THURSDAY, SEPTEMBER 2, 2021

SERVING TILTON, NORTHFIELD, BELMONT & SANBORNTON, N.H.

Soccer Bears set small goals to reach big goals



JOSHUA SPAULDING

Ayden Cushing will be a key cog in the offense for the Winnisquam boys' soccer team.

BY JOSHUA SPAULDING

Sports Editor TILTON ond-year head coach Tom Osmer doesn't expect that things will be easy for his Winnisquam boys' soccer team.

However, he also believes that his team is up for the challenge ahead

of it as the new season kicks off.

"I expect that the teams we play against want to win as badly as we do and that everything will be hard," said Osmer. "I expect the game."

He also knows that a goal of a state championship, as every team should have at the start of the year, won't happen

without smaller goals leading up to that championship.

"The goal of every SEE BEARS, PAGE A9

New coach ready for new season of Winnisquam cross country

BY JOSHUA SPAULDING

TILTON — With the graduation of a number of the stalwarts of the Winnisquam cross country program over the last few years, new coach Rileigh Goulette will be looking to a relatively new group of kids to help push the team forward in the coming months.

"We have a few returning upperclassmen who will be great role models in keeping the foundation of the team consistent," the Bear coach said. "And there are incoming first time ninth and 10th graders with strong potential to demonstrate success in the 5K distance and are already bringing the effort in preseason activities."

The Bears are returning to a somewhat normal season this year after last year's unusual campaign and Goulette noted it is important to make sure that everyone is ready to make changes if necessary as the season rolls along.

"I am prepared to accept changes last minute in regards to regulations or timing with events," Goulette stated. "While the students are excited to run together and explore cross country with less restric-

SEE COACH, PAGE A9

Malcom takes helm team to embrace that challenge and play hard every minute of every for Belmont soccer girls

Early deadlines for Labor Day

Due to the Labor Day holiday, the submission deadline for any press releases and letters to the Editor intended for publication in next week's edition of the Winnisquam Echo has been moved up one business day, to Friday, Sept. 3 at 8 a.m.

Please note that our offices will be closed Monday, Sept. 6 in observance of the holiday.

BY JOSHUA SPAULDING Sports Editor

BELMONT — While there is a new face at the helm of the Belmont girls' soccer team, there are a number of familiar faces wearing the uniforms as the new season gets under way.

Jeff Malcolm takes over the Raider program and has a roster full of returning players that

should help keep the team's momentum moving in the right direc-

"As a new coach, it is important to maintain some of the main structure that the team is accustomed to, but at the same time, you want to create your own culture within the team that is positive and successful," Malcolm stated. "Everyone knows what their roles are and they feel free to take credit for their successes but also take responsibility for their mistakes that happen within the game."

After a strange season last year, where the Raiders played exclusively against teams from around the Lakes Region, there is a semblance of normalcy this

vear, as Belmont returns to a regular Division III schedule.

"Normal is the key word that everyone is searching for this year," Malcolm said. "It is a juggle to plan for normal but also have the energy within the team to pivot when it needs to change."

> He also points out that SEE MALCOM, PAGE A9

Franklin Savings Bank invests in solar project to lessen carbon footprint

FRANKLIN — Franklin Savings Bank announced today that it will partner with Revision Energy to upgrade five of its locations to renewable solar energy in an effort to lessen its reliance on fossil fuels, the largest source of greenhouse gas emissions. Solar panels will be installed beginning this month at its Goffstown office followed by Merrimack, Bristol, Gilford and its administrative services center in Franklin.

According to President & CEO Ron Magoon, "We have always taken great pride in being environmentally scious when it comes to protecting our environment for future generations to enjoy. We felt it

was time to expand upon moval of 33 passenger some of the things we have been doing in this area. And, we want to be viewed as a responsible, conscientious corporate citizen by our customers and the communities we have proudly served for over 152 years."

will be installed should deliver 184.84 kW of power to the bank's offices. The environmental benefits realized from the bank's decision to migrate away from fossil fuels are staggering. The move to renewable solar energy will eliminate 331,996 pounds of carbon dioxide (CO2) annually from the earth's atmosphere. Broken down further is the equivalent to 16,945 gallons of gas-

oline not burned, re-

automobiles from the road, 165,922 pounds of coal not burned, and 51 tons of waste recycled.

David Webb, the Commercial Design Specialist at Revision Energy who worked with FSB to bring the project to The solar panels that fruition, was "extremely impressed by the bank's diligence and commitment to lowering their operation's impact on the environment. I'm hopeful that a well-respected New Hampshire financial institution's decision to go solar will help drive other local businesses to do the same."

> Revision Energy is a certified B Corp solidify-SEE **FRANKLIN**, PAGE A9



New food trailer arrives at Home Depot

Her ye! Hear Ye! There's a new Food venue in town. Located outside in parking lot at the Route 3 Tilton Home Depot Store. It's a Crisp-n-clean food trailer, heck, it even has comfortable outdoor seating. Does the Face look familiar? It's Brian Baxter of "BB's Hot Bites and Cool Delights" aka "BB's Scoops." Baxter is no stranger to the food industry having worked many years in concessions, including Nascar, private and corporate events, onsite special occasions, community celebrations, and more. BB's has been a staple at NH's largest and oldest fair, The Deerfield Fair, for more than 13 years. You may recall in 2018 "BB's Hot Bites and Cool Delights" was recognized as one of the "WMUR Top Ten NH Food Trucks". BB's extraordinary Steak-n-Cheese gained much attention along with other menu items. Brian brings forth not only great food, but also, his signature smile and enthusiasm. A staple for BB's has always been to serve great food with friendly service. BB's cares for its customers and are appreciative of its followers! Come say "Hello!" to reunite or give it a first time try! Follow BB's on Facebook for frequent specials, updates, and happenings. Currently open Monday through Saturday 7 a.m.-2 p.m.

Foundry Financial Group's Sarah Anderson obtains financial planning certification



LACONIA — The Foundry Financial Group, Inc. in Laconia is pleased to announce that Sarah Anderson has obtained the Certified Financial Planner certification. The CFP® designation demonstrates a financial planner's commitment to the profession and to high ethical standards.

The CFP® designation honors individuals who have met the rigorous experience, knowledge, and ethical requirements of the CFP Board of Standards, Inc. The CFP® exam covers topics which include the financial planning process, risk management, investment planning, tax planning, retirement and employee benefits, and estate planning.

Mrs. Anderson is a graduate of High Point University with a BS in Mathematics. She is enjoying her third year with The Foundry and takes pride in her role as a Wealth Management Advisor. Sarah is an integral member to an experienced financial planning and investment advisory team.

"The best part of my job is the relationships I'm developing with our clients," said Anderson, "but I also enjoy the indepth analysis to see how we can improve their financial outcomes."

The Foundry, a registered investment advisor, offers Fee-Only financial planning services to several hundred



Sarah Anderson

households throughout New Hampshire and surrounding states. Investment advisory services at The Found-

ry are offered through Cambridge Investment Research Advisors, Inc., also a registered investment advisor.

Bonnie Krasuski of Belmont awarded degree from UA

TUSCALOOSA, Ala. — Bonnie Krasuski of Belmont, has received the following degree from The University of Alabama: Master of Social Work. UA awarded more than 1,400 degrees during its summer commencement ceremonies on July 31.

With a beautiful campus, dozens of challenging academic programs, expert faculty and numerous opportunities for service and growth, The University of Alabama is a place where legends are made. UA offers its students a premier educational, cultural and social experience with more than 200 undergraduate, graduate and professional programs.

The University of Alabama, part of The University of Alabama System, is the state's flagship university. UA shapes a better world through its teaching, research and service. With a global reputation for excellence, UA provides an inclusive, forward-thinking environment and nearly 200 degree programs on a beautiful, student-centered campus. A leader in cutting-edge research, UA advances discovery, creative inquiry and knowledge through more than 30 research centers. As the state's largest higher education institution, UA drives economic growth in Alabama and beyond.

HIGH SCHOOL SLATE

Thursday, Sept. 2

BELMONT Boys' Soccer at Hopkinton; 4 Cross Country at Gilford; 4 Golf at Laconia; 4 Volleyball at Inter-Lakes; 5:15 GILFORD Boys' Soccer at Trinity; 4

Cross Country Home Meet; 4
Golf at Prospect Mountain; 3:30
WINNISQUAM

Cross Country at Gilford; 4 Volleyball vs. Plymouth; 6:15

Friday, Sept. 3

Field Hockey at Winnisquam; 4 Girls' Soccer vs. White Mountains; 4 Volleyball at Souhegan; 5:45 WINNISQUAM Boys' Soccer at Hillsboro-Deering; 4

Field Hockey vs. Gilford; 4
Saturday, Sept. 4

GILFORD-BELMONT Football at Sanborn; 2 WINNISQUAM Football vs. Inter-Lakes; 2

Tuesday, Sept. 7

BELMONT Boys' Soccer vs. St. Thomas; 4 Girls' Soccer vs. Kearsarge: 4

Girls' Soccer vs. Kearsarge; 4 Golf at Coe-Brown; 3:30 GILFORD

Boys' Soccer vs. Raymond; 4 Field Hockey at Laconia; 4 Girls' Soccer at Berlin; 4

Wednesday, Sept. 8

BELMONT Girls' Soccer at Laconia; 4 Volleyball vs. Epping; 6:15 GILFORD Volleyball vs. Winnisquam; 5:45 WINNISQUAM Field Hockey at Newfound; 4 Volleyball at Gilford; 5:45

Thursday, Sept. 9

BELMONT Golf at Con-Val; 4 WINNISQUAM Cross Country at Sandwich; 4

All schedules are subject to change.







