

Spaulding Youth Center announces new name and brand

NORTHFIELD — Spaulding Academy & Family Services, formerly Spaulding Youth Center, is excited to announce a new name and brand which embodies the bright future for this industry-leading organization.

For 150 years, the organization has served children and families with a variety of special needs. The organization's legacy began in 1871 as the New Hampshire Orphans Home and School for Industry, which later was renamed as the Daniel Webster Home. This organization merged with the Golden Rule Farm in 1958 to become Spaulding Youth Center.

To best represent the evolution of available programs and services as well as plan for new future offerings, the organization began a re-naming and rebranding analysis last year. Based on results collected from staff, parents, donors, stakeholders, DCYF, school districts and

more, the board and executive leadership team processed this feedback and prepared for the next phase of the organization's rich history. Effective Sept. 1, the organization will continue to fulfill its mission as Spaulding Academy & Family Services.

"As part of our 150th anniversary celebration, Spaulding Academy & Family Services is ready to take this important step forward toward our bright future," said Michael Ventura, Board Chair of Spaulding Academy & Family Services.

"We proudly do our work each and every day because we believe every child deserves a childhood," shared Susan C. Ryan, President & CEO.

Spaulding Academy focuses on the special education school that offers an outstanding and robust curriculum for both residential and day students. Spaulding Family Services focuses on the programs and ser-



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vices offered via Community Based Programs as well as the work done with children and families served residentially and otherwise. Combined, Spaulding Academy & Family Services keeps Spaulding, which so many people strongly associate with the orga-

nization, but clarifies what we do and who we support. The logo has been updated with more modern colors, the peo-

ple are slightly changed and in more joyful positions, but the original tree, which exemplifies our beautiful campus

and a sense of hope, was maintained.

SEE SPAULDING, PAGE A7

LRGHealthcare purchases temperature kiosks made by local company



Pictured, left to right: Corey Carroll, Orion Special Projects Coordinator, Roger Shepherd, Orion Customer Care Field Technician, Kevin Donovan, LRGHealthcare President and CEO, Scott Gage, Director, Materials Management, LRGHealthcare, and Jerry Waldren, Orion Customer Care Manager.

LACONIA/FRANKLIN — Two temperature kiosks made by Orion Entrance Control Inc., a Laconia based manufacturer, were delivered to LRGHealthcare recently. One kiosk will be placed at Lakes Region General Hospital and the other will be at Franklin Regional Hospital.

Steve Caroselli, CEO and President, from Orion, said "The OPTR scans your temperature without anyone having to get near you or touch you. That keeps you and the employees at LRGH

safer by limiting contact. There's no learning curve to using the OPTR, you just walk up and look at the screen. It's also very easy to install, just plug it in, wait approximately five minutes while it adjusts to ambient temperature and you're ready to go. We're proud to be a New Hampshire business supporting our regional and traveling front line workers."

"Funds for the kiosks were made available by various COVID-19 grants received. The goal of the

kiosk is to improve and streamline the temperature checking process upon entry to LRGH facilities," said Kevin Donovan, President and CEO of LRGHealthcare.

Orion recently developed their 'Orion Pre-Entry Temperature Reader' (OPTR) to support businesses with COVID19 return-to-work strategies. According to their product information, the kiosk's infrared sensors and intuitive user interface can be put into use with virtually no training.

LACONIA — Despite the disappointment of cancelling the 2020 NH Pumpkin Festival in Downtown Laconia, festival organizer Lakes Region Chamber is excited to announce a new initiative, "Come Catch the Glow! Discover Autumn in the Lakes Region." The event will take place throughout the month of October.

"Without the pumpkin festival and businesses experiencing the most challenging economic times, the chamber realized the need to create an initiative that supports our local businesses on a road to recovery," shared Karmen Gifford, President of the Lakes Region Chamber. "We are

moving from a summer of sunshine and outdoor social distancing, visitors and staycationers into cooler climates and what we call our shoulder months before winter activities start. It's the chamber's mission to create opportunities that help drive economic growth, promote a more engaged community that supports a thriving economy for businesses in the Lakes Region."

"Come Catch the Glow! Discover Autumn in the Lakes Region" will take place the entire month of October with a new website ComeCatchTheGlow.com featuring an interactive map that drives consumers across our 24 towns and cities

in the Lakes Region. The goal is to encourage consumers to visit local businesses while creating fun experiences, discovering or re-discovering and exploring safely without encouraging large gatherings. The Lakes Region glows with the colorful foliage, activities that only happen this time of the year offering bountiful fall flavors with fresh apples, pumpkins and perhaps a slice of butternut squash lasagna.

Columbus Weekend will feature the discovery of glowing pumpkin displays hosted by local businesses across the region including Vista

SEE CHAMBER, PAGE A7

Canterbury Village hosting Artisan Market Saturday

CANTERBURY — The annual Artisan Market at Canterbury Shaker Village is taking place this year on Saturday, Sept. 12 from 10 a.m. – 5 p.m. This event is a celebration of artisanal, handcrafted work, with live music, and demonstrations. Come admire artisans' work and find unique gifts or something special for yourself!

The Village is, and has been, taking the situation regarding COVID-19 very seriously, and complying with all state and federal guidelines. This event will be a safe, socially-distanced Market, with masks required. Special Village masks, handmade by the Canterbury Sewers, will also

be available for purchase. All booths will be spaced ten feet apart, and extra care will be taken to provide all artists and guests a safe and fun experience.

Performing at this year's Artisan Market: Doug Hazard from 11 a.m. to 12:30 p.m. - popular originals and folk classics with impeccable musicianship. Badger's Drift from 1 to 2:30 p.m. - upbeat Americana with attitude. Doc and Liz from 3 to 4:30 p.m. sterling performances of folk standards.

If you would like to join us for this exciting Artisan Market, tickets can be purchased on the website here, or in person at the event. Admission is \$12 for adults,

\$6 for Village members, and all youth and young adults under age 25 are free! Please come and enjoy this special gathering of unique artisans, explore the Village, and share a special day with family and friends.

The museum is a member of the New Hampshire Heritage Museum Trail, which connects the public with culturally rich heritage institutions in New Hampshire. For more information, visit nhmuseumtrail.org.

Canterbury Shaker is located at 288 Shaker Rd. in Canterbury, New Hampshire, just south of Laconia and north of Concord. For more information, visit www.shakers.org.

With an eye to better distancing, LRCA goes with 'sturling' program

REGION — In place of standard four-on-four curling, Lakes Region Curling will run a sturling program this Fall in order to provide a less-congested playing environment.

Sturling is a variation of curling that involves teams of two instead of four. During a match, one player from each team stands at opposing ends of the curling sheet.

Sweeping is limited, and players never cross the middle of the sheet.

Sturling reduces the number of players on the ice by at least half, and the limited sweeping reduces the exertion required during a match. The game provides more opportunity than a standard curling match to develop the skill of delivering a stone. It also gives every player the chance

to learn strategy.

Information about sturling can be found on the LRCA Web site at lakescurlingnh.org.

LRCA sturling matches will take place on Sunday evenings, with a first session scheduled for 4:50 p.m. Matches will last an hour, and teams will be randomly assigned each week. This will provide an opportunity to play with and against members of all skill levels and to emphasize the LRCA's focus on having a good time during these trying times.

The season will run for eight weeks, from Oct. 18 to Dec. 13, with a week off for the Thanksgiving weekend.

If the number of registrations is sufficient, a second one-hour session will begin at 6 p.m. When registering, curlers should indicate their preference for playing during the first or second session. Every effort will be made to accommodate players' preferences, but registration is first come, first served.

Points for wins and ties will be awarded to individual players rather than teams, and the end-of-season championship will recognize players with the highest scores.



COURTESY

Sturling is for those who want to deliver curling stones with a push stick or with the traditional slide.

Cost of the eight-week season is reduced to \$175, and both registration and waiver forms are available on the LRCA Web site. Curlers are urged to register early.

In keeping with state and local protocols, curlers will be required

to wear masks and observe social distancing while in Pop Whalen ice arena. Rules for the use of the arena are intended to keep participants from different programs such as hockey and public skating from mixing with curlers.

For anyone looking to break out of stale routines, the LRCA's sturling program offers a chance to take on a new challenge while following all the safety protocols required by current conditions.

Roche Realty Group sells Trustworthy Hardware building



LACONIA — Tom Drouin of Roche Realty Group represented both the Seller and the Buyer of the Trustworthy Hardware Store building located at 1084 Union Ave. in Laconia, which has been in operation since 1978. The hardware store

has enjoyed a long-standing relationship serving the needs of thousands of Lakes Region residents and second homeowners over the past 42 years.

The Seller of the property, Pamela Martineau-Langlitz, commented "My dad was amazing."

