

In war, there are no unwounded soldiers.
Thank You, Veterans!



Winnisquam Echo

THURSDAY, NOVEMBER 9, 2023

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

FREE

Sanbornton Central School gives back to community

SANBORNTON — On a beautiful fall day, Sanbornton Central School students and staff worked together to improve the lives of members of their community. The Harvest Hustle, has been a school-wide tradition for more than 20 years. Throughout the month of October, students and staff donate non-perishable food items. The food is carefully bagged, so that each student can carry one bag. They hustle over to the Sanbornton Library where the food is collected for the First Fruits Food Pantry. Volunteers from the Food Pantry gratefully accept each student's contribution.

In the past, the Har-



Pictured above, Brynn Negron, Bodhi Shoemaker, and Skyler Ford place their donations into the collection bins; First Grade Teacher Lisa Ober leads her students to the drop off site; With help from Jen Holt, Benjamin Allaire, enjoys a post event snack; Kellie Allen and Linda Parson work together to get the bags ready for distribution.

COURTESY

vest Hustle has yielded anywhere between 700 and 1200 pounds of food. The goal for this year is 1000 pounds. The theme for this event is "Giving is sharing and sharing is caring," and these students demonstrated how much they care about their community.

Thanks to the generosity of several parents and community upon returning to school, the students enjoyed a fall

themed snack with their friends in the gymnasium.

School Board member Jen Holt, former Sanbornton Central School parent and current volunteer, said, "This is such a wonderful event for our community. I have enjoyed being a part of the Harvest Hustle for more than 20 years."

Principal Jason Javalgi noted, "I would SEE SANBORNTON, PAGE A8

Gilmanton church receives grant to complete restoration

GILMANTON — The First Baptist Church of Lower Gilmanton recently received a generous grant from the New Hampshire Charitable Foundation's Globe Community Fund. This grant will be used to help complete the final phase of restoration of the Church. The exterior work includes repairing/replacing clapboards, fascia, window sills, scraping, priming and painting exterior.

The Lower Gilmanton Community Club (LGCC) is the 501(c)(3) sponsor for the First Baptist Church. The grant will help further the LGCC's mission of preserving Gilmanton's rich, distinctive tradition of a strong, socially-connected community where neighbors know and care about each other and to preserve our historic and cultural resources. Since its inception in 1927, the LGCC's motto has been to "promote a better social life for the community." We represent the entire community, including Gilmanton Corners, Lower Gilmanton and the Iron Works. All are welcome. All are served.

About the New Hampshire Charitable Foundation

The New Hampshire Charitable Foundation is New Hampshire's statewide community foundation, founded in 1962 by and for the people of New Hampshire. We are the place where generosity meets the dedication and ingenuity of nonprofits and the potential of New Hampshire students. For six decades, thousands of people have entrusted their charitable resources to the Foundation, creating a perpetual source of philanthropic capital and making it possible for the Foundation to award more than \$60

SEE CHURCH, PAGE A8

Bridge to Recovery Walk supports recovery programs and services at Concord Hospital's local facilities

FRANKLIN — On Sept. 24, 209 walkers laced up their shoes to support the Bridge to Recovery Walk at Concord Hospital - Franklin. More than \$42,000 was raised to assist individuals with mental health

and substance use disorders.

"We are grateful for the outpouring of support for our Bridge to Recovery event," said Veronica Rosa, chief advancement officer.

"Participation in this year's event increased 92 percent over last year, which is truly amazing. The generous support from walkers and sponsors supports critical recovery programs and services available at the

Hospital's Franklin and Laconia facilities."

Bridge to Recovery would not be possible without support from the following sponsors: Anthem Blue Cross & Blue Shield, Bank of New Hampshire, Belknap Tire & Auto Repair, Best Septic Service, Bonnette, Page & Stone, Capital Title & Escrow, LLC, Concord Imaging Center, Franklin Savings Bank, Granite State Glass, Irwin Automotive Group, Lakes Region Airport Shuttle Service, Meredith Village Savings Bank, New Hampshire RECOVERY, PAGE A8

Tilton School students bring "Dead Giveaway" to the stage

TILTON — Tilton School will host performances of its fall play, "Dead Giveaway" by Pat Cook, in the Charles E. Tilton Mansion on Nov. 9-11.

"It's sort of like 'Clue' meets 'The Golden Girls,'" said Co-Director Nancy Barry.

The show has a seven-person cast ranging in age from freshmen to seniors. It's a story of a group of polar opposite 80-year-old women who live in a house together, all vying for the same prize.

"The show is a combination of comedy, drama and mystery," said

Co-Director and faculty coordinator of the show, Joseph Scala-Harbert.

