

# New police station nears completion in Belmont

BY DONNA RHODES  
Contributing Writer

BELMONT – “It’s been a long time coming, but we’re almost there,” Belmont Police Chief Mark Lewandoski said in an update on the new police station under construction in the footprint of the former Corner Meeting House at the intersection of Fuller and Sargent streets.

Approval for the new police station came in March of 2020 when voters at town meeting approved a bond for the \$3,500,000 project designed by H.L. Turner Group. It was the first time the project had been presented to the voters and the chief was pleased when they agreed the time had come to replace the old police station.

Lewandoski said the timing was right for the project. Crews first salvaged what they could of the old meetinghouse building, which was then torn down and footings for the new struc-

ture were poured just before the first snowfall. That allowed the crew from Bonnette, Page and Stone Corporation the opportunity to continue their work throughout the colder months.

Not only did the weather cooperate; the economy did, too. BPS was able to procure the building materials before the pandemic created a skyrocketing increase in costs.

“We really lucked out. We couldn’t have gotten this done [at the voter-approved price] after that happened,” said the chief.

When completed, the 8,000 sq. ft. station will have a three-car garage below the building with adequate office space on the upper level. It will also feature better security and safety measures for both the officers and the public. In addition, a radio transmission tower has also been erected outside the new police station, which the chief said will help with better communication cover-



Belmont’s new police station is shaping up nicely, and the department looks forward to moving into their new headquarters in the very near future.

age in the outlying parts of the community.

“We wanted to make sure the money was used wisely on things that

were needed and not just ‘wanted,’” said Lewandoski.

Finishing touches on the exterior of the build-

ing will be sidewalks, some green space, and the demolition of the current police station, giving them ample room for more parking.

“Using common sense, they’ve put to-

SEE STATION, PAGE A14

# New Hampshire band 19 Miles Per Hour to headline Belmont Old Home Day



BELMONT — New Hampshire Lakes Region based band “19 Miles Per Hour” will be the headline performers at Belmont Old Home Day, which will take place on Saturday, Aug. 14.

“We are so excited to play here!” said Danny Iacopucci, lead singer and guitarist for the band.

His brother, Michael Iacopucci, drummer and lead vocalist, added, “We

COURTESY  
New Hampshire Lakes Region based band “19 Miles Per Hour” will be the headline performers at Belmont Old Home Day, which will take place on Saturday, Aug. 14.

have been having a ton of success out west and so it’s good to be back in our home town to play for our friends, family, and our community.”

Belmont Old Home Day offers a variety of fun activities from morning through evening. The band’s performance will take place around 6 p.m. on Bryant Field.

Both Danny and Michael are graduates of Belmont High School and are currently attending Brigham Young University in Provo, Utah. Their band has a solid following in Utah, and

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No Wake order in effect on Silver Lake

BELMONT — Pursuant to NH RSA 270:132, the New Hampshire State Police - Marine Patrol has instituted a No Wake order on Silver Lake in Belmont.

This order will remain in effect until the lake level drops below 467.0 feet above sea level. The gauge at the Department of Environmental Services, Silver Lake station will be used to make this determination.

The Marine Patrol urges all boaters to be aware of their wakes and use caution when operating in channels or close to shore.

# Spaulding Academy & Family expands support services team

NORTHFIELD — Spaulding Academy & Family Services (formerly Spaulding Youth Center) is pleased to announce several promotions and operational changes to its Support Services Team.

Dennis Galimberti has been promoted from Facilities and Grounds Manager to Director of Support Services, and will oversee maintenance, food services, technology, and housekeeping.

Housekeeping has recently transitioned from a contracted to an in-house service, with the recent hiring of eight full-time housekeepers led by newly appointed Housekeeping Supervisor Lisa Huckins. Additional staff promotions



Dennis Galimberti

include Daniel Jenifer as Facilities Team Lead and Dawn Hinxman as Support Services Office Manager.

“These promotions are both well-deserved and a great example of Spaulding’s ‘grow from within’ philosophy. Each staff member brings a wealth of knowledge of



Lisa Huckins

our campus operations to their new roles, and their expertise is invaluable,” said Todd Emmons, President & CEO.

“We are also excited to improve housekeeping services by making it part of our Support Services team.”

Galimberti has been employed with Spauld-



Daniel Jenifer

ing Academy & Family Services since 2014. He has led in-house construction and renovation projects that have improved campus buildings and reduced costs.

Previously, he served as a maintenance director at a local healthcare facility and spent 15 years working in the criminal



Dawn Hinxman

justice field. He holds a degree in criminal justice and is a member of the U.S. National Guard.

Galimberti recently completed a three-month deployment, during which he led and managed a National Guard team at two State of New Hampshire COVID-19 vaccination sites that

served 500 people daily.

Along with the housekeeping team, Huckins manages the floor care staff. She has enjoyed a long career at Spaulding Academy & Family Services, starting in 1995 as an overnight residential counselor and most recently as a household coordinator for the residential cottages.

Jenifer joined the Spaulding Academy & Family Services facilities team in 2014. He is being promoted from his role as Senior Facilities Worker and is a past recipient of the Spaulding Spirit Award. He is the former owner of a local landscaping business.

Hinxman was hired by Spaulding Academy & Family Services.

SEE SPAULDING, PAGE A14



# Hermit Woods Winery & Deli nominated as Top Ten Tasting Room

MEREDITH — Hermit Woods Winery & Deli has been nominated by USA Today as one of twenty national wineries competing for their reader's choice award for the top ten tasting rooms in America. They have made it to fifth place. They have five days left to compete for the num-

ber one spot.

Bob Manley, Co-Founder of Hermit Woods, points out, "We are the underdog here. The fact that we have even made number five is truly an honor. A great deal of thanks goes out to our wonderful and dedicated customers for supporting us."



COURTESY

**Left to right: Hermit Woods Winery co-owners Chuck Lawrence, Bob Manley, and Ken Hardcastle.**

to this milestone. Most of the wineries competing for this top spot are multi-million-dollar wineries with hundreds of thousands of customers.”

The real question for Bob Manley, Ken Hardcastle, and Chuck Lawrence, the three Hermits, is, can they make the top spot? They have only five days to do so. So, to attract attention to their goal and inspire participation in the voting campaign, the three of them embarked on a ride around Squam Lake on their new triple bicycle. Yes, you read that right, a bike made for three.

Manley explains that the purchase of this bike is part of a much larger plan that the three partners are hatching for the future. The three Hermits hope to ride their triple across the USA to

support a national charity to be announced and small craft beverage makers across the country.

He states, “We are still months or possibly years away from this goal, but it will happen. Stay tuned. In the meantime, what better way to get our triple bike legs under us than to raise awareness of our winery during this important campaign.”

You can see videos of the Hermits on their triple ride around Squam on their Facebook and YouTube channels. [www.facebook.com/hermit-woods](http://www.facebook.com/hermit-woods). More importantly, you can support their effort to make the top ten tasting room in America list by voting here: <https://www.10best.com/awards/travel/best-wine-tasting-room/hermit-woods-merre->

dith-nh/. You can also find the link on their Facebook page, website, and Instagram profile. Everyone can vote one time per day per device.

About Hermit Woods  
Founded in 2011, Hermit Woods is a small boutique winery and Deli crafting fruit wine, meads, and ciders, and producing farm-to-table cuisine. Our wines and ciders are local (as much as possible), vegan (except the honey wines), gluten-free, raw, and made from non-certified but mostly organic fruit. We always use the whole fruit and gentle hand processing. We style our wines, meads, and ciders after classic dry Euro-

pean wines and ciders. Hermit Woods sees over 15,000 visitors in its tasting room and Deli every year. These wines are available throughout New Hampshire and direct to consumers in 38 states.

Hermit Woods Winery and Deli is located at 72 Main St. in Meredith, and is open seven days a week year-round. They are offering wine flights (a self-guided tasting experience) during the pandemic. Their traditional tours and tastings will resume by appointment just as soon as they can make them available safely. Visit them at [www.hermitwoods.com](http://www.hermitwoods.com) to learn more.

# BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests during the week of July 19-26.

Robert C. Glover, age 25, of Alton was arrested on July 19 for Operating Without a Valid License.


Carissa M. Moran, age 37, current address unknown, was arrested on July 19 for multiple counts of Possession of a Controlled Drug and a single count of Dealing and/or Possession of Prescription Drugs.

Shane C. Downs, age 35, of Laconia was arrested on July 19 for Driving Under the Influence-Impairment.

Matthew F. Goupil, age 38, of Belmont was arrested on July 21 for Bail Jumping and in connection with multiple bench warrants.

Stephen James Macdougall, age 52, of Roslindale, Mass. was arrested on July 24 for Driving Under the Influence-Impairment, Disobeying an Officer, and Driving After Revocation or Suspension.

Tucker J. Bean, age 28, of Hill was arrested on July 24 for Bail Jumping.



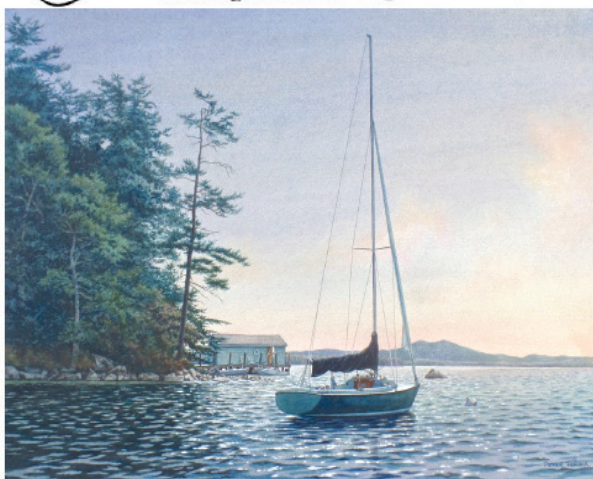
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# An evening of opera at the Lakeport Opera House



Meredith Hansen



Sandra Piques Edd

LACONIA — With a nod to its history, the Lakeport Opera House will premier an evening with two world renowned opera singers, Meredith Hansen and Sandra Piques Edd, on Aug. 13 at 7:30 p.m. As the first opera show in more than 60 years, the night will feature arias and duets from the most iconic operas and songs from the “Golden Age” of American musical theatre bringing the venue back to its 140-year-old roots.

“We are going to be bringing in some high notes for avid opera fans and those new to the art form,” said Emma Teto,

Lakeport Opera House talent director. “There’s nothing like the visceral thrill of an un-amplified voice filling the theater. We want everyone to feel welcomed at the opera and encourage those who have never experienced it to come try something new.”

The opera show will feature Hansen, soprano; Edd, mezzo soprano; and Brian Moll, collaborative pianist, with music by Mozart, Bizet and Puccini as well as classics from renowned composers including George Gershwin, Leonard Bernstein and Irving Berlin. The trio will perform well-known arias

and duets from Carmen, La Bohème and more as well as more exotic arias and American standards, like “Someone To Watch Over Me.”

Hansen’s lyric soprano is matched by the instincts of a true singing actress. Hailing from Cohasset, Massachusetts, she is a fixture in Boston’s classical music scene and is a regular performer with the Boston Symphony Orchestra. She was a Boston Lyric Opera Emerging Artist and has performed often with the company in recent seasons in both mainstage and concert productions, with roles including First Lady in “The Magic Flute,” Donna Anna in “Don Giovanni,” Beatrice in “The Inspector” and Gretel in “Hansel and Gretel.”

