

# Winnisquam Echo

THURSDAY, OCTOBER 14, 2021

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FREE

## Freshman delivers Bears their first win



JOSHUA SPAULDING

Ayden Cushing of Winnisquam and Eli Percy of White Mountains battle for control of the ball in action last week.

BY JOSHUA SPAULDING  
Sports Editor

TILTON — The Winnisquam boys' soccer team has played well against some pretty good teams as the season has rolled along.

The White Mountains Regional boys came to Tilton on Thursday, Oct. 7, looking to keep the Bears

from getting into the win column.

It took until the final minute of the game before a result was reached, as Winnisquam freshman Colby Blackburn scored off a crossing pass from Patrick Goodwin with just 49 seconds to go to give the host Bears the 3-2 win over the Spartans.

"They've been working pretty hard, they're playing really hard, they go to battle every game and are not discouraged despite the record," said Winnisquam coach Tom Osmer. "We've played well against good teams and we've played hard against good teams." "Unfortunately for

us, it's like we don't go into games strong enough," said White Mountains coach Andy Cliché. "We fight back, but we've got to be that way from the opening whistle."

The Bears had the better of the chances early on, getting the

SEE **SOCCER**, PAGE A14

## Sanbornton Historical Society meets Thursday

SANBORNTON — The Sanbornton Historical Society will hold its Annual Meeting on Thursday evening, Oct. 14 at 7 p.m. at Lane Tavern. All members are welcome, also any interested in joining - please do join us! The meeting will cover the needed ground of voting on a slate of officers for 2022. Entertaining the gathering will be Sanbornton's own, musician Audrey Budington, with her lively fiddle tunes. She'll also pause and share with us an update on her life as a musician. Audrey is already part of Sanbornton's history, however recent! It should be a good, productive and fun evening. Coming together in our Lane Tavern's space, everyone please wear masks.

Upcoming on Nov. 27 and Dec. 4, those who've ordered our holiday wreaths, whom we thank for the business, will be picking them up at Currier Building as in previous years. Some will be delivered in town. COVID-19 hurt what we took for granted as ordinary gatherings, socializing time, so now we work to meet the challenge. We may possibly have a limited holiday open house, and we hope people will look at our SHS Web site, as well as Facebook page for details. The costs of our lovely old Lane Tavern still need meeting, even as we now use it less! We also welcome membership renewals, and those details are on the SHS Web site.

The purpose of Sanbornton Historical Society is to promote interest in and understanding of the history and development of the Town of Sanbornton, 250 years old in 2020. We collect and preserve historical material including antiques, histories, news-

SEE **MEETING** PAGE A13



DONNA RHODES

Audrey Barriault, her husband Justin and their sidekick "Charlie" are excited to announce the opening of their new business, Lakes Region Ebikes, through which adults of all ages and athletic abilities can now get out and explore the great outdoors any time of the year.

## New business helps clients enjoy the outdoors at their own pace

BY DONNA RHODES  
Contributing Writer

SANBORNTON – A new business has arrived to help people take in the beauty of the Lakes Region while enjoying fresh air and getting exercise at a level they are physically most comfortable with at the same time.

Lakes Region Ebikes came about when Audrey Barriault and her husband Justin were brainstorming ways she could change her career path to a direction where she would be happiest. After a career of working in the sale of library books, she decided that her next step would be somewhere outside of the office scene. Audrey also has a knack for creativity and Justin said, "I wanted her to be creative and use her skills."

It turns out that the Barriaults also love nothing more than a great adventure, whether it be hiking, snowmobiling, riding their ATV or any other rec-

SEE **EBIKES** PAGE A8

## Raider net girls fall in rematch with Lakers

BY JOSHUA SPAULDING  
Sports Editor

MEREDITH — Early in the season, the Belmont volleyball team hosted Inter-Lakes and came away with a win.

The Raiders came to Meredith last Wednesday evening looking to pick up another win over the Lakers, but the hosts had other ideas, as they came out and dominated the first two sets and won a close third set for the 3-0 win.

"We've been really working on trying to put together the whole match, we've struggled from the beginning with inconsistencies," said Laker coach Randy Mattson. "This was the most complete match we've put together."

"They're a different team than the first time we played," said Belmont coach Andy Edgren. "We weren't ready for that. They're improved and I don't know that we've seen that progress."

The first set opened with the Lakers getting out to a 3-0 lead

SEE **VOLLEYBALL**, PAGE A14



JOSHUA SPAULDING

Madeline Johnson volleys the ball over the net in action in Meredith last week.

# LRCC helps fill the demand for manufacturing careers with open house, CNC operator bootcamp

LACONIA — Lakes Region Community College (LRCC), in Laconia, is launching new opportunities for education and training in skills-based manufacturing to meet the local workforce demand.

On Oct. 13, LRCC will host a Careers in Manufacturing Open House and express admission event from 3:30 to 5:30 p.m. Attendees will learn about LRCC's manufacturing programs, speak with faculty and employers who are in the field and can register on the spot for a program with express admissions. LRCC offers degrees and certificate programs in Advanced Manufacturing, CIS Technologies, Computer Information Systems, Graphic Design, PC Applications and Programming.

Additionally, starting Oct. 25, LRCC will begin a CNC Operator Bootcamp, a six-week, 144-hour intensive classroom and hands-on training program. This entry-level program is geared towards those who like computers, tools and seeing how things come together and is designed for individuals with little to no

experience in manufacturing. Students learn the essential skills such as how to operate CNC milling machine and lathe in a production environment.

The manufacturing industry employs nearly 10 percent of the country's labor force and is a leader in technology and innovation. Throughout the years, manufacturing has continued to fuel the economy, with over 900,000 job openings in 2021. In New Hampshire, it's one of the state's top sectors with over 66,000 competitive manufacturing jobs in more than 22 unique fields, including aerospace and defense; chemical; machinery; computer and electronics; and textiles.

"Today's manufacturing is much more high-tech," said Joseph Smith, LRCC Advanced Manufacturing Department Chair. "The type of person who would be interested in this career likes computer technology and working with their hands."

Grants and funding options are available to eligible students for manufacturing degree programs and the CNC Operator Bootcamp to offset the cost. In addition,



tion, many local manufacturing businesses offer reimbursement of tuition costs for new employees and those who need upskilling.

"Local manufacturers urgently need employees and are willing to assist with training costs that lead to a great starting pay, enormous growth potential and excellent benefits," said Smith. "Many businesses will cover the entire CNC Operator Bootcamp course and tuition reimbursement for cred-

it bearing college courses."

LRCC has partnerships with many of the state's manufacturing companies such as New Hampshire Ball Bearing in Laconia and EPTAM Precision Plastics in Northfield, just to name a few, for hands-on program training. LRCC offers flexible classes with options for in-person, online and hybrid models. To learn more about the manufacturing programs and possible funding options, contact Jo-

seph Smith at [jasmith@ccsnh.edu](mailto:jasmith@ccsnh.edu).

Lakes Region Community College is a fully accredited, comprehensive community college located in the Lakes Region of New Hampshire that serves more than 1,200 students annually and offers housing options for students. LRCC offers more than 40 degree and certificate programs, including Automotive and Marine Technology, Fire Science, Nursing, Culinary Arts, Business, Account-

ing, and more. In addition, LRCC provides a strong background in Liberal Arts for students who choose to complete their first two years at a community college and then transfer to a four-year college or university for a baccalaureate degree. Business and industry training programs are also available. Lakes Region Community College is part of the Community College System of New Hampshire. For more information, visit [lrcc.edu](http://lrcc.edu).

# Roche Realty Group sells Alpenrose Village Retail Center



LACONIA — Tom Drouin of Roche Realty Group in Meredith represented both the seller and the buyer of the former Dexter Shoe retail complex at Route 11 B /

Route 3 in Weirs Beach at the traffic circle. This landmark commercial property has been in operation since the early 1980s. The Seller of the property was Lei-

sure Time Rentals, LLC, and the Buyer was 1084 Union Ave, LLC, local developers. The closing was conducted by Attorney Frank Michel of Meredith.

Tom Drouin commented, "This is one of the most iconic and visible locations in the Weirs area, with lots of road frontage. The property includes approximately five acres with 264 feet of waterfront on the Weirs Channel of Lake Winnepesaukee. The retail center building includes roughly 25,000 square feet on two levels, with ground-level access to both levels, a separate log ranch style building including 6,000 square feet on two levels, plus a customized 18-hole miniature golf course overlooking the lake. The commercial complex includes a huge amount of paved parking spaces on both levels, and has city water and

sewer. The wood shake exterior, oversized cupola, gables, and covered stairways and walkways depict classic New England architecture. The retail center is presently full, and includes a Mexican restaurant on two levels, the Weirs Beach post office, a dentist's office, chiropractor's office, retail kitchen and bath center, a dance studio, a holistic salon and a local church.

The local developers have future plans to upgrade the property throughout and have plans for an available restaurant location

in the charming 6,000 square foot log building, formerly the Dexter Shoe retail store. There are also plans underway for a small museum showcasing the iconic Weirs Beach area within the existing complex.

Roche Realty Group has been the leader in commercial sales and development projects throughout the Lakes Region. A copy of the company's Significant Sales Report of commercial sales and development projects can be viewed on [www.rocherealty.com](http://www.rocherealty.com).

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# Comfort Keepers

## Ways for seniors to remain socially connected

BY MARTHA SWATS

Owner/Administrator  
Comfort Keepers

Many people worry that their senior loved ones spend too much time alone, and may be suffering from isolation.

But there are many ways for people to stay connected to the older adults in their lives. And, studies show that seniors are physically and mentally healthier when they maintain social connection and foster relationships.

It's important to remember that it takes a team to ensure the highest quality physical and mental care for a senior. According to the AARP, nearly one in five family caregivers is providing unpaid care for an adult with health or functional needs. There are many ways that other family and friends can provide social support and create meaningful interac-

tions with their senior loved one.

For those trying to connect with a senior in their life, they can consider the following options:

Teach them something new – while many seniors are adept at using technology, some could use extra help getting set up for video chats or finding sources of online connection. Helping a senior learn to use new technology can be a fun bonding experience and pays off in continued contact! And if the family member or friend isn't an expert, they can consider taking a class together.

A study by William Chopik, a professor at Michigan State University, found "greater technology use was associated with better self-rated health, fewer chronic conditions, higher subjective well-being and lower depression."

Involve others – Group video chats have never been easier to set up, and there are free options that are great for small groups or paid options for larger gatherings of friends and families. Seeing each other's faces and sharing stories is a great way to stay connected.

Play together online – Popular board games have gone virtual! Classics like Monopoly, Scattergories and Scrabble can be played online together, and there are a host of sites with card games, trivia and other fun activities to do together. Sometimes, a game night is all it takes to make people feel closer.

Spend time in-person when possible – While it may not always be possible, it's great to see loved ones when the situation permits. Families should take some time out of their week when possi-

ble to take their senior loved ones to community events, or plan special meals at home. This can be especially important for seniors with mobility issues that can keep them from doing the activities they love outside of the home.