He started as a master plumber and master electrician in New Hampshire and Massachusetts. Then he started Masi Plumbing & Co. in Nashua. He moved to Laconia in 1971 and opened a rental business in the 'old Laconia shoe building' and then acquired the land at 1084 Union Ave shortly thereafter built the commercial building with major improvements to follow. 'Moe' Martineau added to the business over the years, was a fixture in the community, and loved by everyone over the years. Moe Martineau's daughter Pam and his son-in-law, Mark, have operated the business after Moe's passing to continue the family tradition.

The property includes a 24,020 sqft retail building on 1.8 acres with 390 ft of waterfront on Paus Bay at Lake Winnepesaukee.

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The new owners of the property Nicholas Trampusi and Dr. Craig Gruskowski, have formed a new commercial group and have just closed on the property. Mr. Trampusi originally grew up in the Nashua area. After working with his father and family's commercial endeavors. He then worked with the family's development business in Citrus Hills, Florida. Nick currently resides in Laconia on Lake Winnepesaukee. Dr. Gruskowski, DMD, is a retired dentist from Littleton Mass and now resides in Meredith at Lake Winnepesaukee. He is a newly appointed forensic dental team member in New Hampshire, working with the medical examiner's office at Concord Hospital.

The property was originally listed of sale by Roche Realty Group at \$1.2 million. The new owners plan to lease the store to a national brand hardware franchised vendor.

Tom Drouin of Roche Realty Group commented, "The new owners are excited about continuing the tradition and provide vital services to the community. You couldn't have a better location overlooking the lake with an abundance of parking onsite."

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Bank of New Hampshire holds 189th Annual Meeting

LACONIA — Bank of New Hampshire, the oldest and largest independent bank in New Hampshire, recently held its annual meeting of Corporators and reported solid growth in deposits, loans and capital for the year ending June 30. Michael J. Long, President and CEO, reported that the bank's assets now total a record \$2 billion and deposits grew to \$1.6 billion. The bank continued to support thousands of New Hampshire families and businesses as the bank's loan portfolio reached a record \$1.6 billion, which represents growth of 13 percent.

Bank of New Hampshire remained strong with capital and reserves totaling over \$194.8 million or 10 per-

cent of total assets. As it has since 1831, the bank remains steadfast in its commitment to mutual-ity and independence. In the past year, Bank of New Hampshire worked to enhance the products and services offered by making everyday banking more convenient and accessible. Offerings such as mobile banking and Pay A Friend capabilities have been enhanced to keep up with ever evolving advances in electronic banking.

Long was also enthusiastic about the bank's continued focus on local communities and growth of customers, employees, and the bank itself, commenting "We're grateful to have been able to invest in our local community non-profits and civic or-

ganizations throughout the state with donations to over 400 entities. Giving back to the communities we live, work, and serve in is paramount to who we are as a bank. Our employees hold this value near and dear as well; together, they contributed more than 10,000 hours of their time to volunteering. Our promise to our employees, customers, and communities has always been, and will always be, to be the best place to work, best place to bank, and best community partner that we can be."

The meeting also highlighted the bank's notable recognition received over the past year. Bank of New Hampshire was voted Best Local Bank for Small Business in New Hamp-

shire Business Review's Best of Business Awards and received the Gold title for Best Bank in the Services Category in the Union Leader's Readers' Choice Awards. Additionally, the bank received three Gold awards from the Laconia Daily Sun's Best of the Lakes Region annual program including Best Bank, Best Customer Service, Best Place to Work, and a Silver award for Best Financial Advisor/Planner. Most notably, Bank of New Hampshire was named Bank of the Decade by Business NH Magazine in their Business of the Decade edition.

Two new Board Directors, Benoit L. Lamontagne, State of New Hampshire Dept. of Business & Econom-

ic Development, and Charles F. Rolecek, Owner - CR's Restaurants, were introduced. Five new Corporators were also introduced: Allison Ambrose, Attorney - Wescott Law; Susan Burpee, Burpee Family Chiropractic; Rosemary Heard, President & CEO - CATCH Neighborhood Housing, Alliance Asset Management; Kaitlin O'Neil, Attorney - Normandin, Cheney & O'Neil; and Andrew Pike, Vice President - Opechee Construction.

"As we continue to stand strong and support our employees, customers, and communities amidst the challenges of 2020, we are extremely optimistic and eager for what the coming year - and every year after that - will bring to Bank of

New Hampshire," Long added.

Bank of New Hampshire, founded in 1831, provides deposit, lending and wealth management products and services to families and businesses throughout New Hampshire. With 23 banking offices throughout New Hampshire and assets of \$2 billion, Bank of New Hampshire is the oldest and largest independent bank 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.

Lakes Center for the Arts receives donation from Meredith Village Savings Bank

MEREDITH — Meredith Village Savings Bank (MVSB) has purchased \$10,000 in tax credits through the New Hampshire Community Development Finance Authority (CDFA) in support of Lakes Center for the Arts, a subcommittee of the Greater Meredith Program (GMP). These funds will support the organization's goal of creating an incubator for the arts, transitioning artists into successful sustainable businesses that will enhance growth in the local economy.

The Lakes Center for the Arts hopes to preserve and repurpose a unique local building with the goal of developing a hub of cultural vitality, creating a new focal interest for an underused zone in the town of Meredith. The build-

ing, the former Annalee Doll factory, is a 35,000 square foot post and beam facility.

"Our plan is to provide a center for the Lakes Region community that is devoted to the arts and able to foster careers in the arts by providing training in business skills and marketing," noted Kathryn Rolfe, committee chairperson. "We are grateful to MVSB for their tax credit purchase and support, and we look forward to partnering with other local businesses in this effort."

"The Lakes Center for the Arts is an ideal addition to our community," added Rick Wyman, president of Meredith Village Savings Bank. "With a focus on art, the center will greatly

benefit Meredith, as it is designed for aspiring, emerging and established artists. At the Lakes Center for the Arts, artists can expand their talents, thereby enhancing and enriching our community."

There are still tax credits available for purchase for local businesses who wish to support the Lakes Center for the Arts. CDFFA tax credits allow businesses to fund qualifying economic or community development projects in exchange for a tax credit that can be applied against state business tax payments. The tax credit program allows NH businesses to use their state tax dollars to support local projects they care about. CDFFA reviews many project applications each year and awards tax

credits to those that they determine are feasible, and will make the biggest impact on economic development in the state. For more information, visit nhcdfa.org.

The Lakes Center for the Arts is in the process of repurposing a landmark factory building that has a history connected to art, business and the community. The committee intends to provide an incubator for the arts, offering space to both established and aspiring artists in a collaborative atmosphere. The program encourages interdisciplinary expressions, and includes enriching experiences for the under-served and differently-abled local population through visual art. They envision an inclusive environment where everyone is wel-

come, respected and appreciated. For more information or to support their efforts, visit lakescenterforarts.org.

Unlike a stock bank, MVSB is a mutual savings bank that operates for the benefit of their depositors, borrowers and surrounding communities. As a result, MVSB has remained steadfast in fostering the economic health and well-being of the community since being 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 the Lakes and Seacoast regions of NH. MVSB and their 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, Meredith, Moultonborough, Plymouth, Portsmouth or Wolfeboro, call 800-922-6872 or visit mvsb.com.

Pemigewasset Choral Society offers virtual music making

REGION — For 46 years, the Pemigewasset Choral Society has brought music to communities in Central New Hampshire and provided singing and instrumental opportunities for countless musicians. After a well-received December 2019 concert series in Gilford, Franklin and Plymouth featuring the Vivaldi Gloria, the Society was forced to cancel the spring 2020 concerts to protect both the chorus and our audiences during the COVID-19 Pandemic.

Concerts are still not possible for December 2020, but making music is more important than ever for the nearly 90 singers in the Pemi Chorus. Director Will Gunn and Board Chair Ann Nichols have announced that the Pemi Choral Society is providing the opportunity to safely gather, re-connect, share our love for


music, and sing together this fall.

Chorus members will meet virtually via Zoom on Monday nights beginning Sept. 14. Rehearsals will include vocalizing, singing rounds and working on several pieces that have been selected for a future concert when singing together in front of an audience is again possible. Director Will Gunn will hold Zoom rehearsals for Sopranos and Altos from 7-7:45 p.m. and Tenors and Basses from 7:50-8:35 p.m. each Monday evening this fall.

The Chorus would also like to extend an opportunity for other members of our community to sing with us. Those interested can get more specific information at <https://www.pemichoral.org/join-us.html>.

The Pemigewasset Choral Society looks forward to performing before our wonderful live audiences when it is again safe to do so. In the meantime, we will keep our voices strong and invite all interested singers to join us.

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The flavors of fall

The first day of fall is upon us. Sept. 23 will mark the first day it is socially acceptable to drink pumpkin and apple flavored coffee, doughnuts, bread and burn fall scented candles. Coffee shops and bakeries are already busting out the fall flavors.

Pumpkin enthusiasts beware, on the flip side, there are several people who think it is too soon. A survey that posed the question, “When is it OK to start drinking and eating pumpkin?” produced the following responses:

“Right now!”