“This beautiful region is so dear to me and part of who I am spending time with family in the area and being a New Englander at heart,” said Hansen. “To be here in this stunning theatre,

sharing some of my favorite repertoire is both a privilege and a gift.”

Eddy is praised for her dark, sensuous mezzo and lustrous voice. Celebrating her twentieth year as a professional mezzo soprano, the Boston native has traveled all over the world performing in Japan, England as well as across the United States. She held various roles with Boston University’s Opera Institute and the Boston Lyric Opera along with over 100 performances at the Metropolitan Opera in New York. Eddy was the first place New England Regional Winner of the 2000 Metropolitan Opera National Council Auditions and a National Semi-finalist. She has won competitions at both Opera Lirica and the Boston Conservatory.

Joining Hansen and Eddy on stage is sought-after collaborative pianist and coach, Brian Moll. He maintains an active perfor-

mance and teaching schedule and has given recitals in Germany, Austria, Switzerland, France, Bulgaria and across the United States. Moll has performed as a keyboardist with Boston Baroque, Emmanuel Music, and the Handel & Haydn Society and has served as Assistant Conductor for productions with Boston Lyric Opera, Opera North and Boston Midsummer Opera. He has appeared at the New Hampshire Music Festival and the Strings in the Mountains Festival in Colorado.

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 performances include comedian Steve Sweeney on Aug. 5, Recycled Percussion on Aug. 6 & 7, medium Maureen Hancock on Aug. 8, a Michael Jackson Experience on Aug. 14, Rockphoria on Aug. 19, Master Illusionist Magic on Aug. 21, Murder Mystery on Aug. 22, The Motown Band on Aug. 27 and Femmes of Rock on Aug. 28.

For more information on events and to purchase tickets in advance, visit lakeportopera.com.

## Laconia Rotary’s motorcycle raffle meets with unprecedented success

LACONIA — “Unprecedented” captures this year’s 29th Annual Charity Motorcycle Raffle Fundraiser, sponsored by the Rotary Club of Laconia.

Touting our message, “only 3,000 tickets are sold,” to multitudes of faithful motorcycle raffle ticket buyers during Laconia Motorcycle Week, has notably encouraged sales over the years. Repeat customers who waited to purchase their tickets, were surprised to hear we had sold out Thursday morning during the rally - a Club first! Laconia Rotarians continued to volunteer at the booth from Thursday afternoon through Sunday to meet loyal tickets buyers with a smile and an encouraging prompt to buy their tickets early in 2022.

Rewind 16 and a half weeks prior to the rally, when Laconia Rotary Club purchased the 2021 Billiard Red Street Glide at Laconia Harley Davidson. This too was unprecedented, and Rotarians were nervous to make such a large purchase because this was the first time Harley-Davidson Motor Company delayed

new model releases until after the start of the new year. Typically, the club purchases the bike in the early fall, allowing much more time to sell tickets at local fairs and motorcycle events throughout New England. The 2021 COVID climate challenged the club’s ability to attend and sell tickets at large events; leading the club to enact on building a stronger online sales force. A modest group of Rotarians led the charge, launching online raffle sales on April 1st. Close to half of the tickets sold in 2021 were online, including this year’s winning ticket, sold to Raymond Moss of Westfield, Mass.. Moss purchased his ticket in April, and though he had every intention of attending the rally, he wasn’t able to make the trip.

When Laconia Rotarians reached out to him with the good news, he responded, “I am speechless, I don’t know what to say, this kind of thing never happens to me!”

Proceeds of the Laconia Rotary motorcycle raffle are used to directly support local non-profit organizations and



COURTESY

**Raymond Moss of Westfield, Mass. purchased the winning ticket in this year’s Motorcycle Raffle hosted by the Rotary Club of Laconia**

community campaigns. Such a surprisingly successful year could not have happened without the help of many. Our Rotary Club of Laconia extends deepest gratitude to our Presenting Sponsor, Bank of New Hampshire, and our

partners Watermark Marine, Greg Paige of Lakes Region Builders and Remodelers Association, and Mark Hildebrand of Hilde’s Lumber. Laconia Rotary’s financial support of local scholarships and to many area organizations

throughout the community would not have been possible without the support of the Laconia City Council, City Manager and Laconia Mayor. We thank each of you for your support of Laconia Motorcycle Week.

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### Edward Jones: Financial Focus

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If you’re extremely busy with your career and family and you’ve accumulated a fair amount of assets, you might be concerned about a variety of issues related to financial management and legacy planning. Specifically, you might think you don’t have the time or expertise to deal with these matters effectively. If this is the case, you might want to consider using a trust company. You might think you need to have a large estate or millions of dollars to benefit from working with a trust company, but that’s not the case. And if you’re not familiar with what a trust company can do, you might be surprised at all the services it can provide, including the following:

- **Wealth management** – Typically, when working with a trust company, you’ll receive investment management designed to help you achieve various goals, such as a comfortable retirement and college for your

- children. The company can manage retirement accounts, monitor investments and disburse funds, make changes as needed and ensure compliance with government reporting for contributions, withdrawals and rollovers. While different companies operate in different ways, you may have an arrangement in which you work with a personal financial advisor and a separate portfolio manager.
- **Financial management during incapacity** – If you were to become incapacitated and couldn’t make financial decisions, a trust company can step in, giving you peace of mind from knowing that your financial assets will be managed by a team of professionals, helping protect you and your family from potentially dire consequences.
- **Trust administration** – A trust company can perform several essential tasks related to administering your trust. The company can act as trustee for a trust you’ve established, such as

a revocable living trust, which can allow your estate to avoid probate while providing you with great control over how your assets will be distributed at your passing. Alternatively, the trust company can work alongside an individual you’ve designated to execute the terms of a trust. If your selected trustee resigns or becomes unable to make decisions, the trust company can serve as successor trustee. When it’s time to settle your estate, the trust company can handle the valuation, dispersion and re-titling of assets, pay off any debts and expenses, and complete any tax returns related to your estate.

- **Bill payment and recordkeeping** – A trust company can keep up with all the trust’s bills (household maintenance, medical bills, etc.) and provide statements summarizing receipts,

disbursements and the value of assets within the trust.

In addition to providing these practical services, a trust company may benefit you in a more intangible way. It’s unfortunate but true that, in many families, dividing up assets can cause conflict and bitter feelings. But when a trust company serves as trustee, it impartially administers distribution of the assets based on the instructions you’ve provided in the trust – helping minimize family disputes over inheritances.

If you ever feel like the complexities of wealth management and trust administration are getting to be more than you can handle – or perhaps more than you want to handle – consider contacting a trust company. You might find that it can make your life a lot easier.



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## Olympic trivia

It's nice to have a distraction from the roller-coaster that was 2020, with the summer Olympics plastered all over television and social media. Watching athletes from all over the globe show off what they've been training for shows us all what can be possible when we set a goal. One of our own, Sports Editor Josh Spaulding, is in Tokyo as we speak covering the games. Keeping up with his adventures, of course, has been different than his time at the Olympic Games in previous years due to COVID protocols. With that said, we thought it would be interesting to share some Olympic trivia.

In 1998, Surya Bonaly, a figure skater from France fell during the winter games in Nagano. Since she knew she lost a chance to medal, she decided to do a move that had been banned since 1976. She did a backflip and landed on the blade of one skate. No one has attempted the trick since then, making her Olympic performance, one to remember.

From 1912 through 1954, individuals could earn medals for art, as long as it was inspired by a sport of some kind. The art could include painting, literature, sculpture or music. Eventually, this was tossed out, as most professional artists sell their work to earn a living.

In 2002, during the Winter Olympics, speed skater Steven Bradbury of Australia was racing in the 1,000 meter short track finals and was lagging behind. During the race, the leaders crashed into each other, leaving Bradbury far enough behind to avoid the collision. He was able to skate by and win gold.

The first modern Olympic Marathon (26.2-mile road race) took place in 1904. Most of the runners had never run that far before. One competitor showed up to the start line in dress pants. Fourteen out of the 32 racers were able to finish. One racer, Fred Lorz who won, actually jumped in a car for 11 miles of it due to a cramp. Another runner, Felix Carvajal ate a rotten apple halfway through and stopped to take a nap. He finished fourth. The gold officially was given to Thomas Hicks who was carried over the finish line having hallucinations that he had 20 more miles to go.

During the summer of 1992, the Lithuanian basketball team did not have enough money to compete in the Summer Olympics due to the collapse of the Soviet Union. Coming to the rescue and offering aid to the team was, unexpectedly and, frankly, bizarrely, the Grateful Dead, the rock band with a legendary reputation for imbibing, shall we say, 'illicit substances.' Beyond donating money to make the trip possible, the band allowed the team to sell Grateful Dead merchandise. The team competed in tie-dyed uniforms, and took bronze.

In 1984, McDonald's offered free food every time an American won a medal. During those summer games, the Soviet Union boycotted the games, leaving many open spaces for medals available. This ended up costing the fast food chain a significant amount of money.

True sportsmanship was shown during the Winter Olympics in 2006, held in Torino, Italy, when skier Sara Renner broke her ski pole halfway through an event. Bjornar Haakensmoen, the Norwegian ski coach handed her a spare. The Canadians went on to win silver, while the Norwegians took fourth. To show gratitude the Canadians gifted Haakensmoen with five tons of maple syrup. Both governments waived import duties.

The medals for the Tokyo Olympics are made from recycled electronics to include cameras, smartphones and laptops.

The McDonald's in the Olympic Village is free for all athletes and coaches; however, in 2016 in Rio, McDonald's capped the amount of items that could be ordered at one time to 20.

From 1900-1920, Tug of War was an Olympic sport, with Great Britain winning the most medals and the USA coming in a close second.

In 1936, two Japanese pole vaulters, who were friends had to compete against each other to decide who took silver and who took bronze. The requested that they share the honors, but were told no. Shuhei Nishida and Sueo Oe had their medals cut in half and fused together, into the medals of friendship.

In 2012, women were finally allowed to compete in boxing. Since 1991, anytime a new event is introduced to the games, women must be included.

Dr. Spock, a well known pediatrician and author, won Olympic Gold as part of the 1924 U.S. rowing team.

North Country Notebook

## Hummingbirds; propane tanks; gas cans; the Greely Expedition



By JOHN HARRIGAN  
COLUMNIST

Various notes bearing curious things seem to float around my desk, sometimes bearing items that don't even make sense. It's like finding something new in Pharaoh's tomb.

This week, I snatched one as it flew by my nose again, and it said:

- Hummingbird mix;
- Propane tanks;
- Jeep gas can;
- Greely Expedition.

Now, it's still not too late to mix up some sugar and water, and make the usual hummingbird nectar and hang it on the porch, and the occasional hummingbird will show up, probably at this late date the one assigned to scout the territory for free grub.

I've missed the early part of the season, when the hummingbirds arrive after flying stupendous distances, panting hard, their little tongues hanging out like dogs back from a run, doctors holding tiny stethoscopes to their little chests, like that. Heart monitors, even.

