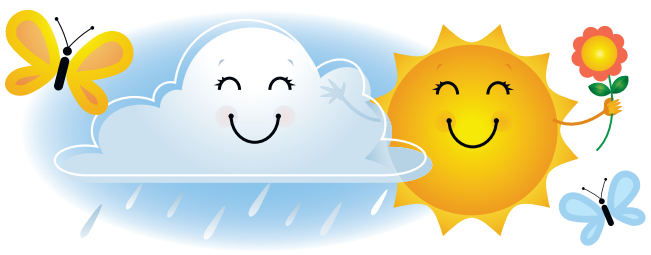




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Ryder leads Raiders to sixth place at Division IV State Meet



Max Ryder putts on the ninth hole at the Newport Golf Club on Thursday afternoon.

BY JOSHUA SPAULDING
Sports Editor

NEWPORT — In blustery conditions at Newport Golf Club last Thursday, the Belmont golf team battled to a sixth place finish at the Division IV State Meet.

The Raiders were led by a sixth place overall finish from junior Max Ryder, who finished with a score of 82 over the 18 holes. That finish qualified him to com-



Jordan DeFrancesco chips onto the green during action at the Division IV State Meet last Thursday in Newport.

pete in the individual portion of the tournament, which took place on Saturday in Concord.

Ben Girard finished with a score of 89 to place 24th overall while Alex Rowley finished with a score of 96 for 38th place overall. Brayden Pucci rounded out the scoring for the Raiders with a 47th place finish with a score of 100.

Jordan DeFrancesco finished in 51st



Ben Girard chips onto the green during action in the Division IV State Meet last week.

place with a score of 101 and Jasper Sottak finished with a score of 103 to place 54th overall.

After finishing last year at 5-17, the Raiders made a huge step forward to finish 15-8 this year under coach John Mattes and earn the team's first Division IV State Meet qualification since the program returned from the COVID break and the first appearance as a team in the state tourna-



Jasper Sottak putts for the Belmont golf team during last Thursday's Division IV State Meet at Newport Golf Club.

ment since 2009.

Ryder teed off at Beaver Meadow in Concord on Saturday for the individual portion of the tournament where he shot an 85 to finish sixth, finishing his round strong by shooting par on each of his final three holes.

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

Franklin VNA & Hospice holds free drop-in Holiday Grief Group

FRANKLIN — Franklin VNA & Hospice will be hosting two Drop-in Holiday Grief Support Group sessions that are open to the public. On Thursday, Nov. 13 from 10 a.m.-noon and Thursday, Dec. 11 from 10 a.m.-noon. Anyone who has suffered a death is welcome, whether they were the caregiver,

family member, friend, or a community member.

The grief groups will be facilitated by our Hospice Chaplain, Mark William, MDiv. There is no registration or fee to attend this group. For more information, call 603-934-3454 or email info@franklinvna.org.

The holidays present

unique challenges when you are grieving. This targeted, one-day program offered once in November and once in December will provide support, understanding, and the tools to navigate through them.

Grief has no timetable. It may come in waves during the turbulent months of a loved one's illness and then

intensify after he or she has passed away. Each experience is unique and deeply personal. Emotions run the gamut from sadness, anxiety and guilt to anger, helplessness, and depression. What many people who've lost someone they love want, is the

SEE GRIEF, PAGE A8

Town of Sanbornton to host Open House event

SANBORNTON — The Sanbornton Master Plan Housing Committee is in the process of updating its 2016 Housing Chapter of the Master Plan. As a part of this process, the Committee will be hosting a Housing Open House event to receive input from the community on various housing topics. In contrast to a typical Town Hall-style meeting with a presentation, a podium, and an audience, this event will be interactive and allow partici-

SEE OPEN HOUSE, PAGE A8

Winnisquam Regional School District students participate in NH Great Apple Crunch

REGION — The New Hampshire Great Apple Crunch celebrates National Farm to School Month and promotes healthy eating, local food purchasing, and agricultural education.

The Great Apple Crunch, which was celebrated on Oct. 15, encourages students and staff across the state to enjoy locally grown apples. Students at both Southwick School and Sanbornton Central School were delighted to crunch on apples with their lunch.

The Great Apple Crunch is part of the New Hampshire Department of Education's commitment to providing students



Pictured above, and enjoying their apples, are Southwick School student Alexia Katsigiannis and Sanbornton Central School Food Service staff members Bryn Colby and Barbara Poire with Jeremiah Belleville.

with access to nutritious, locally sourced food. By participating in this event, schools and centers can help to create a more sustainable and equitable food system for all.

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Greater Lakes Region Children’s Auction to be held Dec. 9-12 at Belknap Marketplace

BELMONT — The 44th annual Greater Lakes Region Children’s Auction will be presented by Hannaford Supermarkets from Tuesday, Dec. 9 to Friday, Dec. 12, live at the Belknap Marketplace in Belmont.

The auction airs daily from 9 a.m. to 7 p.m. Each day will offer items up for bid, on-air fun and appearances from friends and neighbors throughout the community. On Friday, Dec. 12, auction volunteers will come together to announce the total funds raised for children and families in need.

“Don’t miss it,” said Jennifer Kelley, executive director of the organization.

Kelley thanked the Massachusetts-based Vernet Properties, which owns the marketplace, and other business leaders throughout the Lakes Region who continue to show their generosity to the auction as it raises funds to support local, low-income children and families.

Can’t make it in person?



There are so many ways to enjoy the Children’s Auction and bid on fantastic items for your family and friends. Viewers can tune into Channel 25 or stream at ChildrensAuction.org.

Other popular items include electronics, tools, tickets to sporting events, toys, services—you name it, we need it! Convenient item collection sites are now open throughout our region, including Alton, Ashland, Belmont, Bristol, Center Harbor, Franklin, Gilford, Laconia, Mer-

edith, Moultonborough, Plymouth and Tilton. Visit ChildrensAuction.org for details.

And on Black Friday, Nov. 28, visit our collection site at the Belknap Marketplace and drop your items off between 11 a.m. and 3 p.m. On Saturday, Nov. 29

and Sunday, Nov. 30, items can be dropped there from 11 a.m. to 3 p.m. We will also be accepting items the weekend before the auction week right at The Marketplace from 11 a.m. to 3 p.m. Stop by and see us in person!

Bid online at ChildrensAuction.org, or over the phone during Auction week at 603-527-0999.

Pre-bidding begins on Black Friday, Nov. 28, on items with a retail value of \$300 and more.

If you’re a business owner and have always wanted to get involved with the Children’s Auction, it’s not too late to become a sponsor. Sponsorship opportunities exist at every level. Email us at Jenn@ChildrensAuction.org or call 603-527-0999 for more information on how your business can make a difference in the lives of children.

Follow the auction on social media at Facebook.com/ChildrensAuction, Instagram.com/childrensauction603/ and LinkedIn.com/company/greater-lakes-region-children-s-auction/.

Community Calendar October 23 – 30

- Thursday, Oct. 23
In Belmont town the colors gleam, the Library’s Book Club shares a dream— 6 p.m. they meet with tea in hand, at 146 Main where book lovers stand.
- Friday, Oct. 24
At Tilton Senior Center, ten o’clock start, coffee, cribbage, and stories with heart. By night, the Belmont High Band will play, a fall concert to end the day— 7 p.m., gym doors swing wide, music and pride side-by-side.
- Saturday, Oct. 25
Northfield’s Trunk-or-Treat, oh what a sight, from 4 to 6 beneath twilight. Candy, costumes, laughter too— Police Dept. lot, they’re waiting for you.
- Sunday, Oct. 26
Sanbornton Congregational hosts its fair, with pies and quilts beyond compare— 11 to 2 you’ll find warm cheer, the taste of fall and neighbors near.
- Monday, Oct. 27
At Tilton Town Hall, Select Board meets, 6 p.m.—budget, roads, and streets. Civic duty may not rhyme, but it keeps our towns in working prime.
- Wednesday, Oct. 29
Belmont Parks and Rec leads a hike, 5 p.m.—bring boots you like. Meet by Bryant Field, crisp air sweet, as sunset paints the mountain’s feet.
- Thursday, Oct. 30
Ghosts rehearse for Halloween night, at Sanbornton’s Haunted Trail Delight— 7 to 9 by the Old Town Hall, one shriek per ticket, thrills for all.