Become pen pals – The art of writing letters may be rare today, but everyone still loves to receive notes in the mail. Send letters with updates, drawings, photos and other small mementos, and encourage the recipient to reply. Letters and cards will quickly become cherished memories that can be shared and revisited in times of separation.

Consider hiring an in-home caregiver – For seniors that need a little extra help around the house, a caregiver not only provides assistance with daily living, but companionship and conversation too. And, a

caregiver can facilitate calls and video chats with loved ones. Caregivers are also trained to keep seniors safe in their home, and can be a great option to provide companionship during periods of illness or isolation.

Comfort Keepers® can help

For seniors that need companionship or help fighting loneliness, Comfort Keepers caregivers can help with encouragement, support and assistance with daily living. And, caregivers can encourage overall health through meal planning, grocery shopping, meal preparation and activities. Our custom care plans focus on physical and mental health and wellness activities. Our goal is to see that clients have the means to find the joy and happiness in each day, regardless of age or acuity.

To learn more about

our in-home care services, contact your local Comfort Keepers location today.

About Comfort Keepers

Comfort Keepers is a leader in providing in-home care consisting of such services as companionship, transportation, housekeeping, meal preparation, bathing, mobility assistance, nursing services, and a host of additional items all meant to keep seniors living independently worry free in the comfort of their homes.

Comfort Keepers have been serving New Hampshire residents since 2005. Let us help you stay independent.

Please call 603-536-6060 or visit our Web site at [nhcomfortkeepers.com](http://nhcomfortkeepers.com) for more information.

## LRSO Concert Nov. 6 features two fabulous soloists

MEREDITH — The Lakes Region Symphony Orchestra (LRSO) invites you to its season-opening concert "A Triumphant Return" on Saturday, Nov. 6 at 7 p.m. at Hanaway Theatre at Plymouth State University.

We are delighted to partner for the first time with Plymouth State University to perform in the beautiful Hanaway Theatre, and are doubly-delighted to feature pianist Dr. Adam Mayon, Director of the University's piano programs. Dr.

Mayon will be performing Beethoven's "Piano Concerto No. 3" with the orchestra. We are triply-delighted to feature the winner of our 2021 student concerto scholarship competition, violinist Sava Thurber, performing the marvelously energetic "Carmen Fantasy" by Pablo de Sarasate. And if it's possible, we are quadruply-delighted to perform one of the most famous masterworks "Symphony No. 9 (New World)" by Antonin Dvorak.

The LRSO concerto competition has been an exciting journey since its inception 13 years ago. Over the years more than 150 incredibly talented high-school students have auditioned, each competing for scholarships and the opportunity to perform with the LRSO.

This year's winner is remarkable violinist Sava Thurber. A senior at Phillips Exeter Academy, Sava has been studying violin since age four, and actively performs in youth orchestras throughout New England. In 2019 he performed for Prince Alexander and Princess Katherine of Serbia. Sava has a long performance resume, and is gracious in his philanthropic ventures as well, working with organizations on behalf of orphans in Belgrade and Haiti, among many others.

Dr. Adam Mayon, PSU's recent addition to the Piano faculty and music department, joins LRSO for his performance of the Beethoven "Piano Concerto No. 3." Dr. Mayon is a multi-fac-

eted talent, not only as a pianist but educator and author as well. He received a Musical Arts degree in Piano Performance from University of Cincinnati College - Conservatory of Music, with previous degrees from Eastman School of Music and Loyola University New Orleans. He is a dynamic performer and musical interpreter, often performing four-hand piano works with his wife Zi Liang, also a collaborative pianist at PSU.

The Nov. 6 concert is the first in the LRSO's 2021-2022 exciting lineup, which can be viewed at [www.LRSO.org](http://www.LRSO.org). In addition to performing at Plymouth State University, we are honored to perform at the beautifully restored Colonial Theatre in Laconia for one of our Holiday Pops performances on December 10th. We perform two additional Holiday concerts on Dec. 11 and 12 at Inter-Lakes Auditorium in Meredith as well.

On March 19, 2022, we feature one of New Hampshire's outstanding guitarists, Mr. David Newsam, performing the famously enchanting "Concerto No. 1 in D minor for Guitar" by Mario Castelnuovo-Tedesco. Newsam is a renowned New England guitarist and instructor at Berkeley College of Music, Dartmouth College, and St. Anselm's College. He has performed with jazz legends Jim Hall, Bucky Pizzarelli, Dave McKen-

na, Joe Williams, and other great performers including Carol Channing, Dianne Carroll, and The Fifth Dimension. The March program also features Debussy's "Prelude to the Afternoon of a Faun," Berlioz's "Rakoczy March," and Beethoven's form-defying "Symphony No. 6 - Pastoral."

"Broadway - Then and Now" is the theme for our fabulous season-ending POPS concerts on May 14, 2022 at Inter-Lakes Auditorium, and May 15, 2022 at the Colonial Theatre in Laconia. Returning this year is our feature performer, entertainer, singer, dancer, and actress Ashley Meeken. You may know Meeken from her starring role this summer as Velma in the Winnepesaukee Playhouse production of Chicago. She has held dynamic starring roles in multiple Inter-Lakes Summer Theatre productions including Cassie in "Chorus Line," Morticia in "The Addams Family," and as Evita in "Evita." She is an impeccable performer and outstanding talent. Join us on her journey of timeless classics like "Maybe This Time" ("Cabaret") and "If My Friends Could See Me Now" ("Sweet Charity") through modern Broad-

way classics "She Used to Be Mine" ("Waitress") and "Defying Gravity" ("Wicked").

Tickets to all performances are on sale now at [www.LRSO.org](http://www.LRSO.org). A reminder to our long-time patrons, all ticketing is now done online with reserved seating at all venues except PSU.

LRSO performs with a home-town flair that is comfortable, familiar, and uplifting. We invite you to give us a try. Live orchestral music is an amazing experience!

About The Lakes Region Symphony Orchestra

The Lakes Region Symphony Orchestra is a Meredith-based, non-profit orchestra that performs throughout the fall, winter, and spring months. Orchestra members range in age from teens through retired seniors, representing more than 30 communities in the Lakes Region and beyond. For more than 40 years, the Orchestra has been focused on showcasing young talent and providing a venue for local musicians to perform orchestral music ranging from classics to contemporary, all in the valued community setting of the Lakes Region of New Hampshire.

## Fred Marple to visit Franklin Opera House



FRANKLIN — Here's your chance to meet Fred Marple, a.k.a Ken Sheldon, of Frost Heaves New Hampshire. What's that you say? You have never been there? Well, as Fred will tell you, "You can't get there from here" anyway. That's why he ventures out to share his tales.

Yankee humorist Fred Marple has appeared on New Hampshire Chronicle and in the pages of New Hampshire Magazine, as well as on radio, at town halls, church basements, and the homes of most of his friends, usually right around dinner time. Also known as author and songwriter Ken Sheldon, his humor column "Only in New England" has appeared in Yankee Magazine.

On Oct. 23, the one and only Fred Marple brings his antics to Franklin Opera House. In an evening of good clean fun, this comedic Yankee shares his love for his hometown, toe-tapping tunes, his true feelings on pumpkin spice, and so much more. Fred is also an accomplished composer, sharing some of his favorite tales to catchy tunes. You can catch a snippet on his Facebook page, or buy a copy of one of his albums on [Fredmarple.com](http://Fredmarple.com).

One show only, Saturday, Oct. 23 at 7:30 pm. Adults \$15, Seniors and students \$13

Socially-distanced reserved seating currently in effect.

Tickets available through the Franklin Opera House Web site: <https://www.franklinoperahouse.org/>, or by calling (603) 934-1901 during office hours.

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# Opinion

## We appreciate our local police

Support for police should not be political. Yet here we are. Over the past few days, we have thought a lot about our local police departments, and they truly deserve a shout out of appreciation. Reporters, editors and all of us in the media work very closely with our local officers. We could not do our jobs without their help.

What we have come to know is that police officers are democrats, republicans, independents or simply don't affiliate with any political party whatsoever. The current climate would lead you to believe that if you support police, you're affiliated with one party. This could not be further from the truth.

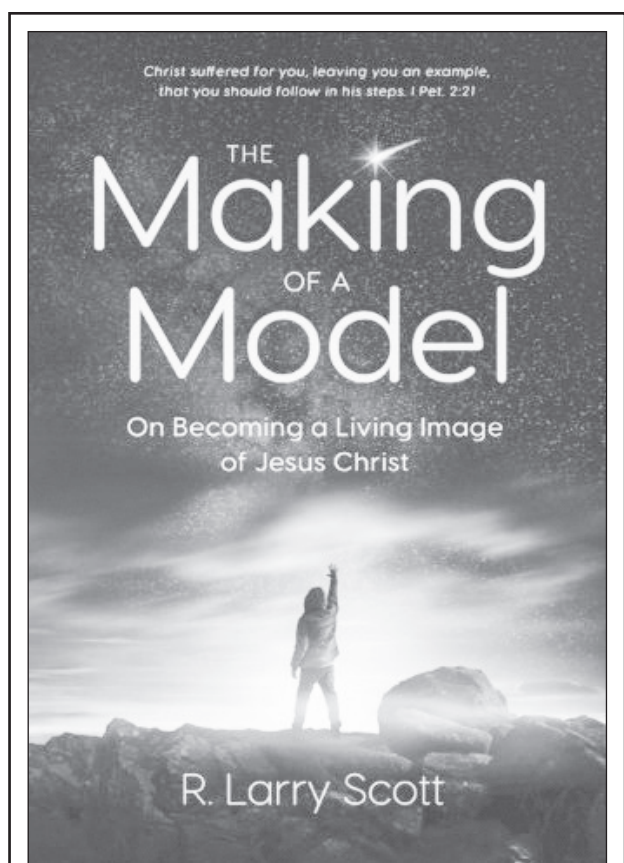
We see the police logs every week, we know how much stress our officers face on a daily basis, and to make things a bit more challenging, many of our local departments are short staffed.

Our police officers do so much more than we think. The day-to-day tasks do not come without some sort of stress, whether they are dealing with someone with a mental health issue, confiscating drugs, chasing someone who doesn't want to be caught and putting their lives at risk every single day. They are shouted at, assaulted, and disrespected daily. Sure, this comes with the job, however it doesn't mean that it should, or that it doesn't get taxing. Oftentimes it's the same culprits day in and day out they deal with, and we're not sure how they remain calm and professional while doing so, but for that we say thank you.

After an arrest, or any sort of incident, it doesn't end there. There are calls from family members, or those who were arrested, court dates, collecting written testimony and being a part of some tough family situations as well. Responding to motor vehicle accidents that end in tragedy, or all of the other situations that we only see in movies, is actual real life to our officers. Just because we don't see what's happening every day in the lives of our police, doesn't mean that it's not happening.

Of course, there are officers in other states and cities that abuse their power, however that is not the case in our smaller communities. Police reform is needed in those places and has been for decades, however we consider ourselves lucky to live in a place where our officers are all top notch. Many officers would agree that police reform is needed.