~ Comfort Keepers ~ Take a deep breath: Stress relief

BY MARTHA SWATS Owner/Administrator COMFORT KEEPERS

In many ways, stress is a part of life for all of us. But for seniors, stress can have a larger affect on physical and mental wellness.

Having worries and concerns is natural, but it is more important as we get older to practice stress-reduction techniques to manage these thoughts.

The great news is that stress, and the techniques to manage it, are usually easy for most people to practice. Meditation, breathing exercises, physical movement and other tactics can help seniors continue to live the best quality of life and can even improve overall wellness.

Why is it critical to manage stress?

As we continue to

families safe during COVID-19, it's even more important to focus on the mental health needs of our seniors when it comes to stress.

Several studies have shown that stress is linked to mental and physical problems, from anxiety and depression to hypertension and immune system complications. In fact, it's estimated that stress increases the risk of heart disease by 40 percent, heart attack by 25 percent, and stroke by 50 percent. Not to mention the fact that stress can also exacerbate existing conditions - which can be very impactful for those with less efficient immune systems.

What can seniors do to manage their stress in a positive way?

Finding moments of joy and focusing on activities and hobbies

that bring meaning and purpose can help seniors manage their stress. Fortunately, there are many more stress relief techniques that seniors can follow to help improve their own personal wellbeing. What senior clients use to manage their stress today can help better prepare them for any future stress.

Stress relief techniques

Connection can help relieve stress. Seniors can call a friend or family member, have a video chat or spend time with loved ones when possi-

Meditate at the same time every day or whenever feelings of stress or anxiety arise

Practice deep breathing and mindfulness ex-

Reach out to friends and family to connect and spend time together

Follow a consistent exercise regimen healthy diet, upon physician approval

Journal or jot down thoughts and feelings at the end of each day – and be sure to take a moment to reflect on all the positive things that happened throughout the day

Find a virtual volunteer opportunity to give back to the community

Put together and execute a to-do list to increase productivity, decrease feelings of restlessness, and combat procrastination

Join a yoga class or practice it at home (with physician approval)

Listen to soothing or relaxing music, especially before bed

Find a way to laugh, whether it's by watching a funny TV show/ listening or

ers® help can At Comfort Keepers®, we have spent the last twenty years perfecting the art of helping seniors and other adults maintain their peace, happiness, and joy. To us, every moment in a senior's life is a unique op-

Comfort

portunity to foster positivity, going beyond daily tasks. Our approach to care is called Interactive CaregivingTM, a philosophy centered around

four central aspects of

life: mind, body, nutri-

tion, and safety.

What's more, our trained caregivers are selected with one specific quality in mind: empathy. Care that is empathetic is care that starts in the heart, and it allows us to meet our

clients' exact needs. Learn more about our unique service offering

by contacting a local Comfort Keepers office.

About Comfort Keepers Comfort Keepers is a leader in providing inhome care consisting of such services as companionship,

transportation, housekeeping, meal preparation, bathing, mobility assistance, nursing services, and a host

of additional items all meant to keep seniors living independently worry free in the comfort of their homes.

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

Please call 536-6060 or visit our Web site at nhcomfortkeepers.com for more information.

Fun for all at Prescott Farm's Harvest Festival

LACONIA — Prescott Farm Environmental Education Center will host its 11th Annual Harvest Festival on Saturday, Sept. 11, from 10 a.m. to 3 p.m.

Fall is a traditional time to celebrate the harvest's bounty with food and fun. The event will include an array of activities, including horsedrawn wagon rides, live traditional and Celtic Colonial-era Trades Faire demonstrations, nature craft activities for all ages, field games, garden tours, sing-alongs, and craft vendors.

Admission is free with a nominal fee for some activities.

Hungry and thirsty Harvest Festival goers can purchase lunch, snacks, and beverages right on site. Prescott Farm is happy to have Laconia Rod & Gun Club

for available pickup times.

St. Vincent



Chuck Walker, a skilled horner, will be among the Colonial-era trades demonstrations, at Prescott Farm's Annual Harvest Festival on Saturday, Sept. 11.

selling food and soft drinks as a fundraiser for their many charitable works. There will be a bake sale to support the Fledglings Nature-Based Preschool scholarship fund.

ered to schools in the Lakes Region. For more information, please contact your local school

Bay Bridge

Prescott Farm is a nonprofit 501c3 dedicated to environmental education and preservation. Since 1997, Prescott Farm has been a destination for people of all ages to learn about New Hampshire wildlife, ecol-

ogy, natural history and cultural history through hands-on public programs and service learning opportunities in the beautiful Lakes Region of New Hampshire. It is a designated wildlife viewing area with over 160 acres of idyllic farmland, forest and pastures open daily, year-round to the public including more than three miles of woodland, pond and field trails, heritage gardens, and a Natural PlayScape, as well as Fledglings Nature-Based www.prescottfarm.org.

Custom & Handcrafted Items Wedding & Family Jewelry

BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests during the week of Aug.

Marleen Layne, age 52, of Belmont was arrested on Aug. 17 in connection with multiple bench war-

A juvenile, age 16, was arrested on Aug. 19 for Criminal Threatening with a deadly weapon, Domestic Violence-Simple Assault-Physical Contact, Criminal Mischief, and multiple counts of Resisting Arrest or Detention.

A juvenile, age 16, was arrested on Aug. 19 for Operating Without a Valid License, Possession or Use of Tobacco Products by a Minor, operating a recreational vehicle with no helmet or eye protection, Operating an Unregistered OHRV, and Operating an OHRV on a State Way, Sidewalk, or Snowbank.

Sarah L. Paquette, age 40, of Claremont was arrested on Aug. 19 for Driving After Revocation or

A juvenile, age 16, was arrested on Aug. 20 for Resisting Arrest or Detention and multiple counts of Simple Assault-Physical Contact or Bodily Injury.

Savannah M. Beaule, age 21, of Franklin was arrested on Aug. 20 for Driving After Revocation or

Arthur A. Foss III, age 38, of Franklin was arrested on Aug. 20 in connection with multiple bench war-

Haigan W. Doubleday, age 34, of Tilton was arrested on Aug. 21 in connection with multiple bench war-

Jason M. Shaw, age 47, of Laconia was arrested on Aug. 22 for Driving After Revocation or Suspension and Suspension of Vehicle Registration.

Brianna W. Renaud, age 21, of Canterbury was arrested on Aug. 22 on multiple counts of Bail Jump-

Stephen G. Smith, age 54, of Belmont was arrested on Aug. 22 on multiple counts of Breach of Bail.

Russell R. Bare, age 41, of Center Harbor was arrested on Aug. 22 for operating a vehicle with an Unofficial Inspection or Registration Decal.

Kevin C. Welcome, age 60, of Concord was arrested on Aug. 23 for Possession of a Controlled Drug, being in Control of a Premises Where Drugs have been Kept, and Possession of Drugs.

Gabriel James Rogers, age 21, of Belmont was arrested on Aug. 23 for Criminal Threatening-Conduct.





Opinion

A4 Thursday, September 2, 2021 WINNISQUAM ECHO

Get a hobby

Although we typically hear the phrase 'get a hobby' as a sarcastic way of putting someone down, there is also some truth to it. It's important, especially for students to get involved in extracurricular activities.

Even as adults, when looking for work, it's important to showcase experience as well as other aspects of your life. Most employers are looking for candidates who have a range of skills.

We learn this from a very young age. Striking a balance between work, school and taking time for yourself is key to a happy life. These days however, time seems to be something there is just never enough of. In fact, over the past several years, there has been a decline in civic engagement including neighborhood get togethers and leagues such as bowling, softball etc. Time seems to get eaten by social media or binging tv shows. Experts say the term 'busy' has been used as a badge of honor to make us feel important, not that we need to be busy, to actually be important.

Hobbies tend to make us more efficient. If we have a meeting to attend, or workout class to go to, we will check things off the list for work, to make time for what we want to do. When we feel like we have more time ahead of us to finish work, with nothing else to do, that time will get eaten up by work.