“First day of fall.”

“I always strive for after Labor Day, but often start on July 12th.”

“I’m waiting until September 1st.”

“After zucchini season.”

It is true, there are more people in New England who are holding on to every last bit of summer than those looking forward to fall. To those people, we get it. Some people refuse to swap their flip flops for boots until the first snow fall. The end of the summer season really isn’t so bad. With fall comes hearty crock pot recipes, crisp evenings, sweaters, boots, and Halloween. The closer to Halloween we get, the closer to snow, which means the ski resorts will soon be open for businesses. What could be better?

Perhaps the best part about fall is foliage. The leaves are already changing and soon New England will be swarming with tourists, camera’s in tow. Peak foliage will hit during the last week of September through the first week of October.

Within the next four weeks, temperatures will drop drastically, with some hot days still sprinkled in for balance. The good news is, there is still plenty of time to sneak in a few more summer hikes, a kayak excursion on the lake, a few more backyard barbecues, or a day reading out on the hammock.

The Old Farmer’s Almanac says of winter 2021, “Our long-range forecast is calling for a cold winter with normal to below-normal temperatures in areas from the Great Lakes and Midwest, westward through the Northern and Central Plains, and Rockies. Remember last year’s almost snow-free winter in the Northeast? Well, this year our prediction is very different, with the possibility of a blizzard hitting the Mid-Atlantic and Northeast states during the second week of February. This storm may bring up to one to two feet of snow to cities from Washington, D.C. to Boston, Massachusetts.”

So wether you’re still sipping pina coladas or drinking a pumpkin spiced latte while dreaming of jack-o-lanterns and the smell of wood stoves, this IS the perfect time of year for you.

Send your letters!

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STRATEGIES FOR LIVING

America at the crossroads

BY LARRY SCOTT

America has been hit with a triple whammy! The shooting of Jacob Blake and the looming national elections have turned into a national brawl, and the coronavirus pandemic has brought a new normal to the American lifestyle.

The bitterness generated by our national elections will be with us long after Nov. 3 and, in fact, may not be settled until we are well into the new year. We are a divided country, and no one has yet offered a viable solution. We have turned away from God and we have rejected the moral principles given us in His Word; it has left us with nowhere to turn. What is wrong with

America? Why are our people so unhappy? Why the strife between races and classes? We are tempted to blame Washington, but Jesus says we are what’s wrong with America.

In His words, “For from within, out of men’s hearts, come evil thoughts, sexual immorality, theft, murder, adultery, greed, malice, deceit, lewdness, envy, slander, arrogance, and folly. All these evils come from inside and make a man unclean.” A man will never be at peace with his society until he is at peace with himself. Like the old spiritual said, “It’s me, it’s me, it’s me O Lord! Standin’ in the need of prayer.”

We do not need a change of government

or new legislation; we need a new heart. Most will agree you cannot legislate morality. Perhaps, but you surely can’t legislate a response to evil. We search for an effective solution, intelligent insight that could put our nation back together. But it’s not going to happen. Our problems are internal; they will only be resolved from the inside-out. External solutions will never work for they don’t deal with the soul.

We are trapped. We can’t run from our problems and we can’t ignore the festering issues that divide us. We will get past the pandemic, but that will do little to heal the wounds we have created.

But I refuse to accept

what is being termed as “the new norm.” I, and a host of others like me, have turned to the only One capable of bringing order to our shattered world. “Do not let your hearts be troubled,” Jesus said, “Trust in God; trust also in me. ... Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.”

Ladies and gentlemen, I introduce you again to the only One who can bring justice out of chaos, sunshine out of rain, and give us a song in the night. His Name is Jesus.

For more thoughts like this, follow me at in-defenseoftruth.net

September is National Suicide Prevention Month

Suicide is difficult to talk about. Those who have tried it, or seriously considered it, are often reluctant to speak about it because of the heavy social stigma attached to it. The loved ones of those who have died by suicide are also often confused or ashamed by the death and don’t know how to explain the unexplainable choice their loved one made. But silence about suicide and pretending that it doesn’t happen are not the answer. The Suicide Prevention Lifeline states, “Research shows that people who are having thoughts of suicide feel relief when someone asks after them in a caring way.”

The reasons people die by suicide are personal and many, but not uncommon. We hope that this article can help to start a conversation, and shine a light, on what the National Institute of Mental Health Suicide identifies as the tenth leading cause of death in the United States, and the second leading cause of death among individuals between the ages of 10 and 34. Distressingly, CDC data shows that the rate of suicide is one of the highest among those 85 and older; a population many of us don’t consider at risk.

It’s not just in the US.

Take 5 to Save Lives, a worldwide movement focused on five-minute actions to get involved in suicide preventions, estimates that more people in the world die from suicide than by war and murder combined.

They encourage people to learn the warning signs of individuals experiencing an emotional crisis so you can get them, or yourself, immediate emergency help. Signs include someone threatening to hurt or kill themselves, or seeking access to lethal means like weapons either with online searches or physical searches, or writing or talking about dying or suicide. Or you can help connect your loved one or yourself to a hotline or mental health professional for feelings of hopelessness, being trapped, and withdrawing from friends and family or the opposite, uncontrolled anger and recklessness, with risky behaviors.

Next, ask.

Krystin Albert, CEO of Franklin VNA & Hospice, says, “It doesn’t have to be complicated. You can say something like, ‘You haven’t seemed like yourself lately. Is there anything going on?’ or ‘You seem really stressed and I want to help. Are you ok?’ You don’t need to try to be perfect, just genuine and

caring.”

If you suspect that the person is thinking about suicide, ask directly. “Have you had thoughts about suicide?” or “Do you have a plan to kill yourself?” and then be ready to listen without judgement. Let the person talk, without interruption and make them feel heard.

Take 5 to Save Lives stresses we should listen for reasons to live they may mention, hope for the future, support systems, or ambivalence. Don’t minimize their problems, or shame them to try and change their mind. Don’t argue or challenge them or preach to them. Don’t tell them you will keep this a secret. If they say they are not suicidal, let them know you only want to understand their thoughts and feelings together so you can make the best choice for their health. You are there to listen and help if they ever have suicidal thoughts.

Just as the Suicide Prevention Lifeline noted, Take 5 to Save Lives also stresses we should respond in a caring way. Acknowledge that they are in real pain, and that their pain is real. It’s ok to say that you don’t understand everything but you care about them and want to help. Stay with them while you seek

help together through the ER, mental health clinic or National Suicide Prevention Lifeline 1-800-273-8255 or 911 if they are threatening to hurt themselves or others.

Lastly, don’t forget to follow up with them and see how they are doing post-crisis. You can encourage them to keep any follow-up appointments, check in to make sure they got connected to resources, and just see how they are doing and let them know you care about them.

Albert finishes, “So spread the word on how we can care for each other, because we can make a difference in each other’s lives for the better.”

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



By JOHN HARRIGAN
COLUMNIST

Editor's note: Mr. Harrigan was not able to submit a new North Country Notebook column in time to meet our accelerated press deadline for this week's edition. The following column was originally published in 2018.

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

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

+++++

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

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

Soon I was absorbing all that I could get to know about beavers, adding to in-the-field observations by looking stuff up. The bea-

ver, resources said, is among Earth's oldest warm-blooded species. And the beaver has done more to reshape major landscapes and to create or alter habitat than any other creature on the planet, including man.

What dredged all this up was a Nature series special I bumped into on late-night TV on, of course, the beaver.

+++++

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

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

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

It was the caws of crows that somehow became the signal for my brother Peter and I to throw our bedroom window open for the first breath of spring air. And right along behind the crows came the song of the male red-winged blackbird, announcing his territory and seeking someone to share it.

+++++

Beavers young and old were building and digging and channeling and cruising all over the swamp, and eventually some of them became less wary as Pete and I built rafts and poled them all over the place. They became less prone

to frantic tail-splashing and swimming away, and sometimes just followed along, perhaps out of curiosity.

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

+++++

I've often looked through old town histories, as Helenette Silver did in researching her classic History of New Hampshire Game and Furbearers, and the reader encounters some great stories about beavers and beaver dams.

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

+++++

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

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

I will remember the day best for using our



COURTESY

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



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

snowshoes to dig a big hole in the snow, wherein to kindle a fire for lunch. There we were, in the middle of this vast, silent wild place, alone.

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

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

He did, and there was none of what Elias later referred to as "that official talk stuff," just visiting as if encountering each other in that vastness was the most natural thing in the world.

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

day.

(This column is syndicated in papers covering two-thirds of New Hampshire and parts of Maine and Vermont. Ad-

dress letters, with town and telephone numbers in case of questions, to campguyhooligan@gmail.com or to Box 39, Colebrook, NH 03576.)

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Comfort Keepers

Seniors and kitchen safety: Tips for the “Heart of the Home”

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

A kitchen is often the central gathering place in the home. Family dinners, special occasions and time shared together all happen in the heart of the home.