Driver deceased following pursuit, crash in Canterbury

CANTERBURY — A Massachusetts driver is deceased following a pursuit and crash on Interstate 93. At 12:51 a.m. on Sunday, Oct. 19, a Trooper from the Troop D barracks tried to perform a traffic stop of a vehicle for speeding on I-93 northbound near Exit 12. The driver failed to stop, and a pursuit ensued. The vehicle, identified as a blue 2020 Honda Civic, was seen traveling erratically and speeding up to 120 miles per hour. As the Honda approached Exit 18, the driver attempted to take the off-ramp but lost control. The vehicle went off the road, crossed the northbound on-ramp, went down an embankment, and struck a tree. The driver, identified as Benjamin Tapia Gately, 20, of Saugus, Mass., was ejected from the vehicle. Troopers and emergency responders attempted life-saving measures, but he was pronounced dead at the scene. Tapia Gately was the only occupant of the Honda. Troopers were assisted on the scene by members of the Canterbury Fire & Rescue. The crash remains under investigation. Anyone with information is asked to contact Sergeant Kenneth McGrath at (603) 223-4381 or Kenneth.T.McGrath@dos.nh.gov.

Local radio is alive and thriving in the Lakes Region

REGION — Recently, Lakes Media walked away with a number of awards at the New Hampshire Association of Broadcasters Awards. Mountain Country NH morning guy Mark Ericson won first place for best newscast. Lakes FM won multiple awards including second for best long form radio program for the Lakes Region Community Forum Focus on Homelessness, first place for best feature story for the Good News Story of the Day, and afternoon hostess Heather Bishop won first for best radio personality. 104.9 The Hawk won second for best radio station of the year. The Warren Bailey Community Champion award was giving to the stations owner Dirk Nadon. Nadon and Warren had worked closely over the years especially the last few. During his speech Nadon stressed the importance of local radio and community, things he learned from Bailey. But wait, there’s more! The next night, Dirk Nadon was awarded a Business Excellence Award from The NH Business Review Magazine. Nadon won in the best service and professional services small business category. After thanking his staff, Nadon spoke about the importance of teamwork and community.

BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests during the week of Oct. 6-13. Justin Robert Washburn, age 36, and Casey Justin Burke, age 35, both of Laconia, were arrested on Oct. 6 for Criminal Trespassing. Jordan Christopher Truett, age 18, of Belmont was arrested on Oct. 6 for Operating a motor vehicle Without a Valid License and Reckless Operation. David William Poirier, age 34, of Tilton was arrested on Oct. 8 in connection with a warrant. A 42-year-old male from Milford received a summons in lieu of arrest on Oct. 10 for Misuse of Plates and operating a motor vehicle with an Unofficial Inspection or Registration Decal. Velvet Elaine Weeks, age 54, of Laconia was arrested on Oct. 12 for Criminal Trespassing.

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Falls – Risk factors and prevention strategies

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

Every year, three million seniors are treated in the emergency room for fall injuries. And, falling once doubles someone’s chances of falling again.

Preventing accidents in the home, including falls, is one of the most important planning strategies for helping seniors stay independent. Fractures, head trauma and other injuries can cause long term mobility issues and have lasting physical effects. And, once an injury occurs, it can affect someone’s ability to live the way they want and enjoy the same lifestyle and activities.

Health issues that occur more often as we age can also make seniors more likely to fall. These risk factors include:

- Muscle weakness
- Heart disease
- Parkinson’s disease
- Alzheimer’s disease and other dementia
- Malnutrition
- Low blood pressure

Poor vision
Ear infections or inflammation
Pain or sensitivity in the legs or feet

There are some precautions that seniors and their families can take to reduce the likelihood of a fall.

Evaluating risk factors and taking preventative measures in a way that considers the unique lifestyle, needs and health of a senior can help.

Minimize trip hazards – Some fall hazards are obvious; flights of stairs, slippery shower floors or cords that are too far from a wall outlet. But there are less obvious features that can be an issue for someone with dizziness or vision loss. These can include loose rugs, certain types of carpeting, dimly lit hallways or a dog toy in the middle of the floor. Removing the hazard or installing safety devices, like grab bars and brighter light bulbs, can help.

Evaluate footwear – Footwear that has an open back, doesn’t fit properly, is worn out or has a slip-

pery bottom can all contribute to tripping or balance problems. There are a variety of safe shoe options to fit any activity and personal style...safe shoes don’t have to be boring!

Know the effects of medication – Seniors and their families should talk to a healthcare professional about how a person’s specific medications – both prescription and over-the-counter – can have side effects that cause dizziness or balance issues.

Nutrition and exercise – Having healthy habits when it comes to diet and exercise can prevent weakness in the legs and feet, and can reduce pain. Seniors should always talk to their doctor about any diet and exercise plan, and can ask specific questions about how these things affect their fall risk factors.

Focus on mental health – Studies show that there is a correlation between depression in seniors and falls. According to one report, “both depression and fear of falling are associated with impairment

of gait and balance.” Positive mental wellbeing can improve many areas of a senior’s life, and reduced fall risk is another benefit. Connecting with loved ones, finding a sense of purpose, engaging in enjoyable activities and experiencing joy can improve physical and mental quality of life.

Some families only think about fall prevention after a loved one is hurt. Taking precautions before an accident happens can help seniors maintain their physical health and their independence.

Comfort Keepers® can help

For every client, our Comfort Keepers team does a thorough home evaluation to minimize hazards in the home – including fall risk evaluation. Our caregivers can help with mobility issues, provide transportation to scheduled appointments, and support physician-prescribed exercise regimens and diets. And, our goal is to elevate the spirits of our clients and

their families every day. As part of an individualized care plan, caregivers can also help with activities like cooking, cleaning and physical care. Whether a senior is recovering from a fall or needs help with fall prevention, we can provide services to help.

To learn more about our in-home care services, contact your local Comfort Keepers location today.

About Comfort Keepers

Comfort Keepers is a leader in providing in-home care consisting of such services as companionship, transportation, housekeeping, meal preparation, bathing, mobility assistance, nursing services, and a host of additional items all

Meant to keep seniors living independently worry free in the comfort of their

homes. Comfort Keepers have been

serving New Hampshire residents since 2005. Let us help you stay independent. Please call 603-536-6060 or visit

our Web site at nhcomfortkeepers.com for more information.

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Fast Facts

One out of five falls causes a serious injury, such as a broken bone or a head injury.

Powerhouse announces 2026 season!

LACONIA — On Sunday, Oct. 19, Powerhouse Theatre Collaborative, the resident theatre company of the Colonial Theatre in Laconia, announced to a crowd of enthusiastic Powerhouse participants and supporters its plans for a fun-filled 2026 season. The calendar will include a five-show Colonial Series, a five-show Spark Series at venues around Laconia, an annual fundraising event and a couple of special events involving new collaborations.

The Colonial Series will kick off in February with a joyful, music and dance filled version of Shakespeare’s “A Midsummer Night’s Dream”

adapted and directed by Joel Iwaskiewicz and set in the Louisiana bayou. The May show is the East Coast American premiere of a brand new musical based on Kate DiCamillo’s popular book “The Magician’s Elephant.” August will bring the very popular “Shrek the Musical,” followed in October by “Peter and the Starcatcher,” a play based on the popular novel series that imagines how an orphaned boy became Peter Pan. The season will wrap up with the traditional holiday favorite “A Christmas Carol: The Musical Ghost Story.”