People tend to be more energized by active leisure, as opposed to watching movies or scrolling through social media. Active engagement allows us to be more present.

Hobbies are great for both students and adults alike in that it creates a chance to make friends and create new connections. We all know that social connections are key to creating happiness. People want to feel like they're a part of a community

Further, learning new things gives you more to talk about it, therefore making you more of a unique person. It makes you a more well rounded. Whether you hunt, mountain bike, play music, collect stamps, or Doors memorabilia, you'll always have an interesting story to tell.

Being involved in other things besides school and work does relieve stress. Experts say to allocate one hour per day or a few hours per week to do something you feel inspired by. If there's something you've always wanted to do, don't wait for 'someday' do it now.

In our office, there are all sorts of conversations that take place because we all have different hobbies. We have history buffs, runners, musicians, hikers, snowboarders, actors, artists, movie buffs, podcasters and so much more.

As Dale Carnegie said, "Make the most of today. Get interested in something. Shake yourself awake. Develop a hobby. Let the winds of enthusiasm sweep through you."



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Jay's Marina named Winnisquam Watershed Network Benefactor



The Winnisquam Watershed Network (WWN) recently extended its thanks to Jay's Marina for once again supporting the WWN at the Benefactor (\$1,000 or more) level with a plaque to be displayed at the business. The WWN is a non-profit lake association with a mission to preserve and protect Lake Winnisquam and its watershed. Its programs include water quality monitoring, invasive species management and prevention and watershed management planning, and the organization depends on support from its members and sponsors to conduct this important work. According to Jay's owner Steve Christi they are happy to help such a worthy cause because without a clean and healthy lake they would not have a successful business. Pictured are WWN **Director Chuck Mitchell and** Steve Christi of Jay's Marina.

LETTERS TO THE EDITOR

Funding for Youth Assistance Program should be reinstated

To the Editor:

In the middle of downtown Tilton is a small place that I imagine most people see but do not know what it is. Maybe you walk by it and say I wonder what they do there. This is the Youth Assistance Program at 291 Main Street that serves youth in Tilton and Northfield. I am a counselor, and have an office in the same building as the Youth Assistance Program and have had the privilege of working with Dawn Shimberg, the director of the program, for many years. I have witnessed firsthand the dedication she has to the program and how much support she gives to middle and high school students. This program covers many facets including prevention; outreach to schools, educational programs to prevent bullying and substance misuse as well as teaching positive decision making. She also works with the Juvenile Court Diversion Program with kids that are beginning to get in trouble.

With the pandemic we have just experienced we are seeing more anxiety and depression in young people and the wait lists for mental health services are extremely long. The Youth Assistance Program provides a place for kids to go to talk, maybe play a game and interact with positive people. Sometimes this added attention with someone that understands can make a huge difference in the life of a young person that needs a listening, nonbiased ear.

We need to do everything we can to help young people grow through the sometimes difficult teen years into productive adults. This is what the Youth Assistance Program does. The help this program provides is valuable in the lives of our further generation and needs to be fully funded to continue to provide the excellent services they have been noted for. At the town meeting in Northfield, it was voted to allocate \$57,439 for the Youth Assistance Program. Since then the selectmen have voted to decrease this amount to \$24,212. This means the program cannot operate in an efficient manner to help all the youth that needs this assistance. You cannot measure the cost of a young person's life in dollars and cents, but all programs need financial backing to continue to function. The Youth Assistance Program needs to be fully funded in order to continue to help the many young people in our community that need this valuable service. I urge all the voters in Northfield to get in touch with their selectmen and ask them to please reinstate the full amount that was voted on at the town meeting. This will help insure that the youth in our town get the services they need and deserve.

> Patricia Tucker Northfield

State budget will have positive impact locally

To the Editor:

With the hard work of the House, the Senate, and Gov. Sununu, we passed a \$13.1 billion biennial state budget that was signed into law in late June. As a member of the Senate Finance Committee, I was heavily involved in making certain that our budget priorities were in line with the needs of the state and Senate District 2. As chair of the Senate Ways and Means Committee, I worked hard with my colleagues to formulate tax policy and revenue estimates that reflected the current economic environment and our projections for the future.

One of the main focuses of the state's biennial budget was the reduction of local property taxes. For years, municipalities have not received a fair distribution of the state's rooms and meals tax revenue. This budget increases the revenue sharing of that tax revenue to 30 percent and places those dollars in a dedicated fund, ensuring that our cities and towns will receive their revenue before any other obligations are levied on those funds. This level of revenue sharing sends \$188 million back to cities and towns for meaningful property tax relief. It is estimated that Sanbornton will receive an additional \$111,000 over the biennium, while Tilton will receive an additional \$136,000. The budget also makes a reduction in the statewide education property tax in FY23, providing \$100 million in direct property tax relief. \$294 million are also allocated in local aid to municipalities for roads and bridges, state aid grants for wastewater projects, and matching grants for police

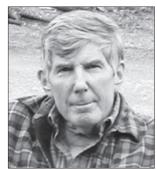
body cameras.

There are also several priorities I succeeded in getting in the budget. Calef Hill Road in Tilton serves as a major artery to local schools and the New Hampshire Veterans Home, but the road's integrity has been deteriorating for a length of time due to a lack of state maintenance and funding. I secured a \$3.25 million appropriation for the road's reconstruction to address the concerns expressed by the town and roadside residents. I also worked to appropriate \$600,000 over the biennium for juvenile diversion programs. This funding will help non-profits deploy and expand their cost-effective programs that are proven to reduce youth recidivism. Finally, I worked with my colleagues in a bipartisan fashion to improve our state's Choices for Independence Medicaid provider rates by 5 percent. These services were hit hardest by the COVID-19 pandemic. This rate increase will assist providers as they recover from the pandemic and continue to serve our most vulnerable populations in their homes.

As our state moves beyond the challenges posed by the COVID-19 pandemic, we will confront new and lingering issues. I am confident that the actions we have taken in this year's budget will ensure that our state government is prepared to deal with them effectively and efficiently for the benefit of our residents, businesses, and institutions.

Sen. Bob Giuda NH District 2 North Country Notebook

Where's the summer gone? Time (almost) for migration



By John Harrigan

COLUMNIST

The other day, I asked a neighbor taking a breather between logging and haying if he knew where the summer had gone, and he didn't. Another friend haying second crop talked wistfully of how beautiful the orchard grass had looked in the spring, as though ancient history.

Where has the summer gone? The schoolkids get an inbobtailed creasingly version of summer vacation, the payback for snow-days. Parents are forced to pack family vacations and weddings and class and family reunions into ever-shorter vacation times, making "hectic" the dominant word.

July and August (in theory) survive intact, but mandated days are chipping away at those too. Everyone from service clubs to organizers of seasonal events has to work with a finite number of weekends in an ever-more complicated calendar.

Spring, summer, and fall seem to have become



Offerings from your folks (for loons, at least) can come in the form of food, or a ride on the back. (Photo courtesy Dan Robusto)



New Durham) to watch for migrating raptors.

a brief period between the end and beginning of freezing rain, which heralds the beginning and end of winter. And suddenly here we are, on the cusp of another season---fair time---when we're not quite done with this

Who would want to spend a Saturday morning standing on ridgetop bedrock and craning their necks to watch migrating hawks and other birds of prey?

Lots of people, which is why space is limited for the Hawk Watch with Scott Weidensaul on Saturday morning, Sept. 25, from 9 to noon at Birch Ridge Community Forest in New Durham.

The renowned ornithologist and best-selling nature writer will share his expertise and experiences from working with birds around the globe. Space is limited, and advance registration is required. The event is free.

The group will hike to higher ground to watch for migrating hawk and raptor species heading to warmer climates for winter. Late September is an ideal time to see migrating birds, which may pass by in the hundreds or thousands.

Regular readers have noted that I tend to devote more than the usual ink to the Loon Preservation Committee. (Full disclosure: Its former biologist Jeff Fair, now a wildlife biologist

make the LPC click---its members, donors, volunteers, and staff---ordinarily get to mingle during its annual meeting. Unfortunately, under current conditions the mingling part has given way to the zoom

and writer in Alaska, is a close and longtime

The real reason is that loons are a symbol of wildness, and have unforgettable calls. Historically they were widespread in New Hampshire, but were scarce

and declining due to short-sighted shooting

and lead poisoning from sinkers and lures. They

are now vastly more

abundant and increas-

ing, thanks to the efforts

of the LPC and its many

The people who truly

volunteers.

friend).

That's a shame, because I've been to many such gatherings, and they're tons of fun. If there's ever enough payback for time volunteered and dollars so willingly spent, they're

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

BOAT MUSEUM

SEPT. 17+18

8 AM - 4 PM

WOLFEBORO BAY

STRATEGIES FOR LIVING

Farewell to God

By Larry Scott

Charles Templeton, long-time partner in ministry with Billy Graham, was reaching the final stages in his life. An Alzheimer's patient, he would soon stand face to face with the God he had rejected, and his final book, "Farewell to God: My Reasons for Rejecting the Christian Faith," tells the story.