Being a police officer is a career that has long been praised as a high honor, only to be filled with selfless brave women and men who simply want to keep our communities a better, safer place to live in. Follow our lead and show your local police they are appreciated. We see you, and we thank you.



PLEASE NOTE: Amazon did not allow me to reduce the price as advertised last week, so price for the paperback version remains \$13.99. My apologies for any inconvenience. - Larry Scott

When Larry Scott returned home from work Monday evening, July 16, 1984, he noticed that familiar objects were missing, and his home was strangely quiet. It was the moment he had dreaded for weeks, his first evening as an ex-husband, the end of his career as a minister, and the beginning of a solitary existence that would last twenty years.

This is the story of a troubled life. It is also, however, the account of a man who rose from the mire to live again.

What you have here is a message of hope ... evidence that when God is in control, all things do, indeed, work together for good. The maturing process is sometimes traumatic, always life-altering, but, under God's direction, inevitably rewarding.

The author's perspective will challenge you to believe that, no matter how difficult the journey, God can bring about beauty from the ashes of your life.

And make of you, too, a living model of Jesus Christ. From Amazon Kindle in either eBook or paperback format:

eBook: \$7.99 Paperback: \$13.99

RC GREENWOOD

## Bears battle

Alex Nichols looks for room to run during Winnisquam's 40-14 loss to Kearsarge on Saturday. The Bears are scheduled to compete on Friday, Oct. 15, at 6:30 p.m. at Monadnock.



## STRATEGIES FOR LIVING

# A coal miner's wife meets the President

BY LARRY SCOTT

[An excerpt from Chapter 5, Modeling the Master, Part I, in my book, "The Making of a Model," now available through Amazon Kindle in either eBook or paperback format]

God has a place for each of us within His Kingdom. Often serving quietly and in a manner known only to a few, heaven will honor thousands who have served in obscurity, honored to live their lives unheralded, but obedient to the mission God has given them. Mary Damron, however, is an exception.

As told by Franklin Graham in his book, "Living Beyond the Limits," Mr. Graham was at home the Friday after Thanksgiving 1994 when he received a call from the receptionist at headquarters. "Mr. Graham, there is a woman out in the parking lot with some shoe boxes for you."

Operation Christmas

Child, well-known for sending boxes filled with Christmas gifts to children around the world, was gaining national attention. On entering the lobby, the receptionist pointed him to a little lady that "couldn't have weighed ninety pounds soaking wet." When he introduced himself, the lady from Ikes Fork, West Virginia, came alive. "Brother Graham, I'm Mary. Gotcha some shoe boxes fer God. Where do you want them?" "Well, thank you, Mary," he responded. "Why don't you just leave them there in the foyer. We'll stack them up against the wall." "I gotcha twelve hundred. ... I went up and down the hollers, tellin' everybody that Brother Graham needed shoe boxes fer God."

By Christmas 1995, Mary had her mission in full swing and came in with six thousand boxes; she was rapidly becoming a local celebrity. After being written up in the local West Virginia

newspaper, she caught the attention of the White House. As it happened, the President was planning to send troops to Bosnia to implement the Dayton Peace Accord. It was scheduled to be signed in France within just a few days, and Mary and her family were invited to be President Clinton's guests.

"Coal Miner's Wife to Meet President of the United States" read the headlines and accordingly, the day came when Mary stood in the Oval Office chit-chatting with the President of the United States. The "little lady," however, wasn't quite through. "Mr. Prez-i-dent, I have something for you, and she handed him a copy of Frank Graham's book, Miracle in a Shoebox. Two more followed one for "Mrs. President," and one for Chelsea. Reaching into her bag, she took out an empty shoe box. "Mr. President, will you fill this one for me?" And then, "Mr. Prez-i-dent,

do you care if I pray for you? As per Franklin Graham, "Mary took the lead in joining our hands and then prayed a short prayer: "Our heavenly Father, we pray for the Prez-i-dent and all the responsibilities he has on his shoulder. ... We pray that You would watch o'r him and protect him and give him strength fer this day. In Christ's name we pray. Amen." (Graham, Living, pp. 33-48).

Who would have ever believed that Mary Damron would make such an impact on so many lives? But isn't that just like God? There is no limit to what He can do when He finds an open and willing heart. He is the God of the impossible, and it is exciting to see that He is still transforming men and women just like you and me into living models of the Master Himself.

From "The Making of a Model," now available through Amazon/Kindle.

North Country Notebook

## In the hunt, for the long haul, the kids appear in Deer Camp



By JOHN HARRIGAN  
COLUMNIST

Route 3 was a steady parade Thursday as owners of camps and second homes headed north to button things up for the winter, and I suspect Route 16 on the eastern side of the state was too.

Columbus Day weekend has long been the traditional time for people to drain pipes and pour antifreeze into sink-traps and toilets, and do their best to protect dishes and such from Mousedom.

Infernal machines are deployed against mice. While those with tender mercies throw



COURTESY

The information with this old photo identifies the site as Ashland, but it's probably the one in Maine. Either way, the boys seem to have plenty of jump-steak. (Courtesy Maine Sporting Camps Association)

up their hands and vow to clean everything up in the spring, others go to absolute war. Poison has fallen out of favor because it works its way into the food chain, and can accumulate. Traps make little sense because they are soon sprung by breeze, dust, or happenstance, or are just plain full.

This leaves the Gyro Gearloose variety of homemade mouse traps, those antediluvian de-

vices that belong in the Science Museum in Boston.

One of those, which has sometimes earned me indignant mail from readers envisioning those disarmingly cute little kangaroo mice climbing to their doom, involves a ramp, some bait on a wire-mounted spinner, and about six inches of antifreeze in a bucket. The mice, climbing up the ramp with their little feet, venture

out onto the wire to the baited spinner, and oops, into the abyss they go. The antifreeze keeps them, oh, pretty well until spring.

+++++

Columbus Day camp-closing, by the way, forgets Deer Camp, another not so little seasonal event that is still going strong. This is despite the fact that hunters make up a steadily

SEE NOTEBOOK PAGE A5

# Bank of New Hampshire provides funding for Lantos Foundation's Activist Artist scholarship

LACONIA — Bank of New Hampshire is proud to once again be providing the funding to support the Lantos Foundation for Human Rights & Justice's 2022 Activist Artist Scholarship.

The Lantos Foundation was established in 2008 to carry forward the legacy of Congressman Tom Lantos, the only Holocaust survivor ever elected to the U.S. Congress and a leading human rights champion. Based in Concord, NH, the Foundation works with a range of partners and often in cooperation with the U.S. Government on issues that span the globe.

The Activist Artist Scholarship was launched in 2020 as an annual competition dedicated to the work of Activist Artists all over the world. All applicants will be challenged to examine the influence of a particular Activist Artist and show how that artist used his/her medium to influence, inform and inspire action on human rights during their lifetime or beyond. Alternatively, applicants can choose to create and

submit their own piece of activist art.

"The Activist Artist Scholarship competition challenged me to express my understanding of a pressing human rights issue through poetry," said Michelle Eweka, one of three 2021 scholarship recipients, now a freshman at the University of Connecticut. "This extraordinary opportunity helped me apply my creativity to a topic that piques my interest and plays a major sociological role in the world today. Winning one of the scholarships has lessened the financial burden of my college costs, allowing me to further explore the field of human rights in college and beyond."

The Lantos Foundation for Human Rights & Justice is proud to offer this scholarship opportunity to those New Hampshire high school seniors with an interest in human rights and activism through the arts. The application will open on Monday, Oct. 4, and will be accepted on a rolling basis through Wednesday, Jan. 19, 2022. Visit [www.lantosfoundation.org](http://www.lantosfoundation.org) for more information.

mation.

Bank of New Hampshire is proud of this partnership with the Lantos Foundation as we aspire to remain an independent mutual financial institution, delivering innovative solutions and exceptional service,

while assisting our employees, customers and communities to build brighter futures.

Bank of New Hampshire, founded in 1831 provides deposit, lending and wealth management products and services to families and

businesses throughout New Hampshire and southern Maine. With 21 banking offices and assets exceeding \$2 billion, Bank of New Hampshire is the oldest and one of the largest independent banks in the state. Bank of New Hampshire is

a mutual organization, focused on the success of the bank's customers, communities and employees, rather than stockholders. For more information, call 1-800-832-0912 or visit [www.BankNH.com](http://www.BankNH.com).

## MVSB and NHTrust to host fraud prevention Webinar Oct. 27

M E R E D I T H — Sister organizations MVSB (Meredith Village Savings Bank) and NHTrust will be hosting a complimentary webinar on Outsmarting the Scammers at noon Wednesday, Oct. 27. Attendees will learn about top fraud trends from resident experts, to help avoid being tricked by the most current schemes. Registration is open at [mvsb.com/fraudclass](http://mvsb.com/fraudclass).

"Fraud cases are on the rise, and scammers are getting more sophisticated," said Cody Gibbs, Fraud Analyst. "This webinar allows us to present useful information to our com-

munity members about how to protect account information and keep an eye out for common fraud tactics. We hope to give participants valuable tools and peace of mind."

The webinar will be presented by Gibbs and William Roberts, Fraud Operations Officer. Gibbs has worked for the organization since 2015 and has held his most recent role as Fraud Analyst since 2019. Prior to joining the organization in 2020, Roberts served as Corporate Risk Manager for Merchant's Fleet in Hooksett as well as Vice President of Risk Management for Granite State Credit Union for

nearly 20 years.

For those unable to attend at noon, there will be a second presentation of the webinar the same day at 6pm presented by Merrimack County Savings Bank, MVSB's sister bank. Registration is open for the 6pm class at [themerrimack.com/fraudclass](http://themerrimack.com/fraudclass).

Unlike a stock bank, MVSB is a mutual savings bank that operates for the benefit of its depositors, borrowers and surrounding communities. As a result, MVSB has remained steadfast in fostering the economic health and well-being of the community since it was founded in

1869. For more than 150 years, Meredith Village Savings Bank (MVSB), has been serving the people, businesses, non-profits and municipalities of New Hampshire. MVSB and its employees are guided by the values of accountability, mutual-ity, excellence, respect, integrity, teamwork and stewardship. To learn more, visit any of the local branch offices located in Alton, Ashland, Center Harbor, Gilford, Laconia, Melvin Village, Meredith, Moultonborough, Plymouth, Portsmouth or Wolfeboro, call 800-922-6872 or visit [mvsb.com](http://mvsb.com).

### NOTEBOOK

CONTINUED FROM PAGE A4

declining percentage of the population.

(Old-timers, please note: Another not-so-little social demographics oddity I've noticed is that a surprising number of relatively young people, male and female, have taken up deer hunting, with a strong leaning toward archery and muzzle-loading. These tend to be Twenty-Somethings in good shape and seeking new challenges. They also savor the meat, arguably the most chemical-free, locally sourced meat there is.)

Today's deer camp does not necessarily look like your grandfather's deer camp. Some of the more physically fit younger hunters eat wholesome food, and eschew playing poker and carousing into the night because they actually want to get up early in the morning to take fullest advantage of the ever-shorter days, and actually hunt.

