 trails, 11 lifts, and 74k of groomed Nordic terrain nestled in the valley below. Shuttles provide easy access to year-round events, shopping, and dining in the Town Square as well as a variety of lodging options, including country inns, condominiums, and all-suite hotels. This year Waterville Valley Resort continues on Phase II of a multi-year capital improvement and expansion project. For more information, visit [waterville.com](http://waterville.com).

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BOB MARTIN

Evan Judkins drops back to pass for the Winnisquam Bears last season.



BOB MARTIN

Phil Nichols runs the ball through a group of defenders last season.

# Low numbers but high hopes for Winnisquam football

BY BOB MARTIN

Bob@Salmonpress.news

TILTON — Last year's 1-7 season for the Winnisquam Regional High School football team was forgettable, but Coach Pat Riberdy is hoping for a strong turnaround and eyes a playoff berth this fall.

The Bears moved down to Division 4 and Riberdy said the team is looking forward to

facing some teams that it has never faced before. However, right off the bat there have been some difficulties for the Bears as the team is low on numbers for the second straight year. Riberdy said there are about 25 players on the squad, which means those on the field should be ready to be playing both sides of the ball.

"It is a young team, I can tell you that," said Riberdy. "Last night I counted out 16 kids who are sophomore or younger, so that is tough. The good thing is that a lot of these kids have varsity experience going into the season. That will help tremendously."

Riberdy said there are five seniors including Caden Remillard,

Cameron Roberts, Angelo Glover, Kobe Briand and Xoren Powell. The one junior is Gunnar Horman.

One thing that Riberdy has noticed is that the sophomore group's experience from last year has carried over into this season. He said Phil Nichols looks like he is on top of his game and has shown improvements. He was the quarterback as a freshman last year, and while there were some rough patches due to injuries, he has shown determination to play. In the offseason Riberdy said Nichols has gone to camps, hit the weights and fine-tuned his game.

Evan Judkins will be a backup quarterback and will also play some tight end and defensive end. Riberdy said Jud-

kins is a solid player and could see him making an impact.

Garret Mango, also a sophomore, will be on the varsity team and Riberdy said he will be a wide receiver and a defensive back. Riberdy hopes that the combination of Nichols and Mango will get points on the board.

The team is losing its top running back in Bryce Corey to graduation and Riberdy said this is the big hole on the team. He hopes that a young player will come forward and take the brunt of the carries.

While the team had a tough season throughout last fall, as the Bears were shut out four times, there were some signs of life as the season progressed. He said this should bode well for the Bears this

season.

"The younger kids figured things out the more they played so it should get us off to a better start," said Riberdy. "Sliding down a division should help quite a bit, also."

Riberdy has a goal to get back to the playoffs but he said it will come down to the young players making strides as the season goes on.

"It's a small division so the small numbers won't hurt us as bad as if we are in three," said Riberdy. "I don't like finishing below .500. Last year was something new and I really hope we can get over that point. You like to end the year at least one game above .500."

The Bears start the season at home against Farmington-Nute on Sept. 8 for a 1 p.m. start.

## ATHLETES

CONTINUED FROM PAGE B1

already hoping to get back again next year. The athletes had tour guides throughout the trip that showed them around the country. She said kangaroos were jumping around like dogs and she was able to hold a koala.

"It was an incredible experience," Isabelle said. "It was absolutely amazing. If I could go again in my lifetime I would go in a heartbeat."

She said for the first half of the time she roomed with her friend and Winnisquam teammate, Piper, and then the second half during her volleyball games she switched roommates.

"Jasmine is one of my best friends and a teammate," said Isabelle. "It's like I got to experience the trip twice. Going into it with Jasmine was great. She is such a nice person with such a good spirit."

It was a great all-around experience for the junior, adding that not only was this her first time out of the country but also her first time flying on an airplane. The trip was with her mother, meme, pepe and aunt, which she said was a thrill for her.

"Being with my family and being able to play sports is my ideal little world," Isabelle said. "I just wanted to go out there and make everyone proud. My dad, brothers and sister couldn't go so I just wanted to work as hard as I could and I ended up coming home with a medal. That was really cool."