Making sure the kitchen a safe, happy place is important. On a daily basis, many of us spend time in our kitchens, and it is easy to forget that the kitchen can be a place where dangerous accidents are not uncommon – especially for seniors.

When it comes to senior adults and kitchen safety, the numbers show where potential issues can occur:

- The National Fire Protection Association reports that three (3) in ten (10) home fires start in the kitchen, more than any other

room in the house.

- The Centers for Disease Control and Prevention reports that 76 million cases of food-borne illness occur each year, including 5,000 fatal cases. Older adults, due to a natural decrease in their immune systems, can succumb to food poisoning more easily and have a harder time fighting it off if they do.
- Kitchens are also areas with high fall-risk areas: items stored out of reach, slippery floors, and the likelihood that meals are carried to eat in another room.
- The Federal Emergency Management Agency (FEMA) reports that people over the age of 65 have a 2.7 times greater risk of dying in a kitchen fire than the general population.

For those that want to ensure that the kitchen is as safe as possible for their senior loved ones,

there are three key areas to consider:

- Fire prevention and safety – The primary cause of kitchen fires is unattended food – seniors should never leave the kitchen when food is cooking. Automatic shut-off devices are a great tool to help seniors that have memory issues but like to spend time cooking. Loose clothing, kitchen towels and pot-holders can all catch fire if too close to the stove, so it is good to be mindful about fabric near flames. And, on a regular basis, a qualified electrician should check wiring and outlets to ensure safety compliance – this is a common cause of fires in older homes.
- Foodborne illness prevention – Because of the ways our bodies change when we get older, foodborne illness can become a much more serious issue. This can be prevented by

properly storing food, checking fridge temperatures often, properly reheating food, cleaning old items out of the fridge and pantry often and checking expiration dates.

- Reduce fall risks – When seniors need to reach an item, whether stored too high or too low, it can cause a balance issue that may lead to a fall. Keeping cooking items within reach is critical. Clutter on counters should be removed, bright lights are helpful, and the heaviest objects should be stored at waist level. Water is often a problem in the kitchen – possible issues include spilled water from the sink, leaking refrigerators and pipe leaks. Spilled water can make kitchen floors slippery, so adding mats and checking water sources often is important.

The kitchen can be a joyful place in the home,

with intentional action to minimize the risk of accident or illness. Being safe in the kitchen is not just common sense - and revisiting safety tips for the kitchen is never a waste of time.

Comfort Keepers® can help. About one-quarter of Americans over age 65 need help with everyday activities such as eating, cooking, and getting in and out of bed or a chair. Our trained caregivers can help with these and other tasks, while engaging clients in activities that improve quality of life. They can also provide support for physician approved diet and exercise plans, provide transportation to appointments and community events and can assess a home for safety issues and reducing fall hazards. For more infor-

mation on how we can help, contact your nearest Comfort Keepers® office today.

About Comfort Keepers

Comfort Keepers is a leader in providing in-home care consisting of such services as companionship, transportation, housekeeping, meal preparation, bathing, mobility assistance, nursing services, and a host of additional items, all meant to keep seniors living independently worry free in the comfort of their homes. Comfort Keepers have been serving New Hampshire residents since 2005. Let us help you stay independent. Please call 536-6060 or visit our Web site at NHComfortKeepers.com for more information.

Local author examines family relationships

REGION — Jacqueline Simon, a writer who for decades has spent half of every year in New Hampshire's Lakes Region, has authored a debut collection of short stories, “Leaving Letitia Street.” The book has received outstanding praise from literary notables as diverse as New Hampshire's Ernest Hebert and Chicago's Rosellen Brown.

Simon's stories are varied, but she says they are united by being about the kinds of ordinary problems that can affect even lives that seem charmed.

“Middle-class Americans, even those who

seem to have it made, deal almost every day with problems that have nothing to do with income, oppression, gender, race, or politics, yet can derail a life,” she muses. “Let's call it the Human Condition.” She specifies that her stories are about families and man-woman relationships. “I have nothing against mysteries, thrillers, or sexy reads, but what interests me is character, what people do when the chips are down.”

JoAnn Baird, an Arizona marriage and family therapist and an online reviewer, writes that the book is “a refreshing interlude from

the sizzling 2020 summer of ‘the virus,’ nasty politics, shut-downs, and insanity in our cities. . . The right little book at the right time.”

Four of the stories in “Leaving Letitia Street” won awards in the late eighties and nineties, ranging from PEN Southwest's Houston Discovery Prize to the shortlist of the National Magazine Award. The writer says that her career was just beginning to take off when she was almost derailed by her mother's Alzheimer's. By the time her mother died, ten years later, Simon says she wanted only to rest.

“I rested too long, and I thought my time for publishing had passed,” she says.

She returned in the 2010's by hosting a writer's workshop in Meredith with then-Poet Laureate Donald Hall.

“He is best known for his poetry, but it's his memoirs and essays that will endure. I asked him to talk about crafting memorable prose,” she said.

“Leaving Letitia Street” is available from bookstores and from Amazon.

Quilters Guild hosting free outdoor community event

LACONIA — Beginning at 10 a.m. on Saturday, Oct. 3, and lasting until 2 p.m., art in the form of quilts will be on display in more than 30 businesses in downtown Laconia!

The Belknap Mill Quilters Guild won't let COVID stop them! While they can't hold their annual indoor quilt show, the Guild is sharing their artistic talents and connecting local quilters with our community in a safe and responsible way. Begin your socially distanced, self-guided journey by picking up a map at the Belknap Mill, or at any participating local business. Get your map stamped at each location you visit, return to the Mill by 1 pm to collect tickets, and win prizes! The Guild will also have our Attic Corner and Quilted Treasure booths under a big tent at the Belknap Mill. This is your chance to pick up fabric, quilting supplies, or handmade gifts at great prices.

TILTON POLICE LOG

TILTON — The Tilton Police Department responded to 445 calls for service and reported the following arrests during the week of Aug. 24-30.

Arrested during this time period were Leah Jameson (in connection with a warrant), Lydia Perkins (for Criminal Threatening), Jason Lockrow (for Theft and Criminal Trespassing), and Nancy Masiello (for Driving Under the Influence).



October
Breast Cancer Awareness Month

Advertise in our special page dedicated to Breast Cancer awareness, treatment, screening health advances, etc., will be in the **October 1st, 8th, 15th 22nd & 29th** of the **Newfound Landing**, the **Plymouth Record**, the **Gilford Steamer**, the **Baysider**, the **Meredith News**, the **Granite State News**, the **Winnisquam Echo**, & the **Carrol County Independent!**

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Silent September continues on LRPA

LACONIA— This September on LRPA After Dark, movies should be seen and not heard! Celebrate Hollywood's great silent film era each Friday and Saturday night at 10 p.m. for our Third 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 nearly 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, close-up shots, enhanced lighting and feature-length films, were developed during this important time in the history of cinema. Lakes Region Public Access Television is proud to highlight some of the most interesting films of this period.

This weekend's feature (September 11 & 12) is 1924's "He Who Gets Slapped," directed by Victor Sjöström and starring three silent film superstars: Lon Chaney, Norma Shearer and John Gilbert. The plot: Paul Beaumont (Chaney) is a brilliant French inventor who is about to present his greatest discovery to a renowned scientific academy. Unbeknownst to him, his patron Baron Regnard (a wonderfully wicked Marc MacDermott) has appropriated not only his life's work but also his wife. Regnard publicly humiliates Beaumont in front of the academy, whose members jeer and laugh at his plight. Heartbroken and unable to go on, Beaumont abandons his iden-

tity and joins a circus as the clown "He Who Gets Slapped." His act consists of being abused and mistreated by his fellow clowns -- and audiences can't get enough. "He" even wears a fabric heart on his sleeve that gets ripped off during every performance. The clown secretly falls in love with the beautiful horseback rider Consuelo (Shearer), who shows him kindness and sews his heart back on his costume every evening. Consuelo only laughs when "He" professes his love to her, as no one takes the clown seriously. Consuelo only has eyes for her handsome circus riding partner Bezano (Gilbert). One day backstage, "He" overhears Consuelo's greedy father, the disgraced and penniless Count Mancini, agree to sell her in marriage to none other than the terrible Baron Regnard. Overcome with rage and revenge, "He" takes matters into his own hands to extract.

"He Who Gets Slapped" is a silent film of many firsts: it was Metro-Goldwyn-Mayer's first picture to go into production, and the first to include the MGM lion in the opening credits. It was the first MGM picture to feature an "all-star cast" including Lon Chaney, who had previously worked at Universal Pictures, so it was his first role for MGM. It also marked the American directorial debut of Victor Sjöström, already a well-known and respected Expressionist director in Sweden. The role of "He" is hailed by many critics as one of Chaney's greatest feats, and Chaney himself considered it a favorite in a

distinguished career. "He Who Gets Slapped" was a resounding success at the box-office, grossing nearly \$1 million in its initial run. Critics also enjoyed the film. The New York Times named it as one of the 10 best films of 1924, and its critic Mordaunt Hall stated, "Never in his efforts before the camera has Mr. Chaney delivered such a marvelous performance as he does as this character. He is restrained in his acting, never overdoing the sentimental situations, and is guarded in his make-up." Over the years, "He Who Gets Slapped" has been included in many silent film festivals, and it was selected for preservation by the Library of Congress in 2017. It is a strange and beautiful film, with wonderful lighting and cinematography. What more you ask for? Grab your popcorn and join LRPA after dark for a thrilling evening of psychological drama.