And there are many more husband and wife teams out there hunting, or at least I'm hearing from them more. Women have long been right out there in the woods hunting with the guys, for generations—it's just that we don't hear about them much. And there are occasional all-female Deer Camps. Of these, I hear just a whisper, but I savor the occasional

notes.

+++++

Occasionally over the years, I've cut up a deer in my shop. Occasionally, this has involved a friend or two, hanging around on the periphery. They always seem to have a fork in a shirt pocket. Occasionally I have produced a cast-iron frypan, along with some onion and garlic and butter and, of course, salt and pepper.

On such occasions, young deer are the best. "Big racks for show, spikehorns for dough," or something like that. And if you must, shoot that trophy deer far back in the woods, please, so we can drag it over rocks and stumps to tenderize it.

On these occasions, the tenderloins--backstraps--magically float up and away from the spine and onto the cutting board, and Presto!--half a dozen sharp knives flash in the light, and into the frypan the medallions of backstrap go.

A little salt, a little pepper, and out they come, the kind of great stuff you just can't buy.

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


### NOTICE

Lakes Region Mental Health Center, Inc. will be holding its Annual Meeting via Zoom on Tuesday, October 26, 2021 starting at 5:15PM. If anyone wishes to attend, please contact Ann at [anichols@lrmhc.org](mailto:anichols@lrmhc.org) for the Zoom link.

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**VIRTUAL LECTURE SERIES**

**October 14 at 7pm**  
**The Red Rose Crew: A True Story of Women, Winning, and the Water with Daniel J. Boyne**



Learn about the first camp-based US women's eight selection, under Harvard men's coach Harry Parker, and their surprising run to a silver medal at the 1975 World Championships.

**November 11 at 7pm**  
**The Technological Revolution in Rowing with Jim Dreher**



Crew racer, coach and engineer. Jim has helped revolutionize the sport with high-performance carbon composite parts and has developed a wealth of experience with the sport.

All lectures are FREE. Please visit [nhbm.org/lecture-series](http://nhbm.org/lecture-series) for more information about the complete series and to register.


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**Edward Jones: Financial Focus**

**Financial moves for women business owners**

If you're a woman who owns a business, you may have some challenges not shared by your male peers – but you also have several opportunities to help improve your financial future.

You may already be taking some or all the right steps, but here are some ideas to be sure you're considering and revisiting as your business grows:

- Refresh your network. Are you involved in networking with other women business owners? Many of them may have insights into the issues women face in the business world, as well as suggestions about lending programs and business-friendly banks. You may also enjoy passing along your lessons learned to others.
- Review your business structure. If you go into business as a sole proprietor, you'll have to report your business income on your personal income tax return. If you incorporate or form a limited liability company (LLC), you can protect your personal assets – such as your house and your investments – from creditors because these assets will be separated from your business assets and

debts. You might also consider other, more complex entities, known as C and S corporations. There's no single "correct" business structure and the most appropriate one for you may change over time, so, in choosing one that's right for your needs, you'll want to consult with your tax and legal advisors.

- Invest for growth. Ideally, hard work produces results, and one of the main results you want from your investments is growth – that is, you want your investments to appreciate in value so they can eventually help you meet your goals. But if you are overconcentrated in vehicles such as certificates of deposit (CDs) and government securities, you may end up lowering your growth potential. That's not to say that CDs and Treasury bills are in some sense "lazy." They can provide you with income and help you reduce the impact of market volatility on your portfolio. But to achieve most of your goals, you'll need a reasonable number of growth-oriented investments working for you, with the exact percentage based on your needs and life stages.
- Do an insurance checkup. To protect

yourself and your business, you may want to review your insurance to make sure you have the right kinds and amount of coverage. General liability insurance can be appropriate for sole proprietors, if you've established an LLC or you've incorporated your business. If you provide some type of professional service (i.e., legal, accounting, engineering and so on), you might need professional liability insurance. And no matter what business you own, you might want to add disability insurance to replace some of the income you'd lose if you were injured or became ill.

- Consider all your retirement options. If you've got your own business, you're solely responsible for funding your retirement. Fortunately, as a business owner, you've got several attractive options, including an "owner-only" 401(k), a SEP-IRA and a SIMPLE IRA. In deciding which plan is right for you, you'll need to consider

several factors, including the number of employees, if any, and the nature of your business. However, all these plans are relatively easy to set up and administer and offer potential tax benefits. And even though you've got plenty to do already, you should make the time to establish or review your own retirement plan – because eventually you'll need all the resources you can accumulate to enjoy life as a former business owner.

You can also find valuable information on programs for women business owners by visiting the Small Business Administration's website at [www.sba.gov](http://www.sba.gov) and searching for "women-owned businesses."

Running your own business can be challenging – but by making some positive financial moves and getting the support you need, you can also find business ownership to be highly rewarding, personally and professionally.



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

Before investing in bonds, you should understand the risks involved, including credit risk and market risk. Bond investments are also subject to interest rate risk such that when interest rates rise, the prices of bonds can decrease, and the investor can lose principal value if the investment is sold prior to maturity.

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# Fourth quarter tallies lift Bear girls over Saints



JOSHUA SPAULDING

Emma Griffin taps the ball into the net for Winnisquam's fourth goal against St. Thomas.



Chloe McDonald moves the ball through the St. Thomas defense last week.

BY JOSHUA SPAULDING  
Sports Editor

TILTON — Late in the third quarter of last Tuesday afternoon's game with St. Thomas, the Winnisquam field hockey team was dominating possession, but the Bears still trailed by a 1-0 score with 20 minutes to go.

However, the final 20 minutes saw the Bears score four unanswered goals and they walked off with the 4-1 win over the Saints.

"I don't know why they have to stress me out so much," said coach Samantha Magoon with a laugh. "But they showed me once again they're putting in the work and it's showing."

Lexi Poole had a couple of early chances for the Bears and the hosts had the first corner of the game, with Kaitlyn Carey's shot going wide of the net. Katie Sheridan had a good defensive stop and Jordan Boelig made a nice run along the base line but was turned away.

The Bears had a cou-

ple more corners, with Emma Griffin getting a good shot and Poole and Griffin teaming up on another corner. The Bears kept pressuring with a few more corners before the end of the first quarter. Carey had a shot go wide, as did Griffin and Griffin had another bid stopped by the Saint keeper.

Sheridan had another solid defensive clear and while the Saints had some pressure in the zone, they were unable to get any shots on keeper Becca Kulengosky. The Bears had the first corner of the quarter but Carey's shot was blocked. Sheridan, Sophia Braun and Kelsey Rotonelli helped to turn away another Saint run.

St. Thomas was able to get on the board late in the quarter for the 1-0 lead. The Saints followed the goal up with a corner, but Carey made a nice defensive stop. Maddie Eberhardt made a run into the zone, but she was turned away.

Winnisquam had a corner but the bid from Chloe McDonald in to Eberhardt was stopped and the game went to the half with the Saints up 1-0.

The Bears continued to pressure early in the third quarter, with Ashlee Roache, Eberhardt and McDonald all getting good runs into the zone. Winnisquam had a corner but could not convert and Roache had another chance, with McDonald sending a shot into the circle.

Winnisquam had three consecutive corners and found the back of the net on the third. On the first, Carey sent the ball in to Eberhardt and McDonald but it went wide and the second saw McDonald's cross tipped away. However, the third saw the Bears pull even, as Carey sent the ball in to Poole, who fired a shot on net that was stopped. Maddie Foster was as the post and was able to tip the rebound in for the tying goal with five min-

utes to go in the third quarter.

The Bears continued to pressure and had three corners late in the quarter, with Poole and Braun getting in for shots, but the game went to the final quarter with the teams tied at one.

After the Bears had an early corner chance from Poole stopped by the Saint keeper, the hosts got on the board again with three minutes gone in the frame. Griffin sent the ball in on net and Eberhardt was there to tip the ball in and Winnisquam had its first lead of the game.

Just moments later, off the ensuing faceoff, Eberhardt raced right down the field and put the ball in for the 3-1

lead. The two teams exchanged corners but could not convert and Rotonelli turned away a Saint chance. Griffin had a nice centering pass, McDonald had a shot stopped by the Saint keeper and McDonald and Boelig teamed up on a chance.

The Bears got three corners in a row and converted on the third, with Poole ripping a shot from the edge of the circle and Griffin tipping it into the net for the 4-1 lead with about three minutes to go. Kulengosky made a late save and the Bears held tight for the 4-1 win.

"We should not have that many corners and not score a goal," said Magoon of her team's

first half chances. "But Maddie (Eberhardt) is always at the post and always ready and she gets it in every time.

"I tell them, you know the potential you have, I've seen it before and it finally comes around," Magoon said. "They want it this year and that's what they're showing me."

The Bears are slated to wrap up the regular season today, Thursday, Sept. 14, at Franklin at 4 p.m.

The Division III tournament is slated to begin on Thursday, Sept. 21.

Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or [josh@salmonpress.news](mailto:josh@salmonpress.news).

## HIGH SCHOOL SLATE

**Thursday, Oct. 14**  
BELMONT  
Boys' Soccer vs. Campbell; 4  
GILFORD  
Volleyball vs. John Stark; 5:45  
WINNISQUAM  
Field Hockey at Franklin; 4  
Volleyball at Hanover; 5:45  
**Friday, Oct. 15**  
BELMONT  
Girls' Soccer vs. Hillsboro-Deering; 4  
Volleyball at Farmington; 6:15  
GILFORD  
Boys' Soccer at Laconia; 4  
Field Hockey at St. Thomas; 5  
Girls' Soccer vs. Newfound; 4  
GILFORD-BELMONT  
Football at Merrimack Valley; 6  
WINNISQUAM  
Boys' Soccer vs. Franklin; 4  
Football at Monadnock; 6:30  
**Saturday, Oct. 16**  
GILFORD  
Cross Country at Coe-Brown; TBD  
WINNISQUAM  
Cross Country at Coe-Brown; TBD

**Monday, Oct. 18**  
GILFORD  
Unified Soccer vs. Newfound; 4  
WINNISQUAM  
Volleyball at Laconia; 5:45  
**Tuesday, Oct. 19**  
BELMONT  
Boys' Soccer at Raymond; 6  
Girls' Soccer at Inter-Lakes; 4  
GILFORD  
Boys' Soccer vs. Berlin; 3  
Girls' Soccer at Mascoma; 4  
WINNISQUAM  
Boys' Soccer vs. Mascoma; 3:30  
**Wednesday, Oct. 20**  
GILFORD  
Volleyball at Winnisquam; 6:15  
WINNISQUAM  
Volleyball vs. Gilford; 6:15  
**Thursday, Oct. 21**  
BELMONT  
Cross Country at Merrimack Valley; 4  
GILFORD  
Cross Country at Merrimack Valley; 4  
WINNISQUAM  
Boys' Soccer vs. Somersworth; 4

All schedules are subject to change.