When he passed away at age 85, no one could have guessed Charles Templeton was at one time the Pastor of a large Toronto Church, a key figure in the early days of the Youth For Christ organization, and a partner in ministry with Billy Graham, one of his closest friends.

How could it have happened? After reading such luminaries as Voltaire, David Hume, Bertrand Russell and other agnostics, Templeton chose to accept their skepticism as opposed to the truths we find in God's Word.

Charles Templeton began his Christian experience with a quiet prayer in the mid-1930's following a night of revelry at a sleazy stripjoint. But it wasn't long before doubts surfaced and, despite a brilliant career as an evangelist and captivating speaker, he ultimately renounced his faith in God. The creation story, the mystery of evil, and the identity of Jesus of Nazareth

created a loss of faith that would follow him to his death.

It is telling that, in an interview Lee Strobel recounts in his book, "The Case for Faith," Templeton was asked how he would assess Jesus at this stage of his life. Amazingly, he stated, "He was the greatest human being who has ever lived."

"You sound like you really care about him," stated Strobel, and Templeton responded, "Well, he's the most important thing in my life." Then Templeton's voice began to crack, and he said, "I ... miss ... him!" And with that, the old man burst into tears, and with a shaking frame, wept bitterly.

We can turn our backs on God for a lifetime, reject Him as irrelevant, but there comes a time when we must face reality. Charles Templeton died in 2001 free, for most of his eighty-five years, from the demands of a righteous God.

And he will live with that fact ... forever.

Stone Wall Repair

Fieldstone/Granite 35 years experience

Tony Luongo 707-2727

Edward Jones: Financial Focus

Start thinking about your retirement income plan

If you're getting close to retirement, you're probably thinking about the ways your life will soon be changing. And one key transition involves your income - instead of being able to count on a regular paycheck, as you've done for decades, you'll now need to put together an income stream on our own. How can you get started? It's helpful that you begin thinking about retirement income well before you actually retire. Many people don't - in fact, 61% of retirees wish they had done better at planning for the financial aspects of their retirement, according to an Edward Jones/Age Wave study titled Retirement in the Time of Coronavirus: What a Difference a Year Makes. Fortunately, there's much you can do to create and manage your retirement income. Here are a few suggestions: Consider ways to boost income. As you approach retirement, you'll

want to explore ways of potential-

ly boosting your income. Can you afford to delay taking Social Security so your monthly checks will be bigger? Can you increase your contributions to your 401(k) or similar employer-sponsored retirement

plan, including taking advantage of catch-up contributions if you're age 50 or older? Should you consider adding products that can provide vou with an income stream that can potentially last your lifetime? · Calculate your expenses. How much money will you need each

year during your retirement? The answer depends somewhat on your goals. For example, if you plan to travel extensively, you may need more income than someone who stays close to home. And no matter how you plan to spend your days in retirement, you'll need to budget for health care expenses. Many people underestimate what they'll need,

but these costs can easily add up to several thousand dollars a year, even with Medicare.

 Review your investment mix. It's always a good idea to review your investment mix at least once a year to ensure it's still appropriate for your needs. But it's especially important to analyze your investments in the years immediately preceding your retirement. At this point, you may need to adjust the mix to lower the risk level. However, you probably won't want to sell all your growth-oriented investments and replace them with more conservative ones - even during retirement, you'll likely need some growth potential in your portfolio to help you stay ahead of inflation.

· Create a sustainable withdrawal rate. Once you're retired, you will likely need to start taking money from your IRA and 401(k) or similar plan. But it's important not to take too much out in your early years as a retiree, since you don't want to risk outliving your income. A financial professional can help you create a sustainable withdrawal rate based on your age, level of assets, family situa tion and other factors.

By planning ahead, and making the right moves, you can boost your confidence in your ability to maintain enough income to last throughout your retirement. And with a sense of financial security, you'll be freer to enjoy an active lifestyle during your years as a retiree.



Jacqueline Taylor

3 Mill Street Meredith NH 03253 603-279-3161 Fax 866-532-8685 ne.taylor@edwardjo

Shaker Regional Advisory Budget Committee

VINTAGE RACE BOATS

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The Shaker Regional School District is seeking community members to serve on the Advisory Budget Committee. The board will select 3 members from Belmont and 3 members from Canterbury to serve on this committee at its September 14, 2021 board meeting. All members must be registered voters for the town in which they are serving. Please visit www.sau80.org to review the charge of this committee. Please submit a letter of interest to Debbie Thompson, Business Administrator at dthompson@sau80.org or Shaker Regional School District, 58 School Street, Belmont, NH 03220 no later than September 9, 2021. Please contact Ms. Thompson at 267-9223 ext. 5303 with any questions.

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.

A6 September 2, 2021 WINNISQUAM ECHO



THIS IS A SICKNESS
CAUSED BY BACTERIA AND
OTHER CONTAMINANTS
IN RAW OR UNDERCOOKED
FOOD.

YN2MEK: LOOD-BOKNE ITTNE2S

Math Blocks

Fill in the missing blocks with numbers between 0-10. The numbers in each row add up to the totals to the right. The numbers in each column add up to the totals on the bottom.

	1	0	5
3		7	18
		5	13
9	15	12	1

S	9	2
L	8	3
0	l	4

uoiinloS

Get Scrambled

Unscramble the words to determine the phrase.

DFOO FSYATE

Answer: Food safety



- 1783: THE TREATY OF PARIS IS SIGNED, ENDING THE AMERICAN REVOLUTIONARY WAR BETWEEN THE UNITED STATES AND GREAT BRITAIN.
- 1939: GREAT BRITAIN AND FRANCE DECLARE WAR ON GERMANY DURING WORLD WAR II.
- 1976: THE UNMANNED SPACECRAFT VIKING 2 LANDS ON MARS AND TAKES THE FIRST SURFACE PICTURES.



make something impure



ENGLISH: Food

SPANISH: Comida

ITALIAN: Cibo

FRENCH: Nourriture

GERMAN: Essen



KEEP FOODS LIKE EGGS, FISH, MEAT,
AND POULTRY AWAY FROM OTHER RAW
FOODS WHEN PREPARING MEALS. THIS

WILL LESSEN THE CHANCE OF BACTERIA CAUSING

ILLNESS.



Can you guess what the bigger picture is?

YNƏMEK: SYLAD BOML

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from

the moment you square off, so sharpen your

pencil and put

savvy to the test!

your sudoku



CRYPTO FUN

Solve the code to discover words related to water quality.

Each number corresponds to a letter.

(Hint: 12 = E)

A. 17 22 1 19 5 26

Clue: Part of the heart

B. 3 17 1 13 19 17 3

Clue: Relating to the heart

C. 9 12 6 6 12 8

Clue: Vein, artery or capillary

D. 6 22 1 12 23 10 22 18

Clue: Quality of being strong

SUDOKU

١	8				5		3	7	
						4			
	6		1			9			
		2			7		1		6
		7			8				
	4			9				1	
	3			6		8	7		
			6					5	

Level: Intermediate

Here's How It Works:

Answers: A. atrium B. cardiac C. vessel D. strength

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

ε	G	8	2	7	Z	9	6	L
6	Þ	Z	8	L	9	2	G	3
2	ŀ	9	G	ε	6	Z	8	Þ
								6
9	6	L	3	Z	Þ	8	2	9
L	8	Þ	6	2	G	٦	3	9
8	2	6	Þ	9	3	9	L	Z
1	9	G	Z	6	8	3	Þ	2
Þ	Z	3	L	9	S	6	9	8

ANSWER:

Enjoy an evening with the Rat Pack and Marilyn Monroe at Lakeport Opera House

LACONIA — Transport back to the 1960's when award winning Frank Sinatra tribute artist, Brian Duprey, brings his closest friends for an evening with the Rat Pack and special guest Marilyn Monroe to Lakeport Opera House on Sept. 2 and 3. This will be the venue's final New Hampshire show for 2021 season, ending on Labor Day weekend with two nights of great music, good fun and the tomfoolery portrayed exactly the way the Rat Pack originators did 60 years ago.

"With a July sell-out at the Sinatra show and a big demand for tickets, we decided to bring the Rat Pack performance to Laconia," said actor, singer, writer and producer Brian Duprey. "We have a group of extremely talented entertainers who have spent a lifetime perfecting how we look, act and talk in a way that is so authentic to these legendary performers that you will leave thinking you were at an original show."

This Las Vegas-style show is the next best thing to seeing the iconic group of Frank Sinatra, Dean Martin, Sammy Davis Jr. and special guest Marilyn Monroe.

Known as the finest Rat Pack performers in the business, this tribute show is full of comedy, classic hits and a swinging seven-piece band.