The Spark Series has some familiar events and some new ones. In Febru-

ary, some of Powerhouse’s talented teens will tour local libraries with “Pooh’s Birthday Surprise” by Jay-die Halperin during school vacation in honor of the 100th birthday of Winnie the Pooh! May and September will bring Powerhouse back to Prescott Farm with the spring New Play Festival and the fall outdoor theatre adventure, “Big Bad: The Trials and Tribulations of a Fairy Tale Wolf” by Tess Hodges. Audiences will follow the Big Bad Wolf and Little Red around the Prescott campus through different wolf-related fairy tales. October will offer a staged reading of John Pielmier’s “Hook’s Tale” — Captain Hook’s (our apologies...

according to him, that’s actually Cook, with a C) rebuttal to the events of Peter Pan as he tells his side of the story. The Spark Series wraps up in November with the annual Power Chords holiday concert.

Powerhouse’s annual fundraiser which supports its programs and the Colonial Theatre Advancement Fund will be March 21. This year’s edition is called Just Duet: Super Team Edition - where two teams can partner together on one of their songs for a quartet.

In March, Powerhouse will partner with the Winni Players to produce the hysterical comedy “The Play that Goes Wrong” at the

Winnepesaukee Playhouse in Meredith. And on June 27, Powerhouse will join with a portion of the Lakes Region Symphony Orchestra to perform the musical “1776” in concert to celebrate America’s 250th Anniversary.

Says Powerhouse Associate Producer Courtney Palmer, “With all the things going on in the world, our goal for 2026 was to produce a season that would be extremely fun for our performers to work on, and joyful for our audiences to attend. We are so excited for a year filled with laughter.”

And despite rising production costs, Powerhouse

has committed to keeping tickets \$25 and under for all its productions.

Says Producer Johanna Halperin, “The shows we’ve chosen have appeal to all audiences. Adults will enjoy them, but they are also appropriate for families so we want to make sure our tickets continue to be the best value in local theatre and affordable for families to attend together.”

Tickets for 2026 will go on sale in January. Powerhouse is looking for some new Corporate Sponsors to help support these exciting productions. For information on how you can become a sponsor email info@powerhousenh.org. To sign up for auditions, workshops, and to learn more about Powerhouse check out powerhousenh.org.

Lakes Region Art Association hosting Paint & Sip Night



TILTON — The Lakes Region Art Association presents a Paint & Sip Night: “Winter Moon” Thursday, Nov. 21 from 5–7 p.m. at the Lakes Region Art Gallery, 120 Laconia Rd. (Tanger Outlets), Suite 300.

Join us for a cozy and creative evening as we paint a serene winter moonlit scene on a 16-by-20-inch canvas. We’ll provide the paints and canvas—you bring your favorite beverage and a little creative spirit. Light refresh-

ments will be served.

No experience is needed—just come ready to relax, paint, and have fun!

Cost: \$40 per person. All proceeds benefit the Lakes Region Art Association. Register today at <https://tinyurl.com/y7248sny>.

Gunstock expects another season-pass sellout

Prices increase Nov. 1; opening day Dec. 6

GILFORD — Gunstock Mountain Resort’s 2025/2026 season pass sale is approaching its second-tier pricing deadline. All season pass products will increase in price at the stroke of midnight on Oct. 31, and Gunstock expects to see another sellout season on Winter Prime season passes this year.

“Purchasing now is the most cost-effective way to secure a Gunstock season pass and ensures our skiers and riders a place on the mountain every day of the season - even on sold-out days when day tickets are not available,” said Gunstock President and General Manager Robert Drake. “In an effort to provide the best on-mountain experience for all of our guests, Gunstock limits the number of season passes sold each year and limits the number of lift tickets sold each day. Winter Prime season passes reached sold-out status before opening day last winter, and we expect demand for season passes to be similar this year.”

Season pass sales at Gunstock end when a determined number of passes have been sold. Gunstock offers season pass options to suit every skier and snowboarder: Winter Prime, valid every day of the winter season with no blackout dates and the best selection of added benefits; Winter Midweek, valid midweek days only, excluding designated holiday periods; N.H. College Pass, a multi-mountain college pass with access to Gunstock, Cannon, Cranmore, and Waterville Valley; Gunstock Nordic Pass, providing unlimited access to Gunstock’s entire cross country and mixed-use trail network.

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Opinion

Letter submission policy

Letters to the Editor must include the author’s name, address, and a daytime phone number for purposes of verification in order to be considered for publication. Only the author’s name and the town in which they reside will be published. Letters submitted without all of the required information will not be accepted.

It is the sole prerogative of the Editor to determine whether a submission satisfies our requirements and decency standards, and any submission may be rejected at any time for any reason he or she might deem appropriate.



COURTESY PHOTO

Coaches honored

At the NHIAA Annual Meeting on Monday, Sept. 8, the NHIAA recognized the first annual NFHS Active Coaches for 2024-25. This award honors coaches who are actively involved in their sport, consistently model positive behavior, go above and beyond within their school communities, and help perpetuate the growth and spirit of their sport across the state. This recognition celebrates character, leadership, and ongoing impact on high school athletics in New Hampshire. Local coaches among those honored were Groveton girls’ basketball coach Tim Haskins, Belmont track coach Scott Clark, Kennett track coach Bernie Livingston and Kingswood alpine ski coach Kris Niiler.

Don’t let your guard down behind the wheel as the leaves fall

Autumn in the Lakes Region has that distracting beauty that makes people slow down on Route 3 and forget they’re still operating two tons of steel. The hills between Sanbornton and Tilton flare gold and crimson, the Winnisquam waterfront settles into quiet reflection, and the first hard frost wakes us to the season ahead. But as we head into late October, this is also the time when our region’s public safety crews start holding their breath.

Every year, local fire departments and other public safety personnel deal with the same mix of seasonal hazards: slick leaves on the road, wood-stove fires, early snow squalls, and distracted drivers. A single night of black ice on Laconia Road can undo weeks of careful preparation.

This year, the warning comes with extra urgency. Local first responders report an uptick in weather-related calls during the transition months—carbon-monoxide alarms, backyard burn piles gone wrong, and a few too many rear-end collisions when the temperature dips below freezing. Each of these is preventable.

As a community, we owe it to the people who answer those 911 calls to use a bit more sense. That means slowing down on the curves near the Winnisquam Bridge, checking chimney flues before lighting that first fire, and giving road crews room when they’re spreading sand at dawn. It means parents reminding teen drivers that no amount of pumpkin-spice urgency justifies speeding.

There’s another kind of preparedness we often overlook: neighborliness. In a region where plenty of seniors live alone on back roads, a quick check-in after the first cold snap can make a real difference. Clear a walkway, share a meal, or make sure a furnace is working. These small gestures carry more warmth than any woodstove.

So as the maples turn and the tourists thin, let’s remember that autumn isn’t only scenic—it’s a signal. The beauty of the season asks us to slow down, look around, and take care of one another before the snow flies.

Matter of Law

Do your parents have an estate plan?

BY ORA SCHWARTZBERG
Attorney
Schwartzberg Law

Estate planning for your parents
Initiating conversations about your parents’ future, especially concerning their finances, medical care, and memorial wishes, can be challenging, but it is undeniably one of the most important discussions you can have with them. Addressing these topics sooner rather than later benefits everyone involved and ensures greater peace of mind and preparedness for the future. This crucial dialogue should encompass plans for when one or both parents pass away as well as scenarios where they become incapacitated and unable to manage their own affairs. To help ensure that their estate plan is comprehensive and aligns with their wishes, consider discussing the following key areas with your parents:

A team effort. Encourage your parents to compile a list of their advisors, starting with legal and financial professionals, including their contact information. This list should also include the contact information for your

parents’ doctors so that whoever they nominate as their health care agent can reach them if necessary. Even if they prefer not to share the list immediately, they can create it and let you know where to find the information if the need arises.