Isabelle said the competition at the Down Under Games was remarkable, and it was interesting going

up against high school aged athletes from all over the globe. She said it helped her push herself harder and display her peak performance.

"If it is a lower division you might think right away you'll place high, but with this event you need to work as hard as possible and push yourself," said Isabelle.

Isabelle explained that a letter was sent to her school about participating in track and field, and she did an online assessment. She was approved for track and then later approved for the volleyball team. Isabelle needed to raise money to attend the event and she said it

was completely worth it.

A major aspect was performing so well in front of her mother, Tara, who Isabelle said never misses an event.

"I am so happy that my mother was able to come down with me," said Isabelle. "When she told me we would be flying on an airplane for more than 20 hours, I was like, 'uh oh, this girl's not good on planes.' So her getting on that plane means so much."

For complete results of the Down Under Games log onto <https://downundersports.com/assets/pdfs/2018-track-results.pdf>.

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Rt. 3, Tilton NH, exit 20 on Rt. 1-93 across from Lakes Region Factory Mall

**We Have Modulares Starting At \$74,995**

	Sale Price <b>\$31,995</b> 56' 2 Bed		Sale Price <b>\$39,995</b> 56' 2 Bed
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	Sale Price <b>\$54,995</b> 40' 3 Bed, 2 Bath		Sale Price <b>\$86,995</b> 56' 3 Bed, 2 Bath
	Sale Price <b>\$73,995</b> 48' 3 Bed, 2 Bath		Sale Price <b>\$94,995</b> 56' Beautiful Drop Down LR & Kt. Must See!

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**\$74,995** 38x26 Ranch  
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WE HAVE DELIVERED OVER 10,000 HOMES TO SATISFIED CUSTOMERS. CAN WE DELIVER ONE TO YOU? ALWAYS OPEN DAILY, 10 TO 6 SATURDAYS & SUNDAYS 10 TO 5 Rt. 3, Tilton NH [WWW.CM-H.COM](http://WWW.CM-H.COM)

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#### ONE, TWO & THREE BEDROOM UNITS

SUBSIDIZED RENT BASED ON INCOME. INCOME RESTRICTIONS APPLY.

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**\$109,995**  
or  
**\$638 per month\***



**\$149,995** garage, porch, appliances  
**\*10% down - 25 years at 6%**

**Call Kevin - 603-387-7463**  
Mansfield Woods, 88 North, Rt. 132, New Hampton, NH  
Directions: Rt. 93, exit #23, Right for 1/2 miles, left at post office for 800'

**Call our toll-free number 1-877-766-6891**  
and have your help wanted ad in 10 papers next week!

**TO VIEW THESE AND OTHER PROPERTIES, VISIT:**



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481 Lake St. Suite 1B  
Bristol NH 03222

Meredith:  
603-279-6000  
290 Daniel Webster Hwy  
Meredith NH 03254

Moultonboro:  
603-253-7766  
60 Whittier Hwy # 3  
Moultonboro NH 03254

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



**Laconia, NH -**  
Build your own special home on one of the few remaining lots in this quiet and well kept neighborhood. Paugus Bay on Lake Winnepesaukee is just a short walk away. The lot is cleared and has peekaboo views of the bay. Close to school, minute to hospital and Gunstock and many restaurants are nearby.  
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**Bristol, NH -**  
3 BR / 2 full condo in a modern duplex with lots of natural light. First floor master suite with walk in closet. Beautiful hardwood floors throughout and high quality countertops in the kitchen and baths. Gas fireplace in the living room. Energy efficient propane heat and on demand hot water. Heated garage, large deck with awning. Close to shopping & skiing and Wellington State Park.  
**MLS # 4713145**  
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- 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)
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[www.newenglandmoves.com](http://www.newenglandmoves.com)
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- ERA Masiello: [www.masiello.com](http://www.masiello.com)
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- 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)
- Michelle Eastman Realty: [www.michelleeastmanrealty.com](http://www.michelleeastmanrealty.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)
- Remax Bayside-Steve Banks: [www.winnihomes.com](http://www.winnihomes.com)
- Roche Realty: [www.rocherealty.com](http://www.rocherealty.com)
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**MEREDITH OFFICE**  
97 Daniel Webster Hwy  
(603) 279-7046