The Rat Pack show will include some of the most well-known hits like "Candy Man," "Mr. Bojangles," "That's Amore," "Ain't that a Kick in the Head," "Luck Be A Lady," "Come Fly With Me," "New York, New York" and more. There will be a special appearance by Duprey's wife, Jami, as Marilyn Monroe singing some of her most famous classics. Duprey and Jami met while performing together in a Rat Pack show 10 years ago.

In July at the Opera House, Duprey performed at a sold-out Frank Sinatra experience which is known as the only Sinatra tribute show that captures the look, the moves and the iconic, crooning voice of Ol' Blue Eyes. He sounds just like the legend himself and when Sinatra's own daughter, Nancy Sinatra, first heard Duprey's voice on the Howard Stern Show she thought was listening to her father. Duprey, who is from Rhode Island, has been performing Sinatra and Rat Pack



Transport back to the 1960's when award winning Frank Sinatra tribute artist, Brian Duprey, brings his closest friends for an evening with the Rat Pack and special guest Marilyn Monroe to Lakeport Opera House on Sept. 2 and 3.

shows for more than 15 years but has spent a lifetime studying and perfecting his craft. He has performed more than 5,000 shows all over the country including in Las Vegas and Atlantic City. The Rat Pack and Monroe will be available for an interactive meet and greet and pictures after the show.

The Opera House is a 200-seat venue built for comfort, style and mobility. Every seat in the house has an unobstructed view, cocktail service and the best sound system for an experience unlike anything else in the area. More than \$1 million was invested in the Opera House renovation which opened in June after being closed for 60 years. Originally built in 1882, this venue mixes modern design elements with historic charm for a unique cultural experience. The Opera House is once again home to live musical performances, theatre productions, comedians, magicians as well as being host to community-focused events, weddings, and private and corporate gatherings. Once a mainstay of Laconia's Lakeport community, the Opera House is on center stage in New Hampshire's Lakes Region.

Upcoming mances include comedian Christine Hurley and friends Sept. 4.

The Opera House will close for the 2021 season on Labor Day weekend for venue improvements, upgrades and to work on next season's lineup of performers and re-open in the spring of 2022. For more information on events and to purchase tickets in advance, visit lakeportopera.com.

LRPA's Silent September continues with "The Sheik"

LACONIA—Actions speak louder than words during the month of September on LRPA After Dark! Celebrate Hollywood's great silent film era each Friday and Saturday night at 10 p.m. for our fourth annual Silent September Film Festival. Almost every genre of film - action, comedy, romance, western, horror, sci-fi -- can be traced back to the silent era that began more than 125 years ago and ran until the introduction of "talkies" in the late 1920s. Many technical and artistic elements that modern moviegoers take for granted, such as scene continuity, closeup shots, enhanced lighting and feature-length films, were developed during this important time in the history of cinema. We start the month off this weekend (Sept. 3 &4) We start the month off this weekend (Sept. 3 & 4) with 1921's romantic desert adventure "The Sheik," starring Rudolph Valentino in the role that secured his status as a legendary

While conducting business in the bustling Algerian marketplace of Biskra, tribal prince Sheik Ahmed Ben Hassan (Valentino) spots the visiting British adventuress Lady Diana Mayo (Agnes Ayres). She notices him and finds him intriguing as well. That night, Diana disguises herself as native dancing girl to attend an event that he is hosting at a casino. When Ahmed realizes that she is the visiting foreign-

Hollywood sex symbol.

er, he sends her away, dark for this romantic LRPA's Fifth Annual but finds himself even more fascinated with her beauty and fiery independence. Ahmed is the ruler of his domain and is used to getting what he wants. Upon learning that Diana will be traveling in the Sahara accompanied only by a local guide, Ahmed follows and overtakes Diana, carrying her away her to his desert oasis. Ahmed treats Diana as he would any other woman, demanding her respect and servitude and trying to have his way with her, but she balks at his traditions and recoils from his advances. Diana attempts to escape and puts herself in great danger, but is rescued by none other than Ahmed. The desert is a vast and treacherous place; who can Diana trust? Perhaps the Sheik is not the brute that he seems?

"The Sheik" was an enormous hit with audiences around the world, particularly women, who couldn't get enough Valentino's good looks, charisma and seductiveness. For the remainder of his short career, Valentino played similar exotic lovers – a nobleman, toreador, Russian lieutenant, Indian rajah. He was perhaps the first in a long line of Hollywood mega-celebrities. Valentino's untimely death at age 31 drew nearly 100,000 mourners to the funeral home and led to frenzied riots on the streets of New York. Witness "The Great Lover's" magnetism for yourself! Grab your pop-

corn and join LRPA after

adventure from the past.

Mark your calendars nual Silent September lineup:

Sept. 3 & 4: "The Sheik," starring Rudolph Valentino (1921)

Sept. 10 & 11: "Broken Blossoms," starring Lillian Gish (1919)

"The Sept. 17 & 18: General," starring Buster Keaton (1926)

Septe. 24 & 25: "The Lodger: A Story of the

London Fog" (1927) Coming in October: "Shocktober" Filmfest!

where but LRPA TV, Atlantic Broadband 25. Not a subscriber? Log onto www.live.lrpa.org 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

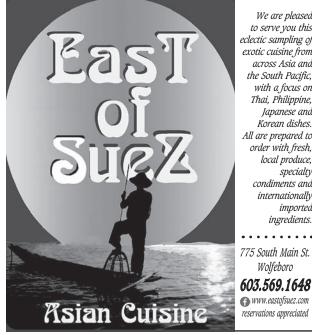
Laconia High School empower our communifor LRPA's entire 4th Anvision like this it anyon Atlantic Broadband speech and the open ex-Channel 24 (educationprogramming and public bulletin board), Channel 25 (information and entertainment) and Channel 26 (government meetings) to nearly 11,000 viewers in our member communities of Belmont, Gilford, Laconia, Meredith and Northwood. Programming is produced by and for the people of the greater Lakes Region.

center located on the LRPA's mission is to campus in Laconia, NH. ty members to produce You can't find tele- LRPA cablecasts locally content that fosters free change of ideas,

> encourages 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.





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Labor Day Weekend craft fair returns to Gunstock

Celebrate Labor Day Weekend at Gunstock at the fabulous Labor Day Weekend Craft Fair at Gunstock Mountain Resort on Sept. 4 & 5! Hours will be Saturday and Sunday 10 a.m. to 5 p.m. both days. There will be more than 90 exhibitors with an array of interesting arts & crafts including chainsaw wood carvings by Elise who will be demoing her chainsaw wood talents both days! Some of the other arts & crafts will include beautiful alpaca products, amazing hand painted snowboards/snowshoes/mushrooms/wood/slates/metal, quilts, cedar wood furniture, macrame chairs & demo, charcuterie boards, recycled sweater hats & mittens, personal care products, quilts, CBD products, wildlife photography, handpainted tiles, jewelry, antique steamboats, abstract artwork, handpainted lanterns, wood carved black bears/signs, amazing animal photography, cribbage boards, cutting boards, soy candles, stained glass, gourmet foods, kettle corn & lots more! Always free admission! Rain or Shine Under Canopies!!! Friendly, Leashed pets welcome! Social Distancing Please - GPS Address: 719 Cherry Valley Rd., Route 11A, Gilford. Information: Joyce, 387-1510.

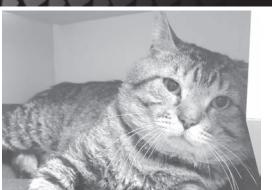
ETS OF THE WEEK



Gannon

Meet Gannon! This big doofus loves to play, go for walks and eat treats. He's an inexperienced fella who needs an experienced owner to help him lean 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 than Gannon will need to take medication or be on a perscription 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,





Zephyr

My face says it all! I am a man of mystery and adorableness, and yes that is a word. The world is a big, loud place my friend and I am not sure I am a fan of those words. Small and quiet win me any day. I think that my future home understands that. Perfect cats like myself need to have the most perfect home I want a hideaway that consists of a warm bed and the time that I need to come out of my shell. I want attention, I just don't know how to ask for it. I may hiss at first, but don't let that fool you I like the pets! In the spirit of honesty, I do have a medical history that should not impli-CAT me at all, if you are interested in learning more fill out an application or inquire with the lovely adoptions team, they know exactly what I am looking for!

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Belknap Mill presents "Laconia's Franco-American Heritage" exhibit

LACONIA — The Belknap Mill is proud to present its first curated exhibit, "Laconia's Franco-American Heritage," as the first in its new Laconia's Legacy Series. Personal reflections of the traditions, values, and culture of Franco-Americans in Laconia are shared by several current residents with Franco-American histories.

The exhibit opens Sept. 4 in the Belknap Mill's Riverside Gallery and will run through Sept. 25. An exhibit reception will be held on Tuesday, Sept. 14 from 5-7 p.m. Exhibit participants will be in attendance and traditional Franco-American dishes will be available to sample. For the safety of all masks are required for all programs held indoors at the Mill.