Last will and testament or a trust. If you discover that your parents do not currently have a last will and testament or revocable living trust it is probable that they do not have other essential estate planning tools, as these important tools are often created as part of a comprehensive estate plan. If they do have a will in place, confirm when it was created, who the executor is, and where the original wills are stored. Similarly, if you discover that they have a trust, you will want to confirm who the trustees are and whether they have properly “funded” their trust. You should also find out where the original trust documents are stored. Stress to them that you do not need to read their will or trust, but knowing where to find the original documents is crucial to ensuring that their wishes are carried out when the time comes.

Medical directives. While discuss-

ing your parents’ estate plan, confirm whether they have created a living will (also known as an advance directive) and a medical power of attorney. These important tools allow someone to make medical decisions on their behalf if they are unable to make or communicate their own medical decisions. If you discover that they have these tools in place, encourage them to have a conversation with their chosen agent under their medical power of attorney to ensure that the decision-maker understands your parents’ feelings and wishes about both their medical care preferences as well as their end-of-life care, such as how their medical affairs should be handled should they become incapacitated and whether or not they want to be on life support.

Why estate planning matters
Failing to put together an estate plan often leads to chaos, excessive costs and taxes, unnecessary court involvement, inadequate incapacity planning, potential hurt feelings, delays in distributing inheritances, and even unexpected outcomes after death.

Simulation Theory

POSITIVELY
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During an interview years ago, Elon Musk famously claimed there’s a “one in billions” chance that this is base reality. In other words, he believes it’s far more likely that we’re living in some simulation than in the original, foundational universe.

But what kind of simulation? A digital computer program? A spiritual matrix? That idea may sound bizarre—after all, everything feels real, doesn’t it?

Yet this isn’t just late-night dorm room talk. Some of the world’s most respected thinkers are taking the idea seriously. It’s not about rejecting science—it’s about following it to its farthest, strangest conclusions.

Let’s start with String Theory. It’s a theoretical framework in physics proposing that the fundamental building blocks of the universe aren’t particles, but tiny vibrating strings. These strings, depending on how they vibrate, give rise to all particles and forces—even gravity.

The math checks out, even if we haven’t proven it experimentally yet. It’s one of the best candidates for a “Theory of Everything” that could unify quantum mechanics with general relativity.

At the 2011 Isaac Asimov Memorial Debate titled “The Theory of Everything,” theoretical physicist Sylvester James Gates, Jr. dropped a bombshell. He revealed that he found something astonishing embedded in the equations of string theory: patterns of “error-correcting codes”—the same kind used in computer programming to detect and correct mistakes.

Sitting next to him, astrophysicist Neil deGrasse Tyson reacted with

stunned amazement: “You’re blowing my mind right now!”

Why would error-correcting codes appear in the fabric of the cosmos? Gates himself admitted he doesn’t know the implications yet. But the mere presence of such codes leads to a wild yet serious question: Could the universe itself be structured like a vast, intelligent computation?

That’s where the idea of the simulation arises.

On late-night television, when asked if he thought we were living in a simulation, Neil deGrasse Tyson replied, “I wish I had a good argument against it, but I don’t...”

And while the science doesn’t prove this, it pushes our imagination into territory that philosophers, mystics, and spiritual traditions have been exploring for millennia: that reality is deeper than it appears.

It doesn’t mean we live in a video game controlled by aliens.

It might mean that the universe is information-rich, consciousness-infused, and governed by principles far beyond our current understanding.

My friend, physicist and laser pioneer Dr. Mani Bhaumik, wrote about this in his book “Code Name God.” He argues that modern physics, far from disproving a creator, points toward a transcendent source of intelligence.

That’s a powerful idea: that our minds are just beginning to awaken to truths already embedded in nature.

Dr. David Selbie, interpreting the implications of quantum physics, has emphasized: Our choices and behavior as conscious observers—not the accumulation of material goods—are

what matter. Those things are transient illusions. True immortality lies in evolving consciousness beyond the physical hologram.

Similarly, Dr. Amit Goswami, a quantum physicist known for his explorations of consciousness, has stated: “Contrary to what they tell you, you are not a limited material being.”

This idea echoes something timeless. Whether through the lens of physics or philosophy, the message is the same: You are more than you think you are.

Quantum physics shows us that particles don’t even exist in fixed states until observed. They remain in a state of possibility. In a strange and very real way, attention shapes outcome. This isn’t just a metaphor—it’s physics, though interpretations vary.

So what does this mean for us?

It means we live in a participatory universe. That our focus, our awareness, our very act of observation—matters. That we are not passive passengers in reality, but active participants.

No, quantum physics doesn’t promise we can manifest Lamborghini with our thoughts. But it does suggest something far greater: that we are wired into the very structure of existence, and our consciousness has weight in the world.

And that, perhaps, is the most hopeful message of all.

We are not powerless. We are not accidents. We are not limited.

We are participants in something vast, intelligent, and alive.

The universe is not outside us. We are part of it. And the deeper we look, the more we realize:

We are more than we think we are.



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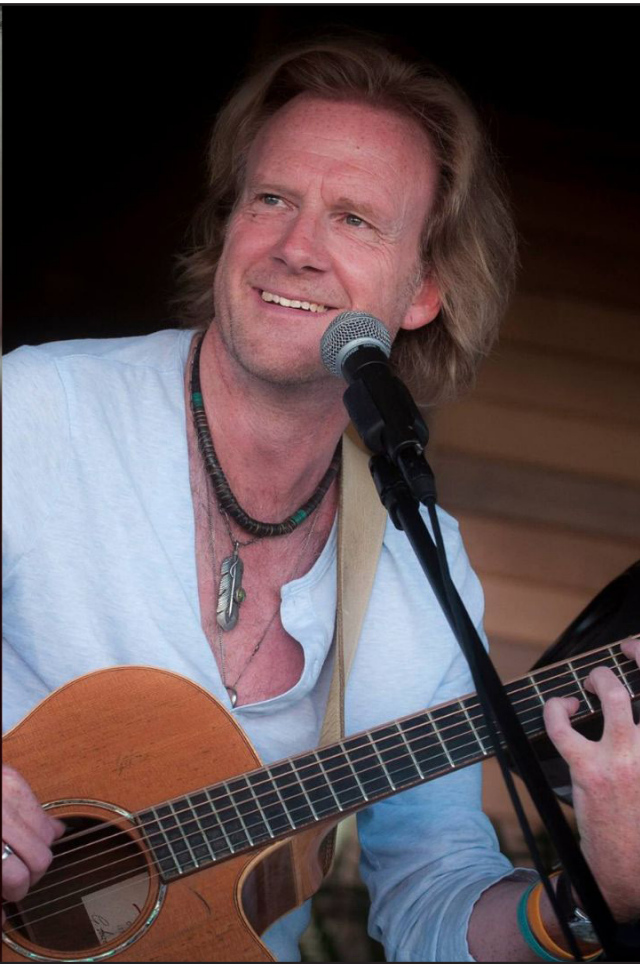
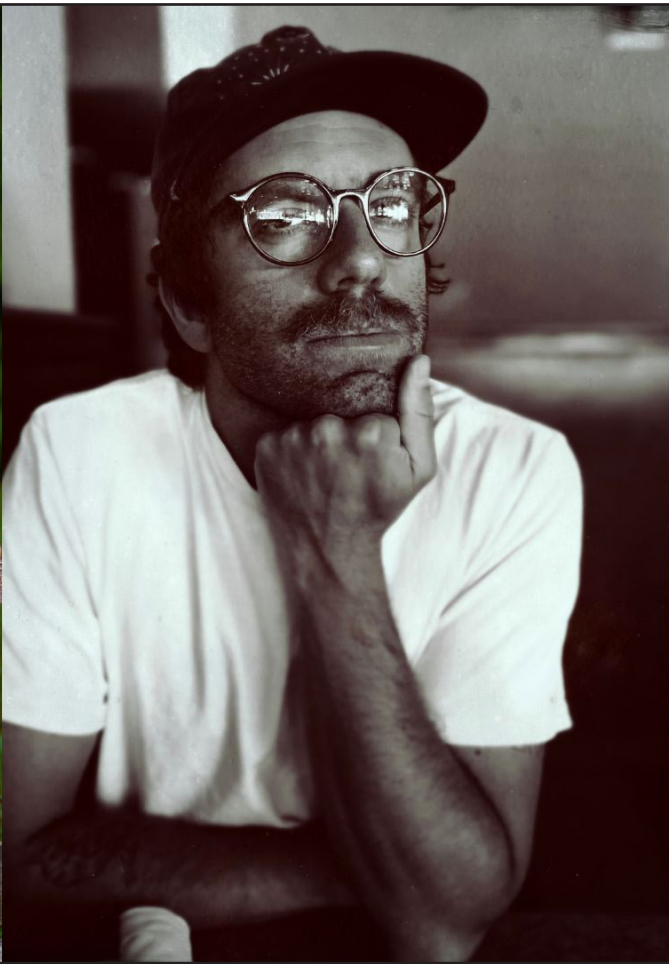
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A Listening Room experience at Oct. 29 Songwriter Round-Up