When hummingbirds arrive back in northern New Hampshire they are famished, and there aren't exactly a lot of nectar-bearing flowers or shrubberies in bloom amidst the snow-squalls. Still, they're eager to start raising kids, and



COURTESY — VICKI BROWN/UNH COOPERATIVE EXTENSION

**A feeder is fine if kept clean, but a key to encouraging hummingbirds is to plant the right plants.**

set up housekeeping as soon as they can.

I missed out on this because I was lax in mixing up food and getting my feeder up. Thus, I was denied the pleasure of watching my usual pair of hummingbirds show up and nest in a nearby tree. During summer, they often have company.

I don't know how far hummingbirds will fly to look for food, but when I get letters from camp-owners deep in the woods about "their" hummingbirds, I don't argue, just grin in company.

+++++

The note-to-self about propane tanks referred to an incident the week before, when a visitor ready to cook hotdogs and burgers started up the grill only to have it go "poof." I always keep a spare tank, which was down where I pull the truck into the barn--where, as thereunto had

been the case, I couldn't miss it.

The spare was empty. I was embarrassed. We punted. I hauled out one of my big cast-iron pans and we cooked on the stove.

It's like having a spare tire with no air, and I'm still trying to figure out why.

+++++

I've always kept an old apple box in the back of the Jeep, for ventures off the normally travelled way--old town roads and the like. It includes a 2.5-gallon gas container, which I borrowed to mix oil and gas in for the trimmer.

It seems hard to find simple containers without all kinds of gizmos on them, most related to safety, insurance, or lawsuits--and many of them impractical. Nozzles and what they will (or will not) fit are a particular problem.

The best thing, with chainsaws and weed-whackers and the like, is to use a small pipe-clamp to attach a short piece of rubber hose to the snout. But then you have to scrounge up an attachable tip-plug from the Scrounge Bin.

+++++

Finally, we have "Greely Expedition." What's up with that?

This was a note I made while reading something else. The original and more detailed note is somewhere on my desk.

And it's too good a story for just another item, so I'm saving it for another time.

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

## STRATEGIES FOR LIVING

BY LARRY SCOTT

Atheist philosopher Bertrand Russell was once asked what he would say if he found himself standing before God on judgment day and God asked him, "Why didn't you believe in Me?" Russell replied, "I would say, 'Not enough evidence, God! Not enough evidence!'"

I will grant undeniable proof of God's existence is hard to come by, and Russell was not alone. Astronomer and planetary scientist Carl Sagan is also known to have said, "The cosmos is all there is or was or ever will be."

The Bible, however, gives us a different perspective. "The heavens declare the glory of God," wrote King David of Israel, "the skies proclaim the works of his hands."

And King David knew nothing of the Whirlpool Galaxy, thirty

million light-years away. It is only one of an estimated 100 million galaxies, all of which give evidence of how long our universe has been around and hint at the genius of our creator God.

Nor was he aware that the cosmos is expanding, and therefore had a beginning. If, indeed, the universe had a beginning, popularly known as the "big bang," then it had a beginning, and it is that Beginner we call God. Does that prove the existence of a divine being? Not at all ... but it is a strong hint.

The crown jewel of God's creation, however, is not found in the cosmos. In the words again of King David, "I praise you because I am fearfully and wonderfully made; your works are wonderful. (Psalm 139:14).

Indeed, you need go

no further than our own existence to find evidence of design from the hand of the living God. One cell from your father merged with one from your mother, each one carrying 23 chromosomes, and half of your DNA. Your DNA is like tightly wound beads on a string controlling the activity of a gene, and it is thousands of genes that make up each chromosome. Your chromosomes merged into one single cell and formed a new DNA code. In time, 75 trillion cells joined together to make you one-of-a-kind.

Does all of this stand as proof? Perhaps not, but even though the evidence is overwhelming, some refuse to believe. Despite his knowledge of the New Testament message, Dr. Sagan wrote, "I would love to believe that when I die I will live again, that some thinking, feeling, remember-

ing part of me will continue. ... But as much as I want to believe that ... I have nothing to suggest that it is more than wishful thinking."

Wishful thinking? You are left with that point of view only if you reject the evidence God has provided. God's proof, if proof you need, has been given us. Analyze the facts of Jesus' life, study the evidence of His resurrection, and the hint of God's existence has been verified--in the Person of His Son, Jesus.

This, then, is life's most important decision. As it has been for Bertrand Russell and Carl Sagan and will be for you and me, our eternal future hangs in the balance. What will you do with Jesus Christ?

For more thoughts like these, follow me at indefenseoftruth.net.



# Comfort Keepers

## The respiratory system: Age-related changes & COPD

BY MARTHA SWATS  
Owner/Administrator  
Comfort Keepers

Chronic obstructive pulmonary disease, more commonly referred to as COPD, is a health problem facing adults in the U.S. Because of its progressive nature and increased age as a leading factor, there is a greater prevalence of COPD in seniors. The good news is that many adults can easily reduce their risk of COPD through lifestyle management. COPD represents a group of lung diseases, with the two most common being emphysema and chronic bronchitis.

Symptoms of COPD include  
Constant coughing  
Wheezing  
Shortness of breath  
Coughing up mucus  
Tightness in the chest

Research also suggests that there may be a link between poor air quality and COPD. The American Lung Association estimates that between 80-90 percent of COPD cases result from smoking. Unsurprisingly, secondhand smoke is a significant risk factor as well. Seniors should take the following steps to reduce their risk of COPD: Older adults that smoke should get sup-

port from a primary care physician and take steps to quit. There are many programs, services, and products that can help. Seniors should avoid contact with second-hand smoke whenever possible. Reducing exposure to air pollution can help relieve symptoms. Many cities issue poor air quality warnings – when these warnings are in effect, seniors should limit outside activities. Seniors should avoid airborne irritants (chemicals, fumes, etc.) in the home. A healthy diet and exercise plan can improve lung function and overall health with direction from a physician.

Older adults should understand the impact of aging on their respiratory system and reduce their risk of any related diseases, illnesses, or conditions. Doctors may recommend getting vaccinations for both influenza and pneumococcal pneumonia to guard against further breathing complications. Comfort Keepers® can help Comfort Keepers elevates the human spirit for today's seniors and their families through a unique, individualized approach to care that helps seniors thrive and achieve greater wellbeing by fostering every-

day positive moments, connection, and a more purposeful life no matter their age or acuity. As part of a healthcare team, an in-home caregiver can assist with activities that slow disease progression or reduce the risk for those with respiratory issues. Comfort Keepers caregivers can help by supporting physician-recommended health programs, preparing meals, encouraging prescribed physical activity, reminding seniors to take medications, and providing transportation to scheduled appointments. About Comfort Keepers Comfort Keepers is

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

## Comedian Steve Sweeney brings laughs to Lakeport Opera House Aug. 5

LACONIA — Well-known New England comedian, Steve Sweeney, guarantees laughs on Aug. 5 at 8 p.m. at the Lakeport Opera House. Known as the undisputed king of Boston comedy, Sweeney is a master of dialects and character voices. “Doing shows in my backyard are the best,” Sweeney says. “I’ve performed all over the coun-

try but there’s no better feeling than being home. I can’t wait to make everyone laugh at the Lakeport Opera House.” Hailing from Charleston, Mass., Sweeney came into the comedy scene in the 1970’s, and is notorious for shows that epitomize what is uniquely Boston. He is a master of character voices, and spoofs anyone from newsworthy

politicians and government leaders, to the everyday Boston church ladies, state workers, and everyone in between. Sweeney has played major clubs across the country and has been in dozens of films including “There’s Something About Mary,” “Me, Myself and Irene” and a movie about himself, “Sweeney Killing Sweeney.” He has had numer-



Steve Sweeney

## Patrick’s Pub announced as New England Wolves official Game Day promo sponsor

LACONIA — The Wolves are pleased to announce the return of Patrick’s Pub and Eatery in Gilford as the official Game Day Promotional Sponsor for the 2021-22 season. Patrick’s was the sponsor in the 2019-20 season, prior to the pandemic limiting viewing capacity for the Wolves Jr home games. As Game Day Promotional sponsor, Patrick’s Gift Cards will be raffled off through drawings, contests, promotions and more, at each of the Wolves home EHL & EHL Premier games. “Patrick’s Pub and its owner Allan Beetle, do a tremendous job of supporting local events and businesses here in the Lakes Region. This promotion was a lot of fun and created a buzz in the building during the 2019-20 season.” said Wolves General Manager Andrew Trimble. “We are really looking forward to having this promotion again in Laconia and making our Game Day’s the best in the Eastern Hockey League.”

“We’re delighted to support the NE Wolves hockey program and we hope to add a little extra fun to these exciting hockey games,” commented Patrick’s Pub Owner, Allan Beetle. Make sure to follow the Wolves on Social Media, and come out to the Wolves Junior Games all season long. Great opportunity to see future college stars in action, and support local business! The Wolves Game Schedule is available on the EHL website and also their own Web site- [www.ne-wolfeshockey.com](http://www.ne-wolfeshockey.com).

ous television appearances, with a former role on Park Street Under, a Boston-based sitcom which has been cited as a potential inspiration for successful television show Cheers. He has also hosted his own radio show. With more than 50 years in the business, every Sweeney show is different because, as the 71-year-old says, “I never know what I’m going to remember from one show to the next.” The Opera House is a 200-seat venue built for comfort, style and mobility. Every seat in the house has unobstructed views, cocktail service

and the best sounds system for an experience unlike anything else in the area. Over \$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 performances include: Steve Sweeney on Aug. 5, Recycled Percussion on Aug. 6 & 7, medium Maureen Hancock on Aug. 8, An Evening of Opera on Aug. 13, a Michael Jackson Experience on Aug. 14, Rockphoria on Aug. 19, Master Murder Mystery on Aug. 22 and Femmes of Rock on Aug. 28. For more information on events and to purchase tickets in advance, visit [lakeportopera.com](http://lakeportopera.com).

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This project was made possible with support from NH Humanities, in partnership with the National Endowment for the Humanities.

44<sup>TH</sup> ALTON BAY BOAT SHOW

August 14 • 9:00 am-12:00 noon

This informal, non-judged vintage boat show is held at the Alton Bay town docks as part of Alton Old Home Day. No advance registration necessary. All "woodies" and "classic" boats welcome. FREE.

399 Center Street, Wolfeboro

603.569.4554 • [nhbm.org](http://nhbm.org)



# Portsmouth Brass Quintet entertains at Taylor Community Aug. 8

LACONIA — The 2021 Taylor Concert Series, sponsored by Bank of New Hampshire will host its next event open to the public Sunday, Aug. 8 at 3 p.m. at Taylor Community’s Woodside Building.

Join the Portsmouth Brass Quintet as they present a program of Americana perfectly suited for a summer afternoon. Alongside marches, songs, waltzes, and rags by Sousa, Copland, Pryor, and Joplin, the quintet will perform several selections from Broadway. Leonard Bernstein’s rhythmic score to “West Side Story” will be juxtaposed with the sultry melodies of George Gershwin’s “Porgy and Bess” and the wholesome tunes of Meredith Wilson’s “The Music Man.” Join us for a toe-tapping afternoon that is not to be missed!