Migrations of Franco-Americans to Laconia from farms in Canada likely began in the 1840's and more so after the Civil War. They came to the textile mills in New Hampshire with Laconia attracting its share of workers being a textile manufacturing center at that time. Many settled in the areas of Laconia known as Little Canada - Pine Hill, Winter Street and in Lakeport in the Belvidere and North Street areas.

During the past 50 years, many of the Franco-American traditions have waned but the Franco-American immigrants helped make Laconia the city it is today and many still retain a distinct pride in their heritage.

Cathy Waldron, owner of Give a Salute Publishing, and Karen Prior, Executive Director of the Belknap Mill, interviewed 10 current residents of the Laconia area with Franco-American ties. Some grew up in Laconia and have long family histories in the city, others are transplants from mill towns in New England. Each shared their unique perspectives of their lives growing up Franco-American and what their heritage means to them today.

Laconia's Legacy Series also includes the new program, "In the Kitchen at the Belknap Mill." Launched in January 2021, this program works in conjunction with the Franco-American Exhibit. The Mill invites you into the newly renovated kitchen on the third floor to join a guest chef who makes a favorite Franco-American recipe while sharing the history and tradition of the recipe and their family with you. Three episodes were planned for 2021. Two episodes are currently available for viewing on the Belknap Mill's Youtube channel; the third episode will air before the end of the year.

The Franco-American Heritage Exhibit was completed with sponsorship from Give a Salute Publishing, Misiaszek Turpin, pllc. and Wescott Law, PA. The storyboards and photo boards were mounted with assistance from Piedmont Print & Frame and created with assistance from Warren Huse, Laconia Historical & Museum Society.

BEARS

CONTINUED FROM PAGE A1 team should always be a state championship, that's what we're all playing for," Osmer said. "But you don't get there by saying our goal is to be state champions.

"You get there by saying our goal is to show up every day prepared and ready to work, our goal is to run this drill perfectly and that drill perfectly, our goal is to run

a little further and to lift a little more weight and our goal is to be mentally and emotionally prepared to compete against anyone," Osmer continued. "When you look at it through that lens, our goal is to be proud of how we prepare, proud of how we compete and to earn everything that is within our ability to achieve."

The defense for the Bears will be anchored by returning senior goaltender Jacob Holt, while the Bears also bring back two All-State players who will be key to the team's success.

Lucas Robdau returns for his senior season and will lead the midfield after an All-State Honorable Mention nod last season. Junior Ayden Cushing is back for a new season up front and will lead the team's attack after an All-State Second Team nod last

The Bears will also roll with seniors Patrick Goodwin, Alex Ojikutu and Brendan Parry, juniors Brendan Cilley, Carter Fredette, Noel Licata, Caelan Roberts and Jack Sheridan, sophomores Keegan Adams, Wade Fournier, Logan Heath, Henry Osmer, Andrew Pearson, Zach St. Onge and Cade Wujcik and freshmen Ari Booth, Colby Blackburn, Brendan Goodwin, Victor Pham, Justin Tardif and Ben Wood.

Osmer will be joined on the sidelines this fall by assistant coach John Subukino.

The Bears will play two games against Trinity and single games against Hillsboro-Deering, Mascenic, Bishop Brady, Fall Mountain, Laconia, Hopkinton, Gilford, Berlin, White Mountains, Newfound, Franklin, Somersworth and St. Thomas.

The season kicked off after deadline on Tuesday, Aug. 31, against Trinity. The Bears will be at Hillsboro-Deering on Friday, Sept. 3, for a 4 p.m. game.

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

MALCOM

CONTINUED FROM PAGE A1 conditioning will be key for this year's group of girls and if they are able to do that, the things they discuss in practice will be successful moving forward.

While the Raiders did lose some players to graduation, Malcolm believes that there is a new core group of players that will slide in effectively to fill the graduation losses.

Key seniors for the Raiders will be Courtney Burke, Sierra Bourque, Kailey Gerbig, Brooklyn Erlick and Jada Edgren, while Izzy Hunt will be solid player off the bench. Sophomores Dar-

ci Stone and Quinn Jewell and juniors Emma Winslow and Lena Rodrigues are also back for the Raiders ready to make a run.

The team will also be welcoming back goaltender Brooke Matthews to the net.

"And, I have some exciting freshmen and sophomore players that are showing some early promise," Malcolm said, singling out Helena Papadopoulos and Talia Watson as two that showed a lot in early preseason.

The return to the normal Division III schedule will feature two games each with Gilford, Laconia and Mascoma and single games with

Derryfield, Kearsarge, Raymond, **Prospect** Mountain, St. Thomas, White Mountains, Berlin, Hillsboro-Deering, Inter-Lakes and Somersworth.

The season got under way at Mascoma on Friday, Aug. 27, and continued after deadline Tuesday, Aug. 31, at home against Derryfield. The Raiders will be hosting Kearsarge on Tuesday, Sept. 7, at 4 p.m. and will visit Laconia on Wednesday, Sept. 8, at 4 p.m.

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



Jada Edgren is one of the seniors back for the Belmont soccer girls.

FRANKLIN

CONTINUED FROM PAGE A1 ing its commitment to a defined set of non-traditional business practices that benefit employees, customers, and the broader community by creating a positive impact on society and the

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COACH

CONTINUED FROM PAGE A1

tions than the previous year."

The first-year coach noted that her first goal for the season is to create a balance between positivity and endurance in the sport and the second goal is to build on technique both physically and mentally at practice and in a race.

"And, we are always looking for interested athletes to expand our team to keep improving participation year after year," she added.

Winnisquam is scheduled to run at Gilford (twice), at Sandwich Fairgrounds, at Newfound, at Laconia, at Mascoma and at Coe-Brown.

The season is set to kick off today, Sept. 2, at the Gilford Early Bird Invitational, which takes place at Gunstock at 4 p.m.

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

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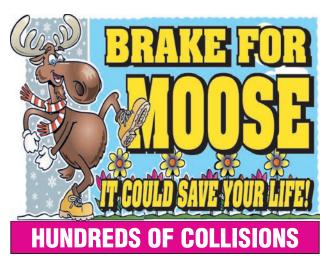
Dr. Sax's Bop Shop to play at Taylor **Community** Sept. 26

LACONIA - Dr. Sax's Bop Shop, originally scheduled to perform Aug. 1 for the 2021 Taylor Concert Series, sponsored by Bank of New Hampshire, has been rescheduled for Sunday, Sept. 26 at 3 p.m. under Taylor Community's Woodside Pavilion.

The event features Dr. Sax's Bop Shop, playing soul jazz, blues, swing bebop and original music. Well inspired by the jazz of the '40s, '50s and '60s, the band is led by New York City trained Tenor Saxophonist Jonathan Lorentz and features acclaimed trumpeter Russ Ryan.

All attendees are required to be vaccinated and should plan to bring lawn chairs as the event is outside. As space is limited, please note reservations are required to attend the socially distanced concert and can be made by calling Brenda at 366-1226 or emailing her at bkean@taylorcommunity.org.

Visit www.taylorcommunity.org, or call 366-1400 for more information about this premiere not-forprofit Continuing Care Retirement Community in the Lakes Region.



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cathedral ceilings, a gas FP, partial views from 🛮 living/kitchen/dining room that has sliders to 🔭 recreation! 4+ BR home is a part of a 2 full kitchens, a finished attic/rec room, & the large deck and close to the beach. This the deck. Brick heart & ceramic wood stove, small private Lake Winnipesaukee access an additional in-law arpt. Amazing outdoor Lake Winnipesaukee waterfront community master BR w/ attached 1/2 BA + walk-in community. New roof, new vinyl siding, new oasis w/in ground pool, an outdoor fireplace, offers a sandy beach, docks, moorings, tennis 🛮 closet & bonus room in basement w/ wood 🔻 windows, a new furnace, & a paved circular 🛮 hot tub, grilling area, multiple seating areas driveway. Beach shared between 45 families.



Roche Realty Group Gets Results! Consistently a top independent real estate firm within the state, Roche Realty Group has had over \$2.5 Billion in sales volume & 8,300 transaction sides since 1997"! Voted #1 Real Estate Company in NH's Lakes Region, 2019, 2020 & 2021 & Best Commercial Real Estate Company 2020 & 2021

real estate firms reporting sales in the entire state of NH during that time







BIG BOY TOYS

2003 100th **Anniversary** Road King Classic Loaded & Sharp!

Heritage Springer **Soft Tail** One of the featured bikes at the 100th **Anniversary Harley Davidson** Rare Bike!