MEREDITH — The partnership between Katie Dobbins Music (Gilford) and Hermit Woods Winery & Eatery (Meredith) which has brought the monthly music series Songwriter Round-Up to the Lakes Region is set to deliver another great show at the end of this month. Held in the region’s premier listening room, The Loft located on the second floor of the Winery, this series has been giving audience members a chance to experience the original music of

talented singer-songwriters from the New England area and beyond. At each show, three artists share their songs and stories in a unique in-the-round style performance. Held on the last Wednesday of each month, this intimate series features two different songwriters each month alongside host performer Katie Dobbins.

The series presents area residents and visitors an opportunity to experience the show “magic” that each new lineup creates. Winery

co-founder and owner Bob Manley is thrilled to have his establishment be home to the monthly Songwriter Round-Up Series.

Remarking on the success of the series, Manley reaffirms the valued partnership the Winery has developed with Katie Dobbins Music, expressing, “Working alongside Katie Dobbins and her Songwriter Round-Up Series has been an absolute delight. Katie brings an engaging presence to the stage, effortlessly connecting with

our audiences and showcasing incredible talent with each performance.”

The next Songwriter Round-Up show takes place on Wednesday, Oct. 29, featuring the Lakes Region’s own Katie Dobbins, a singer-songwriter who delivers her artistry with beautiful vocal tones wrapped in guitar and piano melodies, Derek Senale, a singer-songwriter from Vermont who blends folk, Americana, and indie-rock styles with introspective lyrics to present

songs that are both intimate and engaging, and Rupert Wates, a singer-songwriter born in England who has resided in the U.S. since 2006. Rupert is a multi-award winning artist that infuses his melodic art/folk music with elements of several other genres to support his lyrical storytelling. All of these artists bring their own unique life-lyrics, melodies, and styles to the stage. This promises to be an evening of great original music and dynamic entertainment that you won’t want to miss.

Learn more about each of these artists on the Hermit Woods Winery website.

A complimentary wine tasting will begin at 5:30 p.m., the Loft opens at 6 p.m. for seating & dinner orders, and music starts at 7 p.m. Patrons can further enhance their evening by selecting from a menu of tasty items available from Chef Kaylon Sweet of Sweet Mercy’s Kitchen. Tickets can be purchased in advance at hermitwoodswinery.com/the-loft or in-person at the Winery.

League of NH Craftsmen Gallery spotlights fiber artist Katie Pugliese



MEREDITH — The League of New Hampshire Craftsmen Meredith Fine Craft Gallery invites you to step into a world of imagination this fall with a delightful new collection of needle-felted Woodland Creatures and Ghosts by juried-in fiber artist Katie Pugliese. Each piece is handcrafted from soft wool fibers, transformed through intricate felting techniques into charming little figures full of personality and warmth.

From raccoons sweeping with tiny brooms to squirrels and chipmunks carrying

little pumpkins, and mice relaxing with gentle turtles watching the spirit-ed felted ghosts, Pugliese’s creations are all ready to cozy up and celebrate the whimsical autumn season together. These one-of-a-kind figures look like they could have stepped straight out of a classic storybook or fairytale, bringing with them that same feeling of childhood wonder.

Pugliese began needle felting in 2016 and continues to challenge her creative imagination by being inspired by the wonders of nature that surrounds her. Her needle felting brings

to life these little spirits of the forest, with each one developing its own expression as she works.

The Meredith Fine Craft Gallery invites you to come see Katie Pugliese’s display of whimsical

felting Woodland Creatures and Ghosts. Whether you’re looking to add a touch of autumn charm to your home, find a heartfelt handmade gift, or simply enjoy the magic of the season, these felted creatures

are sure to delight visitors of all ages.

For more information, please call the Gallery at 603-279-7920 or visit our website meredith.nhcrafts.org. The League of NH Craftsmen Gallery is located at 279 DW Highway, Meredith.

The League of NH Craftsmen is a non-profit organization that encourages and promotes the creation, use and preservation of fine contemporary and traditional hand crafts. The

League represents the signature of excellence in fine craft, through the work of its juried members and its rigorous standards for self-expression, vision, and quality craftsmanship.





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Wilson/Kobrenski Quartet featuring Mike Sakash & Tim Gilmore to perform at The Loft at Hermit Woods



MEREDITH — The Loft at Hermit Woods Winery & Sweet Mercy’s Kitchen is proud to present the Wilson/Kobrenski Quartet featuring Mike Sakash & Tim Gilmore on Thursday, Oct. 23, for an evening of boundary-blending music that merges the rhythms of West Africa with the harmonic sophistication of jazz and contemporary improvisation.

Guests will enjoy an unforgettable evening of exceptional music, fine wine, and creative cuisine in The Loft’s warm, intimate setting. The evening begins with a complimentary wine tasting from 5:30–6 p.m.,

followed by dinner service from 6–7 p.m., featuring the new Fall Menu by Chef Kaylon Sweet. The performance begins promptly at 7 p.m., with drinks and dessert available during the show.

About the artists
Dave Kobrenski (Fula flute, ngoni, percussion)

is a multi-instrumentalist who has spent two decades exploring and sharing the musical traditions of West Africa. His expressive mastery of the Fula flute—a rare, three-holed woodwind instrument—has been described as “the voice of Africa itself taking flight on the wind.”

Kobrenski also performs on the kamale ngoni, calabash, and djembé, bringing an earthy authenticity and depth to every performance.

Jed Wilson (piano) is a versatile pianist and composer with a Bachelor’s degree in Jazz Performance from the New England Conservatory. Known for his fluidity across genres—from folk to free improvisation—Wilson has been a creative collaborator with some of New England’s most celebrated musicians, including jazz vocalist Dominique Eade.

Mike Sakash (clarinet, saxophone) brings technical mastery and soulful

expression to the ensemble. With advanced degrees from the University of Massachusetts and the Eastman School of Music, Sakash’s career has spanned teaching, arranging, and performing across the country. Currently the Arts Department Chair at Fryeburg Academy in Maine, he continues to inspire through both performance and education.

Tim Gilmore (drums,

percussion) rounds out the quartet with a dynamic blend of precision and groove. A veteran performer with credits including Lester Bowie, Marion McPartland, and Tower of Power, Gilmore has appeared with ensembles from the Cape Ann Symphony to the Harry Skoler Jazz Quartet, and brings decades of rhythmic experience to the stage.



