

Gilford Steamer

THURSDAY, SEPTEMBER 2, 2021

GILFORD, N.H.

Old Home Day makes grand comeback

Old Home Day Parade celebrates heroes



Children take on parents in a game of tug-of-war. (The kids won.)

PHOTOS BY ERIN PLUMMER

BY ERIN PLUMMER
mnews@salmonpress.news

The annual day of community fun was back after a yearlong absence and crowds were back for the 101st annual

Gilford Old Home Day. Old Home Day kicked off on Saturday morning with the Gunstock Nordic Association 5K and ended with fireworks and a DJ dance with so

many different events in between. Village Field was the center of activity and the location of food vendors, crafters, games, entertainers, and more. More events took

place throughout the village and most of Belknap Mountain Road was closed traffic.

This year's theme was "Our Community of Champions," saluting essential workers during the pandemic.

BY ERIN PLUMMER
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Floats and marchers celebrated community heroes during the Old Home Day Parade.

The parade lined up at 9 a.m. on Saturday in front of town hall and took off at 10 a.m. down Cherry Valley Road and Belknap Mountain Road.

Floats and marchers took the theme of "Community of Champions" celebrating everyday community heroes, especially frontline workers during the pandemic.

Town criers Geoff Ruggles and Dee Chitty led the parade followed by the selectmen and police and fire vehicles. Several town departments, community organizations, businesses, neighborhoods, families, and individuals participated with vehicles, floats, and marchers.

A panel of judges sat on a special platform on the side of Belknap Mountain Road and rated each of the participants.

Those scores were tallied and around 12:30 p.m. Master of Ceremonies Bob Pomeroy with help from Parks and Recreation director Herb Greene announced the winners in each category.

Parade participation was a little lower this year and a few categories didn't have entrants such as Equestrian, Oxen, Boat, and Motorcycle.

The Grand Prize winner was the Gilford Public Library for its float inspired by the "Community of Helpers" from the children's book "The Busy World

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SEE PARADE PAGE A10

Gandini, Stow back to lead Gilford cross country



JOSHUA SPAULDING

Patrick Gandini is the defending Division III cross country champion.

BY JOSHUA SPAULDING
SPORTS EDITOR

GILFORD — Individually, the Gilford cross country team had some stellar performances last year, with Patrick Gandini winning the Division III title.

As a team, the Golden Eagles put together a solid season amidst the COVID pandemic in the fall of 2020 and coach Kathy Aldridge and assistant Ryan LaFrance bring back a good group of runners to compete.

"The girls' team hopes for a repeat trip to the Meet of Champions and the boys' team is working hard to improve upon their team finish

at last year's division meet," Aldridge said. "Individually, Patrick is working towards defending his D3 title and qualify for New Englands and Catherine Stow is also working to improve her D3 finish and qualify for New Englands."

For the girls' team, Stow is back to lead the way in her senior year, and she is joined by a strong returning core in Vanessa Genakos, Sydney Eastman, Tessa Tanner and Maddie Burlock. On the boys' side of things, Gandini is back to defend his title and will be joined by returning runners Mitch-

ell Townsend, Carter Forest, Alden Townsend and Dane DeHart.

Gilford will be adding freshmen Georgis Eckhardt and Kaitlyn O'Brien to the girls' team as they move up from the middle school program, while junior Joseph Schelb, sophomore Dylan Wright and freshmen Benjamin Smith and Brode Testa all join the boys' team for the first time.

After a truncated season last year, the Golden Eagles will be running a full schedule of races this year, including the return of the Early Bird Invitational, which is set to be run today, Sept. 2.

"We look forward to welcoming back some of the teams that we didn't get to see last year due to their school's COVID protocols," said Aldridge.

The Golden Eagles also have a home meet on Oct. 8 and are scheduled to race at Oyster River, Belmont (twice), Manchester, Thetford, Vt., Coe-Brown and Merrimack Valley as the season rolls along.

The season kicks off today, Sept. 2, at the aforementioned Early Bird Invitational at Gunstock. The boys race at 4 p.m. and the girls follow at 4:45 p.m. The next race is scheduled for Sept. 11, at Oyster River.

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

Sadler, Coapland each score a pair in opening win



JOSHUA SPAULDING

Gilford's Reece Sadler battles past Riley Ferrante of Inter-Lakes in action last Friday.

BY JOSHUA SPAULDING
Sports Editor

MEREDITH — The opening game of the season is always a learning experience, no matter which side of the scoreboard your team comes out on.

The Inter-Lakes soccer girls welcomed Gilford to town on Friday, Aug. 27, for the season's first game and while the Golden Eagles came away with the 5-0, there was plenty to learn for both teams.

"They look good this year," said Gilford coach Rob Meyers. "They play well together, they know what is expected of them and they do it."

"We're definitely a lot stronger than last year," said Inter-Lakes coach Chelsea Crockett. "They all really like each other and they're all going to help each other."

Gilford got a couple of early chances, with Reece Sadler getting a chance that was stopped by Inter-Lakes keeper Allana Poehler. Julia Pendergast was able to clear the rebound out of the zone. Millie Caldon had a shot go wide for Gilford and Maura Hughes had a shot denied by Poehler. The Lakers got a couple of chances at the other end, with Joscelyn Boucher and Brooke Rollins teaming up for a couple of bids, but they could not convert.

After Caldon had a bid denied by Poehler, the Golden Eagles were able to get on the board with 33:17 to go, as Sadler ripped a shot from about 20 yards out and into the net for the 1-0 lead.