Mark your calendars for LRPA's Third Annual "Silent September" Film Festival!

All showings are at 10PM on LRPA TV

Sept. 11 & 12:
"He Who gets Slapped," 1924

Sept. 18 & 19:
An Evening of
Silent Comedies!

Sept. 25 & 26:
"The Phantom
of the Opera," 1925

Coming in October:
LRPA's Fifth Annual
"Shocktoberfest!"

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but LRPA TV, Atlantic Broadband Channel 25. Not a subscriber? Then watch us online at live.lrpa.org to catch all the fun.

About Lakes Region Public Access Television (LRPA)

Lakes Region Public Access Television (LRPA) is a nonprofit, non-commercial public access TV station and community media center located on the Laconia High School campus in Laconia, NH. LRPA cablecasts locally on Atlantic Broadband Channel 24 (educational programming and public bulletin board), Channel 25 (information and entertainment) and Channel 26 (government meetings) to more than 12,000 homes in our member communities of Belmont, Gilford, Laconia, Meredith and Northwood. Programming is produced by and for the people of the greater Lakes Region. LRPA's mission is to empower our community members to produce content that

fosters free speech and the open exchange of ideas,

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

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

SPAULDING

CONTINUED FROM PAGE A1
To learn more about Spaulding Academy & Family Services and its new name and brand, please visit SpauldingServices.org/rebrand.

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) nonprofit that was formerly known as Spaulding Youth Center since 1958. Our scenic hilltop campus is located on nearly 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 under and their family. For information about Spaulding Academy & Family Services, visit www.SpauldingServices.org.

CHAMBER

CONTINUED FROM PAGE A1
Foods, Prescott Farm, T-Bones & Cactus Jacks, and Chisholm, Persson & Ball PC & many more. If you are a business that is open for business in October and would like to be discovered in the Lakes Region Chamber's Come Catch the Glow! Discover Autumn in the Lakes Region initiative, go to LakesRegionChamber.org or call 524-5531. The cost to participate is \$100. If you are a business or a school that would like to host a pumpkin display, give the Chamber a call to learn how.

The Lakes Region Chamber is a private, non-profit organization striving to create and promote a more engaged community and thriving economy for the businesses in the Lakes Region. For a directory of Lakes Region businesses and a full community calendar of events, go to LakesRegionChamber.org.

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Red Cross helping five people displaced by Laconia fire

LACONIA — Disaster responders from the American Red Cross of Northern New England are helping five people displaced by a home fire last Wednesday.

Red Cross volunteers are making sure that their immediate needs such as food, a safe place to sleep and other essentials are met. To protect safety, volunteers follow coronavirus protocols including virtual interactions and social distancing.

The Red Cross will remain in contact with the displaced residents to provide community referrals as they begin their road to recovery.

For tips on home fire preparedness, visit <https://www.redcross.org/get-help/how-to-prepare-for-emergencies.html>.

The Red Cross helps people affected by home fires and other disasters with their immediate physical needs and also provides them with emotional support. Individuals wishing to support Red Cross Disaster Services can call (800) RED-CROSS or visit redcross.org.

About the American Red Cross
The American Red Cross shelters, feeds and provides emotional support to victims of disasters; supplies about 40 percent of the nation's blood; teaches skills that save lives; provides international humanitarian aid; and supports military members and their families. The Red Cross is a not-for-profit organization that depends on volunteers and the generosity of the American public to perform its mission. For more information, please visit redcross.org/NNE or visit us on Facebook at @RedCrossNNE, Instagram at @RedCrossNNE or at Twitter at @ARC_NNE.

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Edward Jones: Financial Focus

Grandparents: Consider These Financial Moves

Each year, on the first Sunday after Labor Day, we observe National Grandparents Day. Although it's not as widely recognized as Mother's Day or Father's Day, if you're a grandparent, you probably want to do whatever you can to help your grandchildren on their journeys through life. So, you might want to consider the following moves:

- Contribute to their education. If you want to help your grandchildren pay for college, you have a variety of options, including 529 plans. You could also simply set aside some money in an investment account earmarked for education. But you don't just have to stick to helping out financially -- you might also want to do some research to see what scholarships are available.
- Consider a UGMA/UTMA account. The Uniform Gifts to Minors Act (UGMA) and Uniform Transfer to Minors Act (UTMA) are custodial accounts that provide a relatively easy way for you to give money to your young grandchildren. A financial advisor can help determine if such a plan is right for you. However, once you put money into the UGMA or UTMA, you no longer have any legal access or authority over the funds unless you are the custodian managing the account.
- After children reach the age of majority -- typically 18 or 21 -- or the age of termination if the state where they live allows for the assets to be held until a later age, they will control the assets, and they may not want to use the money as you had envisioned, such as for college. (Also, tax issues for custodial accounts can be complicated, so, before opening an UGMA or UTMA, you'll want to consult with your tax advisor.)
- Consider gifts to older grandchildren.

If you have older grandchildren, you might want to help them out if they're saving for a down payment on a home, or are between jobs, or perhaps are even having children of their own. You can give \$15,000 per year, per individual, without having to file a gift tax return. Your spouse can also give \$15,000 per year to the same individual, again without triggering the need for a gift tax return.

- Review your will. If you've already created your last will and testament, you may want to review it upon the arrival of grandchildren. You can include specific instructions, such as requiring your grandchildren to turn a specific age before they can receive their inheritance. You could also codify the same requirements through the use of a living trust. Contact your legal advisor to determine if such a trust is appropriate for your situation.
- Update beneficiary designations. If you want your grandchildren to receive proceeds from various accounts, such as your 401(k), IRA and life insurance, you may need to update the beneficiary designations, which can even supersede the instructions on your will. Keep in mind that if you have grandchildren with special needs, you may want to designate a supplemental needs trust for your grandchild as the beneficiary instead of naming your grandchild directly. Again, contact your legal advisor for more information.

These aren't the only steps you can take to help your grandchildren, but they should give you some options to consider. The world is an expensive place, and any assistance you can provide to your beloved grandchildren can make a big difference in their lives.

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***10% down - 25 years at 6%**

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Autumn Sale! Save \$6,000 or more on ALL Homes!

NEW 14 WIDES	 <p>List Price: \$55,582 \$42,995 56' 2 Bed</p>	 <p>List Price: \$56,757 \$42,995 60' 3 Bed</p>
	 <p>List Price: \$57,585 \$44,995 64' 2 Bed, 2 Bath</p>	 <p>List Price: \$59,085 \$46,995 68' 2 Bed, 2 Bath</p>
	 <p>List Price: \$68,835 \$52,995 66' 3 Bed, 2 Bath</p>	<h4>Homes From COLONY, NEW ERA, & TITAN</h4>
DOUBLE WIDES	 <p>List Price: \$79,980 \$62,995 40' 3 Bed, 2 Bath</p>	 <p>List Price: \$86,435 \$75,995 52' 3 Bed, 2 Bath</p>
	 <p>List Price: \$87,186 \$77,995 48' 3 Bed, 2 Bath</p>	 <p>List Price: \$108,239 \$97,995 52' 3 Bed, 2 Bath One Price Home! Every Option You Want Included!</p>

WE HAVE DELIVERED OVER 10,000 HOMES TO SATISFIED CUSTOMERS. CAN WE DELIVER ONE TO YOU? Rt. 3, Tilton NH, exit 20 on Rt. 1-93 across from Lakes Region Factory Mall **WWW.CM-H.COM**



TO VIEW THESE AND OTHER PROPERTIES, VISIT:

Alpine Lakes Real Estate: www.alpinelakes.com

Bean Group: www.beangroup.com

Century 21 Country Lakes Realty: www.countrylakesrealty.com

Century 21 Twin Rivers Realty: www.nhreal21.com

Coldwell Banker: www.cboldmill.com

Coldwell Banker Residential Brokerage
www.newenglandmoves.com

ERA Masiello: www.masiello.com

Exit Lakeside Realty Group: www.exitlakeside.com

Granite Group Realty Services:
www.granitegrouprealtyservices.com

Gowen Realty: www.gowenrealty.com

Kressy Real Estate: www.kressy.com

Lakes Region Realty: www.lakesregionrealestate.com

Lamprey & Lamprey Realtors: www.lampreyandlamprey.com

Maxfield Real Estate: www.maxfieldrealestate.com

McLane Realty: www.mclanerealtyplymouth.com

Mountain Country Realty: www.mountaincountryrealestate.com

Nash Realty: www.nashrealty.com

New Hampshire Colonials Real Estate: www.squamlake.com

Noseworthy Real Estate: www.noseworthyrealestate.com

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Roche Realty: www.rocherealty.com

Strawberry Lane Real Estate: www.strawberrylane.com

Town & Forest Realty: www.townandforest.com



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(603) 279-7046

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\$269,900
MLS# 4824985

Laconia: South Down Shores on Lake Winnepesaukee! This 2BR/2BA townhouse is close to the Golf Village pool & just a short walk to the beach & marina.