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BY MICHAEL STODDARD

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Belmont girls pick up win over Hillsboro-Deering

BY JOSHUA SPAULDING
Sports Editor
BELMONT — The Belmont soccer girls got their first win since the start of the season when they welcomed Hillsboro-Deering to town on Friday, Oct. 17. The Raiders three times in the first half and added

three more in the second half to close out a 6-4 win. After the Hillcats had the game's first corner, Payton Ellis came back with a shot wide of the net and Sarah Cribbie had a good defensive stop. The Raiders got their first goal of the game just less than four minutes into

the game, as Ellis fired the ball to the back of the net for the 1-0 lead. Goalie Shelby Mason came out to stop a bid from the Hillcats and then Devyn VonKadich sent a ball in just ahead of Kallie Trudeau. Belmont had a corner kick chance but could not convert and Kaitelynn Brewster and El-

lis both had crosses in front of the net.

Baily-May Marsh had a chance go wide of the net and Mason stopped another Hillcat attempt. Mia Ellis sent a nice cross in to Daylan Henry and Payton Ellis had a bid denied by the Hillsboro-Deering keeper. Henry sent a ball in just ahead of Payton Ellis and Cribbie did a nice job clearing a ball away from the goal line at the other end of the field.

Henry had a nice cross in to Olivia McGonagle and her bid was denied before the Hillcats got on the board with their first goal with 14:47 to go in the first half.

The Raiders responded almost immediately, as just more than a minute later, the Ellis sisters connected, with Payton Ellis feeding the ball to Mia Ellis, who sent the ball top shelf for the 2-1 lead. Payton Ellis had another shot denied and Payton Ellis and Henry just missed a chance on a corner kick. Trudeau had a shot denied and Payton

Ellis and Trudeau connected on a chance. Belmont had a pair of corners, with Mia Ellis getting her shot stopped.

Hillsboro-Deering tied the score at two with 7:29 to go in the first half but again the Raiders responded as Payton Ellis sent another cross in to her sister and Mia Ellis buried the ball with six minutes to go for the 3-2 lead. The Hillcats had a late corner chance but the visitors could not connect and the game went to the half with the Raiders up 3-2.

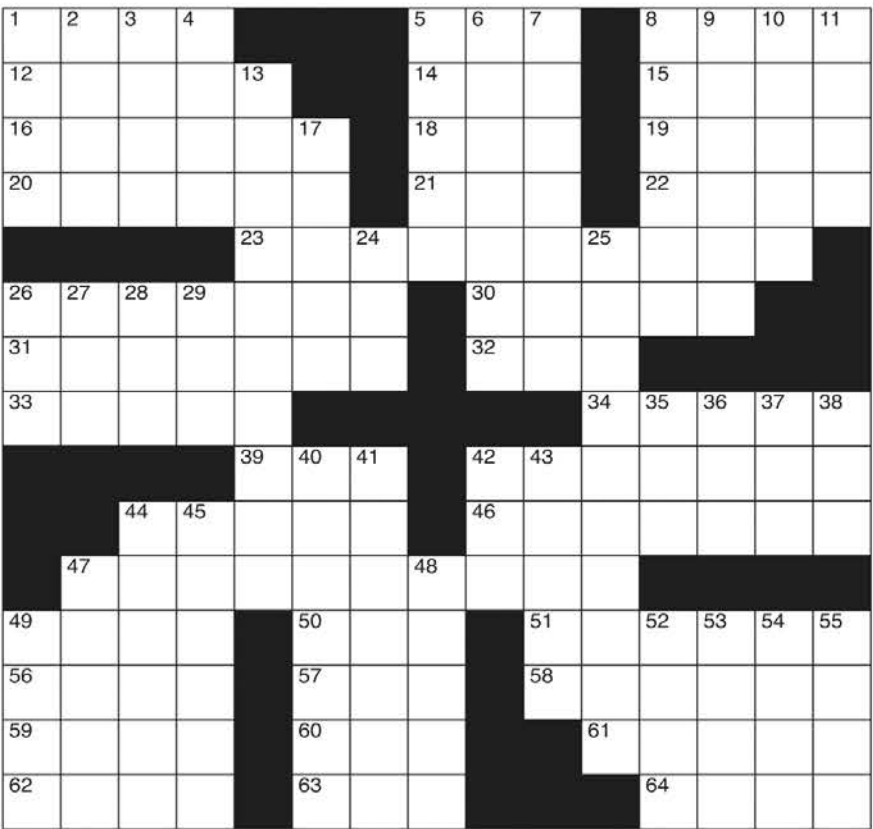
Payton Ellis had a bid stopped by the Hillsboro-Deering defense and the Raiders had their first corner of the half as well. Payton Ellis sent a shot over the top of the net and the Hillcats had a corner kick that they could not connect on. Mia Ellis had a good clear on the defensive side of things and the Raiders headed a corner kick wide of the net. Henry had a chance denied by the Hillsboro-Deering goalie. The Raiders put in their

fourth goal of the game with 29:18 to go in the game, with Payton Ellis sending the ball in front to Henry, who fired the shot to the back of the net for the 4-2 lead. Mia Ellis just missed connecting with Trudeau on a chance before the visitors hit their third goal of the game with 23:44 to go. Hillsboro-Deering had a corner kick chance and both VonKadich and Cribbie had good defensive clears and Payton Ellis had a shot denied. Belmont had a corner kick chance and both Cribbie and Kami Decato had solid defensive plays.

The Hillcats would add one more goal but Belmont added with two more goals and the Raiders took the 6-4 win.

The Raiders are slated to inish the regular season today, Oct. 23, at White Mountains Regional at 3:30 p.m.

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

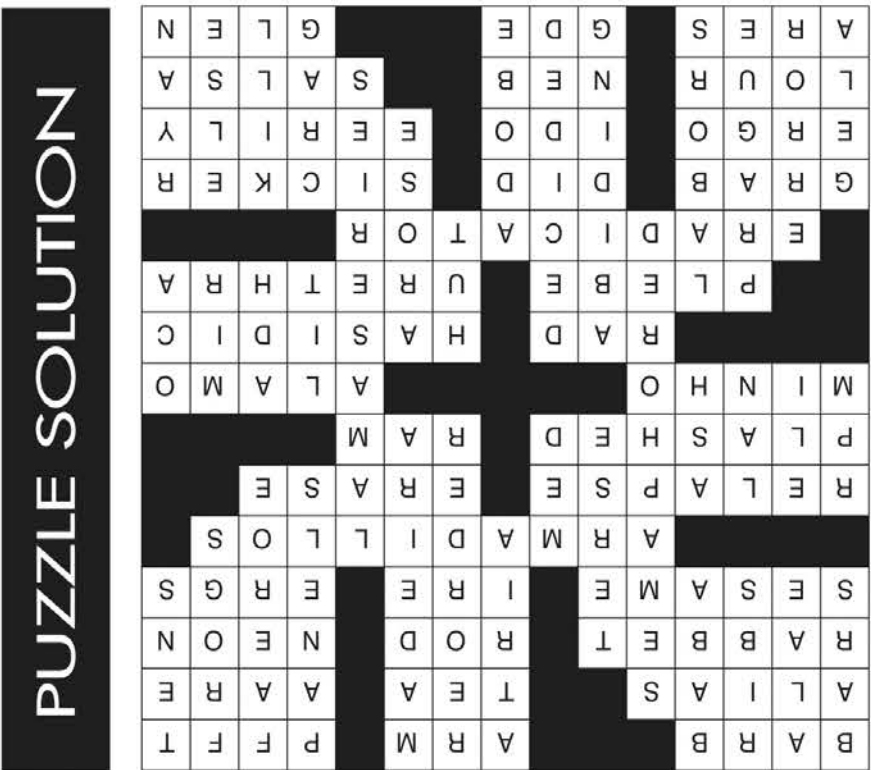


CLUES ACROSS

1. Remark
5. Upper body part
8. Expression of dismissiveness
12. Alternate name
14. Popular beverage
15. Swiss river
16. Step-shaped recess
18. Rocker Stewart
19. Bright shade of color
20. Popular "street"
21. Wrath
22. Heat units
23. Nocturnal omnivorous mammals
26. Fall back into
30. Remove from the record
31. Sound a splash made
32. Popular Dodge pickup model
33. Jamaican river
34. Notable event in Texas history
39. Cool!
42. Subset of Judaism
44. Newly entered cadet
46. Duct in urinary system
47. Exterminator
49. Snatch quickly
50. Have already done
51. Less healthy
56. Therefore
57. What couples say on the altar
58. Mysteriously
59. Look angry or sullen
60. Bird's beak
61. Taco ingredient
62. Square measures
63. Google certification (abbr.)
64. Singer Hansard