The Lakers got good defense from Riley Fer-

rante and Sara Harris as Gilford pressured in the zone. Allie Kenyon sent a ball wide for the Golden Eagles, while at the other end, Boucher just missed connecting with a ball ahead and Pendergast sent a shot wide of the net. Gilford had a couple of solid crosses from Marlow Mikulis, but the Inter-Lakes defense was able to clear the ball out. Kenyon also sent a shot wide of the net for Gilford.

Gilford got the game's first corner and Sadler's shot went just high. Caldon had a nice cross that Harris was able to clear out and then had a couple of chances that Poehler was able to make solid saves on. Sadler continued to pressure with a couple of chances

SEE SOCCER PAGE A10

Notes from the Gilford Public Library

What's new at the Gilford Public Library?

The passing of Old Home Day means only one thing: it's officially back-to-school season! Soon you'll all be empty-nesters again. Here at the Gilford Library, we've got lots of programming going on for the kids including the After-School Teen Club on Wednesday afternoons starting Sept. 22. Early releases are back on the school calendar as well, starting on Sept. 15. The children's room will be decorating backpacks and the teens have games and more lined up as well with plenty of more activities planned for subsequent early releases monthly. There's plenty of programming to go around with the adults too: you can look forward to Trivia Night on Sept. 2 at 5:30 p.m., a NH Humanities program on the Chinook September 9th and new senior programs later in

the month. Once more, thank you to all of the volunteers and people that made Gilford Old Home Day 2021 a huge success for us and the whole town... and a special congratulations is in order for Miss Jill and Miss Megan, our leaders in the Old Home Day Parade float design for their first prize-winning float for the Gilford Library!

Classes & Special Events
Sept. 2 – Sept. 9

Thursday, Sept. 2
Geri Fit, 9-10 a.m.
Trivia Night: Parking Lot Puzzlers, 5:30-7 p.m.

Friday, Sept. 3
Senior Sculpt, 9 a.m.
Bridge, 10:30 a.m.-12:30 p.m.
Hand & Foot, 12:30 p.m.
Knit Wits, 1:30-2:30 p.m.
Advanced Conversational German, 2:30-3:30 p.m.

Line Dancing, 4-5 p.m.
Monday, Sept. 6
Geri Fit, 9-10 a.m.
Tai Chi, 10-11 a.m.
Mahjong, 12:30-3 p.m.
Tuesday, Sept. 7
Senior Sculpt, 9-10 a.m.
Bridge, 10:30-11:30 a.m.
Line Dancing, 4-5 p.m.
Wednesday, Sept. 8
Check out an Expert, 10 a.m.-noon
Thursday, Sept. 9
Geri Fit, 9-10 a.m.

French, 4-5 p.m.
NH Humanities: Har-
nessing History, 5:30 p.m.
How dog sledding de-
veloped in New Hamp-
shire and how the Chi-
nook played a major role
in this story. Explaining
how man and his rela-

tionship with dogs won
out over machines on
several famous polar
expeditions, Bob Cot-
trell covers the history
of Arthur Walden and
his Chinooks, the State
Dog of New Hampshire.
Opportunity to view all
gear, sled, and a sled dog!

The Phoenix demonstrates martial arts skills



PHOTOS BY ERIN PLUMMER

Students from The Phoenix demonstrate their skills at Gilford old Home Day.

BY ERIN PLUMMER
mnews@salmonpress.news

From their award winning "Star Wars" themed float to their demonstration before the crowds, the new martial arts studio The Phoenix showed the

talent and skill of its students at Gilford Old Home Day.

The Phoenix: MMA and Athletics is a martial arts training program for people of all ages that incorporates multiple disciplines and styles.

At Old Home Day The Phoenix took first place in the Neighborhood Float category with their "Star Wars" themed routine. Owners Beth and Jake Clifton did a combat routine along the route dressed as Rey and Kylo Ren and Beth is a lifelong "Star Wars" fan.

After opening ceremonies students from The Phoenix did a demonstration showing different routines and skills.

Beth Clifton said students had been working on the routine for the past five to six months. Old Home Day was the last of a series of performances with this routine before they work on another.

The Phoenix is Beth's creation and the result of years of martial arts experience. Jake also used to be an instructor at Beyond the Belt's Cen-

ter Harbor location.

Beth worked with Beyond the Belt in Laconia and started to work on her own. Beyond the Belt closed down during the pandemic, but Beth started her own venture.

"I had to work with what I had," Beth said.

She got some new students who were young kids and learned to work with them. A few of the students have been mentoring younger students.

During the pandemic classes have taken place outside.

Beth said one of the reasons why it's been so successful is the students and their parents have become like a big family.

"My mission is to try to make better humans for the future," she said.

The Phoenix is located in Lakeport, and will be moving to downtown Laconia on Sept. 6

Gilford Public Library Top Ten Requests

1. "The Noise" by James Patterson
2. "The Madness of Crowds" by Louise Penny
3. "The Last Thing He Told Me" by Laura Dave
4. "We are the Brennans" by Tracey Lange
5. "The Cellist" by Daniel Silva
6. "The Guide" by Peter Heller
7. "Sooley" by John Grisham
8. "Bloodless" by Douglas Preston
9. "Vortex" by Catherine Coulter
10. "It's Better This Way" by Debbie Macomber

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Gilford soccer girls bring back strong, committed group



Avery Marshall and Liz Albert work with PeeWee soccer players.



Ashley Kulcsar works with PeeWee players as part of Gilford Parks and Recreation's program.