\$399,900
MLS# 4811996

Gilford: 3 BR + office, 2 1/2 bath colonial with two car garage in Gilford. 1.52 acres on a cul-de-sac. Access abutting conservation land & walking trails from your backyard!



\$199,000
MLS# 4825431

Sanbornton: Rustic cabin on 49 acres. Abuts 2,500 acres of fields & forested recreational land on the Pemigewasset River. Cabin is perched on a bluff above a brook.



\$165,000
MLS# 4819172

Meredith: 3 acre building lot with private beach rights on Lake Waukegan! Level lot with mature foliage, located diagonally across from the sandy association beach!



Facsimile

Introducing Lake Winnepesaukee's Newest Waterfront Development!

Welcome to Lakeside at Pausus Bay! Set just yards from the sugar sand beach, docks, and landscaped lawns, these 32 luxury condominiums will feature 3-4 bedrooms with up to 3,380 sqft. of living space, plus corner balconies, direct elevator access to each unit, and a 2-car garage. Westerly exposure with blazing sunsets overlooking the lake. **Prices to start at \$664,900**

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

Wolfeboro: 15 Railroad Avenue • 603-569-3128

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

Alton: 108 Main Street • 603-875-3128





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FEATURED PROPERTIES



WOLFEBORO // Lake Wentworth gated cottage compound, featuring 4 rental cottages, 515' Waterfront, fabulous family resort destination. **\$1,499,000** (4765913) Call Randy Parker 603-455-6913



TUFTONBORO // Winnepesaukee WF on 20 Mile Bay, long views, plenty of sun, over 100' waterfront + new 40' dock. **\$1,200,000** (4797139) Call Randy Parker 603-455-6913



ALTON BAY // 3,800 SF Contemporary, private boathouse, wide dock, sandy swim area. Mountain and Lake Views. **\$1,099,000** (4768668) Call David Countway 603-520-5211



MEREDITH // TO BE BUILT 3BR/3BA, 2500+SF ranch-style home in one of Meredith's premier subdivisions. **\$654,000** (4823063) Call Amy Eline 603-520-7466



ALTON // Village Home being Sold As Is. Needs new siding for financing. Abuts School Field. **\$169,000** (4821465) Call David Countway 603-520-5211



ASHLAND // 2BR/2BA townhouse-style condo. Recently updated inside. Great location close to Plymouth, Holderness & Squam Lake. **\$136,500** (4816423) Call Bronwen Donnelly 603-630-2776



ALTON // Well maintained family get-a-way with 2 room bunkhouse and private deck. Short walk to Alton Bay. **\$125,000** (4824502) Call Zannah Richards 603-387-0364

ISLAND REAL ESTATE



WHORTLEBERRY ISLAND - TUFTONBORO
Three separate lots of record, 1.33 acres, 270' of Winni WF, shallow beach. Incredible Views! **\$595,000** (4795841) Call Betty Ann Bickford 603-651-7040



BEAR ISLAND - MEREDITH
One of the largest islands on Lake Winnepesaukee. 6-bedroom/5-bath main house, on 1.8 acre lot, 125' crystal clear lakefront. View. **\$499,000** (4822887) Call Jen McCullough 603-234-2721



COW ISLAND - TUFTONBORO
Premier building lot with 1.4 acres, 160' frontage, u-shaped dock, 4-bedroom septic installed. Sun, sunsets, view! **\$375,000** (4822179) Call Betty Ann Bickford 603-651-7040

RENTALS

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

LAND AND ACREAGE

NEW HAMPTON // 178 acres, fabulous views of the Presidential range and a beautiful brook leading to the Pemigewasset River. **\$649,900** (4824815) Call Lisa Merrill 603-707-0099

MOULTONBORO // 1.6 Acre res/comm. vacant lot in Zone "A" in Village section. Site plans avail. **\$129,000** (4814097) Call Jeannie Lacey 603-455-1880

GILMANTON // Rte 106. Corner lot in Business Zone just north of the Speedway. Plans/Permits available. **\$69,900** (4798642) Call Zannah Richards 603-387-0364

HELP WANTED

CAMPTON SCHOOL DISTRICT
Campton Elementary School

2020-2021 School Year
Immediate Opening
Special Education Paraprofessional
Must have official college transcript of Associate's or Bachelor's degree conferred or showing a minimum of 48 college credits or a copy of passing scores for the ParaPro Assessment Praxis test or equivalent.

Full-time position
7:45 a.m. – 2:45 p.m.
Starting pay \$12.22 per hour

Please send letter of intent, resume, references, transcripts to:

Janet Eccleston, Student Services Administrator
Campton Elementary School
1110 NH Rt. 175
Campton, NH 03223
jeccleston@pemibaker.org

PART TIME, ENTRY LEVEL / INTERNSHIP
Civil Engineering company has a position open for an Engineering or Surveying Student. General knowledge of Land Surveying a plus. Must be well organized with attention to detail. On the job training during probationary period. Competitive salary or school credit. Send cover and resume to: dsc@turnkey-homesolutions.com

Town of Plymouth Recycling Center
Solid Waste Foreman
Position Available

The Town of Plymouth Recycling Center is currently accepting applications for a motivated and flexible candidate who can perform semi-technical and heavy manual work associated with operation of solid waste and recycling.

This position consists of five, 8 hour days; supervising 3 Solid Waste Operators and managing day to day operations.

Wage: \$19 to \$22/hr. Based on experience and knowledge

Preferred five years of experience in Solid Waste Management and Recycling operations. Three years of managerial experience.

MINIMUM QUALIFICATIONS REQUIRED
Must be at least 18 years old. Experienced in the performance of heavy manual labor and equipment operation, regarding to Solid Waste. Must have a NH Solid Waste Facility Operator level 3 certification and NH weigh master license. Proof will be provided by applicant.

Please send resumes to the attention of Jessie Jennings, Solid Waste Manager, 6 Post Office Square, Plymouth, NH 03264, or drop it off at the Plymouth Recycling Center at 56 Beech Hill Road, Plymouth, NH 03264. Resumes can also be emailed to recyclingmanager@plymouth-nh.org.

Position will remain open until filled.


PERMANENT PART TIME
TRANSFER STATION ATTENDANT
The Town of Thornton is seeking candidates for an immediate opening for a permanent part time Transfer Station Attendant. Must be available to work Saturday and Sunday. Average hours will be 16 hours per week with the potential for more hours when needed. No Transfer Station experience required. Must enjoy working with the public. This position is a Labor Grade 2 with an hourly pay range of \$11.56/hr. to \$16.34/hr. A full job description and application packet is available at the Town of Thornton Town Office, Transfer Station and on the town's website at www.townofthornton.org. Applications accepted until position is filled.

Please submit applications to:

Town of Thornton
Attn: Debra Shepard,
Town Administrator
16 Merrill Access Road
Thornton, NH 03285

Re: Part Time Transfer Station Attendant Position

The Town of Thornton is an equal opportunity employer.

FULL-TIME, SURVEYING/ENGINEERING TECHNICIAN
Civil Engineering company has a position open for an Engineering Technician with field experience and knowledge of land surveying. Licensed Land Surveyor or PE a plus. Must be well organized with attention to detail. On the job training during probationary period. Salary to commensurate with experience; attractive benefits package. Please email cover and resume to: dsc@turnkey-homesolutions.com

WHITE MOUNTAINS REGIONAL SCHOOL DISTRICT
2020-2021 School Year
Professional & Support Staff
DISTRICT
Human Resources/Payroll Manager
This position is a one-stop shop for ALL things Human Resources and Payroll. Year-round position with generous benefits package in SAU 36's Central Office in Whitefield, NH. Associate's degree with extensive school finance, human resources, and payroll experience preferred. Excellent communication and organizational skills, ability to work and multitask in a busy environment and maintain confidentiality required. Citizenship, residency or work visa required. See Job ID 3357047 on SchoolSpring.com to apply.
Registered Nurse (Part Time 7 Hours daily, Mon/Tue/Thurs/Fri)
Custodian (3 positions- Part Time 20 Hours per week, may include Saturdays)
LANCASTER ELEMENTARY SCHOOL
Paraprofessional (Part Time)
All applicants must apply on SchoolSpring.com
Paper applications will not be accepted.
ATHLETICS
Athletic Trainer
Varsity Wrestling Coach (HS)
Varsity Boys Tennis Coach
Varsity Girls Basketball Coach
(positions are contingent upon COVID-19 status)
(Contact Kerry Brady, AD, for application, etc. kbrady@sau36.org or 837-2528)

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


Framers and Laborers Wanted
Wallace Building Products is a successful and growing manufacturer of building products for the construction industry. We seek full-time Framers and Laborers to join our team in Danbury NH.
This position will work with other employees to build rough -framed walls for the construction industry in a shop environment. Framing experience is a plus, but we will train.