CLUES DOWN

1. Pubs
2. Wings
3. Popular BBQ dish
4. Small sponge cake
5. Open-roofed entrance halls
6. Organize anew
7. Type of wine
8. Forums
9. North Atlantic islands (alt. sp.)
10. Pond dwellers
11. Large integers
13. Signaled
17. Brief
24. Type of student
25. Tibetan monasteries
26. Revolutions per minute
27. NY Giants great Manning
28. Local area network
29. Residue from burning
35. Illuminated
36. Vasopressin
37. Notable space station
38. Wood sorrel
40. Adhering to laws
41. Chose
42. Hovel
43. Stood up
44. European city
45. Works ceaselessly
47. Mistake
48. Sun-dried brick
49. Sicilian city
52. A steep rugged rock or cliff
53. Murder
54. Other
55. "Deadpool" actor Reynolds



Payton Ellis pushes the ball into the zone during action against Hillsboro-Deering last week.



Daylan Henry moves the ball between a pair of Hillsboro-Deering defenders on Friday afternoon.

OPEN HOUSE

CONTINUED FROM PAGE A1

pants to go through at their own pace. Attendees will browse a series of information and interactive posters, providing feedback as they go. There will be members of the Master Plan Housing Committee and staff from Lakes Region Planning Commission to guide folks through the process and answer any questions.

This event will take place on Wednesday, Nov. 12 at the Old Town Hall located at 19 Meeting House Hill Road. This event runs from 4:30 to 6:30 p.m., but attendees may come anytime during that block and stay for as long as they would like. This is a family-friendly event with a Kids' Corner sponsored by the Recreation Department, so be sure to bring the whole family! Come be a part of the future by

sharing your voice and your vision for the Town of Sanbornton.

This initiative is funded by a Housing Opportunity Planning (HOP) Grant from the New Hampshire Housing Finance Authority. For more information about this process or to contact the Committee, head to the Web site at sanborntonnh.org/245/Master-Plan-Committee.

GRIEF

CONTINUED FROM PAGE A1

opportunity to be able to talk about their loved one in a space where they can safely share what they are going through with people who have had a similar loss in an environment structured to help them navigate the grieving process.

This drop-in grief group is designed to help people on that journey. Grieving is our response to sorrowful change, and grief takes as long as it takes. There is no magic length of time until you are better. But with support and the freedom to share what you are going through it can help you accept and learn

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What to do with leftover Halloween candy



What can be better than spending a day with friends, decked out in costume as you accumulate a mountain of sweet treats? That's what trick-or-treaters do every Halloween,

and sometimes the cache of candy is more than a person can consume in a lifetime. When October rolls into November and Thanksgiving is on the horizon, few people want

to be staring at a witch's cauldron full of chocolate bars. Rather than be wasteful and throw it away, they can utilize that candy in many different ways.

- S'mores cookie: Turn

miniature chocolate bars into a campfire treat with a cookie twist. Press premade cookie dough into a round cast iron skillet and bake until cooked through-out. Add chopped up pieces of chocolate and marshmallows on top, and place under the broiler a few minutes until melted and gooey. Slice up to serve or dig in with spoons.

- Confectionary pizza: Purchase premade pizza dough or make your own. Bake the dough on a pan with no toppings. Afterwards, spread a layer of peanut butter or hazelnut spread on top. Then set up a fixings bar with various candies that others can add to their pizza slices. Options include chocolate candies, miniature pretzels, marshmallows, or gummy candies.

- Stained glass cookies: Turn hard candies (like Jolly Ranchers®) into works of art. Fill sugar cookie cutouts with hard candies in the middle. When the cookies bake, the candies will melt and then turn soft after cooling.

- Candy-topped brownies: Brownies are delicious on their own, but they're even better with some embellishments. Mix chopped caramels into the batter, or add other candies for flavor and fun.

- Candy bark: Melt down any chocolate you may have and spread it on a baking sheet. Sprinkle chopped up leftover candy on top and allow to cool. Break into pieces for a homemade chocolate bark.

- Gingerbread house: Save the candy in a zip-top bag for freshness and

reserve for decorating gingerbread houses around the holidays.

- Birthday piñata: If there is a birthday on the horizon, use the Halloween candy to stuff the piñata.

- Parade route: Veteran's Day parades are held each November. Start a new tradition in town where donated candy will be tossed out to the crowd by those marching in the parade.

- Donate: Various organizations will gather and ship leftover candy to troops stationed overseas or donate the goods to first responders, veterans and others.

It's fun to gather treats on Halloween. But when the collected candy is simply too much to eat, there are various ways to put it to good use.

Make your Oktoberfest celebration unforgettable

Millions of visitors travel to Munich, Germany, each year to take part in a celebration of Bavarian culture known as Oktoberfest. Although the name implies that the world's largest Volksfest (people's festival) occurs in October, the majority of Oktoberfest actually happens in September, and runs from between 16 and 18 days. For 2025, Oktoberfest begins Saturday, September 20 and runs through Sunday, October 5.

Though it may seem like Oktoberfest is just a beer festival, it's actually a celebration of community, food and music. The origins can be traced back to October 12, 1810, when Crown Prince Ludwig of Bavaria married Princess Therese of Saxony-Hildburghausen and the citizens of Munich were invited to celebrate the royal event outside of the city gates.

Whether one can trace his or her lineage to Germany or not, people of all



backgrounds take part in Oktoberfest revelry, even hosting their own fests at home. The following ideas are some ways to create your own unforgettable Oktoberfest celebration.

Erect a beer tent

Visitors to Oktoberfest in Munich will find massive beer tents, each operated by Munich's traditional breweries. These are the only official beer providers of Oktoberfestbier. People replicating Oktoberfest celebrations nearer to home can include beers by Augustiner, Hacker-Pschorr, Hofbräu, Paulaner, and Spaten-Franziskaner, and be sure to serve at least one

Märzen-style lager at the celebration. Set up a beer tent with all of the beverages widely available for guests to enjoy.

Offer popular culinary delights

Beyond the bevy of beer available, guests to an Oktoberfest celebration will anticipate traditional and hearty Bavarian specialties. Options include hendl (roast chicken), schweinebraten (roast pork), würstl (sausages), brezen (pretzels), and many other culinary delights. Side dishes like potato salad, sauerkraut and red cabbage also are popular.

Wear the right folk attire

Traditional Oktoberfest attire includes lederhosen for men and dirndls for women. Lederhosen consists of leather shorts, often with suspenders, worn with a checkered shirt. A dirndl is a dress consisting of a bodice, blouse, skirt, and apron. The outfits are not just costumes, but a celebration of Bavarian heritage. Men and women may accessorize with Alpine hats, Haferl shoes and Loderl socks.

Set the scene

Many people wonder why the official colors of Oktoberfest are blue and white, despite this not matching the colors of the German flag. In fact, Oktoberfest builds its color scheme around the Bavarian flag. Bavaria is a state within Germany. It is one of the 16 states that make up the Federal Republic of Germany, and it has its own traditions, dialect, cuisine, and more.

Play Oktoberfest music

Traditional Bavarian oompah bands, polka bands and other sing-along folk drinking songs are often played during Oktoberfest

celebrations. Each style contributes to a festive atmosphere.

Oktoberfest is a lively celebration of Bavarian culture and history.