BY JOSHUA SPAULDING
Sports Editor

GILFORD — It's pretty safe to say that the Gilford soccer girls really enjoy their sport.

For the past four years, the girls have volunteered as coaches for the Gilford Parks and Recreation PeeWee soccer program and last year, they ran teams on

their own and had a successful season.

"They volunteer a minimum of three hours a week, attending Wednesday night practices and Saturday morning games," said coach Rob Meyers. "They do this in addition to their academic and athletic commitments, which should be com-

mended."

Their love of soccer has transferred over to the high school field, where Meyers has a solid group of returning players mixed with some newcomers to make for an interesting mix of players heading into a new season.

"We have a solid team this year, with a great mix of experienced players and incoming ninth graders," Meyers said. "We feel we can compete with anyone if we play our game."

"The girls have worked hard throughout the summer and tryouts and are ready," the Golden Eagle coach continued. "We have set goals for the season, as we do every year, and the players feel they are capable of meeting them. We want to play our best soccer, be in the mix at the end of the season and secure a spot in the tournament."

The Golden Eagles have nine seniors, five juniors, eight sophomores and 10 first-year students on the squad this year, with the nine seniors being the core of the team for the last three years. The seniors include midfielders Alyssa Craigie Molly McLean, Marlow Mikulis and Alannah Penny, defender/midfielder Maura Hughes, defender/forward Reece Sadler and defenders Ashley Kulcsar, Avery Marshall and Jaiden McKenna.

Juniors Vanessa Flanders (defense), Hannah Gannon (goalie) and Ally Kenyon (midfield) are also back after starting in their sophomore seasons, while forwards Liz Albert and Geena Cookinham, forward/midfielder Millie Caldon and midfielder Maddie McKenna saw time as freshmen and are back for their sophomore sea-



Seniors for the Gilford girls' soccer team include (front row, l to r), Alannah Penny, Ashley Kulcsar, Marlow Mikulis and Jaiden McKenna. Back row (l to r), Maura Hughes, Molly McLean, Alyssa Craigie, Reece Sadler and Avery Marshall.

sons.

Newcomers who Meyers expects to make an immediate impact are midfielder Anna Coapland, forward/midfielder Leah Davignon, forward Addy Harris and defender Gracey LeBlanc.

After an unusual season that saw the Golden Eagles play against Lakes Region opponents, Gilford is back to a normal Division III schedule this year.

"We had a lot of practices last year with COVID restrictions," Meyers said. "The players did a great job doing what was necessary to have a successful season."

Gilford did not lose a single game or prac-

tice on their end due to COVID last year and Meyers said he was proud of how flexible the girls were in adjusting to the NHIAA and Gilford School District requirements.

"The players are really ready to go this season," the Gilford coach continued. "We had a great summer season together, with the largest weekly turnout we've had. I think we are all ready to have a 'normal' season and school year, but are ready to make adjustments if needed to continue playing."

The Division III schedule includes two games each with Mascoma, Belmont and Inter-Lakes plus single games with Kearsarge,

White Mountains, Berlin, Fall Mountain, Hokinton, St. Thomas, Somersworth, Laconia, Newfound and Prospect Mountain.

Gilford opened the regular season against Inter-Lakes (see separate story) and continued after deadline on Tuesday, Aug. 31, at Kearsarge. They will be in action on Friday, Sept. 3, at home against White Mountains at 4 p.m. and will be at Berlin on Tuesday, Sept. 7, also at 4 p.m.

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

Gilford boys return solid core to soccer pitch

BY JOSHUA SPAULDING
Sports Editor

GILFORD — The Gilford boys' soccer team has continued to be a force in Division III and veteran coach Dave Pinkham returns a solid stable of athletes who should be able to help the Golden Eagles remain that force.

"Our goal is to be competitive in every game we play," said Pinkham. "(We want) to improve every game and peak when the postseason begins."

Pinkham welcomes back seniors Anthony Aguiar and Max Bartlett, both of whom were midfielders last year and are being asked to contribute.

Additionally, the Golden Eagles have a solid stable of juniors who had good sophomore seasons and are back for another go-round. They are led by junior goaltender Thomas Donnelly, Chance Bolduc, Tyler Lafond and Izaak Walten are all returning defenders while Anthony Haddocks and Owen Guerin both return to the midfield for Gilford.



Anthony Aguiar is back for his senior season with the Gilford boys' soccer team.

Aiden Bondaz and Tanner Keenan were strong contributors in their freshmen campaigns and are back for another season. They are joined by classmates Andrew McDonough, Haukur Karlsson, Drake Bolduc, Caleb Giovanditto and Tristan Reinhold, who will be expected to contribute in a big way in the new season.

After playing last season against exclusively teams from around the Lakes Region, the

Golden Eagles will be returning to a relatively normal Division III

schedule this year. Gilford will play two games against local rival Bel-

mont and will also play single games against Monadnock, Trinity, Raymond, Campbell, Hopkinton, Mascenic, Winnisquam, St. Thomas, Hillsboro-Deering, Bishop Brady, Kearsarge, Laconia, Berlin and Inter-Lakes.

The Golden Eagles were slated to open the season after deadline on Tuesday, Aug. 31, when

they hosted Monadnock. Gilford will be at Trinity on Thursday, Sept. 2, and will host Raymond on Tuesday, Sept. 7, both with 4 p.m. starts.