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](mailto:bkean@taylorcommunity.org).

Visit [www.taylorcommunity.org](http://www.taylorcommunity.org), or call 366-1400 for more information about this premiere not-for-profit Continuing Care Retirement Community in the Lakes Region.



### kids' corner

### PEOPLE FACT:

THIS IS A GROUP OF PEOPLE WHO TYPICALLY LIVE TOGETHER AND TAKE CARE OF ONE ANOTHER.

ANSWER: FAMILY

### 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.

|    |    |    |    |
|----|----|----|----|
| 5  | 1  |    | 9  |
|    | 0  | 4  | 6  |
| 7  |    | 6  | 22 |
| 14 | 10 | 13 |    |

*Solution*

|   |   |   |
|---|---|---|
| 7 | 6 | 7 |
| 6 | 0 | 2 |
| 3 | 1 | 5 |

### Get Scrambled

Unscramble the words to determine the phrase.

MFIYAL NFU

*Answer: Family Fun*

### THIS DAY IN... HISTORY

- 1806: THE HOLY ROMAN EMPIRE ENDS.
- 1926: GERTRUDE EDERLE BECOMES THE FIRST WOMAN TO SWIM ACROSS THE ENGLISH CHANNEL.
- 1996: THE RAMONES PLAY THEIR FAREWELL CONCERT AT THE PALACE IN LOS ANGELES.

### New Word

PARTICIPATE

take part

# Great Waters to host Juston McKinney for Comedy Night!



Juston McKinney

MOULTONBOROUGH — On Aug. 6, New Hampshire native Juston McKinney will perform at the Castle in the Clouds. The show begins at 7:30pm and is part of the series Concerts in the Clouds presented by Great Waters. Tickets are available at [www.greatwaters.org](http://www.greatwaters.org) or call 569-7710.

With two Comedy Central specials, multiple appearances on The Tonight Show and two Amazon Prime specials--including his most recent ‘Parentally Challenged’--Juston’s comedy routine is guaranteed to provide many a belly laugh.

Great Waters’ Executive Director, Doug Kiley, states “To host Juston in his native state at one of the most iconic venues around is a honor for us at Great Waters. This is another step forward with our programming and what Great Waters has to offer the Lakes Region.”

McKinney will be preceded on stage by Carolyn Plummer. Carolyn is a Wolfeboro native and her insightful and funny perception of common life occurrences leaves audiences hysterically shaking heads in agreement.

For more information on future Great Water shows or to secure tickets for New Hampshire natives Juston and Carolyn, please visit [www.greatwaters.org](http://www.greatwaters.org).

About Great Waters  
Since its founding in 1995, Great Waters, a 501(c)(3) non-profit organization, has become recognized as the preeminent provider of entertainment to the Lakes Region. It offers a diverse range of musical genres, including folk, classical, a cappella, jazz, Broadway, pop, bluegrass, and other forms of enriched entertainment, including comedy. For tickets and more information, visit [www.greatwaters.org](http://www.greatwaters.org).

### How they SAY that in...

**ENGLISH:** Family

**SPANISH:** Familia

**ITALIAN:** Famiglia

**FRENCH:** Famille

**GERMAN:** Familie

### Did you know?

FAMILIES CAN GET SOME EXERCISE AND ENJOY ONE ANOTHER’S COMPANY BY ENGAGING IN VARIOUS ACTIVITIES TOGETHER INCLUDING PLAYING SPORTS.

### GET THE PICTURE?

Can you guess what the bigger picture is?

ANSWER: ROLLER COASTER

### CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to water quality. Each number corresponds to a letter. (Hint: 3 = A)

**A. 18 3 23 19 11**  
*Clue: H2O*

**B. 25 24 8 23 3 12 22 8 3 8 23**  
*Clue: Polluting substance*

**C. 9 3 25 23 19 11 22 3**  
*Clue: Microorganisms*

**D. 2 22 5 23 19 11**  
*Clue: Removes impurities*

*Answers: A. water B. contaminant C. bacteria D. filter*

### SUDOKU

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 9 | 7 |   |   |   |   | 1 |   |   |
|   |   |   |   |   | 6 |   |   |   |
|   | 8 |   |   |   |   |   | 9 |   |
|   |   |   |   |   |   |   | 3 |   |
| 4 |   |   |   | 6 |   |   |   |   |
|   |   | 3 |   |   | 1 | 9 |   | 8 |
|   | 3 | 8 |   |   |   | 4 | 1 |   |
|   |   | 5 |   |   | 3 | 6 |   |   |
|   |   |   | 1 |   | 2 | 7 |   |   |

Level: Advanced

**Here’s How It Works:**  
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!

*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 your sudoku savvy to the test!

**ANSWER:**

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 3 | 9 | 7 | 2 | 8 | 1 | 4 | 6 | 5 |
| 6 | 8 | 9 | 3 | 5 | 4 | 2 | 1 | 7 |
| 2 | 1 | 5 | 6 | 9 | 8 | 3 | 7 | 4 |
| 8 | 4 | 6 | 1 | 3 | 5 | 7 | 2 | 9 |
| 1 | 2 | 7 | 1 | 8 | 6 | 3 | 4 | 5 |
| 9 | 3 | 5 | 6 | 2 | 4 | 7 | 1 | 8 |
| 6 | 5 | 3 | 7 | 1 | 2 | 4 | 8 | 9 |
| 4 | 1 | 8 | 9 | 5 | 6 | 2 | 3 | 7 |
| 5 | 7 | 2 | 4 | 1 | 3 | 8 | 6 | 9 |



# LRCC launches new Computer Information Systems degree

LACONIA — Lakes Region Community College (LRCC), located in Laconia, is launching a revamped and renamed Computer Information Systems degree with seven certifications and three stackable certificate options for students interested in the field of information technology (IT). This new two-year degree was created to meet the demand in the local marketplace and prepare students for a well-rounded career in one of the state's fastest growing occupations. The certifications within the degree program will show evidence of specific skill areas in high demand by employers.

“This new degree will help students understand the integration of technology in business with people, processes and procedures,” said Catherine Fuster, LRCC's computer and design technologies department chair. “Through this program, students will gain the knowledge and skills that support small and large businesses with IT needs, making them very marketable in the industry.”

According to U.S. Bureau of Labor Statistics, computer and IT occupations are projected to grow 11 percent by 2029, much faster than

other occupations. A degree in Computer Information Systems provides students with the opportunity to be well rounded in technology and its effect on businesses and users. Students will learn about core foundations in many different areas of the computer industry including programming, networking, databases, web design, hardware, software, communication and business skills to prepare them for a position in any of those areas.

This degree provides students with flexibility to work in many capacities within IT for any business that has an IT

department or need. After graduating with the computer information systems two-year degree, students can anticipate careers that include computer support specialist, network systems administrator, web or programming developer and information systems managers, just to name a few.

LRCC's Computer Information Systems program offers three stackable certificate options including: PC Applications Specialist, Computer Information Systems Technologist and Programmer. In addition to a degree and certificates, students have the opportunity to walk away with

seven certifications such as Network Pro, IT Fundamentals Pro, PC Pro, Office Pro, Linux Pro, Server Pro 2016: Identity and Server Pro 2016: Install and Storage.

LRCC offers flexible classes with options for in-person, online and hybrid models. To learn more about the program, contact Catherine Fuster at cfuster@ccsnh.edu.

Lakes Region Community College is a fully-accredited, comprehensive community college located in the Lakes Region of New Hampshire that serves more than 1,200 students annually, and offers housing options for

students. LRCC offers more than 40 degree and certificate programs, including Automotive and Marine Technology, Fire Science, Nursing, Culinary Arts, Business, Accounting, and more. In addition, LRCC provides a strong background in Liberal Arts for students who choose to complete their first two years at a community college and then transfer to a four-year college or university for a baccalaureate degree. Business and industry training programs are also available. Lakes Region Community College is part of the Community College System of New Hampshire. For more information, visit lrcc.edu.

## Bank of New Hampshire promotes Nicole Leroux to Deposit Operations Officer



Nicole Leroux

LACONIA — Bank of New Hampshire is proud to announce the promotion of Nicole Leroux to Deposit Operations Officer.

Nicole joined Bank of

New Hampshire in July 2005 as an Items Processing Representative. She transferred to the Deposit Operations Department in June 2010 and was promoted to Supervisor of the department in December 2019.

Leroux is a graduate of the Northern New England School of Banking and Leadership Lakes Region.

“Nicole has extensive knowledge in the day to day operations of Bank of New Hampshire,” said Deb Davis, Senior Vice President, Bank Operations Officer for

Bank of New Hampshire. “Her expertise in numerous operating systems makes her a valuable member of our Deposit Operations team. It is exciting to see Nicole advance in her career with us and it's a pleasure to work with her.”

Bank of New Hampshire is excited to have Nicole in this role on our team as we aspire to remain an independent mutual financial institution, delivering innovative solutions and exceptional service, while assisting our employees, customers and commu-

nities to build brighter futures.

Bank of New Hampshire, founded in 1831 provides deposit, lending and wealth management products and services to families and businesses throughout New Hampshire and southern Maine. With 21 banking offices and assets exceeding \$2 billion, Bank of New Hampshire is the oldest and one of the largest independent banks in the state. Bank of New Hampshire is a mutual organization, focused on the success of the bank's custom-

ers, communities and employees, rather than stockholders. For more information, call 1-800-

832-0912 or visit [www.BankNH.com](http://www.BankNH.com).

## “What do I do with household hazardous waste?”

REGION — Many of us have been cleaning out – from under the sink, the basement, the backyard shed, the garage. That's a good thing. But some of the items that you will find there should not go in with the household trash or down the drain, that can lead to contamination and failing septic systems. So, if not in the trash or down the drain, where should this stuff go?

This Saturday, Aug. 7, residents and residential taxpayers in the 24 participating Lakes Region communities may bring up to 10 gallons or 50 pounds of Household Hazardous Waste (HHW) to any one of the four collection sites throughout the region.

HHW will be collected at the Newfound Regional High School in Bristol (150 Newfound Rd.), the Public Works Garage in Laconia (27 Bisson Ave.), the Town Highway Garage in Moultonborough (68 Hwy Garage Rd.), and the Ossipee Public Works Garage (55 Main St.). Note that the Bristol site entrance is off River Road.

The collections will run from 8:30 a.m. to noon. The participating communities for the 2021 collection are: Alexandria, Andover, Belmont, Bridgewater, Bristol, Center Harbor, Effingham, Franklin, Freedom, Gilford, Gilmanton, Hebron, Hill, Holderness, Laconia, Meredith, Moultonborough, New Hampton, Ossipee, Sanborn, Sandwich, Tamworth, Tilton and Tuftonboro. The Town of Northfield has postponed participation this year.

As a reminder: acrylic/latex paint and alkaline batteries are not considered HHW and will not be accepted at the collection. These products can go in with the household trash (dry out the paint before disposal).

To read the most recent collection updates, get a list of products that are accepted, and see FAQs, visit the LRPC HHW website [www.lakesrpc.org/service-shhw.asp](http://www.lakesrpc.org/service-shhw.asp) or call 279-5334 or 279-5341. Find us on Facebook and Instagram (@lakesrpc).