Raider boys and girls run at Capital Area Championships

BY JOSHUA SPAULDING
Sports Editor

PENACOOK — The Belmont cross country teams traveled to Merrimack Valley High School last Thursday for the Capital Area Championships with the girls finishing in ninth place and the boys finishing in eighth place on the afternoon.

The Raider girls were led by Jenna Laramie in 35th place in 23:16 and Hailey Clairmont in 41st in 23:49. Lyla McSheffrey finished in 55th in 25:05, Riley DeGange was 56th in 25:06 and Violet Smith rounded out the scoring for

the Raiders in 60th place in 25:25.

Wyatt Divers led the way for the Belmont boys with a 25th place finish in 18:25. Sean Andrews was 36th in 19:07, Brayden Townsend was 44th in 19:49 and Lucas McSheffrey was 53rd in 20:16. Jack Crockford finished out the scoring for the Raiders with a 63rd place finish in 20:56 and Henry Ashworth crossed in 24:50 for 77th place overall.

In the coed JV race, Daniel Tripp was 89th in 27:13, Allieanna Steele was 95th in 28:36, Zoe Perlot was 96th in 28:54,

Avery Thurber was 98th in 29:26 and Charlotte Ekberg was 105th in a time of 33:13.

The Raiders will take part in the Division III State Meet on Saturday, Oct. 25, at Derryfield Park in Manchester. The girls will run at 10 a.m. and the boys will run at 10:40 a.m.

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

HIGH SCHOOL SLATE

Thursday, Oct. 23

BELMONT

Boys' Soccer vs. White Mountains; 3:30

Girls' Soccer at White Mountains; 3:30

Friday, Oct. 24

GILFORD

Boys' Soccer at Fall Mountain; 6:30

Football at Stevens; 7

Girls' Soccer vs. Fall Mountain; 3:30

WINNISQUAM

Boys' Soccer vs. Somersworth; 4

Volleyball vs. Souhegan; 6

Saturday, Oct. 25

WINNISQUAM

Football vs. Farmington-Nute; 2

All schedules are subject to change.

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PETS OF THE WEEK



Meet Bruno!

Bruno is a handsome, self-assured gentleman who's ready to rule a home of his own. This independent guy knows what he likes — and what he doesn't — and he's not afraid to set boundaries (politely, of course).

Bruno isn't a fan of sharing his kingdom with other cats, and fast-moving young children can make him a bit uneasy. He's looking for a calm, cat-savvy home where he can relax, be respected, and

receive the royal treatment he deserves.

Ideal Home: Adult-only or older children, no other pets

Personality: Confident, independent, affectionate on his terms

Hobbies: Napping in sunny spots, observing his subjects, ruling with quiet charm

If you believe every king deserves a castle, Bruno just might be your perfect match. Come meet him and earn a spot in his royal court!



Meet Winnie!

Winnie is a 6-year-old with a quiet spirit and a heart full of love just waiting to bloom. This sweet girl is on the shy side and takes a little time to warm up, but once she feels safe, her gentle nature shines through. She enjoys soft voices, slow walks, and a cozy spot to curl up and watch the world go by.

Winnie would thrive in a calm, patient home where she can come out of her shell at her own pace. She's not the life of the

party—but she'll be your loyal shadow, happy just to be near you. She is hesitant about new people entering her household and can become protective of her people.

If you're someone who understands that trust takes time and love is quiet, Winnie might be the perfect companion for you. Come meet this tenderhearted girl and let her show you how special a shy dog's love can be.



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Over a century of love for those without a voice.

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(The Fair Housing Act of 1968 at 42 U.S.C. 3604(c))
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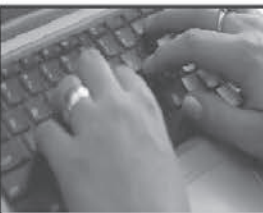

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Century 21 Twin Rivers Ralty: www.nhreal21.com

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Coldwell Banker Residential Brokerage
www.newenglandmoves.com

ERA Masiello: www.masiello.com

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New Hampton: Now below appraised value! Charming 2-bed, 2-bath Pemi Lake condo cabin with wood accents, porch, barn/workshop, and garage. Just 600' from the lake—perfect four-season getaway or investment.

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Moultonborough: Your Lake Winnepesaukee lifestyle starts here! Charming 3-bedroom year-round chalet in Balmoral with private beach, boat launch, day dock, and clubhouse. Enjoy pickleball, tennis, and lake access. Perfect for vacation, year-round living, or investment.



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KITCHEN MANAGER

Shaker Regional School District has an immediate opening for a Kitchen Manager for Canterbury Elementary School. Duties include, but are not limited to, oversight of food and supply inventory, maintaining daily food production records, preparation and distribution of breakfast and lunch, and oversight of kitchen staff. This school-year position is 6.00 hours per day, with starting pay of no less than \$18.43/hr, and is eligible for the district contribution toward Health Insurance, plus fully paid Dental, Life, and Long-Term Disability Insurance.

Please submit an application and 3 letters of reference to Nancy Cate, 255 Seavey Rd, Belmont, NH 03220. You may contact Mrs. Cate at 603-267-6525 X1352 to obtain an application or visit the Human Resources section of our website: www.sau80.org to download a copy. Successful completion of a post-offer pre-employment criminal background check, including fingerprints, are required. Shaker Regional School District is an equal opportunity employer.

**Full-Time Installers Apprentice**

Energysavers Inc, a 50 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. Starting pay, \$18-\$20 hour based on experience.

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

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Driver Helper/Trainee
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This is a **full-time**, permanent position. We offer a full benefit package including paid vacation, holidays, health and dental insurance, 401 (K), and profit sharing.

Minimum requirements:
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Qualified applicants should mail or email a resume to:

White Mountain Oil & Propane
Attn: Mark Saunders
PO Box 690, North Conway, NH 03860
Fax: (603) 356-7181
jobs@whitemountainoil.com

You may also find our application at www.whitemountainoil.com/jobs
No phone calls please

White Mountain Oil & Propane is an equal opportunity employer

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COACHING VACANCIES

Shaker Regional School District is seeking coaches for the 2025-2026 Winter season for following athletic teams:

BMS Boys 5/6 Basketball

BMS Basketball – Team 1

BMS Basketball – Team 2

Interested individuals should contact Cayman Belyea, Athletic Director, by phone at 603-267-6525 ext. 1362 or email at cbelyea@sau80.org. Successful completion, with satisfactory results, of a post-offer, pre-employment criminal background check, including fingerprints, is required. Shaker Regional School District serves the communities of Belmont and Canterbury, New Hampshire and is an Equal Opportunity Employer.

Assistant Cafeteria Manager
Job Summary:

The Winnisquam Regional School District is looking for a motivated and organized Assistant Cafeteria Manager to help oversee the daily operations of the cafeteria. This role supports and works under the direction of the Cafeteria Manager in ensuring food safety and quality standards, maintaining inventory, and delivering efficient meal service to students and faculty. The ideal candidate has leadership experience in food service, strong communication skills, and a commitment to creating a positive and safe dining environment.

Apply on schoolspring.com.

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High school diploma or equivalent is needed for all positions. ATS Precision offers competitive wages, personal/sick time, vacation time, health insurance, education reimbursement, and 401k. **All applicants must complete ATS's Employment Application.** Email resumes and/or application requests to luree@atsprecision.com or stop by to fill out an application. ATS Precision, 87 NH Route 132N, New Hampton, NH 03256.

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**OCT
25TH**

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AT THE WATERVILLE VALLEY REC. DEPT.
MEMBERS: FREE | GUESTS \$5
VISIT WVRD.RECDESK.COM TO SIGN UP!

TOWN SQUARE TRUNK OR TREAT
5:00-6:30PM
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TO PRE-REGISTER YOUR VEHICLE!

TRICK OR TREAT
5:00-6:30PM
GRAB YOUR TRICK OR TREAT BAG & MAP
AFTER THE COSTUME CONTEST!





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