## Spaulding Academy & Family awarded CARF International accreditation

NORTHFIELD — Spaulding Academy & Family Services is pleased to announce it has been awarded a three-year accreditation by the Commission on Accreditation of Rehabilitation Facilities (CARF) International, an independent, non-profit organization that evaluates health and human service providers. Spaulding Academy & Family Services is now considered a Qualified Residential Treatment Provider (Q RTP).

The accreditation process required Spaulding Academy & Family Services to conduct detailed research, including off-site trainings to understand CARF International's standards and reviews of CARF International manuals. To align with CARF International standards, the organization redefined programs and their descriptions; created new student, stakeholder, and staff surveys; developed student and parent "Bills of Rights"; ensured all Residential program staff members

completed trainings on restraint and seclusion, emergency response, suicide prevention, treatment services, and gender identity; and instituted regularly scheduled competency-based trainings.

CARF International conducted a two-day virtual survey of Spaulding Academy & Family Services this spring, followed by an on-campus safety review in July. Accreditation was awarded on Aug. 31, and Spaulding Academy & Family Services was notified of its success in late September.

"Spaulding Academy & Family Services is thrilled to be awarded this distinctive accreditation by CARF International," said Amanda Champagne, Executive Director of Family Services, Spaulding Academy & Family Services. "It reflects the high quality of educational, residential, and therapeutic services we provide to the children and families we serve every day. The CARF International standards we follow will serve as a guidepost as we continue to evolve as an organization."

To learn more about CARF International, visit [carf.org](http://carf.org). Spaulding Academy & Family Services is online at [SpauldingServices.org](http://SpauldingServices.org).

About Spaulding Academy & Family Services

Spaulding Academy & Family Services is a leading provider of educational, residential, therapeutic and community-based programs and services for families, and children and youth with neurological, emotional, behavioral, learning or developmental challenges, including Autism Spectrum Disorder and those who have experienced significant trauma, abuse or neglect. Established in 1871, Spaulding Academy & Family Services is a tax-exempt 501(c)(3) non-profit that was formerly known as Spaulding Youth Center since 1958. Our scenic hilltop campus is located on more than 500 acres in Northfield, and welcomes boys and girls from ages 4 to 21 from around the state of New Hampshire and beyond. In addition to programs provided on our Northfield campus, Spaulding's community-based programs include foster family licensing, Individual Service Option (ISO) foster care, ISO in-home services, child health support services, and more for children ages 20 and younger and their family. For information about Spaulding Academy & Family Services, visit [www.SpauldingServices.org](http://www.SpauldingServices.org).

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# Temple B'Nai Israel to present Five O'Clock Shadow

LACONIA — Five O'Clock Shadow (focs.com), one of Boston's premiere vocal groups, began as a simple a cappella group and morphed into a vocal powerhouse when they learned how to mimic drum sounds and instruments such as trumpets, harmonicas, and guitars. With their rock-solid leads and harmonies, they create unique vocal textures that excite, entertain, and inspire audiences of all ages. We Care of Temple B'nai Israel is excited to bring together

er two Plymouth State University a cappella ensembles with the members of Five O'Clock Shadow in a master class to learn some of the distinctive techniques that only FOCS can teach.

The concert on Saturday evening, Oct. 23 will begin at 7:30 p.m. with a special performance by the dynamic student led a cappella groups, Mixed Emotions, a treble ensemble and Vocal Order; a tenor/bass ensemble. Both groups have been seen around the Lakes

Region performing music that spans many musical genres and styles. Vocal Order and Mixed Emotions will lead off the show and begin a one-of-a-kind musical journey that is not to be missed.

Tickets for reserved seats are \$31 per person and \$16 for students with ID. For everyone's safety, reserved seating will be physically distanced, and masks are required at all times when in the theatre. More information about tickets and

safety precautions are at <http://www.tbinh.org>.

This is a chance to enjoy a solid musical experience in a grand historical setting. The Colonial Theatre first opened in 1914 during the glory days of vaudeville. After 87 years of operation the theatre closed in August of 2002. The restoration of the Colonial began in March of 2016 and the grand opening took place on Aug. 27. The new Colonial Theatre was designed with the patrons in mind. The

seats are comfortable with more than enough leg and elbow room to enjoy a two-hour performance. Literally, there isn't a bad seat in the house.

Net proceeds from the concert will benefit The Bridge House (tbhshelter.org) a nonprofit agency providing information and referral services, emergency shelter, food, job training, transitional living support, and aftercare services for men, women, and families to help build

the skills needed for healthy independence. Bridge House also offers specialized services for veterans and financial assistance through "NH Funds 4 Our Vets." The Bridge House's goal is to end homelessness, one family at a time.

We Care and Bridge House thank event sponsors, Audi Nashua, Miracle Farms Landscaping, Bank of New Hampshire, Pemi River Fuels, and Hannaford.

## Visit the "Planet of the Vampires" on LRPA TV this weekend

LACONIA— Do you like scary movies? If you do, then LRPA TV has got you covered! Celebrate the scariest month of year with our Fifth Annual Shocktoberfest, a month devoted to vintage horror films. Next up this weekend (Oct. 15 & 16 at 10 p.m.), the chills continue with 1965's eerie sci-fi-alien gem "Planet of the Vampires," directed by Italian horror master Mario Bava and starring an international cast that features American film actor Barry Sullivan.

In "Planet of the Vampires," two spaceships – the Argos and the Galliot – are sent on a mission to the uncharted planet of Aura. As the crew of the Galliot enters the planet's murky atmosphere, the crew inexplicably begins to violently attack one another. Only Captain Mark Markary (Sullivan) can resist this murderous urge, and he keeps the crew from killing each other. Upon leaving the ship, the crew finds the remains of the Argo, only to discover that the entire crew is dead, having apparently killed one another! Markary and his crew bury some of the dead, but most seem to be locked in the Argos' control room. When the Galliot's crew returns with tools to unlock the doors, the dead bodies have disappeared. As the realization that not all is well begins to set in, the crew of the Galliot tries to leave, but their ship has some damage that must first be repaired. One by one, the crew begins to be found dead. Will Markary and the rest of the crew get back to civilization? Or will the mysterious planet Aura keep them all from returning home?

Many film critics and sci-fi writers agree that Ridley Scott, director of the classic horror movie "Alien," was greatly influenced by "Planet of the Vampires." Some of the plot points share similarities. It is also interesting to note that, as the cast was international, each actor spoke his or her own native language – Italian, Spanish, Portuguese and English – often with no way of understanding what the other actor was saying. The film was then dubbed for individual markets. "Planet of the Vampires" was made with a very low budget, so Bava used miniatures, forced perspectives, colored lights, leftover props, etc. to achieve the look and atmosphere of the film. Sci-fi and horror fans love it, and you will too. Grab your candy corn and join LRPA after dark for this rarely screened gem from the past.

Mark your calendars for Shocktoberfest's delicious Halloween treats:

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

Oct. 22 & 23: "Shock" (1946)

Oct. 29 & 30: "Horror Express" (1972)

You can't find television like this it anywhere but LRPA TV, Atlantic Broadband 25. Not a subscriber? Log onto [www.live.lrpa.org](http://www.live.lrpa.org) and catch all the fun.

About Lakes Region Public Access Television (LRPA)

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

[live.lrpa.org](http://live.lrpa.org), and cablecasts locally on Atlantic Broadband Channel 24 (educational programming), Channel 25 (information and entertainment) and Channel 26 (government meetings) to nearly 11,000 viewers in our member commu-

nities of Belmont, Gilford, Laconia, Meredith and Northwood. Programming is produced by and for the people of the greater Lakes Region. LRPA's mission is to empower our community members to produce content that

fosters free speech and the open exchange of ideas,

encourages artistic and creative expression, promotes a well-informed public through governmental transparency, and

unites our communities through the power of media and technology.

LRPA's slogan: Community empowered by media. Visit us on the web at [www.lrpa.org](http://www.lrpa.org).

### PETS OF THE WEEK



**Gannon**

Meet Gannon! This big doofus loves to play, go for walks and eat treats. He's an experienced fella who needs an experienced owner to help him learn his manners! Gannon isn't a big fan of other dogs or cats, so he's seeking to be the only pet in his new home. Because Gannon is inexperienced with petting and handling, and he's still learning to share his things, he will do best in a home without children. Gannon is currently being treated for a skin condition that may or may not resolve with his current treatment plan. His adopters should speak to their veterinarian, and be prepared for the possibility that Gannon will need to take medication or be on a prescription diet for the rest of his life.

If you are looking for a mature dog who needs help learning what love is really all about, then ask us about Gannon!



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**Meeko**

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



**America's Heroes will be celebrated in the November 4<sup>th</sup>**

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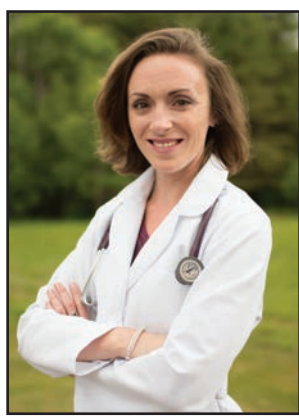
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## NH Humane Society engages MVER to deliver medical services



Dr. Ashley Dunn

LACONIA — In light of the recent departure of the medical director at the New Hampshire Humane Society, Meredith Place Veterinary Emergency (MVER) has been engaged to provide veterinary services to help ensure that N.H.

Humane can fully attend to the animals that are currently under their care. This service is currently in place to ensure that all animals at N.H. Humane receive the attention they need and deserve.

“At N.H. Humane we thank all current and past employees and volunteers for their selfless commitment to animal care, to our mission of finding responsible and caring forever homes, and providing shelter for lost, abandoned and unwanted animals,” said Charles Stanton, executive director of N.H. Humane. “We are grateful for the work everyone does here to fulfill this mission and always put the care of our an-

imals at the forefront and believe the interim veterinary solution with MVER is a great alignment. We will use this as an opportunity to review and refine our organizational structure.”

The formal partnership with MVER in Meredith includes having Dr. Ashley Dunn serve as interim staff veterinarian.

“N.H. Humane provides such an important role in our community for the welfare of homeless animals and it is a privilege to assist the organization in that mission as part of this new partnership with MVER,” Dr. Dunn said. “Since my career in animal welfare started with shelter medicine, I am excited to be part of

this set of solutions for the organization.”

Additionally, N.H. Humane announced that Shayla Donnelly, a current employee, has been promoted to take on additional responsibilities in the daily operation and management of the organization.

“Dr. Dunn, Shayla Donnelly, and MVER bring a wealth of animal welfare knowledge to the organization, and we couldn’t be more thrilled to add these compassionate and dedicated professionals to our expanding team,” Stanton said. “Having these resources in place will allow us to be very thoughtful about how we approach the search for a full-time veterinarian while review-

ing our overall organizational structure in line with future expansion plans that are in the works.”

As part of that expansion, N.H. Humane recently announced that it is rolling out its new Humane Education program. This new effort will focus on teaching the importance of kindness to animals and each other through guided interaction with animals. It includes hiring a field investigator who will focus on abuse and neglect cases as well as dog fighting and puppy mill investigations. An announcement is also forthcoming on a newly hired Animal Pathway Manager to assist in expediting animals getting

through our system and into loving homes.