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## PETS 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 learn his manners! Gannon isn't a big fan of other dogs or cats, so he's seeking to be the only pet in his new home. Because Gannon is inexperienced with petting and handling, and he's still learning to share his things, he will do best in a home without children. Gannon is currently being treated for a skin condition that may or may not resolve with his current treatment plan. His adopters should speak to their veterinarian, and be prepared for the possibility that Gannon will need to take medication or be on a prescription diet for the rest of his life.

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

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**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 imply-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!

1305 Meredith Center Rd Laconia, NH 03246 • (603) 524-9539



# One busy week in the books, one to go



HAD A GOOD TIME at the rugby competition at Tokyo Stadium last week.

JOSHUA SPAULDING

This is being written on Sunday afternoon, Aug. 1, in the Main Press Center at the Tokyo Big Sight. I have now been out of my hotel quarantine for an entire week and have seen a lot of the Olympics in the course of that time.

Of course, there's also plenty I haven't seen, but I can only be one place at a time and have not found a way to get to more than three events

in a day.

I started things off with an early morning trip to the Odaiba Marine Park for triathlon and continued that first day with a trip to the historic Nippon Budokan for judo and finished the night at the swimming heats, where I saw Katie Ledecky dominate the field in the 1,500 meters, an event in which she would go on to win the gold medal.

My second day started with a bus ride to Tokyo Stadium, where I enjoyed four rugby matches, with the United States losing to South Africa in the final match of the morning. From there, I went back to the Tokyo Aquatics Center to see Dover native Jessica Parratto compete in the synchronized 10m platform diving competition. I was definitely glad I made that trip,

as she came home with a silver medal. From there, I finished the day at the Yokohama Stadium where the US softball team came up short in the gold medal game against Japan.

My third day found

## SPORTING CHANCE



By JOSHUA SPAULDING

me out at the Sea Forest Waterway for rowing, where Wolfeboro's Hilary Gehman coached the US women's quad scull team and Gevvie Stone, a longtime counselor and instructor at Camp Onaway on Newfound Lake, was competing in the women's double sculls. A trip to the Tokyo International Forum was next up to see a little weightlifting. This was one of the most confusing venues to get in and out of, but the building itself was pretty cool. Day three finished with the 3X3 basketball finals, where the US women won gold at Aomi Urban Sports Park.

The next day started

with a trip to Shiokaze Park for beach volleyball, however, while I was there, I realized I had left my phone charger back at the hotel, so I had to scrap plans for my second event of the day and kill a few hours by going back to the hotel. I finished out the day with a trip to the Ariake Arena where the US women's volleyball team survived a strong fight from Turkey.

On Friday, I was at the Ariake Urban Sports Park for the BMX racing event and got the chance to catch up with Dr. Tamara Lovelace of Alton, who is part of US Cycling's medical team. She was busy on that day, as a number of crashes, including one very serious one, marred the racing. After that, I made the trip to the Kasai Canoe Slalom Center, which was a cool venue, but very, very warm and the day finished with another trip to the Yokohama Stadium for the US baseball team's game with Israel.

Yesterday was a bit of a slower day, with a trip out to Asaka Shooting

Range to catch a little shotgun trap shooting and then a trip to Saitama Super Arena, where the US men's basketball team took on the Czech Republic, featuring Brewster alum Blake Schilb.

Today was another trip to Ariake Urban Sports Park for BMX freestyle, which was pretty awesome and the day will finish with a little table tennis action at Tokyo Metropolitan Gymnasium.

It's been a busy week filled with great sports, lots of time on buses and not tons of sleep. But it's still fun. Hopefully week number two brings more of that.

*Joshua Spaulding is the Sports Editor for the Granite State News, Carroll County Independent, Meredith News, Gilford Steamer, Winnisquam Echo, Plymouth Record-Enterprise, Littleton Courier, Newfound Landing, Coos County Democrat, Berlin Reporter and The Baysider. He can be reached at josh@salmonpress.news at 279-4516, or PO Box 729, Meredith, NH 03253.*

# New Hampshire's Parratto makes US diving history

*Dover native part of synchronized 10m duo that wins silver*

BY JOSHUA SPAULDING  
Sports Editor

TOKYO, Japan — It's not how you start, it's how you finish.

Jessica Parratto and Delaney Schnell proved that is indeed the case on Tuesday, July 27, at the Tokyo Aquatics Center.

The American duo sat in seventh place (out of eight teams) after their first dive in the women's synchronized 10m platform finals. The women dug down, moved up to sixth after their second dive, then moved to fourth after the third dive then moved into silver medal position after their fourth dive.

Parratto, who grew up in Dover, and Schnell saved their best for last, putting up a 78.72 in their final dive of the afternoon to hold off a charging Mexican duo and capture the silver medal, the first medal of

any kind for the United States in synchronized 10m platform diving. China took the gold medal. It marked the first medal for the United States women in the event since it made its Olympic debut.

"I honestly will say I have never woken up for a meet feeling so calm and ready to go," Parratto said. "I didn't even wake up having the nerves until kind of the nervousness happened right before we started competing but that was a good sign honestly to me knowing that I felt as confident as I did that we knew we could hit our dives.

"I feel like this event is always so close," she added. "There's always that team almost fighting to get a bronze so that was kind of what my mindset was, but to come away with a sil-

ver is just mind-blowing honestly and it just goes to show that if you stay focused and confident, anything can happen. I just couldn't be more pleased with today."

With their first dive, Parratto and Schnell got 45 points but moved up to 46.8 points with their second dive. They took a big leap forward to 70.2 points on the third dive, then scored 70.08 on the fourth dive and finished things out with the big score of 78.72.

"I'm not a scoreboard watcher, but I knew that we were a little behind after the vols [voluntary dives], but I almost feel like that's what kind of lit my fire under me," Parratto said of being behind after the first two dives. "I knew that we could do really good optionals, so I wasn't concerned about it, and I think I just tried to keep



JOSHUA SPAULDING

THE AMERICAN FLAG is raised in the silver medal spot for Dover's Jessica Parratto and Delaney Schnell after their performance in the synchronized 10m platform diving event in Tokyo last week.

going dive-by-dive not letting anything affect me that was in the past and I honestly feel like that is what propelled us forward."

The road to Tokyo was actually a fairly

short one for Parratto and Schnell. Parratto, who also competed in the Rio de Janeiro Olympics in 2016 and Schnell only decided to dive together a few weeks before the Olympic trials and

earned their spot in Tokyo after training together for just two weeks.

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# One day, two unique sports



JOSHUA SPAULDING

CHECKED OUT the BMX racing course at Ariake Urban Sports Park in Tokyo on Friday.

BY JOSHUA SPAULDING  
Sports Editor

TOKYO, Japan — Getting to experience unique sports is part of the fun of the Olympics and Friday, July 30, was a day to get in a couple of sports that we don't get to experience every day.

The day kicked off with a morning trip to the Ariake Urban Sports Park, where the BMX races were taking place. The Tokyo weather had other ideas, as Mother Nature brought in some rain and the start was delayed by 45 minutes.

Having watched BMX racing in previous Summer Olympics, I knew what to expect, but I walked away having a greater appreciation for the sport, as it was a ton of fun to watch the cyclists powering themselves over the bumps



THE KASAI CANOE SLALOM COURSE provided the action on Friday afternoon.

and dips and ripping through the turns. The races were marred by a couple of hard crashes by American riders, including one that sent the defending Olympic champion, Connor Fields, to the hospital.

One of the main rea-

sons for checking out BMX was the fact that Dr. Tamara Lovelace of Alton is on the medical staff for the US Cycling Team and was there to take care of the athletes. As it turned out, she had a pretty busy day, as she was pressed into duty

by a couple of the crashes, including the Fields crash. Dr. Lovelace, who owns Seacoast Spine and Sports Injury Clinic, serves as a team doctor for the Kingswood and Prospect Mountain pro-

SEE UNIQUE, PAGE A10



# Olympian shares her love for Camp Onaway

*Gevvie Stone wraps up Tokyo Games with fifth place finish*

BY JOSHUA SPAULDING

Sports Editor

TOKYO, Japan — Gevvie Stone may have grown up in Massachusetts, but Newfound Lake has a special spot in her heart and even after a week of hard-fought action in the Tokyo heat at the Summer Olympics, Stone gushed about her time in the Newfound area.

A three-time Olympian, Stone raced in Tokyo in the women's double sculls with rowing partner Kristina Wagner. They kicked off their Olympics with a second place finish in their heat the morning of the Opening Ceremonies on July 23, finishing in 6:55.65. That moved them into the semifinals two days later and they finished in third place with a time of 7:11.14 to advance to the finals, which took place on Wednesday, July 28, at Sea Forest Waterway in Tokyo. Stone and Wagner raced their way to fifth place overall with their best time of the Olympics, finishing in 6:52.98. Romania won the gold medal in 6:41.03, New Zealand was second in 6:44.82 and Netherlands took bronze in 6:45.73.

Romania blasted off of the start and took command of the race early.

The Romanian crew built more than a 3.5-second advantage at the midway point and held that margin the rest of the way down the course, leaving the rest of the crews to fight for the silver and bronze medals. The U.S. sat about a length off a medal position through the first half of the race but could never cut into the deficit.

"We raced hard," Stone said. "It was the Olympic final, and we worked hard in the semi to put ourselves there. The goal was to go out and have a great race in the hopes that that would put us on the podium. We attacked it from the first stroke. We didn't give them a head start today, and I really think we fought every stroke. Lithuania and the Dutch took off with 500 to go and we tried to go with them."

And while Stone was preparing to finish up her time in Tokyo (athletes are required to leave Japan as soon as their last event is finished, a COVID protocol measure), she took some time to talk about the time she spent at Camp Onaway on Newfound Lake.

She noted that for 11 summers starting in 1995, she spent time at



Gevvie Stone (right) and partner Kristina Wagner compete in Tokyo last Wednesday morning.

COURTESY

Camp Onaway, starting as a camper for five years, spending one year as an OWLE, one year as an aide and three years as a counselor, most recently in 2009.

She now returns each summer she can for a few days to teach rowing in addition to sailing and swimming.

"Onaway, and Newfound Lake, is one of my happy places, one of the places I feel the most myself and the most content

with who I am," she said. "I remember summer afternoons spent sailing after which my face hurt from smiling so much."

Stone also pointed out that while she teaches rowing and other water sports to campers now, there are lessons far more important than what the kids will learn about those sports.

"I return to teach the physical skill of rowing, but it's the character lessons I learned at camp

which are most valuable to me today," Stone stated. "As a camper, Onaway taught me to be myself, as crazy or as vulnerable or as strong as that may be."

"As a counselor, I relearned to treasure the small moments in life and to find a deep satisfaction in helping others," she added.

Even her bio on the US Rowing Team's web site touts her love for camp. "Gevvie said she

can go on talking for too long about ice cream, my dog, Echo, and my summer camp (the old-fashioned, all-girls kind)."

Needless to say, even Olympians have places that they feel right at home and Camp Onaway just might be that place for Gevvie Stone.

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

## A morning of rugby is a learning experience

BY JOSHUA SPAULDING

Sports Editor

TOKYO, Japan — One of the good things about the Olympics is getting to experience sports that I don't usually see.