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



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Rain or Shine

Get a hobby

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

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

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

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

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

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

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

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

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

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



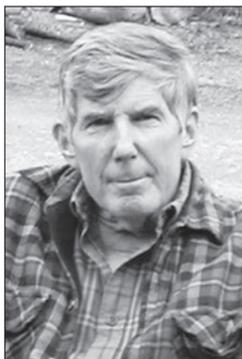
It’s in the bag

The first soft plastics collection drive held jointly by the Laconia-Gilford Lions Club and the Green Sanctuary Committee of the Unitarian Universalist Society was a great success. Fourteen 50-gallon bags of plastic bags and wrap were collected and delivered to a company in Maine which recycles them into composite decking and railing. Our next event is coming soon so start setting aside your plastic items now. It will be on Sept. 11 from 11 a.m. to 1:30 p.m. Pictured from left are Bill Chandler, Allyn Bridge, Marylin Brown, Lori Chandler, Matt Soza, Kay Anderson, and Dana Hackett.

NORTH COUNTRY NOTEBOOK

Where’s the summer gone?

Time (almost) for migration



By JOHN HARRIGAN
COLUMNIST

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

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

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

Spring, summer, and fall seem to have become a brief period between the end and beginning of freezing rain, which heralds the beginning and end of winter. And suddenly here we are, on the cusp of another season—fair time—when we’re not quite done with this one.

+++++



Bedrock and mares’-tails (called “mackerel sky” Down East) go together on a typical fall hike to the top of a ridge (this one in New Durham) to watch for migrating raptors.

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

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

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

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

+++++

Regular readers have noted that I tend to de-

vote more than the usual ink to the Loon Preservation Committee. (Full disclosure: Its former biologist Jeff Fair, now a wildlife biologist and writer in Alaska, is a close and longtime friend).

The real reason is that loons are a symbol of wildness, and have unforgettable calls. Historically they were widespread in New Hampshire, but were scarce and declining due to short-sighted shooting and lead poisoning from sinkers and lures. They are now vastly more abundant and increasing, thanks to the efforts of the LPC and its many volunteers.

The people who truly make the LPC click--its



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

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~ Comfort Keepers ~ Take a deep breath: Stress relief

BY MARTHA SWATS
Owner/Administrator
COMFORT KEEPERS

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

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

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

Why is it critical to manage stress?

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

Several studies have shown that stress is linked to mental and

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

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

Finding moments of joy and focusing on activities and hobbies that bring meaning and purpose can help seniors manage their stress. Fortunately, there are many more stress relief techniques that seniors can follow to help improve their own personal well-being. What senior clients use to manage their stress today can help better prepare them for any future stress.

Stress relief techniques

Connection can help relieve stress. Seniors can call a friend or family member, have a video

chat or spend time with loved ones when possible.

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

Practice deep breathing and mindfulness exercises

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

Follow a consistent exercise regimen and healthy diet, upon physician approval

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

Find a virtual volunteer opportunity to give back to the community

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

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

Listen to soothing or relaxing music, especially before bed

Find a way to laugh, whether it's by watch-

ing a funny TV show/movie or listening to a comedy album

Comfort Keepers® can help At Comfort Keepers®, we have spent the last twenty years perfecting the art of helping seniors and other adults maintain their peace, happiness, and joy. To us, every moment in a senior's life is a unique opportunity to foster positivity, going beyond daily tasks. Our approach to care is called Interactive Caregiving™, a philosophy centered around four central aspects of life: mind, body, nutrition, and safety.

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About Comfort Keepers
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Shaker Regional Advisory Budget Committee

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

Winners of Bolduc Park Golf and Disc Golf Tournaments announced



COURTESY
The 28th Annual Bolduc Park Golf Tournament wrapped up Aug. 22 to benefit the non-profit Bolduc Park Association's recreational facility for the Lakes Region community. Norman Daily won Closest to the Pin and Don McClung took the Longest Putt prize. The 15 and under Division winner was Nick Bishop with Charlie Soldan 2nd and Haskar Karlsson 3rd. Collin Wilkinson and Tom Maurier tied for first in the Men's 16-59 group and John Richards was 3rd. The Women's 16-59 Division was won by Kristy Sweeny and Malou Lapointe 2nd and Nancy Nadeau 3rd. Men 60-69 Division winners were Rich Walczewski in 1st, Joe Schillinger 2nd and Ray Falcone 3rd. Cindy Church won the Women 60-69 group followed by Susan Reilly and Donna Cummings. Don McClung placed 1st, Bill Strait 2nd and Tom Sprague 3rd in the 70-79 Men's Division. Linda Read won the Women 70-79 Division with Elaine Holt 2nd and Margrett Dyer 3rd. The Chris Daigle Memorial Disc Golf Tournament winners were Scott Van Horn and Pamela White.

INVITATION TO BID SNOW PLOWING

The Alton School District is seeking sealed bids for snow plowing/snow blowing at the Alton Central School, 41 School Street and the SAU 72, 86, 301 Central Office, 252 Suncook Valley Road, Alton, NH, for the 2021-2022 and 2022-2023 winter seasons. Bid specifications can be obtained by calling the business office at 603-875-3800. Deadline for submission is no later than **Friday, September 8, 2021 no later than 12:00 PM.** Bids must be submitted in a sealed envelope clearly marked "Snow Plow Bid" to Heidi Duford, SAU 72, 86, 301 Central Office at 252 Suncook Valley Road, Alton, NH 03809.

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Edward Jones: Financial Focus

Start thinking about your retirement income plan

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

- Consider ways to boost income. As you approach retirement, you'll want to explore ways of potential-

ly boosting your income. Can you afford to delay taking Social Security so your monthly checks will be bigger? Can you increase your contributions to your 401(k) or similar employer-sponsored retirement plan, including taking advantage of catch-up contributions if you're age 50 or older? Should you consider adding products that can provide you with an income stream that can potentially last your lifetime?