Each performance is expected to seat an audience of 40. Beginning at 7 p.m., the two-act show will have an intermission, and is expected to last an hour and 45 minutes.

Each character with their own unique personality and spunk, the show is expected to be a hit.

The cast includes India Caldwell as Fiona Standish, Hiya Patel as Angie Bowles, Lili Eugenides as Dinah Boxburrough, Anthony Wright as Evelyn Har-

rigan, Huston Smith as Dr. Hugh Bernard, Faith Gianunzio as Beryl Chares, and Andriana Petrykevych as Catherine Meers.

Early deadlines for Thanksgiving

With Thanksgiving falling on a Thursday, when the Winnisquam Echo would ordinarily be published, that week's edition will be arriving in subscribers' mail boxes a day early, on Wednesday, Nov. 22.

In order to accommodate this change in our schedule, the submission deadline for any press releases and letters to the Editor intended for publication that week has also been moved up, to Thursday, Nov. 16 at 4 p.m. Submissions can be e-mailed to Editor Brendan Berube at brenndan@salmonpress.news.

The Winnisquam Echo thanks our readers for their cooperation with this temporary change in deadlines, and wishes them a safe and happy Thanksgiving.



COURTESY

Southwick School students participate In Fun Run

After completing a unit about cross country running, PE Teacher Kathleen Morrill's third and fourth grade students put what they learned into practice. She created a half mile cross country race course on the school grounds and let the students experience a cross country race first hand. The students cheered for each other and supported classmates as they crossed the finish line. The course was covered in hand-written encouraging messages to keep the runners motivated to finish. Mrs. Morrill said, "It was the student's option to compete or not, but I am thrilled that so many chose to challenge themselves by participating." Congratulations to the following third grade students on their achievements—Boys Race, First-Colton Johnston, Second-Roger Soucy and Third-Hunter Flynn; Girls Race, First-Emma Patsfield, Second- Alana Tupeck, and Third Khloe Lowrey.

Laconia Historical & Museum Society presents “Our Local Veterans: The Revolutionary War to the Persian Gulf”

LACONIA — A slideshow presentation of “Our Local Veterans: The Revolutionary War to the Persian Gulf” will be shared on Wednesday, Nov. 15 at 6 p.m. in the Laconia Rotary Auditorium at the Laconia Public Library. As part of the Laconia Historical & Museum Society’s Our Yesterday’s 2023 Presentation Series, this is a free program that the community is welcome and encouraged to attend.

The possibility of one of Laconia’s own being present during Benedict Arnold’s treasonous attempt to turn-over West Point in 1780, the incredible bravery of a Lieutenant Commander refusing to give up his post during one of the worst battles of WWII, and what a local doctor saw on the front lines that made him apologize to his wife for his vehemence are only a few of the stories that will be part of the Our Local Veterans presentation.

Raymond Peavy, Jr., LHMS Board member and retired Senior Chief Petty Officer, will share excerpts and stories about Laconia veterans who served in our nation’s military from the Revolutionary War onward. Ray served a combined total of 26 years with the US Marine Corps and Navy Seabees. He works tirelessly to preserve and share the history of our community’s veterans.

An exhibit of the same name, consisting of mili-



COURTESY

Ray Peavy, Jr. and Warren Huse discuss and review the artifacts on display in the Our Local Veterans: The Revolutionary War to the Persian Gulf exhibit at the Lakeport Freight Museum. A slideshow presentation of “Our Local Veterans: The Revolutionary War to the Persian Gulf” will be shared on Wednesday, Nov. 15 at 6 p.m. in the Laconia Rotary Auditorium at the Laconia Public Library.

ary items and remembrances, is available for viewing at scheduled times until Saturday, December 9th at the historic Lakeport Freight House Museum in Lakeport Square.

For a full list of exhibit viewing times, addition-

al information about this program, or to learn more about LHMS and other upcoming events, please visit laconiahistory.com or LHMS on Facebook and Instagram.

Lakes Region Symphony
HOLIDAY CONCERTS
“Christmas Belles”
December 9, 7pm
 Colonial Theatre
 Laconia
December 10, 3pm
 Inter-Lakes Auditorium
 Meredith
 TIX \$10 – \$30
LRSO.org

LRSO LAKES REGION SYMPHONY ORCHESTRA
 Benjamin Greene, Conductor

We'll be **CLOSED** on Thanksgiving Day
 so our hard-working staff can enjoy the holiday with their families, but you can order...

THANKSGIVING TO GO!