On Tuesday, July 27, after plenty of bus drama plus an hour-long ride from the Main Transport Mall to Tokyo Stadium, I got to experience a number of rugby sevens men's matches. Four to be exact.

I got there just as Argentina and Korea were getting under way and then saw Australia and New Zealand, Kenya and Ireland and the United States and South Africa.

From the start, the best I could tell was it has some elements of our American football, in that players carry the ball toward the end of the field and the other team tries to bring them down. And at some point, they also kick the ball through a set of uprights.

Off to the interwebs I went to learn a little bit more about rugby and as I did, the first game came to a close. As it turns out, rugby sevens are quick games, with just seven-minute halves, so with a short halftime break, the game is over in about 20 min-



TOKYO STADIUM provided the backdrop for rugby sevens at the Tokyo Olympics.

JOSHUA SPAULDING

utes. Rugby sevens (as opposed to the normal 15 players) began as a way to make sure that tournaments could be held in a day or a weekend and it made it especially convenient for a reporter who had a few other things to cover and numerous bus rides in between.

Strangely enough, in rugby sevens, there are seven players on each team on the field at one time, three forwards and four backs. Each

team also has five subs for a total of 12 players. The scrums are made up of three players from each team, with three forwards bound into the scrum, a scrum-half waiting to retrieve the ball once it exits the scrum, and three backs positioned to receive a pass.

In open play, a typical defensive formation involves a line of six defenders, with one sweeper behind the line. With

the attacking team using all seven players against the defending team's six in the line, the attacking team often attempts to move the ball to create an overload. The defensive line can be put under pressure if the defending team makes a tackle and commits players to the ruck; with fewer players in the defending line, it leaves more space for the attacking team to exploit.

Unlike the American

football game, throwing the ball forward in rugby is not allowed, the ball can only be moved forward by someone carrying it or kicking it. Also unlike football, if a player is brought down, the play is not over.

As for the scoring, a score is called a try and each one is worth five points, achieved when a player touches the ball to the ground in the opposing team's end zone. Like in American foot-

ball, after scoring five points with the try, the team can get two more points for a conversion. If a penalty is called, the other team gets a penalty kick chance, if the ball splits the uprights it is worth three points. A team can also get three points for drop kicking the ball through the uprights in open play.

Rugby sevens was first introduced as an Olympic sport for the 2016 Games in Rio de Janeiro, Brazil, with Fiji winning the first gold medal, followed by Great Britain and South Africa.

Also notable on this particular day was that a robot brought the ball to the center line for the start of the game. I am sure that is not the case in normal rugby matches.

Many thanks to Wikipedia for some of the information contained here. And many thanks to the eight teams I saw for an enjoyable morning of Olympic action.

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# US offense comes up short in softball gold medal game

BY JOSHUA SPAULDING  
Sports Editor

YOKOHAMA, Japan — The dark clouds that gathered over Yokohama Stadium prior to game time seemed destined to dampen the spirits of somebody in the Olympic gold medal softball game on Tuesday, July 27.

While those clouds never materialized as rain, it was the spirits of the United States women that ended up damp, as the US struggled to gain any traction on offense and Japan took advantage, playing small ball and getting great defense and pitching on the way to a 2-0 win to take the Olympic championship.

“The disappointment is only from the end result, it’s not from the whole tournament, it’s not from the whole game,” said pitcher Cat Osterman, who pitched into the third inning and didn’t allow a single run.

“Obviously, we’re a little bit disappointed,” said Osterman. “You get to the gold medal game and you have your eye that prize, and to not accomplish that – it stings.”

“Our team had tremendous effort tonight,” said head coach Ken Eriksen. “It wasn’t our day. We had some bad luck, but at the same time I think you have to credit Team Japan for playing a really good



JOSHUA SPAULDING

YOKOHAMA STADIUM played host to the softball gold medal game on July 27.

game of softball.”

By virtue of beating Japan the previous day, the US women were the home team and Osterman worked around a leadoff hit. Japan followed with a couple of sacrifices, but shortstop Delaney Spaulding made a strong play on a slow grounder to get the US out of the inning.

Janie Reed had a one-out triple in the bottom of the first inning and tried to race home when Amanda Chidester reached on a dropped third strike, but Reed was cut down at the

plate. Chidester moved around the bases on wild pitches but was stranded at third.

Japan threatened again in the top of the second inning with a one-out double. However, right fielder Michelle Moultrie raced to the fence and hauled in a long drive by Japan to end the inning. Spaulding worked a walk in the bottom of the inning, but Japan turned a double play to get out of the inning.

After Osterman walked a runner to start the top of the third, Erik-

sen made the move to Ally Carda in the pitching circle and she got out of the inning with nobody crossing the plate. The United States went quietly in the bottom of the inning and Japan got on the board in the top of the fourth. After a leadoff base hit, a pair of sacrifice grounders moved the runners up and an infield hit plated the first run of the game. Carda got a strikeout to end the inning, but Japan had all the runs they would need.

The United States went quietly again in

the bottom of the fourth and Japan added a little insurance in the top of the fifth inning. After Carda gave up a two-out base hit, Eriksen brought Monica Abbott in to pitch and a base hit drove in the second run of the game.

Ali Aguilar led off the bottom of the fifth inning with a walk and one out later she was moved up to second, but she was stranded there. Japan got a base hit and a sacrifice in the top of the sixth inning, but Abbott kept them from plating a run.

In the bottom of the sixth, the US had a great chance, as Moultrie singled to left to start the inning. One out later, Reed singled up the middle to move Moultrie to second and Chidester stepped to the plate and ripped a shot that appeared destined for left field. The rocket deflected off the glove of Japan’s third baseman and right into the glove of the shortstop, who quickly fired to second to turn the 5-6-4 double play, ending the best threat for the United States.

Japan got a leadoff base hit in the top of the seventh but the US had its own defensive play of the game two outs later when a shot appeared headed over the fence in left field that would’ve doubled the lead. However, Reed made a leaping catch, hauling the ball back in from the other side of the fence and keeping the lead at 2-0.

The US, however went down in order in the bottom of the seventh and Japan had the 2-0 win and the gold medal in softball’s first turn at the Olympics for the first time since 2008, when Japan also beat the United States in the gold medal game in Beijing.

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## Owl’s Nest to host Special Olympics Cup Golf Tournament

THORNTON — After training and remaining active on their own during the nearly 16 months of COVID-necessitated isolation, more than 3,000 Special Olympics athletes in New Hampshire are now returning to in-person training. Returning more than 65 local programs across the state to in-person activities is

a massive effort being undertaken by the thousands of volunteers who are the true engine of SONH.

In support of these efforts, the Special Olympics New Hampshire Board of Directors is proud to announce the first-ever Special Olympics Cup Golf Tournament on Tuesday, Aug. 17, at the Owl’s Nest

Resort and Golf Club in Thornton. Funds from the event will assist the programs of SONH as in-person training and competitions come roaring back to life statewide.

Presenting sponsors for the event include Eversource, Maverick Corporation/One Source Power and Quanta Services.

“Special Olympics

New Hampshire exemplifies the power of inclusion in the Granite State,” said Eversource NH President Joe Purington. “We’re always proud at Eversource to partner with Special Olympics New Hampshire in support of their critical work transforming the lives of countless children and adults.”

SONH board member and Chair of the Development Committee Wayne Griffin notes “This event wouldn’t be possible without the dedication of staff, volunteers and sponsors who have enthusiastically stepped up.”

“It’s a true honor for Maverick and One Source Power to support Special Olympics New Hampshire and turn dreams into realities for SONH athletes” according to Michael McNally, CEO, President and Founder of Maverick

Corporation.

“We are thrilled with all the interest in the first annual Special Olympics Cup,” said SONH VP of Development Carol Cray. “This event’s success will support our athletes who are finally returning to activity” she continued.

Jim Tighe is a VP of Business Development with Quanta Services. He commented “Quanta Services would like to thank Eversource and SONH for their leadership on establishing this event which will greatly benefit the athletes of Special Olympics New Hampshire as they reach towards their dreams.”

The event is an 18-hole four-person scramble with an 8:30 a.m. shotgun start. As the tourney name implies, there is a trophy cup for the winning foursome. One for each member of the winning team as well

as a larger version for display in the winners’ place of business.

In addition to the golf tournament, there will also be a cornhole tournament that is open to the public. Cornhole competition will feature 48 pairs of players and runs from 9 a.m. to 1 p.m. Registration is just \$25 per person and includes lunch. There will be cash prizes for cornhole tournament winners.

Cornhole registration available at <https://tinyurl.com/k65sz69u>.

More information about Special Olympics New Hampshire is available at [www.SONH.org](http://www.SONH.org). More information about the Owl’s Nest Resort is at [www.OwlsNestResort.com](http://www.OwlsNestResort.com). Details about New Hampshire’s only Nicklaus-designed golf course can be found there.

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*CONTINUED FROM PAGE A1*

grams.

From there, after a couple of bus rides, I arrived at the Kasai Canoe Slalom Center to watch the whitewater action. This is a sport that always has intrigued me and it was a lot of fun to see the paddlers making their way through the course.

There was also a bit of local interest in this event. A few months back, I went and did a story on the new whitewater park being constructed on the

Winnepesaukee River in Franklin. This ambitious project is sure to be a boon to the local economy and takes advantage of the great natural water source that the river provides. However, I found out during that interview that the plans for this started back when Boston was looking at hosting the Olympics and they would need a whitewater facility.

The facility in Tokyo is nothing like what Franklin will have in one way, since it is entirely man-made. It is a beautiful facility, but it is tucked away next to

an industrial area and seems a bit out of place.

However, it was blazing hot. Part of the problem was that this was the first day since I’ve been in Japan that all the events that I covered were outside (I finished the day at US-Israel baseball). No doubt it was a long day in the heat, but a chance to check out two unique sports is always appreciated.

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



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Nash Realty: [www.nashrealty.com](http://www.nashrealty.com)  
New Hampshire Colonials Real Estate: [www.squamlake.com](http://www.squamlake.com)  
Noseworthy Real Estate: [www.noseworthyrealestate.com](http://www.noseworthyrealestate.com)  
Old Mill Properties: [www.oldmillprops.com](http://www.oldmillprops.com)  
Peabody and Smith: [www.peabodysmith.com](http://www.peabodysmith.com)  
Pine Shores Real Estate: [www.pineshoresllc.com](http://www.pineshoresllc.com)  
Preferred Vacation Rentals: [www.preferredrentals.com](http://www.preferredrentals.com)  
Remax Bayside: [www.baysidenh.net](http://www.baysidenh.net)  
Roche Realty: [www.rocherealty.com](http://www.rocherealty.com)  
Strawberry Lane Real Estate: [www.strawberrylane.com](http://www.strawberrylane.com)  
Town & Forest Realty: [www.townandforest.com](http://www.townandforest.com)

**The Deerfield ANTIQUE SHOW**

Featuring 85 Selected Exhibitors of Fine Antiques, Americana, and Decorative Accessories  
Admission \$15 or \$8 after 11am

**Monday, August 9th**  
9 am to 3 pm

at The Deerfield Fairgrounds  
34 Stage Road, Deerfield, New Hampshire  
**\$1. off with this Ad!**

— [www.gurleyantiqueshows.com](http://www.gurleyantiqueshows.com) —

Joshua (207) 229-0403 Rachel (207) 396-4255

**55 Plus MODEL HOME OPEN SUNDAY 12 to 2**

**\$169,995** Come and take a look!  
Garage, Porch, Appliances  
\*10% down - 25 years at 6%

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

**BELMONT, NH**  
**2 BR TOWN HOUSE APARTMENTS**  
**NOW AVAILABLE - VOUCHERS ACCEPTED**

- On-site laundry, parking
- 24-hr maintenance
- Close to center of town

Must meet income limit guidelines  
Rent starting at \$960 + utilities  
Security deposit required.  
Download application at

<http://www.sterling-management.net/application.pdf>  
or contact mgmt. at (603)267-6787

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locally owned businesses here to serve you!