**LACONIA OFFICE**  
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(603) 528-0088

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 <b>LACONIA:</b> Mighty 5-BR home w/ private neighborhood beach on Opechee. <b>\$379,900 #4686016</b>	 <b>MEREDITH:</b> Est. food service property on Rte. 3. Rebuilt in 2001. <b>\$299,900 #4712031</b>	 <b>GILFORD:</b> Island home w/ 175' of shorefront, dock & breakwater. <b>\$524,000 #4706108</b>	 <b>LACONIA:</b> 4-BR town home in South Down Shores, minutes from the lake. <b>\$445,900 #4706245</b>
 <b>WEIRS BEACH:</b> Iconic nightclub, restaurant & outdoor beach bar patio. <b>\$599,000 #4712684</b>	 <b>LACONIA:</b> Multi-family w/ S.S. appliances, W&D hookups & fresh paint. <b>\$154,900 #4703417</b>	 <b>MEREDITH:</b> New 3 BR home; short walk to Lake Waukegan. <b>\$349,900 #4696779</b>	 <b>MOULTONBOROUGH:</b> .31ac building lot w/ great amenities. <b>\$40,100 #4701623</b>



**RIVER'S EDGE**  
Laconia, NH

Apartments available soon today!

Heat and hot water included!  
On-site laundry & parking  
Handicap accessible units  
Non-smoking building  
Professional management  
24-hour maintenance  
Income guidelines apply

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No Pets

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TDD # 1-800-545-1833 Ext. 118  
[www.hodgescompanies.com](http://www.hodgescompanies.com)  
The Hodges Companies  
201 Loudon Road Concord, NH 0330



**LOCHMERE MEADOWS I & II**  
Tilton, NH

Accepting applications for our waiting list!

Heat and hot water included!  
Spacious 2-bedroom Townhomes\*  
Handicap accessible units  
W/D hookups  
Professional management  
24-hour maintenance  
Rental assistance available  
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The Hodges Companies  
201 Loudon Road Concord, NH 0330  
\*2-bedroom units must have 2+ people, or 50% custody of a child, or a doctor's note of medical necessity.



**HARVEY HEIGHTS**  
Meredith, NH

Accepting applications for our short waiting list!

Hot water included!  
Low utility costs  
Quiet setting  
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Professional management  
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Credit, Criminal, & Landlord Checks  
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**PINECREST APARTMENTS**  
Meredith, NH

Accepting applications for our waiting list!

Heat and hot water included!  
Spacious 1, 2 & 3 Bedroom units  
Dishwashers and W/D hookups  
On-site laundry  
Rental assistance available  
Income guidelines apply

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Credit, Criminal, & Landlord Checks  
No Pets

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# Town-to-Town CLASSIFIEDS

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**Misc. For Sale**

ATV 2001, Artic Cat 4x4, running condition. Needs brakes. Has owners manual and 1,365 miles. \$400.00. Holderness, NH. 603-968-7866

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**FOR SALE:**

ISM Jewelers Safe. Torch and tool resistant. TRTL 15-6. 46" h x 35" x 31" w.

Floor and wall showcases available for purchase.

Three ornate large mirrors also available.

Call Janet at Country Drummer Jewelers 603-253-9947

MEREDITH - Blue Ridge Hickory Plank Flooring. AA wood backing. 1st grade. 1,050 sq.ft. in original boxes. \$1,900.00. Call 677-6994.

OLD NH FISH and Game, ca. 1890, bearing laws, penalties and seasons on moose, caribou, furbearers, fish, etc. measures 12"x18" May be seen at the Coos County Democrat, 79 Main St., Lancaster, NH. Price, \$4; if mailed, \$8. Call 603-788-4939 or email lori@salmonpress.news

**Barn/Garage/Yard Sale**

Multi family yard/garage sale August 25 8-3. 16 Keewaydin Rd, Wolfeboro. Household items, books, games, tools, garden items, some collectibles

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**Found Ads**  
Are published Free of Charge. 30 words for 1 week.

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**HAVE YOU SEEN ME?  
I AM LOST!**  
MY NAME IS BUDDY  
I am a 5 year old, 16 LB. buff colored male cat. I live on Pinnacle Park Road  
PLEASE CALL MY FAMILY at 279-7000.  
Reward if found.