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

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

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

- Create a sustainable withdrawal rate. Once you're retired, you will likely need to start taking money from your IRA and 401(k) or similar plan. But it's important not to take too much out in your early years as a retiree, since you don't want to risk outliving your income. A financial professional can help you create a sustainable withdrawal rate based on your age, level of assets, family situation and other factors. By planning ahead, and making the right moves, you can boost your confidence in your ability to maintain enough income to last throughout your retirement. And with a sense of financial security, you'll be freer to enjoy an active lifestyle during your years as a retiree.



Jacqueline Taylor
Financial Advisor
3 Mill Street
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Meredith, NH 03253
603-279-3161
Fax 866-532-8685
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PARADE

(Continued from Page A1)

of Richard Scarry.”

GPL children’s librarian J’Lillian Mello said they wanted to incorporate literature into the float and chose the community heroes created by children’s author Richard Scarry as inspiration.

The float took about two weeks to put together with staff members putting in a lot of effort. Children’s librarian Megan Greenbaum said a lot of boxes, wood, and paint went into construction. Volunteers and staff members handed out free books along the route.

Mello and Greenbaum said they were thrilled the float won the award.

Mello said this is the



The Gilford Public Library took the Grand Prize for its Richard Scarry themed float.

first time she and Greenbaum have done Old Home Day.

“To win the float and have the first parade be the winner, that’s awesome,” Mello said.

The Phoenix: MMA and Athletics of Laco-

nia took first place in the Neighborhood Float category with its tribute to “Star Wars” with co-owners Beth and Jake Clifton playing Rey and Kylo Ren from the recent film trilogy.

The concept came



Beth and Jake Clifton play Rey and Kylo Ren in their “Star Wars” themed float that won for best Neighborhood Float.

from Beth’s love of “Star Wars.”

“I pretended I was a five-year-old and I imagined what would I want to see in the parade,” Beth said. “I feel like when people see ‘Star Wars’ stuff they feel like a little kid again.”

Beth and Jake choreographed their fight scene for the parade while students at the dojo walked along in “Star Wars” costumes and plastic lightsabers.

The Clifton’s said they were thrilled with the award. Beth said it was great for the kids to see what happens with hard work.

Lakeshore Park came in second and New Horizons Band came in third.

In the Commercial Float category, Legacy Group took first place with the Gilford Country Store in second and Bank of New Hampshire in third.

For Other Vehicle, the National Guard took first place with its Humvee and 104 FM The

Hawk took second with its vehicle.

In Antique Vehicles, Hayden McLaughlin came in first place. Second place went to Flaherty and third went to Hannaford.

For Individual Marchers, Miss Winnepesaukee Sarah White came in first place and Miss Winnepesaukee’s Outstanding Teen Ryan Morrison was given the second place prize.

The Brown Family won first place for Family Marchers,

For Neighborhood Marchers, Gilford teachers took first place and second place went to Lakes Region Federation of Republican Women.

In the Mini Float category, the Belknap County Sheriff’s Department took first place in a display that saw Sheriff William Wright in a cardboard jail cell. Bektash Shriners of Concord won second place and Lakes Region Lacrosse came in third place.

This year’s grand marshals were Susan and Peter Allen, who have been serving the community since they came to Gilford in 1980.



Belknap County Sheriff William Wright spends some time in “jail” for the Sheriff’s Department’s float, which took first place in the Mini-Float category.



Bektash Shriners zoom around the parade route.

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Megan Greenbaum and J’Lillian Mello, children’s librarians at the Gilford Public Library, show the grand prize ribbon for the library’s float.



Grand Marshals Susan and Peter Allen greet the crowds from the backseat of a convertible.



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



Zephyr

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

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Brown, Nash-Boucher, Wernig to lead Gilford field hockey

BY JOSHUA SPAULDING
Sports Editor
GILFORD — It's been an unusual journey over

the last few years for the Gilford field hockey team.

Two years ago, the Golden Eagles didn't

get on their home field until the opener due to the track being resurfaced. Last year, well, last year was last year,

with a shortened season, shortened preseason and a schedule that featured just Lakes Region teams. Through it all, the

Golden Eagles persevered and they head in to this year with veteran coach Dave Rogacki looking to see what he can get out of a group that includes just one senior.

"Our lone senior, Shea Brown, will be doing a lot of field directing while assistant coach Sara Caveney and myself will spend a lot of time working on fundamentals to get us to the next level as the season progresses," said Rogacki, who enters his 11th year with Gilford and his 34th overall. "Our scrimmages will help in the evaluation process."

Rogacki noted that there is a small freshman class this year, which means that all the players will have to advance their skill as the season moves along.

In addition to Brown, who is a captain in her senior year, leadership is expected to come from junior captains Taryn Wernig and Lauren Nash-Boucher.

"They will be counted on to use their leadership to help keep this very young group going forward and progressing regardless of the distractions and detours," Rogacki said.

The Golden Eagles will be returning to a regular Division III schedule after last year's regionalized local schedule. Gilford will play two games against Laconia and one game each with Mascoma, Winnisquam, Berlin, Conant, Bishop Brady, Hopkinton, Newport, Newfound, Littleton, White Mountains, Mascenic and St. Thomas.

The season officially kicked off after deadline on Tuesday against Mascoma. The Golden Eagles are slated to be at Winnisquam on Friday, Sept. 3, and will be at Laconia on Tuesday, Sept. 7, both at 4 p.m.