About N.H. Humane Society

Founded in 1900, N.H. Humane Society (N.H. Humane) is dedicated to finding loving homes and providing shelter for lost, abandoned, and unwanted animals. NHHS works tirelessly to prevent cruelty to animals, implements educational programs, and provides services to promote responsible pet ownership and the human-animal bond. Located in Laconia, N.H. Humane has the fourth highest adoption rate in New England.

## N.H. Humane Fund Drive builds resources to combat animal abuse

LACONIA — New Hampshire Humane Society plans to add a field investigator to its team to assist in animal abuse and neglect investigations. For 121 years, the Humane Society has been combatting animal abuse, neglect, and abandonment but plans to expand its resources to help prevent future cases of animal abuse and neglect. A fundraising campaign to make this effort a reality is underway and nearing its goal to make this a reality.

“Unfortunately, cases of animal abuse and neglect are too common-

place and grab headlines because they are so heartbreaking,” said Charles Stanton, executive director of the New Hampshire Humane Society. “This was the case recently in the Lakes Region when we learned of a horrifying case in which numerous kittens were murdered. Defenseless animals deserve better and that’s one reason why our staff, board, and amazing volunteers are working to build critical Humane Education programs and hire a new field investigator.”

New Hampshire Humane Society recently

sent out a mid-year appeal letter to its numerous supporters to raise funds for this effort. The successful drive netted nearly \$40,000, leaving a need of another \$35,000 to fund the planned programming. The Humane Education program will focus on teaching the importance of kindness to animals and each other through guided interaction with animals. The investigator will focus on abuse and neglect cases as well as dog fighting and puppy mill investigations.

“We are determined to create sustainable

solutions to make our region a safe, loving and kind place for all of us and our families. Just as pets rely on us, New Hampshire Humane Society relies on the community,” Stanton said.

The work done through the Humane Education program will compliment additional services that are being supported through a grant from the Pets for Life program. New Hampshire Humane Society was one of the few New England sites to be asked to join this national initiative and will receive support for

Pets for Life through the Humane Society of the United States. The program delivers door-to-door pet care services and resources to families in need, with an emphasis on underserved and under-resourced communities. To date, the program has served 220,000 pets across the country.

Donations for the Humane Education program, Field Investigator position, or Pets For Life activities in New Hampshire can be made online at NHHumane.org.

About N.H. Humane

Society

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## EBIKES

CONTINUED FROM PAGE A1  
reational opportunities afforded in New Hampshire and beyond.

Justin began thinking about those adventures then came up with the idea of encouraging more to bicycle, Ebikes in particular where people of all ages could challenge themselves to pedaling as much as possible or simply let the bike help them up the next steep hill.

Audrey said that her Ebikes can even get her

up the long, steep slope on Burleigh Hill Road in Sanbornton better than any typical pedal bike.

“It’s so much easier to ride up that hill on an Ebike,” she said.

But their new focus is not on paved roadways in the area. It’s about heading out on trails where there is so much more to enjoy.

The couple have explored all the local biking trails, including the WOW Trail through Laconia, the Winni-

saukee River Trail from Tilton to Franklin, and the Northern Rail Trail, running along Rte. 4 from Franklin to Lebanon.

“I really love that trail. The WOW trail is paved and makes for a really pretty, easy ride and there’s so much history and sights to see on the Winni trail, too. Personally, I prefer the gravel trails,” Audrey said.

That’s the best part of Lakes Region Ebikes though—people can

chase their own adventure. Justin said their idea is to introduce people to the beauty of the wildlife, plants, vistas and waterways of Central New Hampshire. He and his wife began their venture by exploring each of those three major trails then sat down and compiled an itinerary for each. Included are points of interest, historic notes, and even places just off the trails to shop or enjoy a good meal. The couple also

looks to establish a partnership with each of those nonprofit trail organizations.

“We really hope our Ebike business will add to the community,” said Justin.

Audrey said that the bikes are all new Surface 604 electric bicycles in two adult sizes, with fat tires that can handle all types of riding surfaces, including snow. Each is equipped with hand brakes along with a control lever for adjusting the level of pedaling. Level One provides more of a workout for the rider; pedaling mostly on their own, then progresses gradually up to Level Five where the electric components take on most of the forward movement with little pedaling required.

Justin said he has problems with his knees but recently traveled 19 miles with ease on the Ebike.

“I couldn’t pedal that far on my own right now,” he said. “That’s what’s great about an Ebike. It can do a lot of that work for you. People can get out and go farther on one, and that opens up a lot of places and sights they might not otherwise get to see.”

Their bikes are also equipped with light-sensor headlights on the front and brake lights on the rear for safety. There are two racks, one on the back for the cooler they provide for lunch and cold drinks, and one on the front to strap on extra clothing, photography equipment or whatever else they want to bring on their adventure. There is also a cell phone charging port below the seat as well as a bell on the handlebars to alert other cyclists of your approach.

Perhaps the great-

est advantage to renting from Lakes Region Ebikes is that they will transport the equipment to the local trail of your choice, be it the paved WOW trail along the lake and river in Laconia, the historic riverside trail from Tilton to Franklin, the lengthy Northern Rail Trail or any other location they may want to explore.

“We’re flexible,” Audrey said.

Once at the trail entrance, she will go over the mechanisms of the cycles, provide her customers with one of her laminated maps then wish them all a great adventure. And when the trip is done, she’ll be there to pick the bikes back up again.

Lakes Region Ebikes is open seven days/week, 365 days a year. They currently offer rentals for one, two and four hour trips, starting at \$35 then gently rising in price from there. Before and after work rentals are also available for people who might want to get in a morning workout or enjoy a relaxing ride after a busy day. Riders must be at least 18-years-old to rent the bikes, but those ages 14-18 may do so with an accompanying parent or guardian.

As this new recreational opportunity kicks off in time for fall foliage viewing, Audrey said she will continue to grow the company, including special riding events for those interested in a group outing.

To stay in touch with their latest news and updates, Lakes Region Ebikes can be found on Facebook, Instagram, LinkedIn or at their Web site, [www.lakesregionebikes.com](http://www.lakesregionebikes.com). To schedule a rental please call 603-630-8960 for reservations.



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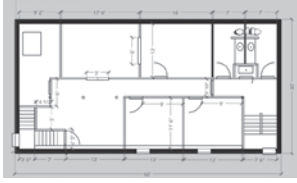
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2-BR/2BA townhouse in Golf Village! Master suite & laundry on 1st flr. Living room w/ vaulted ceilings, new 2-sided gas fireplace, 3 recently installed Mitsubishi heat/ac units and views over the 13th fairway of Laconia Country Club. Private pool at Golf Village.

Only 5 years old! Virtually maintenance free, this ranch has 3BR/2BA & single level living! Open concept floor plan; naturally light & bright! Hardwood flrs., granite counter tops, large kitchen island, propane FP, deck, vinyl siding, farmer's porch & shed in backyard.

Completed in 2020, this 3BR/2.5 BA cape is very spacious and modern. Cathedral ceilings, farmer's porch, 1st flr. laundry, 4-season sunroom, vinyl siding, community water & septic, 2-car garage w/ direct entry and ¾ walk out basement for easy finishing.

In a tranquil setting, this property has .87 ac. & 110' of frontage on the Snake River, between two lakes. Gutted and cleaned out, it has a 2-BR septic, a well, grand windows, natural light & walk-out basement + a variance for 250sf. deck. Convenient location.

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# LEGAL

## State of NH Job Opportunity Department of Education Bureau of Vocational Rehabilitation

The New Hampshire Department of Education, Bureau of Vocational Rehabilitation is hiring several part-time **Employment Specialists**. These positions will be covering the **Berlin, Plymouth, Littleton, and Conway** territories. For more information on these positions, please visit the following link and look for the Employment Specialist positions.

<https://www.education.nh.gov/careers>

The job postings will close on October 29, 2021. Please contact Tracey Frye at Tracey.L.Frye@doe.nh.gov with any questions.



## ON SITE AUCTION

Saturday October 23, 2021 @ 10 AM

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Automobiles, Tractors, Equipment : Mid 1950s Jaguar XK-140 convertible in as found condition - comes with a replacement engine; Ford Model T Roadster 1916; 1925 Buick Master Six; Mercedes Unimog Model 411 - Chassis 120-10-034592; 1924 Ford Model T Woody Station Wagon - in pieces - some assembly required; 1960's Massey Ferguson 35 with sickle bar cutter; Universal UniLoader Hudson Iowa Model 150M; large International Harvester tractor with loader bucket - not currently running; other tractors; hay elevator in good working condition; large Bridgeport milling machine; antique belt run saw rig; Delta table saw; antique wall mount drill press; selection of heavy duty metal working tools and shapers; Blast abrasive blasting cabinet; other equipment and much more.

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

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Apply in person at 1525 US Route 4 in Danbury NH or call 768-5900 to set up an appointment.

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 **North Country Home Health & Hospice Agency**

**Come Join Our Team!**  
We are currently looking for the following talent!

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\$7,500 dollar sign on bonus!!  
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(Full Time with Benefits)  
Mon. - Fri. 8:00am to 4:30 pm

**For more information, please contact**  
Linda Elliott, Human Resources at lelliott@nchhha.org  
Apply online at Indeed.com

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

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**CDL TRUCK DRIVER/  
YARD MAN**

Duties to include:

- Local deliveries of lumber-building materials.
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- Preferably long-term employee

Benefit to include:

- Competitive Wages
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- Holidays
- Overtime pay

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



**Full-Time  
Installers Assistant**

Energysavers Inc, a 46 year old hearth & spa product retailer in the Lakes Region, is looking for a motivated individual that wants to learn the trade of installing hearth products. You must be comfortable working on roofs when necessary and able to work with an installer to move heavy items. Energysavers pays for all educational costs to get and maintain NFI wood, gas and pellet certifications as well as a NH gas fitters license for gas hearth installations and service. **LEARN WHILE YOU EARN!**

No prior experience required. Must have a valid driver's license and pass the pre-employment drug screening. Stop in to fill out an application:

**Energysavers Inc,**  
**163 Daniel Webster Hwy, Meredith NH**

## WINNISQUAM REGIONAL SCHOOL DISTRICT SAU 59 2021-2022 School Year

### Current Openings

- Business Teacher - Winnisquam Regional High School
- Biology Teacher – Winnisquam Regional High School
- Special Education Paraprofessionals – Starting at \$14.50/hour
- Custodian – Starting at \$14.00/hour
- Long Term Substitute Health Teacher – Winnisquam Regional Middle School
- Long Term Substitute Science Teacher – Winnisquam Regional Middle School
- Crossing Guard - \$10/hour
- Substitute Nurses - \$150/day
- Substitute Teachers - \$80/day
- Substitute Paraprofessionals - \$65/day
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\*\*\* Applications accepted until positions are filled \*\*\*