**Still Lost!**  
Shane - Shetland Sheepdog 9 Years old  
We are hoping someone may have him or have seen him?  
-Lost in Laconia NH- August 27, 2016  
Do not chase. Old and New Leads appreciated.  
For more info see www.facebook.com/shaneshetlandsheepdog  
Call Owner 603-365-1778 or Granite State Dog Recovery 1-855-639-5678

**Thank-You**

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\$12 - 1 Week  
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Monday 10:30 am

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LEGITIMATE DRY CUT AND SPLIT OVER 10-12 MONTHS.  
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IMMEDIATE DELIVERY.  
CALL 323-8658

**Hobbies/Collector**

Archie Comics collection. Hundreds of issues available. Price negotiable. Call 860-658-6845, text 860-937-8688 or email runjcrope@hotmail.com for complete information.

**SPORTS CARDS ENTHUSIASTS**

Swap club forming, to swap cards, talk cards and just enjoy the hobby.

Plymouth area.

INTERESTED?

Call 786-9353.  
Leave name, phone number.  
Will return call ASAP.

**Crafts**

**Open Studio/Sale 8/25/18**

Robin Cornwell Embellishments  
Hand dyed and printed Clothing, Napkins, Dish towels, Scarves Art Quilts, Hand Woven Rugs, Bark Paintings. All Clothing 40% Off. (cash or checks only)

61 Varney Road, Wolfeboro  
10:00 - 4:00

**Pets/Breeders**

**LOW COST SPAY/NEUTER**  
Mobile Feline Fix It Wagon, Cats \$70-\$85. Dogs at Conway clinic, starting at \$100. NH and Maine income qualified plans. Military discounts. Rozzie May Animal Alliance, a dedicated spay/neuter nonprofit. Sign up on line www.RozzieMay.org or call 603-447-1373

**General Help Wanted**

Bosco Bell Store and Blueberry Station RT 28 Barnstead are looking for reliable and friendly cashiers / dell workers. Please apply in person.

**CLASSIFIEDS GET RESULTS**

**General Help Wanted**

**Registrar.** Christian Camps and Conferences, Inc. has an opening for a full-time position as the Camp Registrar. This individual has the responsibility to work with our Camp Directors to enroll approximately 1200 campers for summer experiences at Camp Brookwoods, Camp Deer Run and Moose River Outpost. Some specific skills include a high level of comfort with using Macintosh computers, e-mailing parents, working with the camp database, excellent communication skills on the phone while working with parents. Strong organization skills are required in order to maintain accurate records. This person must be self-motivated, show initiative, is resourceful and creative, and completely accept and support the Christian Camps and Conferences, Inc. Mission Statement. This is a full-time position with benefits, and the office is located in Alton, New Hampshire. Apply only through the camp website at www.christiancamps.net.....no phone calls please.

**Medical/Dental**

**LNA/CNA NEEDED**  
Gilford. Duties to include: light housekeeping, companionship, bathing, and minimal personal care. \$14/hour, 3-4 hours/day, 5-6/week. Must have reliable transportation. CORI check done. Contact Shirley 978-552-9582.

**Professional/Technical**

NH Mobile Marine, LLC is looking for a (potentially year-round) Technician and Yard Worker to start immediately for their growing Marina. Experience preferred, but willing to train the right candidate. Please send resume to info@nhmobilemarine.com

**SURVEY FIELD TECHNICIAN**

Job Description:  
- Field survey/site mapping for septic system design, shoreland permitting, boundary surveys, etc.  
- Light office work to include downloading and initial processing of field data, preparing CAD files and some deed research  
- Excellent opportunity to progress toward survey licensure

Qualifications:  
- One year minimum surveying experience or equivalent  
- Experience with Trimble or other robotic survey instruments a plus  
- CAD skills a plus

Full or Part Time considered. Year Round or Seasonal considered.

Forward resume to David Ames, Ames Associates, 164 NH Route 25, Meredith, NH 03253, david@amesassociates.com



**Real Estate**

**EQUAL HOUSING OPPORTUNITY**

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, r 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 reservesthe right to refuse any advertising.