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


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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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Non-Smoking Environment
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Clinical Operations Manager
Speech/Language Therapist
***RN SIGN ON BONUS!**
*RN – Surgical Services Manager
*RN – M/S, Day Shift
*RN – M/S Charge, Day Shift
*RN – M/S Charge, Night Shift
PART-TIME
RN – M/S
Central Sterile Technician
Cook
PER DIEM
LNAs – RNs
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Phone: (603) 388-4236
Ucvh-hr@ucvh.org
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Speech/Language Therapist
Medical Records Technician
RN - Employee Health / Infection Preventionist / M-S
***RN SIGN ON BONUS!**
*RN – Surgical Services Manager
*RN – M/S, Day Shift
*RN – M/S Charge, Day Shift
*RN – M/S Charge, Night Shift
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Phlebotomist
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WWW.UCVH.ORG
Upper Connecticut Valley Hospital
181 Corliss Lane, Colebrook, NH 03576
Phone: (603) 388-4236
Ucvh-hr@ucvh.org
EOE


HELP WANTED

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



YOUTH MENTOR

Seeking a creative, patient, and energetic person to work one-to-one with a 14-year-old boy in the communities of Hampton and Plymouth for outdoor fun activities, i.e. trail running, basketball, etc. Must love to be on the move and enjoy outdoor, physical activities. Experience/interest in youth with ASD highly preferred. Part-time, flexible hours/weekend. References, background check, driver's license, and auto insurance required. Excellent starting pay & support provided. Please apply online at www.lrcs.org



HELP WANTED
Administrative Assistant
Union Congregational Church of Hebron

Our long-time Administrative Assistant recently announced her upcoming retirement. Thus, we at Union Congregational Church in Hebron, are looking for a replacement to join our staff.

Duties include working closely with the pastor to prepare weekly service bulletins and prayer lists, maintaining the church calendar, communicating with local press and the congregation, maintaining the church files and databases, assembling the report for the annual meeting and ordering supplies.

This is a part-time position of approximately 10-15 hours per week. Pay is \$15.00 per hour paid bi-weekly.

If you have questions or wish to submit a resume, you may contact Jill Erickson at erickson.jill@gmail.com

HELP WANTED

Landscape crew members wanted

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

RUMNEY SCHOOL DISTRICT
Russell Elementary School

2020-2021 School Year
Immediate Opening

Special Education Paraprofessional

Must have official college transcript of Associate's or Bachelor's degree conferred or showing a minimum of 48 college credits or a copy of passing scores for the ParaPro Assessment Praxis test or equivalent.

Please send letter of intent, resume, references, transcripts to:

Jonann Torsey, Principal
Russell Elementary School
195 School Street
Rumney, NH 03266
jtorsey@pemibaker.org



Help Wanted

Delivery Help wanted. Must be able to move heavy furniture and Mattresses. State of NH DOT card is helpful, but not required. Please call Russ at 603-536-1422 or email resume to harrisfurniture@myfairpoint.net Attention Russ Harris.

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

Will Train. Valid Driver's License required.

Application available at:

CONSTRUX, INC. 630 Daniel Webster Hwy.
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Apply at ckapply.com
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DAYTIME SHIFT
BENEFITS INCLUDE

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Apply in Person
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Precision Lumber Inc.
576 BUFFALO ROAD, WENTWORTH NH 03282
WWW.LUMBERNH.COM



Help Wanted

Part time sales position available. Harris Furniture in Plymouth has been serving NH for over 50 years. This position involves helping people find the perfect furniture, and or mattress for their home. If you enjoy working with people, in a friendly, comfortable, environment, this job may be for you. Prior experience with sales is helpful, but not a must. You must be able to help out on weekends.

If interested please call Russ Harris at 603-536-1422 or email resume to harrisfurniture@myfairpoint.net attention Russ.



Ashland Lumber
Division of BELLETETES, INC.

Yard Customer Service

This is a full time position in our Ashland Lumber yard. Duties include assisting customers and contractors locate and load materials, help receive incoming shipments and pick loads for delivery trucks. Fork lift experience preferred. Heavy lifting is required and excellent prior work history a must. Weekend hours required on a rotating schedule.

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.

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Competitive Wages Paid Vacation Paid Holidays Paid Time Off
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Ashland Lumber
A division of Belletetes, Inc.
Lumber Counter

This is a full time position in our Ashland Lumber store. Duties include assisting customers and contractors with product selection and order entry. Minimum 2 years experience in the building industry. Basic computer skills required. Excellent customer service skills a must. Will be required to work some Saturdays and Sundays. Saturday hours 7:30 - 5:00 pm and Sunday 8:00 am to 2:00 pm.

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.

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



Precision Lumber Inc.

WATCHMEN WANTED

PART TIME WATCHMEN
POSITIONS AVAILABLE



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



**Full-Time
Installers Assistant**

Energysavers Inc, a 45 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. Stop in to fill out an application:

Energysavers Inc,
163 Daniel Webster Hwy, Meredith NH

**VARNEY-SMITH
Lumber Company, Inc.**

INSIDE SALES PERSON NEEDED

Duties to include:

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

Benefit to include:

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

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

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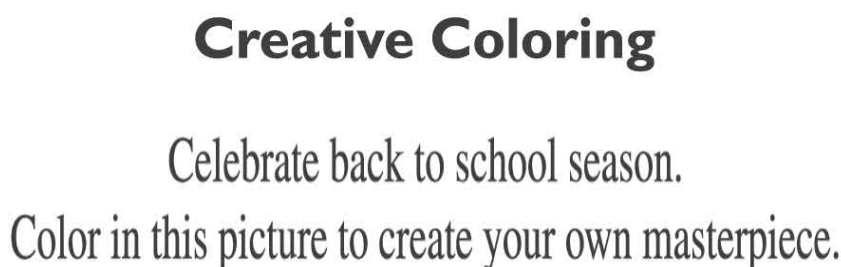
Send resume to PO Box 597 Berlin NH 03570 or email to Steven@raysoh.com

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THIS DAY IN...