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



RC GREENWOOD

Shea Brown is the lone senior on this year's Gilford field hockey team.

Old Home Day offers vaccinations



PHOTO BY ERIN PLUMMER

Volunteers with the Winnepesaukee Public Health Network meets with Old Home Day visitors at their mobile vaccination tent.

BY ERIN PLUMMER
mnews@salmonpress.news

Attendees of Gilford Old Home Day could get fried dough, see some bands, peruse works by local crafters, and get vaccinated against COVID-19 all in one place thanks to a vaccination clinic in Village Field.

From 11 a.m. to 3 p.m., the Winnepesaukee Public Health Network ran a free walkup vaccination clinic from a tent in Village Field. Visitors could simply walk up to the tent, talk to the volunteering medical professionals, fill out some forms, and get the shot right there for free with no appointment needed.

Old Home Day was one of many different mobile clinics the Winnepesaukee Health Network has set up since and has inoculated more than 5,000 people

"Our mission has been to really bring the vaccine to those who don't have ease of access," said Jon Beland, emergency preparedness and response director for the Winnepesaukee Public Health

Network.

Beland said the organization's work in the beginning was to set up the structure to distribute the vaccine. Volunteers from the organization helped administer the vaccine in fixed sites. Now their focus is to bring it across the Lakes Region in mobile sites and at local hospitals.

Beland said they were approached about setting up a tent at Old Home Day. Volunteers are also available to answer questions and provide more information on the vaccines. Volunteers during Old Home Day included Dr. Lauren Cooper, an ER doctor at Concord Hospital - Laconia, and registered nurse Rick Notkin.

The clinic offered all three US approved vaccines: the two-dose vaccines from Pfizer and Moderna and the one dose Johnson & Johnson vaccine.

Anyone interested could approach the tent, fill out some forms, and receive their first dose of the vaccine right there.

Old Home Day was one of several vaccina-

tion clinics the network sets up around the area. They also set up a tent during some concerts at Bank of New Hampshire Pavilion

Beland said this provides a convenient location for people to get the vaccine, especially for those who might not have had the opportu-

nity before. Beland said they have heard people say they wanted to get the vaccine but didn't have the time to get it because of work or family commitments, but the clinic's presence at a concert or other event provided an opportunity.



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SOCCER

(Continued from Page A1)

es and Molly McLean also had a bid that was stopped by Poehler. Boucher sent a good ball in and Lianna Keenan made a nice run into the zone. Kenyon and Sadler had chances at the other end, but they could not convert.

Gilford got its second goal on a corner kick with 9:28 to go in the first half, as Kenyon sent the ball in from the corner and Sadler deflected the ball into the net for the 2-0 lead. Then, just more than a minute later, Anna Coapland was able to slip a shot past Poehler to up the lead to 3-0.

The Lakers came back with chances at the other end, with Keenan, Ruby Preisendorfer, Pendergast and Erin Furnee all getting looks, but Gilford keeper Hannah Gannon held tight. McLean had a good run in late in the half but Harris turned in a solid defensive stop and the game went to halftime

with Gilford up 3-0.

Sadler had a couple of early chances for the Golden Eagles, but Pendergast made a nice defensive stop. However, just about five and a half minutes into the period, Sadler found Caldon, who delivered a shot top shelf over a leaping Boucher for the 4-0 lead. The Lakers came back with Furnee sending a ball ahead but the Gilford defense held tight.

Ashley Kulcsar had a direct kick for Gilford that went wide of the net and then Addy Harris connected with Sadler for a bid that went wide.

Gilford was able to push the lead to 5-0 with 24:49 to go on a corner kick, with Coapland getting her second goal of the game off a feed from Kenyon.

Gilford came back with a number of corner kick chances, with Vanessa Flanders sending a shot high and Harris and Pendergast came

through with good defense on the other chances. Kulcsar also had a direct kick that was stopped.

The Golden Eagles had shots from Gracey LeBlanc and Leah Davignon that missed the mark. Coapland and LeBlanc teamed up on a bid that Boucher was able to stop and Gilford had another corner that missed the mark. Gilford had a late shot from LeBlanc that was stopped and Caldon sent the rebound wide as time ran out and Gilford took the 5-0 win.

"The early goals settle them down," Meyers said. "They've had a good summer and now a great start to the school year.

"We want to play the first game well and we didn't want a letdown in the second half," Meyers continued. "One of our goals has been to tighten up our defense."

"Our experience on



Allie Kenyon of Gilford and Anna Carpentiere of Inter-Lakes chase down the ball in action last week.

the field is relatively low playing against teams" Crockett said. "Although the score wasn't great, I don't think it reflected how the game was.

"We did some good things," she continued. "We just have to work on our passing and defense."

She also praised the work of Boucher and

Poehler in net, noting it was Poehler's first time in goal.

The Lakers were back in action after deadline on Tuesday, Aug. 31, against St. Thomas, they will be at Newfound on Friday, Sept. 3, and will be at Prospect Mountain on Tuesday, Sept. 7, both at 4 p.m.

Gilford was back in

action after deadline on Tuesday at Kearsarge, will be hosting White Mountains on Friday, Sept. 3, and will be at Berlin on Tuesday, Sept. 9, both with 4 p.m. starts.

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

OLD HOME DAY

(Continued from Page A1)



Visitors look over the selection of pie at the Gilford Public Library's Pie and Ice Cream sale.

The 2020 Old Home Day was canceled be-

cause of concerns related to COVID-19. Parks

and Recreation director Herb Greene said the Old Home Day paid close attention to the situation with the pandemic. By April they decided they could confidently plan for the event.