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EOE



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RN E.D., Charge, Night Shift  
Patient Access Representative  
Patient Access Manager  
Patient Access Specialist  
LNA/Unit Coordinator  
RN Nurse Manager  
ED Nurse Manager  
ED Technician/LNA  
Physical Therapist  
LNA  
Cook

#### PART-TIME

Cook (temporary)  
Environmental Services Technician

#### PER DIEM

Cook  
LNAs – RNs – Certified Surgical Tech – Medical Assistant  
Patient Access Representative

#### APPLY ONLINE

WWW.UCVH.ORG  
Upper Connecticut Valley Hospital  
181 Corliss Lane, Colebrook, NH 03576  
Phone: (603) 388-4236  
Ucvh-hr@ucvh.org  
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**Process Technician – 2<sup>nd</sup> Shift - Starting Pay \$19.00**

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**Sanders 1<sup>st</sup> Shift - Starting Pay \$14.50**

**\$.75 per hour shift differential on 2<sup>nd</sup> shift.**

**\$1.50 per hour shift differential on 3<sup>rd</sup> shift.**

**\*\*\$1,000 SIGN ON BONUS FOR FULL TIME EMPLOYEES**

**\*\*\$500 SIGN ON BONUS FOR PART-TIME EMPLOYEES**

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

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You can also email your resume directly to [donna.doyle@psimp.com](mailto:donna.doyle@psimp.com),  
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**PSIMP an Equal Opportunity Employer.**  
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## Moultonborough School District Fall Coaching Opportunities

The Moultonborough School District has the following coaching opportunities available  
for Fall 2021:

**Varsity Girls Soccer**  
**Assistant/JV Girls Soccer**  
**Assistant/JV Boys Soccer**  
**ML Volleyball A**

To apply, complete application found at: <http://www.sau45.org/district/employment>  
and submit along with a letter of interest to:

Chris Wood, Athletic Director  
Moultonborough School District  
PO Box 228  
Moultonborough, NH 03254  
or email all documents to: [cwood@sau45.org](mailto:cwood@sau45.org)  
*Equal Opportunity Employer*



## SAU #68 LINCOLN-WOODSTOCK COOPERATIVE SCHOOL DISTRICT

PO Box 846, 78 Main Street #3, Lincoln NH 03251  
Telephone: (603) 745-2051 / Fax: (603) 745-2352  
[www.lin-wood.org](http://www.lin-wood.org)

The Lincoln-Woodstock Cooperative School District,  
recognized as one of the Best Schools in NH,  
and located in a year round recreational setting in the White Mountains  
announces openings for the **2021-2022** school year:

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NH Certification in Health Education and Physical Education Preferred.  
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Sharon Holt  
Lincoln-Woodstock Cooperative School District  
PO Box 846  
Lincoln, NH 03251  
[sholt@lin-wood.org](mailto:sholt@lin-wood.org)  
603-745-2051 ext. 210

The Lincoln-Woodstock Cooperative School District is  
an equal opportunity employer. Job Applications are  
available on the School District's website at  
<https://www.lin-wood.org/employment>.



## OPEN HOUSE / JOB FAIR

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**7:00am to 11:00am**

**&**  
**THURSDAY, NOVEMBER 4<sup>th</sup>**  
**4:00pm to 8:00pm**

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Sanders – 1st shift

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Process Tech – 2nd shift

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PSI Molded Plastics  
Five Wickers Drive  
Wolfeboro, NH 03894  
603-941-0022

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

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Apply in Person  
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to request us to email an application

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

**Precision Lumber Inc.**

**WATCHMEN WANTED**

**PART TIME WATCHMEN**  
POSITIONS AVAILABLE

**Precision Lumber Inc.**  
576 BUFFALO ROAD, WENTWORTH NH 03282  
[WWW.LUMBERNH.COM](http://WWW.LUMBERNH.COM)  
603-764-9450

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**WHITE MOUNTAINS REGIONAL SCHOOL DISTRICT**  
2021-2022 School Year Professional & Support Staff

**ATHLETICS**  
Varsity Wrestling Coach  
LES Girls Basketball Coach  
Nordic Skiing Coach  
Varsity Softball  
Junior Varsity Softball  
(Contact Kerry Brady, AD, for application, etc  
837-2528 or [kbrady@sau36.org](mailto:kbrady@sau36.org))

**WHITEFIELD ELEMENTARY SCHOOL**  
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Substitute Teachers

**LANCASTER ELEMENTARY SCHOOL**  
Part-Time Title I Teacher  
Part-Time Paraeducator  
Preschool Paraeducator  
Substitute Teacher

**WHITE MOUNTAINS REGIONAL SCHOOL DISTRICT**  
Reading Specialist

**WHITE MOUNTAINS REGIONAL HIGH SCHOOL**  
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Paraeducator  
Substitute Teachers

\*\*\*Substitute teacher rate of pay is  
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SAU 36 will pay for the  
required Criminal Background Check\*\*\*

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

**HOLDERNESS PRIVATE SCHOOL**

**Dining Service Positions Available**  
The Holderness School Dining Service Department is looking for team members for various positions, all with competitive wages. For more information please see our employment portal at <https://www.holderness.org/about/employment>  
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**Loon Mountain Resort**

**Winter Hiring Fair**  
Saturday, October 23<sup>rd</sup>, 2021  
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Join our outstanding team members this winter and enjoy the new Kanc8 Lift, updated wages, free skiing and riding, and on-the-job training.  
We are hiring for the winter season for full-time and part-time positions, as well as, day and evening shifts. Safety precautions are in place when meeting with managers.  
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**2021-2022 OPENINGS**

**Now Hiring!**  
Teacher and Support Staff Substitute - \$100 per day  
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For more information please visit:  
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**To place your classified ad, please call our TOLL FREE number: 1-877-766-6891**

**MEETING**

CONTINUED FROM PAGE A1  
papers, manuscripts, diaries, letters, account books, maps, documents, photographs and whatever else may relate to the life, conditions, activities of the Town of

Sanbornton.

For example, resident Willard Blaisdell, while participating in our September yard sale in front of Currier Building, was shown inside Lane Tavern by Linda Salatello, and learned what

Blaisdell family donated materials we have. He went home and decided to give us a framed family plaque that relates how his antecedent Ralph Blaisdell came by way of shipwreck to York, Maine, and later to Salisbury, Mass., the

shipwreck happening on Aug. 15, 1635. The ship had been owned by Sir Walter Raleigh, and this is written about it: The Angel Gabriel was a 240-ton English passenger galleon. She was commissioned for Sir Walter Raleigh's last expedition to America in 1617. She

sank in a storm off Pe-maquid Point, near the newly established town of Bristol, Maine (1635). The sinking occurred during a hurricane in the middle of the Great Migration. We are grateful for this additional Blaisdell family donation.

Sanbornton Historical Society welcomes all. Hope to see people again in Lane Tavern, 7 p.m. on Thursday evening, Oct. 14! Enjoy Ms. Budington's music, do the work of voting for the organization, and please wear a mask.

# HELP WANTED

**Giuseppe's**  
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**is HIRING!**

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**Meredith, NH**  
[www.giuseppesnh.com](http://www.giuseppesnh.com)  
**(603)279-3313**

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**Help Wanted**

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

Experience with furniture sales is helpful, but not required.

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Harris Family Furniture offers benefits to full time employees.

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

PITTSFIELD, NH

**LOOKING FOR A JOB WITH PURPOSE?**

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- Able to speak, read and write English
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- Willing to learn
- Enjoy working with your hands
- Able to sit and/or stand for long periods of time
- Able to lift approximately 30 pounds
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Candidates with experience in the following areas are encouraged to apply:

- Quality Control and Inspection
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**Cutting Room Associate**

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- Will spread fabric on one hundred foot table, perform quality inspection, and measure and mark fabric to be cut to specification
- Cut fabric into pieces using a Gerber Cutter
- Place cut goods on rolling racks
- Prepare material for other areas of production
- Bag goods

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

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

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

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**B**

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**PLEASE NO PHONE CALLS!**

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**VOLLEYBALL**

CONTINUED FROM PAGE A1  
behind a couple of aces from Cecilia Hornkohl and a hit from Rebeka Nesbitt. Belmont got on the board with a hit from Mady Cryans. The Lakers got a hit from Molly Moynihan and Belmont answered with a hit from Kaitlyn Bryant.

The Lakers then went on a big run, turning a 5-4 lead into a 23-4 lead behind some strong play at the net from Moynihan and Caitlyn Clark and strong serving from Haven Lopez, who had five aces in the run. The Raiders got on the board again to make it 23-5, but the Lakers finished things off for the 25-5 win and the 1-0 lead.

The hosts got off to a 3-0 lead in the second set as well, with Nesbitt getting a hit to start things

out and then adding a service ace. Belmont got an ace from Cryans and a hit from Madi Paquette to pull even at three, but the Lakers got hits from Reagan White and Moynihan to get back in front.

Belmont pulled even at five but a tip from Meadow True at the net put the Lakers in front for good. They stretched the lead to 9-6 on hits from Hayley Doda and Hornkohl before a Belmont hit from Bryant got them back on the board. Nesbitt came through with a pair of hits surrounded by hits on the other side from Madeline Johnson and Cryans.

Nesbitt had a couple of solid hits and White had a pair of service aces as the Lakers stretched the lead to 21-8. Nesbitt and Destany Berocales

exchanged hits but the hosts were able to close out the 25-9 win and the 2-0 lead.

Moynihan had a block to start off the third set and an ace from Hornkohl helped the Lakers get out to a 4-0 lead. Belmont battled back with a hit from Cryans but the Lakers got a couple of hits from Clark. Cryans added another hit and then stepped to the service line and delivered an ace to pull Belmont even at seven.

Clark had another hit to put the Lakers in front but Bryant kept Belmont in the match with her own hit. True came through with a pair of service aces for the Lakers and they upped the lead to 13-8. Belmont battled to stay in it, with Johnson getting a hit, but Moynihan had a hit and Lopez had an ace to

put the Lakers up 22-11.

Belmont came charging back, getting a key hit from Paquette, but the Lakers were able to get the final three points after the Raiders cut the lead to 23-16 and Inter-Lakes had the 25-19 win and the 3-0 victory.

"We stayed completely focused all three sets," said Mattson. "I'm very pleased with that." She praised the work of Hornkohl and True, who have been integral parts of the attack in their freshman campaigns, noting they have both stepped up in big

ways.

Lopez finished with 23 service points and seven aces, White had seven serves in a row, Moynihan had six kills, Nesbitt had eight kills and Tori Sturart had four digs. Hornkohl added eight service points and four aces and True had 12 assists.

"We struggled on serve receive, it's been our Achilles' Heel all season," Edgren said. "We got a little better as it went on, that was a little bit of a silver lining. "We don't have to be at our best right now, all

this is a learning experience," The Raider coach continued. "Inter-Lakes, they've seen progress, now we've just got to get better."

Belmont will be at Farmington on Friday, Oct. 15, at 6:15 p.m.

The Lakers will be hosting Farmington on Monday, Oct. 18, at 5:15 p.m. and will be at Hillsboro-Deering on Wednesday, Oct. 20, at 5:30 p.m.