**Lake Waukewan, Meredith.**  
272-foot waterfront; sandy beach; #3 BR saltbox cape; walkout basement with large family room; screen porch. \$785,000. NH Conservation Real Estate. 603-253-4999.

**Apartments For Rent**

Meredith: 3 BR. Private wooded setting. No smoking/pets. Heat, hot water included. One car Garage. \$1450/mo. One year lease. Call David 781-665-8400.

**Comm. Space For Rent**

**OFFICE SPACE FOR RENT:**  
**Highland Street Plymouth.**  
6 room office, newly renovated with plenty of Parking. 875+ square feet. \$800 per month.  
Call Russ at 603-536-1422

**PLYMOUTH SPACE FOR RENT:**  
9 Main Street. Former site of Pemi River Fuels. Approx. 700 sq ft.; 3 to 4 work areas depending upon configuration. \$750 per month including heat, snow plowing and trash removal. Tenant pays separately metered electric. Onsite parking is available. Security deposit required. Available immediately.  
Please call Brian at 536-2300.

**Houses For Rent**

**Waterfront Moultonboro**  
2 Bedroom, 2 bath home available September-May. Background check & references. Security deposit. \$1200/mo. Call 603-387-2820.

**Commercial RE**

Office space 800 sq ft.  
Recently updated. 2 story garage with loft. Paved private parking area. Hot water, yard maintenance, plowing included. Road Sign space 3'x2'. 3 North Line Rd Wolfeboro, NH. Available September 1st. 7 miles from Rte 16, 3 miles from Downtown Wolfeboro.  
\$950/Month LEASE.  
603-569-5580

**Town of Rumney**

**Supervisor of the Checklist**  
**September 4, 2018**  
**Town offices on Depot Street**  
**7 pm to 730 pm**

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Sales Manager

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**Steel Erectors,  
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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.

**White Mountain COUNTRY CLUB**

White Mountain Country Club is hiring seasonal help for the 2018 season. This maintenance position includes free golf. Contact Joe at 726-1093 or stop by in person.

WHITE MOUNTAIN COUNTRY CLUB  
2 COUNTRY CLUB ROAD ASHLAND, NH 03217

**Gilman School District  
Gilman School  
VACANCY  
Classroom Substitutes Needed**

Please send a letter of intent and resume to:

**Assistant Principal Debra Bergeron  
The Gilman School  
1386 NH Rte. 140  
Gilman I.W., NH 03837  
dbergeron@sau79.org**

**Van Driver Needed**

9 Passenger Medical Card required and passenger certification - will provide at our expense for right Candidate.  
Must pass DMV and background check.

Call Andy for more information  
**(603)745-4705**

**Town of Ashland**

**Land Use Boards Assistant**

Part-time position (12 to 18 hours per month) serves as an assistant to the Ashland Planning Board and Ashland Zoning Board of Adjustment. Job responsibilities include explaining land use process to applicants, reviewing applications for completeness, preparing notices and postings, maintaining tracking and files for applications, preparing agendas and information packets for meetings, preparing notices of decisions, keeping land use boards up to date on current issues and regulations. Attends land use board meetings as needed. Must be proficient in written and verbal communication, Microsoft Word and Excel. Experience with land use laws, regulations, and processes in a municipal setting is preferred.

Full job description is available at <http://ashlandnh.org/employment-appointment-opportunities/>

Submit cover letter and resume to [landusepb@ashland.nh.gov](mailto:landusepb@ashland.nh.gov).

Position will remain open until filled.  
E.O.E.

We're looking for someone who doesn't show up in the morning.

**Customer Service Representative**  
Noon to 8 p.m.

Maybe it's because they get to sleep in every day. Maybe it's because making phone customers happy makes them happy.

They're a great team, fun to work with. And this is your chance to join them.

It's a full-time job with benefits that include health, dental, an employee discount, on-site fitness rooms, and so much more.

Everything you need to know is right here:  
[garnethill.com/careers](http://garnethill.com/careers)  
Hope to meet you soon!