Around 2 p.m., Greene said everything was going great so far especially with nice, comfortable weather.

"Being an outdoor event people can use their own level of caution for sure, but we felt confident we could (plan)," Greene said.

Greene said they were also fortunate that numbers in the area have been relatively low.

Greene said turnout through the afternoon seemed steady. A few groups that usually participate couldn't come this year because of scheduling or low numbers.

"It's great, the community obviously appreciates it," Greene said, adding, "It's a sense of a return to normal to have this event."

Selectman Chan Eddy said he missed Old Home Day

"The Old Home Day Committee did a really good job," he said.

Eddy said not as many people seemed to be out as hoped, saying many people might still be reluctant to go out in a crowd like that with the pandemic still going on.

"I'm glad to see everybody here," Eddy said.

The Thompson-Ames Historical Society opened the Union Meetinghouse and the Mount Belknap Grange to the public. Thompson-Ames president Karin Nelson said quite a few people were coming in and out of the buildings.

Nelson and other volunteers set up a table with a raffle in front of the meetinghouse.

Nelson said she was happy to see Old Home Day back.

"It was great to see so many people," Nelson said.

She said it seemed to be more of a lowkey event this year.

The Thompson-Ames Historical society is looking for volunteers to help out at other events such as Old Home Day and others,

They also hope to bring the Gilford Farmer's Market back in 2022. The 2020 event was canceled because of the pandemic and the 2021 market didn't take place because there wasn't enough time for farmers to prepare.

The Gilford Rotary Club held its 36th annual Pancake Breakfast at the Gilford Community Church.

"It's good to have it



Crowds gather around Village Field during Gilford Old Home Day



Bryan Conway entertains Old Home Day crowds.

back, have some sense of a normal Old Home Day," said Don Clarke of the Gilford Rotary.

Of the club's current 50 members, Clarke said around 20 helped make and serve breakfast.

"I'm happy because it's something that everybody looks forward to every year and when you have a year where you don't have it it's a disappointment," Clarke said.

The club met virtually during the pandemic and recently started meeting in person again with virtual options for those who wanted them.

The Pie and Ice Cream sale and the book sale were back at the Gilford Public Library.

Guests could get a slice of pie with or without ice cream for \$5 each and choose from several varieties of pie including apple, blueberry, Toll House, lemon merengue, and others. While the pies are usually scooped from their plates, this year the slices were packaged separately.

Library director Katherine Dormody said

the library put the call out to community members for pies and local people brought several of them. Dormody also contributed two Toll House pies.

Dormody said the sale had a great turnout and pie was almost gone before noon.

Across the lawn the book sale went on under a big tent. Shoppers could fill a bag full of books, DVDs, CDs, and other materials for \$5.

Volunteer Steve Melbourne said the sale was going really well

"I think people are just glad to be out doing something," Dormody said.

Melbourne said in the midst of heavy news, it was nice to have the chance to get out and enjoy a parade and some fried dough.

Dormody said the Candlelight Stroll committee is looking for volunteers and are looking at possibly hosting the Candlelight Stroll this year. For more information contact Katherine Dormody at katherine@gilfordlibrary.org.

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Gilford Parks and Recreation news

BY HERB GREENE

Director
Gilford Parks and Recreation

Senior Moment-um End of Summer Beach BBQ and Bocce on Sept. 13 The Gilford Parks and Rec-

reation Department will be sponsoring an end of the summer Senior Moment-um program on Monday, Sept. 13. Participants are invited to join us at Gilford Town Beach at 11:30 a.m. for a bar-beque lunch and a game of

bocce ball. We will be serving hotdogs, hamburgers, cheeseburgers, pickles, chips and salad. Drinks and paper goods will also be provided. Participants are encouraged to bring a dessert to share with the group. If you have a lawn

chair, please bring it! Come and enjoy the last of our summer days at the beach. Participants must RSVP with the Parks and Recreation Department at 527-4722 no later than Sept. 9. The rain date will be Wednesday, Sept. 15.

For more information or to RSVP, please contact the Gilford Parks and Rec. Department at 527-4722.



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HELP WANTED

Shaker Regional School District EMPLOYMENT OPPORTUNITIES

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

CANTERBURY ELEMENTARY SCHOOL
Classroom Assistant
General Special Education Assistant
1:1 Special Education Assistant

BELMONT MIDDLE SCHOOL
1:1 Behavioral Assistant
1:1 Special Education Assistant

BELMONT HIGH SCHOOL
General Special Education Assistant
1:1 Special Education Assistant
1:1 Behavioral Assistant
School Counseling Secretary

BELMONT MIDDLE & HIGH SCHOOL
Math Coach

DISTRICT WIDE
Custodial positions
Grounds positions
Substitute Teachers
Substitute Nurses

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

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

ADMINISTRATIVE ASSISTANT
for Small Convenience Store Chain
Job requires basic computer skills to include Excel. Duties include reconciling cashiers' paperwork and preparing sales sheets for the day. Position is for 30 hours a week and hours are flexible.
Please apply in person to:
BLUEBERRY STATION
1 Suncook Valley Rd., Barnstead

BLUEBERRY STATION
is looking for Friendly & Reliable **NIGHT CASHIER**
Other shifts available.
Also in need of a **STOCK PERSON**
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BLUEBERRY STATION
1 Suncook Valley Road
Barnstead, NH

To place your classified line ad, please call our TOLL FREE number:
1-877-766-6891

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

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

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

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

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

Sander 1st Shift - Starting Pay \$14.50

Machinist 2nd Shift – Starting pay depending on experience.