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

**SOCCER**

CONTINUED FROM PAGE A1

first corner of the game. Ayden Cushing, Goodwin and Blackburn had chances for the Bears but could not convert, with Spartan keeper Logan Ames coming up with the saves in the net. The Spartans did get a bid from Brody Labounty, but keeper Jacob Holt was able to make the stop for the Bears. Avery Woodburn also had a shot for the Spartans that Holt stopped.

Labounty sent a nice cross into the box but Lucas Robdau was there to clear the ball out. Kieran Tobin just missed connecting with Robert Southworth on a bid for the visitors and Kegan Nelson had a shot for the Spartans that was stopped by Holt. Zach St. Onge had a pair of bids for the



Zach St. Onge's face says it all as he celebrates Colby Blackburn's (29) game-winning goal last week. Bears, with one going headed wide.

over the net and the other stopped by Ames.

The Spartans got a pair of corner kicks and the second one proved fruitful, as Tobin delivered the ball from beyond the top of the box on a perfectly-placed shot for the 1-0 lead with 23:40 to go in the first half. Cushing had a bid stopped by Ames and then Tobin helped out his goalie by clearing out another Cushing bid. Winnisquam had a corner kick chance, but could not convert.

Woodburn sent a shot high over the top for the Spartans and Cushing just missed connecting with St. Onge at the other end. Ari Booth and Cade Wujcik continued to pressure for the Bears and the Spartans got bids from Jude Percey, Eli Percey and Southworth, but they could not convert, with Holt holding tight.

Cushing just missed connecting on a bid into the zone for the Bears, Southworth had a direct kick for the Spartans and Xavier Oakes had a shot for the Spartans that Holt denied.

Inside the final minutes of the first half, the Bears were able to get the game tied, as Wade Fournier converted on a corner to make it 1-1 at the halftime break.

The Spartans had a chance from Labounty early in the second, but Robdau was able to clear it out. Woodburn sent a shot high over the net, while at the other end, Goodwin had a couple of chances, one stopped by the defense and the other stopped by Ames in the Spartan net. The two teams exchanged corners but neither team was able to convert.

With 27:49 to go in the game, the Spartans took the lead, as Labounty broke in behind the defense and was able to fire the ball to the back of the net for the go-ahead goal. Winnisquam battled back with chances from St. Onge, Robdau and Goodwin, but the Spartans answered with bids from Labounty and Southworth. The Bears had a shot from St. Onge just miss the mark on a deflection and the Bears had a corner that was

With just more than 11 minutes to go, St. Onge was taken down in the box and the Bears were awarded a penalty kick. Cushing took the kick and buried it for the tying goal. Labounty came back with a couple of good chances for the Spartans as they looked to escape with a win, but his shots were stopped by Holt.

With just 49 seconds to go, Blackburn netted the game-winner on a crossing pass from Goodwin to earn the 3-2 win.

"We haven't been able to get over the hump," said Osmer of his team's early season struggles. "Whatever that thing was that we needed to get the win, they found it today.

"We didn't really do anything different," the Bear coach added. "If there was anything different, there were fewer mistakes.

"Against a quality team, a good opponent, they came from behind," he added. "That showed their mental toughness."

"Penalty kills are killing us," said Cliché, who noted his team has had three PKs against them in the last two games. "That gave them the momentum today.

"We've been fighting (the slow starts) all year," the Spartan coach continued. "We have low numbers, so we use what we have (only two subs were available), and kids sick and hurt made it tougher.

"It's a good bunch of kids," he added. "They have a lot of talent."

Winnisquam is scheduled to host Franklin on Friday, Oct. 15, at 4 p.m., will be hosting Mascoma on Tuesday, Oct. 19, at 3:30 p.m. and will be hosting Somersworth on Thursday, Oct. 21, at 4 p.m.

White Mountains is slated to host Littleton on Friday, Oct. 15, at 3:30 p.m. and will visit Profile on Monday, Oct. 18, at 4 p.m. and hosts Inter-Lakes on Wednesday, Oct. 20, at 3:30 p.m.

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Sarah McLaughlin goes low to return a shot in action against Inter-Lakes

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# Breast Cancer awareness

## Did you know?

Women diagnosed with breast cancer who want to speak with someone who has survived the disease can do so thanks to a unique program sponsored by the American Cancer Society. The Reach to Recovery program from the ACS connects current cancer patients with breast cancer survivors via an online chat. Patients, regardless of where they are in their cancer journeys, can connect with volunteers for one-on-one support. Volunteers can help patients cope with treatment and side effects while also offering advice on speaking with friends and family, working while receiving treatment and more. Even people facing a possible breast cancer diagnosis can sign up. The program works by asking patients and volunteers to join the program and create profiles on the Reach to Recovery website ([www.reach.cancer.org](http://www.reach.cancer.org)). Patients then look for a match by searching volunteer profiles, filtering through suggested matches and sending an online chat request to volunteers. Patients and volunteers can then schedule a chat and discuss any concerns patients may have. Volunteers with the Reach to Recovery program are breast cancer survivors who have been trained by the ACS to provide peer-to-peer support to people facing a breast cancer diagnosis. Volunteers can provide support to patients, but are prohibited from offering medical advice. More information about the Reach to Recovery program, including how to join as a patient or volunteer, is available at [www.reach.cancer.org](http://www.reach.cancer.org).



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# MVSB announces photo contest winners

MEREDITH — MVSB (Meredith Village Savings Bank) is excited to announce the winners of their annual photo contest. Selected photos will be featured in the community calendar as well as on the Bank's website and social media. Images will also be included in desk calendars, holiday cards and note cards. Complimentary calendars will be available to the public during the late fall in the Bank's branch offices.

"The submissions for this year's photo contest were incredible, and they really captured the different seasons and unique character of New Hampshire. It's always challenging to narrow down the entries to our top picks," said Deborah Irwin, Assistant Vice President and

Marketing Relationship Manager. "So many of our community members look forward to this annual contest and the calendars. It's a great way to celebrate our state and feature exceptional talent from hometown artists."

Winners of MVSB's 2021 Community Photo Contest included:

- Kathleen Curran of Laconia
- Macayla Dutile of Laconia
- Colleen Eliason of Campton
- Illyana Golden of Lyndeborough
- Ida Gould of Campton
- Megan Greenbaum of Moultonborough
- Holly Heath of Gilford
- Robert Kozlow

- of Meredith
- Kurt Oberhausen of Belmont
- Alice O'Connor of Holderness
- Elissa Paquette of Wolfeboro
- Abhijit Patil of Hudson
- Marie Sapienza of Newton Junction

\*List features both print calendar and website contest winners

Unlike a stock bank, MVSB is a mutual savings bank that operates for the benefit of its depositors, borrowers and surrounding communities. As a result, MVSB has remained steadfast in fostering the economic health and well-being of the community since it was founded in 1869. For over 150 years, Meredith Village Savings Bank (MVSB), has



COURTESY

"Mailboxes and Sunflowers" by Colleen Eliason will be featured for September in the 2022 calendar.

been serving the people, businesses, non-profits and municipalities of Central NH. MVSB and its employees are guided by the values of accountability, mutuality, excel-

lence, respect, integrity, teamwork and stewardship. To learn more, visit any of the local branch offices located in Alton, Ashland, Center Harbor, Gilford, Laconia, Melvin

Village, Meredith, Moultonborough, Plymouth, Portsmouth or Wolfeboro, call 800-922-6872 or visit mvsb.com.

# Bank of NH supports Gale School project



COURTESY

Left to right: Carmen Lorentz, Executive Director, Lakes Region Community Developers; Bambi Lane, Assistant Vice President, Commercial Banker, Bank of New Hampshire; Tiffany Baert, Vice President, Marketing Officer, Bank of New Hampshire; Chris Emond, President & CEO, Boys & Girls Club of Central New Hampshire.

BELMONT — Bank of New Hampshire purchased \$20,000 in New Hampshire CDFA tax credits to support the redevelopment of the Gale School at 60 Concord St. in Belmont Village. The project will transform the historic schoolhouse into a community facility that will include on the first floor a new early learning center operated by the Boys & Girls Club.

"Our region has an immense need for high quality child care so more people can work and our economy can continue to grow," said Tiffany Baert, Vice Pres-

ident, Marketing Officer for Bank of New Hampshire. "The Gale School project is a great combination of historic preservation and economic development. We are excited to be part of it."

"We have a lot of families on our waiting list for child care," said Chris Emond, President & CEO of the Boys & Girls Club of Central New Hampshire. "The Gale School project presents a great opportunity for us to expand this critical service needed throughout the Lakes Region."

Lakes Region Com-

munity Developers (LRCD) is the developer for the Gale School project. LRCD and the Boys & Girls Club are partnering to sell the tax credits to local businesses. They have \$516,000 left to sell in order to move ahead with construction, which could start as early as next summer if fundraising is successful. Businesses interested in purchasing tax credits for the Gale School project should contact Carmen Lorentz at LRCD by calling (603) 524-0747, ext. 110.

The Gale School was built in 1894, and was

used by the Belmont school district until the mid-1980s. The building has been mostly vacant since then, and years of neglect have taken their toll. The Gale School was named to the New Hampshire State Register of Historic Places in 2018, and was selected as one of New Hampshire's Seven to Save in 2017.

In July 2020, the building was successfully moved by the local Save Our Gale School Committee (SOGS) to a new location at 60 Concord Street in Belmont Village. LRCD agreed to

partner with SOGS to redevelop the building.

The tax credits are administered by New Hampshire Community Development Finance Authority (CDFA). Any business with operations in New Hampshire that contributes to a CDFA tax credit project receives a New Hampshire state tax credit worth 75 percent of their contribution. The credit can be used over a period of five years to reduce the business' state tax liability (business profits, business enterprise or insurance premium

taxes). The tax credit program allows NH businesses to redirect a significant portion of their state tax dollars to support local projects that they care about.

CDFA reviews many project applications each year and awards tax credits to those they determine are feasible and will make the biggest impact on economic development in the state. LRCD was awarded \$750,000 in credits for the Gale School project, and has sold \$234,000 to date.

## All smiles at Laconia's Happy Cow Ice Cream Shop

COURTESY

Lakes Region Scholarship Foundation is gearing up for their second annual Pumpkin Figure Contest, while contestants are preparing their creations to be ready for display and judging on Friday, Oct. 15 and 16. The event is not only a competition, as well as fun fall activity sponsored by the Foundation, but it is also a small fundraiser. To help out the cause, Calise Houle, manager of Laconia's Happy Cow Ice Cream Shop on Union Avenue, offered to join the Foundation for that special weekend and will give 10 percent of the sales for the two days

of the event. Pictured above left to right: Calise Houle, Manager of the Happy Cow; Marge Wilkinson, LRSF Trustee and Pumpkin Figure committee member; and Karen Switzer, Executive Director of Lakes Region Scholarship Foundation. (In the background ready to serve up his favorite ice cream flavor, "pumpkin," is LRSF Pumpkin Figure Contest mascot: Brad the Grad.)







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