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*This is the place to sell your home!*

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**603-279-4516**



TOWN HOUSE APARTMENTS

\* 2 & 3 BEDROOMS

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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



HELP WANTED

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

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BROS., INC.

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• Commercial Site Work

• Septic Systems Installed

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SMART • FRIENDLY • SERVICE

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BELLETETES

BUILDING PRODUCT SPECIALISTS

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.

Competitive Wages

Paid Vacation

Paid Holidays

Paid Time Off

Health Insurance

Profit Sharing

Store Discounts

401k

E.O.E.

Town of Plymouth

Welfare Director

The Town of Plymouth is urgently seeking a qualified individual to be the Town’s next Welfare Director. The Welfare Director performs highly responsible and confidential work administering the General Assistance Program. This is a part-time, 20 hour per week, hourly position.

The Welfare Director is accountable to the Town Manager and is responsible for administering all functions of the Town of Plymouth’s General Assistance program to include: interviewing clients; investigating, and verifying application information to determine eligibility; maintaining accurate and detailed case files, being knowledgeable of, and assisting clients in accessing other services such as DHHS Cash Assistance, Food Stamps, WIC, and local assistance programs; keeping current on relevant State of NH legislation and/or Federal programs The successful candidate must possess strong attention to detail, the ability to interact pleasantly with the general public and maintain a high degree of confidentiality. The full job description is available online at: <https://www.plymouth-nh.org/employment/>

Minimum Qualifications:

• Bachelor’s Degree in Social Services, Public Administration or related field from an accredited college or university is preferred; 3–5 years of experience in social services, welfare administration or an equivalent combination of education and experience which demonstrates possession of the required knowledge, skills and abilities.

• Thorough knowledge of relevant state statutes and local welfare guidelines, familiarity with state/ federal financial assistance programs and local area social services.

• Strong interpersonal skills; ability to communicate clearly and concisely in writing and orally; ability to interpret and apply governmental regulations and statutes.

• Strong organizational and administrative skills; ability to work independently; basic math and budgeting skills; proficient with varied computer software and applications to include Microsoft Office.

• Valid drivers’ license required.

Wage Range:

\$19 - \$23 per hour depending on qualifications. Accruals for vacation and holiday time are pro-rated. This position does not include health or dental benefits.

Interested applicants are to submit their confidential cover letter and resume, without delay, to Anne Abear, Finance Director, Town of Plymouth, 6 Post Office Square, Plymouth, NH 03264 Applications may also be submitted by email to: [finance@plymouth-nh.org](mailto:finance@plymouth-nh.org) as soon as possible. Interviews may begin upon initial receipt of resumes and the position will remain open until filled.

The Town of Plymouth is an equal opportunity employer.

50 YEARS

NCH

Upper Connecticut Valley Hospital

JOB OPPORTUNITIES

FULL-TIME

Multi-Modality Radiologic Technologist

RN Surgical Services Manager

RN – M/S Charge, Night Shift

RN E.D., Charge, Night Shift

Unit Coordinator, Night Shift

Unit Coordinator, Days/Evenings

Rehab Services Director

RN Nurse Manager

Physical Therapist

Screener

Cook

LNA

PART-TIME

Cook (temporary)

Medical Records Technician

PER DIEM

Cook

LNAs – RNs – Certified Surgical Tech – Medical Assistant

Patient Access Representative – Environmental Services Technician

APPLY ONLINE

WWW.UCVH.ORG

Upper Connecticut Valley Hospital

181 Corliss Lane, Colebrook, NH 03576

Phone: (603) 388-4236

Ucvh-hr@ucvh.org

EOE

We are looking for motivated and dependable individuals to join our Dining Services Team.

Full and Part Time Positions available

Visit our website for staff opportunities

[www.newhampton.org/about/careers](http://www.newhampton.org/about/careers)



Loon Mountain Resort

Loon Mountain Resort

HR Coordinator – Full Time Year Round

Benefits eligible position.

Primary duties include onboarding team members, benefits processing, managing HR information systems and payroll administration and HR Generalist projects. Microsoft Office and Excel skills required.

HR Administrative Assistant – Full Time or Part Time

Full Time is a benefits eligible position.

Primary duties include assisting with employee passes, onboarding, organizing & auditing forms/files, answering employee inquiries, and general office coverage. Microsoft Office and Excel skills required.

Food and Beverage Administrative Assistant

Primary duties include onboarding team members, data entry, reconciling purchase orders, handling inventory maintenance, and assisting in F&B locations as needed. Full Time.

Employee Housing options available.

Apply today at: [www.loonmtn.com/jobs](http://www.loonmtn.com/jobs)

Lakes Region

ENVIRONMENTAL INC

Lakes Region Environmental Contractors

Petroleum Service Tech / Laborers wanted. Must have a valid driver’s license with a clean driving record and be able to pass DOT physical. Must have mechanical aptitude, troubleshooting skills, have strong commitment to quality.

ICC Certified, HAZMAT Certified and/or CDL License is a Plus but Not required. Willing to train.

Year-round employment with paid Travel, Holidays, Vacation and Weekends Off

Please call 603-267-7000



# HELP WANTED



### 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



### MAKE A DIFFERENCE IN THE LIFE OF A VETERAN! *Join our team!*

NH VETERANS HOME  
139 Winter St, Tilton, NH 03276  
603-527-4400



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

#### NURSE SPECIALIST

Position #43128 - Labor Grade: 25  
Salary Range: \$65,977.60 - \$93,121.60

Additional Direct Care \$20.00/wk.  
Plus an additional 15% salary enhancement

Must be able to work a modified weekend schedule

Please review the entire job description, minimum qualifications & links to benefit information at WWW.NH.GOV – Job ID#21034.  
Resumes are not accepted in lieu of a State application.  
Apply online today!

**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



#### 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 E.O.E.

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



## 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.

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



## 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 – 1st, 2nd and 3rd Shift  
- Starting Pay \$14.50**

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

**Spray Painter – 1st Shift - Starting Pay \$16.00**

**Sander 1st Shift - Starting Pay \$14.50**

\$.75 per hour shift differential on 2<sup>nd</sup> shift.  
\$1.50 per hour shift differential on 3<sup>rd</sup> shift.

**\*\*\$1,000 SIGN ON BONUS  
\*\*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](http://www.psimp.com).  
You can also email your resume directly to [donna.doyle@psimp.com](mailto:donna.doyle@psimp.com), please be specific as to what shift and position.

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

# CONSTRUCTION WORKER

### PERMANENT FULL TIME

Small business needs a reliable team member. We treat our employees well. Rewarding work mostly in Historic Restoration. Be willing and able to assist in all aspects of the trades. These tasks include loading/ unloading materials, setting up temporary and permanent structures, some rough carpentry and more. Must have own transportation  
Some construction experience helpful, willing to train the right person. Pay starts @ \$20/hr-more if experienced.  
Paid vacation, holidays - Health Insurance after short probation period. Call us at 603-968-3621



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



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

**MIDDLE/HIGH SCHOOL SPECIAL EDUCATION TEACHER**  
*NH General Special Education certification required.  
Benefits package based on CBA.*

**SPECIAL EDUCATION PARAPROFESSIONALS (K-8)**  
*Paraprofessional I or II certification desired.  
Multiple positions available. Full-time with benefit package based on CBA.*

**SUBSTITUTE TEACHERS**  
*\$90 per day with degree.*

Qualified candidates must submit a letter of intent, a resume, three letters of recommendation to:

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

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




### Equal Housing Opportunity

All real estate advertising in this newspaper is subject to The Federal Fair Housing Law which makes it illegal to make, print, or published any notice, statement, or advertisement, with respect to the sale, or rental of a dwelling that indicates any preference, limitation, or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination.  
(The Fair Housing Act of 1968 at 42 U.S.C. 3604(c))  
This paper will not knowingly accept any advertising which is in violation of the law. Our readers are hereby informed, that all dwellings advertised in this newspaper are available on an equal opportunity basis.  
To complain of discrimination call HUD toll free at 1-800-669-9777  
For The Washington DC area, please call HUD at 275-9200. The toll free telephone number for the hearing impaired is 1-800-927-9275.  
You may also call The New Hampshire Commission for Human Rights at 603-271-2767 or write The Commission at 163 Loudon Road, Concord, NH 03301  
Neither the Publisher nor the advertiser will be liable for misinformation, typographically errors, etc. herein contained. The Publisher reserves the right to refuse any advertising.







# There's no place like HOME

*This is the place to sell your home!*

*Call your sales representative today!*

**603-279-4516**

SPAULDING

CONTINUED FROM PAGE A1  
my & Family Services in 2014 as an administrative assistant in Behavioral Health. She brought years of experience in similar roles within various health care settings, including a physician's office and Concord Regional Vis-

STATION

CONTINUED FROM PAGE A1  
gether a very nice building for the town that will last a long time," said Lewandoski. "We couldn't have asked for anything better. Working with BPS and the architects, this whole thing has been seamless with good communication all around."  
As the construction

ing Nurse Association. She transferred to Support Services when an opportunity was available and has remained in the department ever since.  
For more information about Spaulding Academy & Family Services and its current employment opportunities, visit [SpauldingServices.org/careers](http://SpauldingServices.org/careers).  
About 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 over 500 acres in Northfield, NH 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 0 to 20 and their family. For information about Spaulding Academy & Family Services, visit [www.SpauldingServices.org](http://www.SpauldingServices.org).

HELP WANTED

## Town of Center Harbor Employment Opportunity

The Town of Center Harbor Highway Department is looking for a full-time truck driver/equipment operator to work 40 hours per week and overtime as needed to assist in a variety of projects including road maintenance and buildings and grounds. Applicants should have a CDL-B license, experience with snow removal using a plow and wing, as well as experience operating and maintaining equipment. Interested applicants can pick up an application and job description at the Center Harbor Town Office located at 36 Main Street, Center Harbor 03226 or download documents from [www.centerharbornh.org](http://www.centerharbornh.org). Applications can be submitted to Jeffrey Haines, Road Agent, Town of Center Harbor, PO Box 140, 36 Main Street, Center Harbor, NH 03226-0140. Applications will be received at the Town Office until the position is filled.