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

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

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

ADVERTISING WORKS.

HELP WANTED

Ossipee Central School

Governor Wentworth Regional School District

PROGRAM COORDINATOR School's Out!

AFTER SCHOOL ENRICHMENT & HOMEWORK CLUBS

Come make a difference in the lives of our children and have the chance to make a positive impact.

This is a unique opportunity to become part of a collaborative staff and work to enhance the academic and social skills of students at Ossipee Central School, a K-6 Elementary School.

We are seeking a dynamic individual to work with students, staff, parents and the community as our School's Out! Program Coordinator.

The School's Out! program offers students a wide variety of after school enrichment and homework clubs.

For more information about the program visit:
www.schoolsoutprogram.org

Responsibilities include, implementation of the School's Out! program, facilitate partnerships with agencies, implement policies and regulations, administer and develop budget, maintain records, provide oral and written reports to the public and school system, prepare proposals for supplemental funding, hire and evaluation of program staff, supervise staff during program hours, and communicate with school staff.

Bachelor's degree required and three years of experience in education and/or after-school program management helpful.

Full-time with competitive benefit package, 200 days per year.
Apply at www.gwrsd.org click on employment tab.



OPEN HOUSE / JOB FAIR

WEDNESDAY, SEPTEMBER 15th

7:00am to 11:00am

&

THURSDAY, SEPTEMBER 16th

4:00pm to 8:00pm

Machine Operators – All shifts

Assembler – 2nd and 3rd shift

Sanders – 1st shift

Pay starts at \$14.50 plus shift \$.75 differential for 2nd & \$1.50 shift different for 3rd.

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

PSI Molded Plastics

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

HELP WANTED SALES REPRESENTATIVE

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

What does the position involve?

- As a Sales Representative You will be responsible for inbound service requests on several client projects
- Acting as a point of contact
- Maintaining solid Customer relationships by handling questions and concerns with speed and professionalism.
- managing database records, drafting status reports on customer service issues.
- Build sustainable relationships and trust with customer accounts through open and interactive communication.

BENEFITS

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

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

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Administrator I

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

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Cost per pay period: Single \$22 /
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Lead a team of professionals who implement infection control and prevention policies, procedures and standards of practice.

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Please review the entire job description, minimum qualifications & links to benefit information at WWW.NH.GOV – Job ID#21616.

Resumes are not accepted in lieu of a State application.

Apply online today!

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



JOB OPPORTUNITIES

FULL-TIME

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

PART-TIME

Cook (temporary)
Environmental Services Technician

PER DIEM

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

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



Full-Time Installers Assistant

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

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

Energysavers Inc,
163 Daniel Webster Hwy, Meredith NH

Think

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Sales Representative
to discuss
advertising options
Tracy Lewis
603.616.7103
tracy@salmonpress.news

www.SalmonPress.com

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HELP NOW >



HIGH SCHOOL SLATE

Thursday, Sept. 2

BELMONT
Boys' Soccer at Hopkinton; 4
Cross Country at Gilford; 4
Golf at Laconia; 4
Volleyball at Inter-Lakes; 5:15
GILFORD
Boys' Soccer at Trinity; 4
Cross Country Home Meet; 4
Golf at Prospect Mountain; 3:30
WINNISQUAM
Cross Country at Gilford; 4
Volleyball vs. Plymouth; 6:15
Friday, Sept. 3
GILFORD
Field Hockey at Winnisquam; 4
Girls' Soccer vs. White Mountains; 4

Volleyball at Souhegan; 5:45
WINNISQUAM
Boys' Soccer at Hillsboro-Deering; 4
Field Hockey vs. Gilford; 4

Saturday, Sept. 4

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

Tuesday, Sept. 7

BELMONT
Boys' Soccer vs. St. Thomas; 4
Girls' Soccer vs. Kearsarge; 4
Golf at Coe-Brown; 3:30
GILFORD
Boys' Soccer vs. Raymond; 4
Field Hockey at Laconia; 4

Girls' Soccer at Berlin; 4

Wednesday, Sept. 8

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

Thursday, Sept. 9

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

All schedules are subject to change.

HELP WANTED

BELMONT HIGH SCHOOL COACHING POSITIONS

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

**JV Girls Soccer
Varsity Golf**

PITTSFIELD, NH

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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.

OPEN TO ENTRY LEVEL CANDIDATES.
We offer an excellent training program!

Special Knowledge, Skills and Abilities Required:

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

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

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

Cutting Room Associate

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

Special Knowledge, Skills and Abilities Required:

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

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

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16-6396-MCP / 08.2021

* Terms and conditions apply



2021 Employment opportunities at Kingswood Golf Club Wolfeboro, NH

Golf Course Maintenance- 40 hrs/wk plus overtime available, driver's license required must be able to work early mornings and some weekends. Part time and full-time positions available.

\$14-15 \$/Hour, call 603-569-1046 or stop by maintenance building for application.

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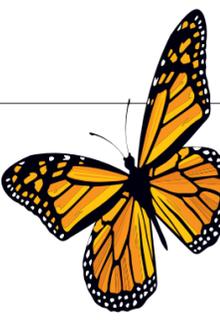


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Help a child.

BECOME A CASA VOLUNTEER.

CASA volunteer advocates make a life-changing difference for abused or neglected children. Volunteers are urgently needed NOW to support victimized children in the Lakes Region. You can provide a voice for a child in need, and change a child's story.

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

www.casanh.org/info-sessions



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