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**NCH** Upper Connecticut Valley Hospital

**FULL TIME OPPORTUNITIES**

- OR NURSE SUPERVISOR – 36 hours
- MT/MLT – 40 hours (Day shift)
- RN CHARGE/E.D. – 36 hours (Night Shift)
- RN M/S – 36 hours (Night shift)
- RN CHARGE – 36 hours (Night shift)

**PER DIEM OPPORTUNITIES**

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- SURGICAL TECHNICIAN
- RN

Apply Online at [www.ucvh.org](http://www.ucvh.org)  
Upper Connecticut Valley Hospital  
181 Corliss Lane, Colebrook, NH 03576  
Phone: (603)388-4236 • [ucvh-hr@ucvh.org](mailto:ucvh-hr@ucvh.org)  
EOE

**Summit by Morrison**

**RESIDENT CARE DIRECTOR**

Summit by Morrison is seeking a full-time Resident Care Director to join our dynamic and dedicated team.

Responsibilities include ongoing operations of the 36-bed Assisted Living community, ensures that residents and families receive the highest quality of service in a caring and compassionate atmosphere and recognizes individuals' needs and rights. If you are looking to work in a rewarding environment where you can make a difference in the lives of the elderly, please stop by, call or email us at [hrclerk@morrisonnh.org](mailto:hrclerk@morrisonnh.org).

**Requirements:** Registered Nurse with a current NH license, experience in Assisted Living, excellent management and interpersonal skills, strong assessment and care planning skills, and experience with residents with dementia.

Summit by Morrison offers competitive wages, health, dental, retirement, life, disability, cancer and accident insurance, flex spending, annual leave, paid holidays and EAP.

**Summit by Morrison**  
56 Summit Drive  
Whitefield, NH 03598  
Tel. (603) 837-3500

This institution is an equal opportunity provider and employer.  
EOE

**Newfound Area School District  
EMPLOYMENT OPPORTUNITIES**

**Bridgewater Hebron Village School**

- Kindergarten Paraprofessional - 5.9 hours per day, Para II certification required.
- Special Education Tutor - minimum Para II certification required, 6.5 hours per day. Salary range \$15.59 - \$20.57 based on experience.

**Bristol Elementary School**

- Two Paraprofessional – 6.5 hours per day, Para II certification required.

**Facilities Vacancies - IMMEDIATE OPENINGS:**

- Two 2nd Shift Custodian (FT)  
Salary is based on experience

**COACHING POSITIONS**

**Newfound Memorial Middle School**

- Field Hockey
- Girls Basketball

**Newfound Regional High School**

- JV girls basketball coach

Applicants should submit a letter of interest, resume, supportive credentials, job application and three current written references to:

Stacy Buckley – Superintendent of Schools  
Newfound Area School District  
20 North Main Street  
Bristol, NH 03222  
Application is available at:  
<http://www.sau4.org/human-resources/employment-information>

**The Morrison**  
Assisted Living and Skilled Nursing Care

**RN, LPN and LNA**

The Morrison Assisted Living and Skilled Nursing Care facility in the beautiful White Mountains of northern New Hampshire, is seeking a dynamic RN, LPN and a Licensed Nursing Assistant to join our compassionate and dedicated nursing team.

The Morrison is the home of 57 nursing level of care residents, and 24 Assisted Living residents. If you are a professional, energetic, quality-driven RN, LPN or LNA who would like to be part of a caring, compassionate and resident-centered facility, we invite you to apply. Please stop by, call or email us at [hrclerk@morrisonnh.org](mailto:hrclerk@morrisonnh.org).

The Morrison offers competitive wages, shift differentials and comprehensive benefits.

**The Morrison**  
6 Terrace Street, Whitefield, NH 03598  
Phone: 603-837-2541

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**Full Time Seasonal Position Available!**  
Class A Drivers

**Benefits:**

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- 401K
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- Paid Holidays

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For two years of experience staff RNs

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[ben.champagne@cooscountynh.us](mailto:ben.champagne@cooscountynh.us) Fax: 603-246-7081

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# Ormes chasing his dreams to Montana

BY BOB MARTIN  
Bob@salmonpress.news

GILFORD — Last football season, Ethan Ormes of the Gilford/Belmont Golden Eagles went down with a knee injury that sidelined him the rest of the season. While it crushed him to watch his senior season go up in smoke, Ormes has another chance to shine as he will be playing football for Montana

State University this season.