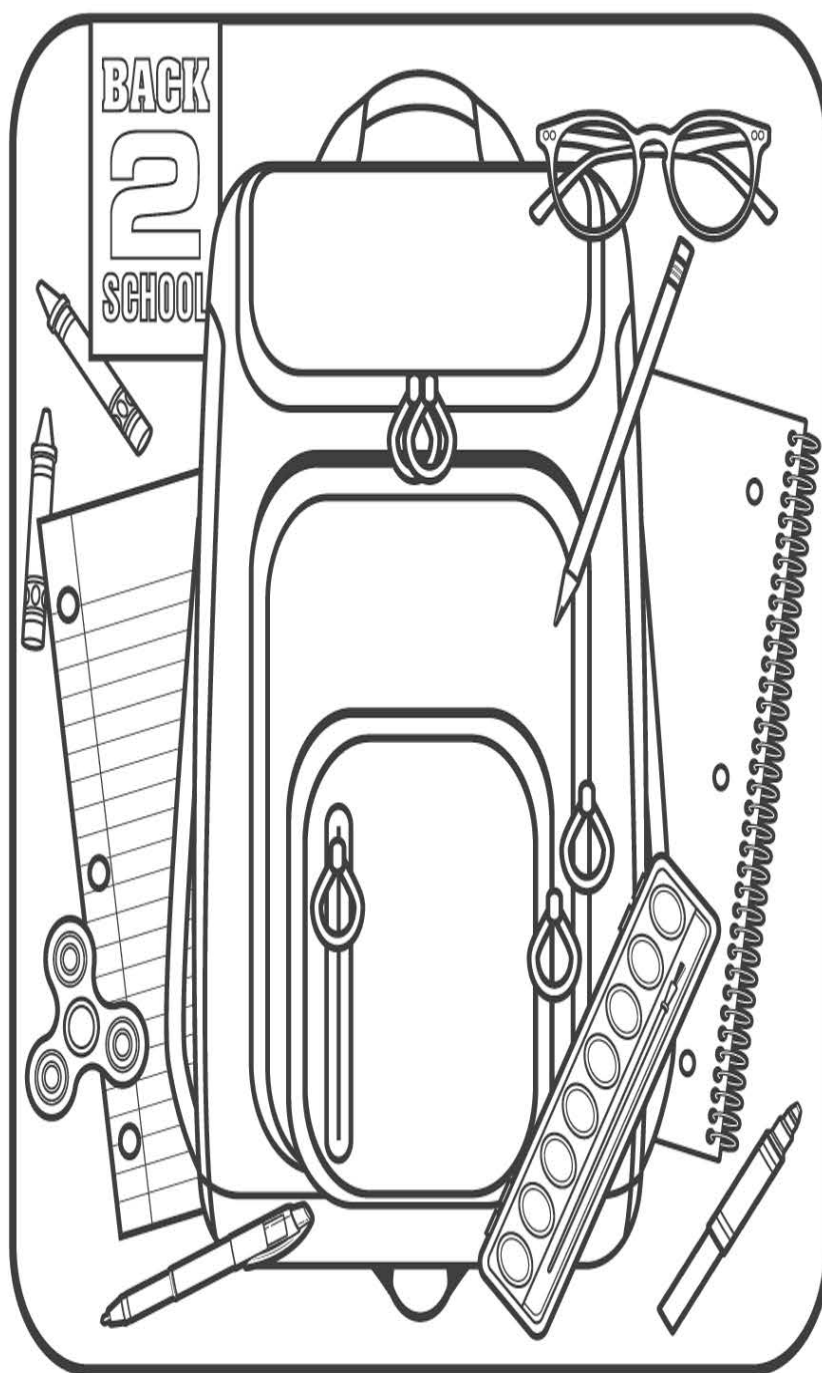
HISTORY

- **1789:** ALEXANDER HAMILTON IS APPOINTED THE FIRST U.S. SECRETARY OF THE TREASURY.
- **1971:** THE EGYPTIAN CONSTITUTION BECOMES OFFICIAL.
- **1997:** NASA'S MARS GLOBAL SURVEYOR REACHES MARS.



RESEARCHERS SAY A STUDENT
SHOULD CARRY NO MORE THAN
10 PERCENT OF HIS OR HER
WEIGHT IN ONE OF THESE.

ANSWER: A BACKPACK



EDUCATION

the process of
receiving instruction
at a school

How they SAY that in...

ENGLISH: Student

SPANISH: Alumno

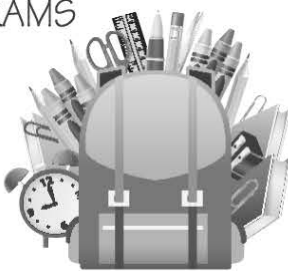
ITALIAN: **Studente**

FRENCH: Élève

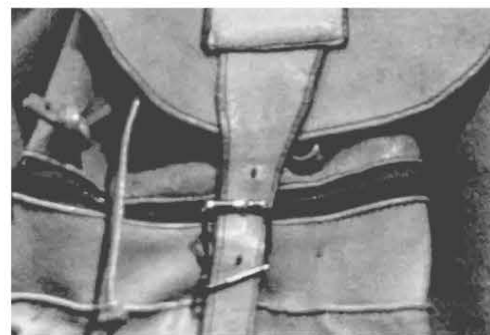
GERMAN: Schüler

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ANSWER: BACKPACK



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FOR THE FOLLOWING WEEK**

NO ADS CAN BE ACCEPTED ON MONDAYS

THANK YOU!

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2014 Harley Davidson Trike
Loaded with
extras- SHARP!

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I may have
what you
are looking
for!
Call 603-569-4799

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Professional painters needed

**Drivers License
and references
a must
Please call
603-387-9760**

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**Saturday
September 12
9:00-3:00**

Rain or Shine
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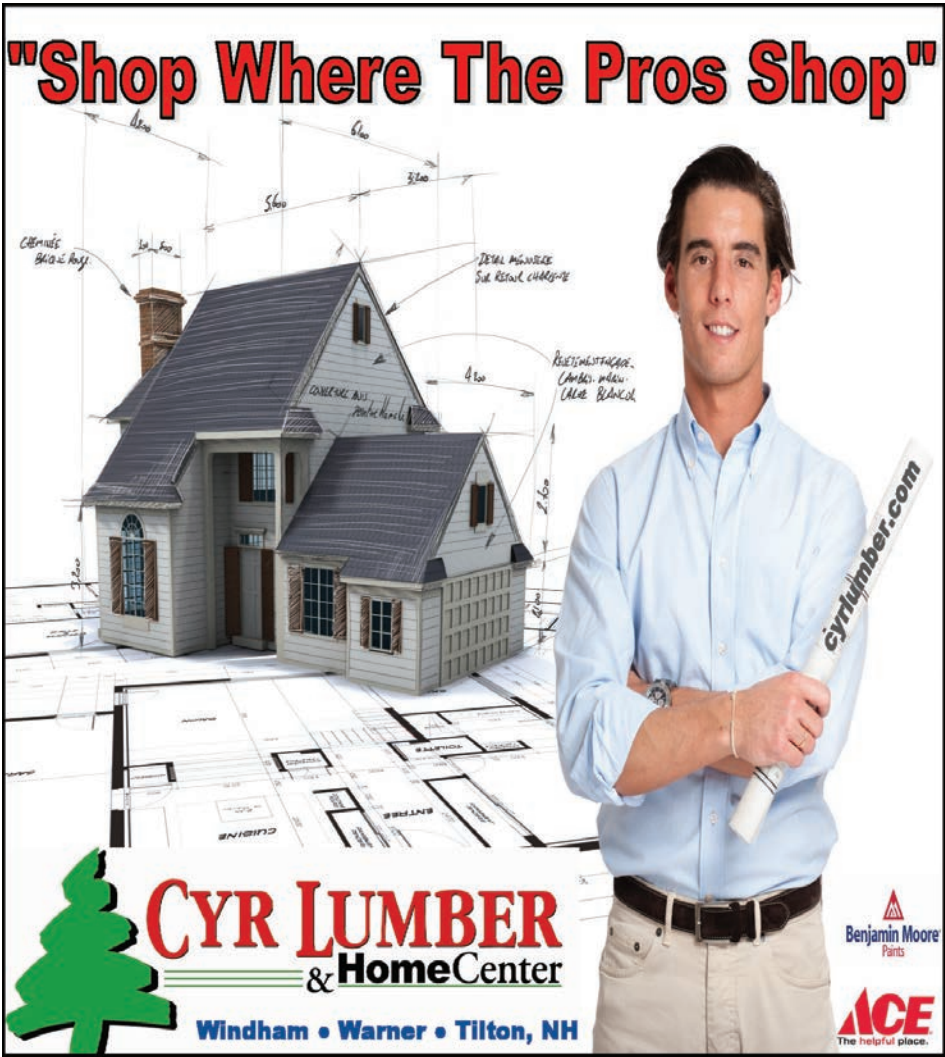
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www.ForestviewManor.com






Help a child.
BECOME A CASA VOLUNTEER.

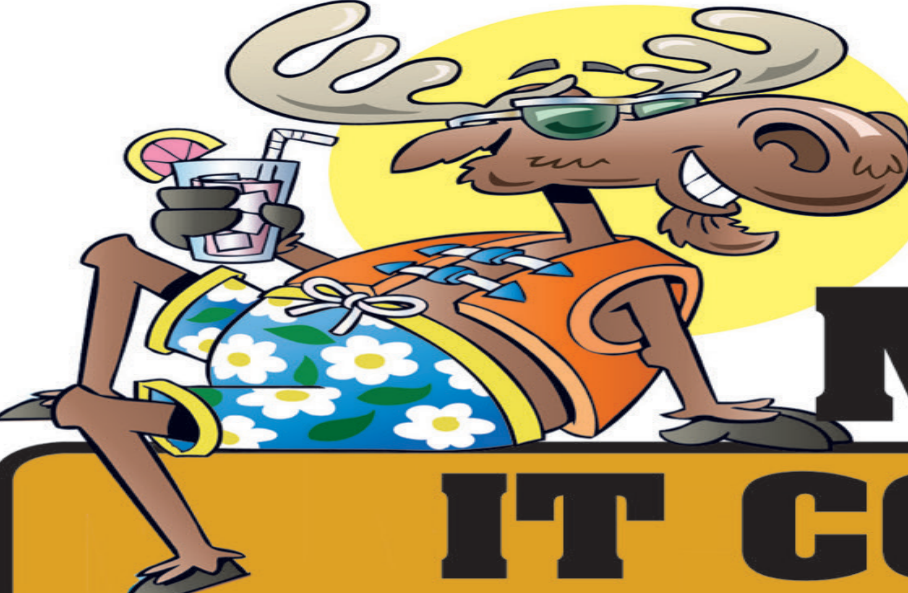
CASA volunteer advocates make a life-changing difference for abused or neglected children. Volunteers are urgently needed NOW to support children who have been victimized while isolated during the COVID-19 pandemic. You can provide a voice for a child in need, and change a child's story.

Training and information sessions are now online. Trainings begin in October and November. Learn more or apply today.

www.casanh.org



CASA
Court Appointed Special Advocates
FOR CHILDREN
NEW HAMPSHIRE



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FOR
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SAVE YOUR LIFE
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