EOE

## SAU #2 Paraeducator & Substitute Openings

**- SPECIAL EDUCATION PARAEDUCATORS -**  
Ashland Elementary School and Inter-Lakes School District

**Terms:** School-year, 7 hours per day

**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.interlakessd.nh.schools.bz/sau2/Content/aes-employment> for a Support Staff Application

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

Ashley Dolloff, Human Resources Director  
[ashley.dolloff@interlakes.org](mailto:ashley.dolloff@interlakes.org)  
or  
103 Main Street, Suite 2  
Meredith, NH 03253

**Application Deadline: Open Until Filled**  
EOE

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

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

### Current Openings

- Special Education Paraprofessionals – *Starting at \$14.50/hour*
- Custodian – *Starting at \$14.00/hour*
- Long Term Substitute Teachers (Teaching Certification Required) - *\$210.43/day\**
- Substitute Nurses - *\$150/day*
- Substitute Paraprofessionals - *\$65/day*
- Substitute Teachers - *\$80/day*

**\*\*\* Applications accepted until positions are filled \*\*\***

Please visit: [www.schoolspring.com](http://www.schoolspring.com) to view open positions and to apply online.

EOE



## Join our growing team! - \$1,000 sign on bonus\* New Pay Structure & Shift Differential Advancement Opportunities!

Flexible 3 - to 5 - day work week options, including a Full - Time weekend shift.  
It's a great opportunity to start a new career or even a 2<sup>nd</sup> career with a solid, growing company!



We offer competitive wages and benefits including medical, dental, vision, life insurance, disability, tuition reimbursement, Paid Vacation, 11 Paid Holidays, Paid Sick days, and more.  
We are an essential business with robust COVID-19 prevention protocols

**Make an appointment to visit our facility and apply**  
**603.745-8114**  
In Lincoln at 34 Bern Dibner Drive, Lincoln, NH 03251 • [ppinkham@burndy.com](mailto:ppinkham@burndy.com)  
See all our open positions and apply online at:  
<https://careers.hubbell.com/>


**Open positions Include:**  
Automation Technician  
Machine Operators  
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Been out of the workforce? No manufacturing experience?  
NO PROBLEM! We'll provide training!

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

\*Sign on bonus paid after 90 days

## Position Announcement



**EXECUTIVE DIRECTOR**  
**Circle Program**  
**Plymouth, New Hampshire**

**Overview**

In 2021, Circle Program entered its twenty-eighth year of providing engaging summer camp experiences and long-term mentoring for rural northern New Hampshire girls. During this nearly three decade history, we have served more than 590 participants who have benefited from the dedicated mentoring relationships of more than 442 adult women mentors. We now seek an experienced executive director to build upon these accomplishments, direct the implementation of our new strategic plan, and to lead the organization into the next stage of our organizational development.

**Basic Function**

The Executive Director is directly responsible for the overall management of the organization including organizational leadership, budgeting, financial planning and asset management, grant compliance, fund development, fiscal management, program oversight, and building & ensuring an inclusive and equitable workplace culture. The Executive Director reports to and works in partnership with the Board of Directors and supports, guides, and supervises the staff.

For more information on the position and how to apply, please follow this link:  
<https://www.circleprogram.org/copy-of-employment>

*Circle Program is an equal opportunity employer.*

## Moultonborough School District Fall Coaching Opportunities

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

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

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

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

*Equal Opportunity Employer*



# HELP WANTED



### Become a caregiver today!

### Comfort Keepers.

Give back to your community in a time of need and get paid!

Comfort Keepers provides in home care to seniors. As a caregiver, you will provide companionship, housekeeping, errands, and personal care. No experience is necessary-must have a caring heart! Benefits include: flexible scheduling, health, vision and dental insurance, review based raises at 90 days, 6 months, and one year. Pay rate is \$14.00-\$15.50 per hr.

Apply at [ckapply.com](http://ckapply.com) or call us at 603-536-6060!

### LOW COST SPAY/NEUTER

Rozzie May

Animal Alliance, cats and dogs.

Cat Cab service available.

Military discounts.

Sign up on line  
[www.rozziemay.org](http://www.rozziemay.org)  
or call 603-447-1373



### To Heal, To Respect, To Console

#### Now Hiring for Registered Nurses for the following Departments:

(Some departments include working 72 hours and getting paid for 80 hours)

Medical/Surgical  
Emergency Room  
Pediatric Acute

Operating Room/Surgery  
Intensive Care  
Labor & Delivery

**We are looking for strong, driven, compassionate Nurse Leaders, come join us.**

Sign on Bonus  
Subsidized Housing options  
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Excellent Benefits Package  
Very Competitive rates

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**[TCRHCCHR@tchealth.org](mailto:TCRHCCHR@tchealth.org)**

**1 hour from Grand Canyon, Monument Valley, Lake Powell and Flagstaff.**





### The Village of Loon Mountain

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**

**Groundsman**

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](mailto:info@villageofloon.com) or call 603.745.3401

PLACE YOUR AD,  
Get Read,  
GET RESULTS!



### V I A N T

WE'RE IN IT FOR LIFE.

### HIRING IMMEDIATELY!

*\$2,000 SIGN ON BONUS\**

#### Assemblers

1st, 2nd & 3rd shift  
Full Time and Part Time  
**\$15.50 - \$18.50**

Are you good with your hands?  
Do you like to build or make things?  
Come build life saving devices with us. We are growing!

#### Facilities & Maintenance Technician

Experience in manufacturing required, automation systems, hydraulic, pneumatic, electrical, troubleshooting mechanical issues with production operations equipment.

New employees are eligible for the following benefits effective date of hire!

- Medical, dental, and vision benefits
- Company-paid life insurance and disability benefits
- 3 weeks paid time off and 10 paid Holidays

Our work environment includes:

- Clean room operations
- Lean manufacturing and 5S methodologies
- Skilled, experienced peers.

Viant Medical has been in the Lakes Region for over 40 years as a leading manufacturer of medical devices. Come join this steady, successful and growing company.

**Apply in person at 45 Lexington Dr., Laconia or on line at [viantmedical.com](http://viantmedical.com)**  
**Call 528-1211 for more information.**

### Come Join our Team WE ARE HIRING!

- Steel Erectors
- Metal Roof & Siding Installers
- Forman, Leadmen
- Laborers Position

Valid Driver's License required.  
Application available at:



### CONSTRUX, INC.

630 Daniel Webster Highway  
Plymouth, NH 03264  
(603) 536-3553



**Leading Pre Engineered Metal Building Co.**

### FRANKLIN SCHOOL DISTRICT

Grade 5 Teacher

Grade 7-8 Science Teacher

Title 1 Teacher – Middle School

PE/Health Teacher – High School

Alternative School Teacher Assistant – High School

#### Anticipated Openings

**High School:**

ELO (Extended Learning Opportunities) Teacher

School Counselor

**Middle School:**

Health Teacher

FACS Teacher

Industrial Arts Teacher

Interested candidates should send letter of intent, resume, application, certification, transcripts and 3 letters of reference to the:

Superintendent's Office  
Franklin School District  
119 Central Street  
Franklin, NH 03235  
[dlegallo@gm.sau18.org](mailto:dlegallo@gm.sau18.org)  
(603) 934-3108

*Franklin School District is an Equal Opportunity Employer*

### PITTSFIELD, NH

## LOOKING FOR A JOB WITH PURPOSE?

How does helping to protect firefighters sound?

**Join the MSA Globe Family**

Over 130 years ago, Globe invented firesuits and turnout gear to help keep firefighters safe.

Today, MSA Globe continues to lead the market in serving firefighters by providing innovative, head-to-toe PPE solutions that advance innovation in firefighter performance and safety.

MSA Globe employs 400+ employees, operating three plants, in more than 130,000 square feet of manufacturing space.





#### 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.

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Special Knowledge, Skills and Abilities Required:

- Ability to Read, Write and Speak English
- Basic knowledge of computers or tablets
- Possess a willingness to learn
- Enjoy working with your hands
- Able to sit and/or stand for long periods of time
- Able to lift approximately 30 pounds
- Have strong organizational skills
- Possess a 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

##### Office Staff / Customer Service

- Assist with customer service, order entry and processing for Firefighter Protective Clothing (known as turnout gear/fire suits). This role is counted on to ensure that each and every component of the order is accurate before it is sent to production.

Special Knowledge, Skills and Abilities Required:

- Self-starter with excellent time management skills
- Strong fluency in English language, both written and verbal
- 1-3 years administrative related experience is required
- High proficiency in keyboarding and data entry while maintaining accuracy
- Demonstrated ability to work in a team environment
- Proven success in a job or tasks requiring strong attention to detail
- Strong organizational skills and ability to multi-task
- Demonstrated ability to meet daily entry goals in a fast-paced environment
- Flexibility with work schedule preferred - core hours will be 8:00 AM to 4:30 PM Monday through Friday

Preferred:

- ABS 400 experience or other similar order management system
- Knowledge of Globe product line
- Previous production experience
- Bilingual, Spanish preferred

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

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16-6396-MCP / 06.2021

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### BELMONT

CONTINUED FROM PAGE A1

they have won numerous awards, including “Battle of the Bands” at BYU’s The Wall, “Favorite Band Overall” at the Local Utah Music Awards (LUMA), and “Best Local Band” in Utah Valley Magazine (2021 Reader’s Choice Awards). They recently stole the show with their performance at the Forkfest Music Festival in front of a crowd of more than 3,000. They were one of 29 bands that were asked to perform, out of over 100 bands that applied.

Their lineup for the show includes lead guitarist, Brady Ellsworth, from Sanbornton, and bass player, Brianna Lucier, another Belmont High School alumni.

This fantastic foursome has also performed at the Bank of NH Pavilion’s Magic Hat Stage, where they wowed the crowd and were asked to return. Their original songs have been played frequently on 104.9 FM The Hawk on Sunday night’s “Backstage” program, which spotlights local artists. Selections from their album “Yellow Lines” have been played regularly, along with their new hit singles “Ruined Reputations” and “Good Morning Rosaline.” They were also featured on WMUR-TV on NH Chronicle’s Summer Songfest.

Their original music is a refreshing and energetic blend of classic rock, power pop, punk pop, and beautiful acoustic ballads. In addition

to their originals, their live sets include a great selection of classic and modern rock covers, along with a few country songs thrown in for good measure. They have a love for all good music and a passion to play a range of songs that are meant to please all audiences by including a little something for everyone.

They are proud to not only have a passion for great rock and pop music, but are a socially-conscious group who do their best to raise awareness for causes important to them. Over the past year, 19 Miles Per Hour hosted a concert series to raise awareness and funds for NH Food Bank/Feed America, Cuddles for Kids, UNCF (in support of black artists), and other worthy causes. Their #BeTheReason campaign is an ongoing effort to raise awareness for those suffering from

mental health issues and those suffering in general during the COVID-19 pandemic. The band not only writes and plays great music, but stands for people helping people by “being the reason” and by spreading a message of peace, love, unity, and tolerance.

If you haven’t heard them yet, do yourself a favor and stream their album, “Yellow Lines” and their latest singles “Ruined Reputations,” “Our Own World,” “Anything” and “Good Morning Rosaline.” You will find yourself humming and dancing along before you know it. For more information on 19 Miles Per Hour please check out their Web site at <https://www.19milesperhour.com/> and follow them on Instagram and Facebook. 19 Miles Per Hour music is available on Spotify, Apple Music, YouTube, and other music outlets.

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