After speaking with Ormes two weeks ago, he was awaiting a call from the coaching staff. He said the coaches were still concerned about his knee, but they told him he could have a shot of joining the team in the spring for his sophomore season.

On Tuesday, Ormes said he was contacted

by the Montana State University offensive line coach who told him a spot opened up and they wanted him on the team. While he hadn't lost faith previously, the call from his coaches came much sooner and he said he was going to seize this great opportunity to play football for a Division 1 college in the Big Sky Conference.

"I feel ecstatic,"



COURTESY

Ethan Ormes played for the Gilford-Belmont football team and this year he will be playing Division 1 college football at Montana State University.

## Tanger Fit 5K is Sept. 30

TILTON — Tanger Outlets Tilton in conjunction with Northeast Communications, Belknap Landscape Company, Planet Fitness, Laconia Daily Sun and AutoServ, will host the 10th annual Tanger Fit 5K Run/Walk to benefit breast cancer patients in the Lakes Region. The first 1,000 registrants to check-in at the race will receive an exclusive race t-shirt. All finishers will receive a commemorative participant medal and a Tanger Outlets coupon book. Prizes will be awarded to top three male and female winners. The registration fee is \$25 for adults and \$15 for children under 17 years of age or \$30 the day of the race.

Businesses and group organizations interested in forming teams of 10 or more can receive a discounted entry rate (\$5 off per person). For a discounted team rate, contact the Tanger Outlets General Manager Eric Proulx, at Eric.Proulx@TangerOutlets.com. Team prizes will be awarded for the following categories: Largest team, most spirited and best team t-shirt.

The race is Sunday, Sept. 30, at 8:30 a.m. at Tanger Outlets Tilton, 120 Laconia Road, Tilton.

For more information or to register, visit [www.tangeroutlets.com/race](http://www.tangeroutlets.com/race).

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COURTESY

Ethan Ormes was sidelined with a season ending knee injury last year but now that he is fully healed he will be playing college football at Montana State University.

Ormes said. "I knew it would happen eventually, but it is always surprising when dreams come true."

Ormes explained that the Golden Eagles started practice on Aug. 3, so he is a late addition, but he has been keeping him-

self physically and mentally in shape in preparation for the call.

"I'm starting as soon as I get there," Ormes said, adding that he was leaving last week for school. "Once I get there I get fitted and have a sports physical, and then I'm going full football until classes start."

Last season Ormes went down hard in a game against John Stark at the beginning of September. Ormes, whose large, strong frame and football awareness made him a rock on the offensive and defensive lines throughout his career with the Bulldogs, was lost for the season. However, coach Josh Marzahl said he became a valuable asset on the sidelines helping the coaching staff and supporting his teammates. This showed the type of football mind that Ormes has.

Ormes said even when he wasn't sure if and when he would be making the team, he made a concerted effort to keep in touch with the coaches and let them know of his interest. He said coaches told him that if anyone got hurt or if a spot opened for whatever reason, the team would

have him in mind to fill the spot, which is exactly what happened.

He has been involved in plenty of weight training and other ways to keep him in shape this summer. Ormes said his knee is also completely fine, and that evidence of this is that he wrapped up a full season of lacrosse this past spring before graduating.

"I am fully healed and good to go," Ormes said.

Once Ormes arrives at MSU he will be involved in a course called "Adventures MSU," where he tours the surrounding area and learns about the town. He added that this precedes orientation. Ormes is pleased to get back to MSU, saying that he was born and grew up in the area. He said the area is about as beautiful as it gets, and Ormes couldn't be happier for his life to have come full circle.

"Oh it is very beautiful there," Ormes said, adding that he moved to Gilford when he was eight or nine-years-old. "I have always wanted to go back and reunite with family. I always get made fun of by friends when I say it is called Big Sky country for a reason. You just have to go out there and experience it."

Ormes said last year he went to Montana to three different football camps, and while there he was able to meet the coaches. He was impressed by the staff and said it appeared that they were also happy with what he could bring to the program.

Ormes will be studying engineering when he gets to MSU, and said there is a good possibility he will follow in the footsteps of various family members into the civil engineering world.

The first game for Montana State University will be on Aug. 30 at 7 p.m. against Western Illinois.

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