1997

Call for More Info 603-569-4799

LOW COST SPAY/NEUTER

Rozzie May Animal Alliance, nonprofit serving

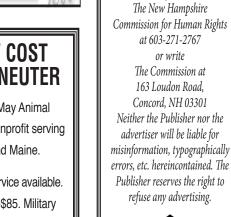
Cats \$70-\$85. Military discounts.

Sign up on line www.RozzieMay.org or call 603-447-1373



NH and Maine.

Cat Cab service available.









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Town & Forest Realty: www.townandforest.com

We are looking for motivated and dependable individuals to join our





Full and Part Time Positions available Visit our website for staff opportunities

www.newhampton.org/about/careers



WE ARE HIRING!

PSI Molded Plastics is located in beautiful Wolfeboro, NH. We offer competitive pay rates

Benefits include Health & Dental Insurance, Vision, Short Term Disability, Long Term Disability, Life Insurance, 401k, 10 paid holidays, paid vacation time, paid sick time, and many other incentives!

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

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

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

Spray Painter - 2nd Shift - Starting Pay \$16.75

Sander 1st Shift - Starting Pay \$14.50

Machinist 2nd Shift – Starting pay depending on experience.

\$1,000 SIGN ON BONUS **SUBJECT TO TERMS AND CONDITIONS

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

> PSIMP an Equal Opportunity Employer. ISO 9001:2015 Registered.

WINNISQUAM ECHO September 2, 2021 A11

ELP WANTEN

Shaker Regional School District **EMPLOYMENT OPPORTUNITIES**

BELMONT ELEMENTARY SCHOOL

Classroom Assistants General Special Education Assistants (Full and Part-time) 1:1 Behavioral Assistants Preschool Assistant

CANTERBURY ELEMENTARY SCHOOL

Classroom Assistant General Special Education Assistant 1:1 Special Education Assistant

BELMONT MIDDLE SCHOOL

1:1 Behavioral Assistant 1:1 Special Education Assistant

BELMONT HIGH SCHOOL

General Special Education Assistant 1:1 Special Education Assistant 1:1 Behavioral Assistant School Counseling Secretary

BELMONT MIDDLE & HIGH SCHOOL Math Coach

DISTRICT WIDE

Custodial positions Grounds positions Substitute Teachers Substitute Nurses

Please visit the district website, https://www.sau80.org/departments/ human_resources for a list of the available positons and a link to apply for them through SchoolSpring.com. Custodial. Grounds and Substitute applications can be found on that same website.

Please contact Debbie Thompson, Business Administrator, at dthompson@sau80.org or via phone at 267-9223 x5303 with any questions or for additional information.

Call our toll-free number 1-877-766-6891 and have your help wanted ad in 11 papers next week!

BELMONT HIGH SCHOOL COACHING POSITIONS

Belmont High School has the following Coaching Positions available for the 2021-2022 School Year. Past playing and/or coaching experience preferred. Interested candidates should send a cover letter and resume Cayman Belyea, Athletic Director, at cbelyea@ sau80.org, or mail to Belmont High School, 255 Seavey Road, Belmont, NH 03220

> JV Girls Soccer **Varsity Golf**

Inter-Lakes and Ashland Paraeducator & Substitute Openings

Ashland Elementary School and Inter-Lakes School District -PARAEDUCATORS-

Terms: School-year

Qualifications: Seeking applicants who hold Paraeducator II certification through the NH Department of Education (or eligible for certification). Must possess strong communication skills, have the ability to take direction and be able to understand and assist with instruction. The successful applicant must meet all required conditions of employment.

- SUBSTITUTE TEACHERS -

Substitute Teacher applications are being accepted for the 21-22 school year for Ashland Elementary School and the Inter-Lakes School District.

Applications:

https://www.interlakes.org/administration/human-resources for Support Staff and Substitute Applications

Please submit cover letter, resume, application and three letters of reference to:

Ashley Dolloff, Human Resources Director ashley.dolloff@interlakes.org

or 103 Main Street, Suite 2

Meredith, NH 03253 Application Deadline: Open Until Filled EOE

260 Main Street, Littleton, NH 03561

603-444-1261

603-444-4895- Fax WWW.ALLSTAFFCORP.COM All positions listed on our website.

For online application: https://allstaffcorp.com/forms-north-country/

Kate Cassady - Executive Director • Lindsey McGrath - Office Administrator ngineering, Manufacturing, Administrative, Executive Management and Medical Placements

Benefits after 90 days - Full time or Part time UP TO \$2,000.00 SIGN ON BONUS ON **SOME POSITIONS!!**

Sales Manager Part time HR Admin Accounting Manager Accounting Associate Purchasing Manager 1st shift Maintenance Tech Supply Chain Purchaser Quality Control Manager Customer Service Fully Remote HR Position e-Commerce Merchandising Manager Accounts Receivable Sanitation Tech Planner MFG Engineer Maintenance Electrician – 1st shift Set up Specialist

Human Resource Generalist Mailing Tech - 1st, 2nd & 3rd shift Press Tech - 1st, 2nd, and 3rd shifts Sanitation Worker 3rd shift -Production Line Workers - 1st shift

Flex operator Production – 1st shift 6AM – 3PM – Mon – Fri - \$14.00 –

entry level will train Stitchers – 1st & 2nd shift – 7AM – 3PM & 3PM – 11PM – Mon – Fri - \$15.00 will train Warehouse material handler - 1st shift

Maintenance operative – Production Workers – 1st Shift Mon – Fri – 7AM – 3PM also Part Time 8AM - 2PM

Utility Operators – ALL SHIFTS – entry level - \$14.35 – 22.43 - sign on bonus

Quality Assurance Inspector – 3rd shift - \$20.65 – sign on bonus

Machine Operators - ALL SHIFTS -entry level - \$16.07 -\$24.13 - sign on bonus

Specialized Machine Operators - ALL SHIFTS - \$17.15 -\$25.51 – sign of bonus

Plating Tech – ALL SHIFTS - \$17.64 - \$26.12 – sign on bonus 4th shift – work 36 hours and get paid for 40 hours - \$14.35

\$24.13 – sign on bonus CNC l – CNC ll – All shifts – pay rate depending on experience - \$16.07 - \$26.35 – sign on bonus Maintenance Mechanic - 2nd shift Maintenance Mechanic – 1st shift

Maintenance Mechanic – 3rd shift MFG Engineer Production Supervisor – 4th shift – Fri, Sat & Sun

Maintenance Helper

WHITE MOUNTAINS REGIONAL SCHOOL DISTRICT

2021-2022 School Year Professional & Support Staff

ATHLETICS

Middle School Field Hockey **Varsity Wrestling Coach LES Girls Basketball Coach Nordic Skiing Coach Varsity Softball**

(Contact Kerry Brady, AD, for application, etc. – 837-2528 or kbrady@sau36.org)

WHITE MOUNTAINS REGIONAL

SCHOOL DISTRICT Reading Specialist

WHITE MOUNTAINS REGIONAL HIGH SCHOOL

School Counselor Paraeducator Substitute Teachers

WHITEFIELD ELEMENTARY SCHOOL

Paraprofessionals Full-Time Custodian Substitute Teachers

LANCASTER ELEMENTARY SCHOOL

Part-Time Title I Teacher **Part-Time Paraeducator** Preschool Paraeducator (2 positions) **Substitute Teachers**

Substitute teacher rate of pay is \$100 per day. SAU 36 will pay for the required Criminal Background Check

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

For further information, contact: Cody Arsenault, HR/Payroll Manager White Mountains Regional School District, SAU #36 14 King Square

Whitefield, New Hampshire 03598

TEL.: 603-837-9363/FAX: 603-837-2326 • Email: codyarsenault@sau36.org

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

VARNEY-SMITH

Lumber Company, Inc.

CDL TRUCK DRIVER/ YARD MAN

Duties to include:

- Local deliveries of lumber-building materials. Loading-off loading incoming and outgoing deliveries
- Must be conscientious, self-motivated, good with people, a team player
- Able to lift a variety of building materials Preferably long-term employee
- Benefit to include:
- Competitive Wages
- Health Insurance
- Vacations
- Holidays Overtime pay

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

Precision Lumber Inc.

Scott Burns' Landscaping, LLC

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

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

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



IMMEDIATE OPENINGS SAWMILL AND PLANER MILL WORKERS

DAYTIME SHIFT **BENEFITS INCLUDE**

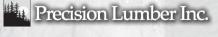
VACATION, SICK AND HOLIDAY PAY, INSURANCE, CREDIT UNION, 401(k) PLAN, ATTENDANCE BONUS Apply in Person

> or email precisionlumber@lumbemh.com to request us to email an application Precision Lumber Inc.

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







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

WINNISQUAM ECHO A12 September 2, 2021

ELP WANTED

HELP WANTED SALES REPRESENTATIVE

Our company that has been around for over 7 years is looking to expand. We are interviewing For Sales Representative Position.

What does the position involve?

-As a Sales Representative You will be responsible for inbound service requests on several client projects

- -Acting as a point of contact
- Maintaining solid Customer relationships by handling questions and concerns with speed and professionalism.
- managing database records, drafting status reports on customer service issues. -Build sustainable relationships and trust with customer accounts through open and interactive communication.

BENEFITS

- Medical, Dental, and Vision Coverage Options
- Paid Time-Off
- Regular Raises
- Work-at-Home Opportunities
- Advancement Opportunity

In addition to becoming the best-in-the-business, you will need to be confident, fully engaged, a team player, and dedicated. You are also responsible for bringing a positive and enthusiastic outlook to work each day Apply email:joseph@dekalbgeneticscorp.com

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NH VETERANS HOME

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Our mission is to provide the best quality of life for NH Veterans with dignity, honor and respect.

Administrator I

Position #19328 - Job ID: 21616 Labor Grade: 27 Salary Range: \$59,966.40 -85,446.40

Lead a team of professionals who implement infection control and prevention policies, procedures and standards of practice.

EXCELLENT STATE BENEFITS PACKAGE

Health and Dental Plans Cost per pay period: Single \$22 / 2-Person \$44 or Family \$66

Prescription Plan, Wellness Incentives & Vision Discounts Generous Leave Time Policy

Please review the entire job description, minimum qualifications & links to benefit information at WWW.NH.GOV - Job ID#21616. Resumes are not accepted in lieu of a State application.

Apply online today!

Please feel free to contact Human Resources at careers@nhvh.nh.gov. EOE



OPEN HOUSE / JOB FAIR

WEDNESDAY, SEPTEMBER 15th 7:00am to 11:00am

THURSDAY, SEPTEMBER 16th 4:00pm to 8:00pm

Machine Operators – All shifts Assembler – 2nd and 3rd shift Sanders – 1st shift Pay starts at \$14.50 plus shift \$.75 differential for 2nd & \$1.50 shift different for 3rd.

Painter – 3rd shift starting pay \$16.00 plus \$1.50 shift differential

PSI Molded Plastics

Five Wickers Drive Wolfeboro, NH 03894 603-941-0022

Framers and Laborers Wanted

Wallace Building Products, a 100% employee owned business, is a successful and growing manufacturer of building products for the construction industry. We seek full-time Framers and Laborers to join our team in Danbury.

This position will work with other employees to build rough-framed walls for the construction industry in a shop environment. Framing experience is a plus, but we will train.

> Apply in person at 1525 US Rte 4 in Danbury NH Or call 768-5900 to set up an appointment



Hiring Laborers

Route 3 · Meredith, NH · 03253 279-4444

ADMINISTRATIVE ASSISTANT for Small

Convenience Store Chain Job requires basic computer skills to include Excel. Duties include reconciling cashiers' paperwork and preparing sales sheets for the day. Position is for 30 hours a week and hours are flexible.

Please apply in person to: **BLUEBERRY STATION** 1 Suncook Valley Rd., Barnstead





Leading Pre Engineered Metal Building Co.



JOB OPPORTUNITIES

Multi-Modality Radiologic Technologist Environmental Services Technician Unit Coordinator, Days/Evenings RN Surgical Services Manager RN - M/S Charge, Night Shift RN E.D., Charge, Night Shift Patient Access Specialist Rehab Services Director RN Nurse Manager Physical Therapist Cook LNA

PART-TIME

Cook (temporary) Environmental Services Technician

PER DIEM

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

> APPLY ONLINE WWW.UCVH.ORG Upper Connecticut Valley Hospital 181 Corliss Lane, Colebrook, NH 03576 Phone: (603) 388-4236 Ucvh-hr@ucvh.org EOE

> > Health Insurance

BLUEBERRY STATION

is looking for Friendly & Reliable NIGHT CASHIER

Other shifts available. Also in need of a STOCK PERSON

Please apply in person: **BLUEBERRY STATION** 1 Suncook Valley Road Barnstead, NH

PLACE YOUR AD, Get Read,

GET RESULTS!



ASHLAND - CASHIER

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

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

Rick Ash, Hardware Manager Belletetes, Inc., 20 West St., Ashland, NH 03217

or you may email to rash@belletetes.com Competitive Wages Paid Vacation Paid Holidays Paid Time Off Profit Sharing Store Discounts Much More!

WINNISQUAM ECHO September 2, 2021 A13

ELP W



Open Positions:

Stitching Machine Operator

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

Special Knowledge, Skills and Abilities Required:

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

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

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

Cutting Room Associate

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

Special Knowledge, Skills and Abilities Required:

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

Full-time associates are eligible to receive: Sign-On Bonus of \$500 after first scheduled work week is completed*, Stay-Bonus of \$500 after 90 days - \$1.000 after 6 months*, Quarterly Bonus*, Competitive Pay, Great Benefits (including Medical, Dental, Vision, 401K and more), Flexible Schedules, Paid Time Off and Holiday Pay, Tuition Reimbursement*, and so much more!

Apply NOW @ msasafety.com/careers

16-6396-MCP / 08.202

* Terms and conditions apply



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

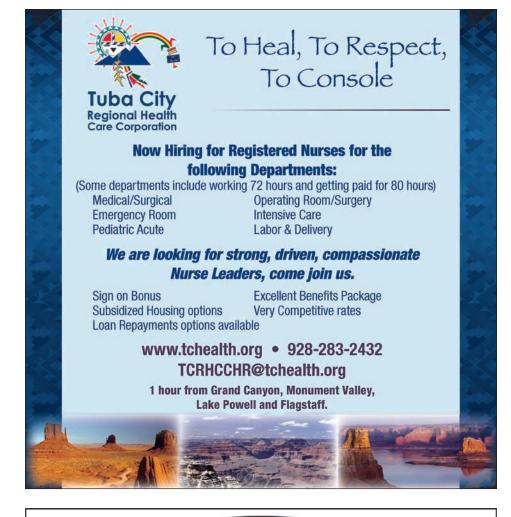
Current Full Time Positions Available: Painters Maintenance Technicians Groundsmen Housekeepers Housepersons **Laundry Attendants**

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

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

How to Apply:

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





Lumber & Building Materials Yard Associate

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

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

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

E.O.E.

Competitive Wages

Paid Vacation

Paid Holidays

Paid Time Off

Health Insurance

▶ Profit Sharing

▶ Store Discounts

▶ 401k



Lumber & Building Materials Contractor Sales

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

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

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

E.O.E.

Competitive Wages Paid Vacation Health Insurance

▶ Profit Sharing

Paid Holidays **▶** Store Discounts Paid Time Off ▶ 401k

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W. Stewartstown, NH Heat, Hot water and Electric Included On-site Laundry 24-hour Maintenance



Federally subsidized must meet income guidelines Rents based on 30% of your gross income

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

This institution is an Equal Opportunity Provider & Employer



ADVERTISING

WORKS

Contact your to discuss **Tracy Lewis** 603.616.7103 tracy@salmonpress.news



THE BOX

Sales Representative advertising options

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

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

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

"Eastern Propane & Oil is an amazing community-oriented, family-run company that has supported this project since the very beginning and we are very grateful for their partnership and support" added Allan Beetle, WOW Trail President.

The Runaway Pumpkin courses offer views

JENNIFER MCCULLOUGH &

\$ 965,000 | 2BED 2BATH | SLEEPERS ISLAND

BETTY ANN BICKFORD

Cell: 603-234-2721 Office: 603-569-3128

358 Sleepers Island Alton, NH

of Lake Opechee, chip timing, cash awards for the top male and female finishers and 'delicious' age category awards courtesy of Annie's Café & Catering.

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

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

Island

REAL ESTATE



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

WOW Trail."

Participants are encouraged to register by Oct. 1 in order to receive a Meredith Village Savings Bank sponsored long-sleeve tech shirt. In addition, participants that would like to fundraise for the WOW Trail are invited to do so by soliciting sponsorship donations. Participants

that raise \$100 or more will receive a WOW Trail wearable.

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

About Eastern Propane & Oil

Eastern Propane &

Oil is a full service energy provider committed to delivering our customers superior service, comfort and safety. Family owned since 1932, we live in the same communities as our customers and we believe in serving our neighbors the way we would want to be served.

Delivery is available in New Hampshire, Maine, Massachusetts, Rhode Island, and Vermont, and we offer the sale, installation and service of propane or oil appliances including central home heating systems, water heaters, fireplaces and space heating solutions. Free consultations, 24/7 service, online bill pay, installment plans, service plans, budget plans and pre-buy plans are all available through Eastern Propane & Oil.



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difference for abused or neglected children.

Volunteers are urgently needed NOW to support victimized children in the Lakes Region. You can provide a voice for a child in need, and change a child's story.

Register for a virtual info session focused on the need in the Lakes Region on Sept. 22.

www.casanh.org/info-sessions





Move your smile and life forward with Invisalign!

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

STRAIGHT TEETH ARE WITHIN REACH.

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







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