Uncommon Home Cooking and No Clean Up!
 Oven-Roasted Turkey Breast – House-made pan gravy
 Whole Berry Cranberry Sauce | Signature Stuffing | Country Mashed Potatoes
 Maple-Roasted Butternut Squash | Garlicky Green Beans
 Dinner Rolls & Butter | Sweet Bread | Slice of Pumpkin Pie – Cinnamon whipped cream

Meal for Four – \$19.95 + tax | Meal for One – \$30.95 + tax

Add Some of Our Holiday Meal Enhancements

Glazed Ham (for 4) ... 32.95	Brussels Sprouts with Bacon and Caramelized Onions (for 4) ... 21.95
Sweet Potato Casserole (for 4) ... 21.95	Mac 'n Cheese (for 4) ... 29.95
Green Bean Casserole (for 4) ... 21.95	Full, House-baked Pies Apple 16.95 Pecan 20.95 Pumpkin 14.95

NEW THIS YEAR!
 “Next-Day Leftovers” Turkey Pot Pie 27.95

Participating restaurants and order info at theCman.com.
 Orders **MUST** be placed by Friday, November 17 and picked up on Wednesday, November 22.



COURTESY

Scholarship Foundation to benefit from Hannaford Bloomin’ 4 Good program

Lakes Region Scholarship Foundation has been selected as the beneficiary of the Hannaford Supermarket’s Bloomin’ 4 Good Program through the month of November. Hannaford Supermarkets’ Bloomin’ 4 Good Program will be supporting the Lakes Region Scholarship Foundation by donating a portion of sales of every Bloomin’ 4 Good bouquet sold! This is the perfect time of year to live up your inside with a beautiful Fall bouquet! Left to right: Cassandra Hamilton, Assistant Customer Service Manager Hannaford Gilford, and Chris Guilmett, Assistant Director Lakes Region Scholarship Foundation.



Not getting enough attention?
 Call your Sales Representative Today
 Tracy Lewis: 603.616.7103

ALL WE KNOW IS LOCAL ~ SalmonPress.com



Lakes Region Mental Health Center celebrates selection as a Hannaford Bloomin' 4 Good program beneficiary

MEREDITH — Lakes Region Mental Health Center has been selected as a beneficiary of

the Hannaford Bloomin' 4 Good Program for the month of November.

The Hannaford Bloomin' 4 Good Program, which launched in August 2021, is an

easy way for shoppers to give back. Every Bloomin' 4 Good Bouquet with the red circle sticker

sold supports a nonprofit organization local to the Hannaford in which it was purchased.

are living with- and recovering from- mental illness and/or emotional distress. LRMHC professionals provide

Lakes Region Mental Health Center was selected as the November 2023 beneficiary by local store leadership at the Hannaford located at 50 NH-25 #5, Meredith, NH 03253. Lakes Region Mental Health Center will receive a \$1 donation for every Bloomin' 4 Good Bouquet with the red circle sticker purchased at this Hannaford location in November.

About Lakes Region Mental Health Center
Lakes Region Mental Health Center is the NH-designated community mental health center serving 24 towns in Belknap and Southern Grafton Counties. A non-profit, private corporation founded in 1966, LRMHC provides integrated care to children, adults, elders and their families who

the highest quality of care, and by working in partnership with other health care providers, hospitals, law enforcement, corrections, courts, school districts, social workers and public health officials, LRMHC is able to provide a continuum of care for patients and improve the quality of life in the Lakes Region. In Fiscal Year 2022, LRMHC's 200+ employees served 3,512 children, adults and families and provided over \$372,000 of charity care. For more information, visit lrmhc.org or call 603-524-1100.

For more information about the Hannaford Bloomin' 4 Good Program, please visit hannaford.2give.local.com.

Greater Lakes Region Children's Auction seeks, thanks sponsors

LACONIA —As the Greater Lakes Region Children's Auction gears into its busy season in preparation for the 2023 auction to be held at the Belknap Marketplace and online, Tuesday, Dec. 5 through Friday, Dec. 8, from 9 a.m. to 7 p.m., its leaders are still seeking sponsors.

View sponsorship options at childrensauction.org/sponsorship. To get involved as a sponsor or donate items, email Jenn@ChildrensAuction.org or call 603-527-0999.

Sponsorships help raise awareness for an organization. For instance, those who sponsor a day of the auction are featured the entire day, with the organization logo visible to bid-

ders and community members. The organization is also featured on air and on the digital screen that appears in the broadcast and streaming.

"The Children's Auction would not be successful without our sponsors, and the beauty of sponsorship is that it's a win-win for businesses. They get to raise awareness about their organizations while also helping children and families in need in our communities," said Jennifer Kelley, executive director for the auction.

Kelley also thanked these area sponsors who have already come forward.

Hannaford is the event's Presenting Sponsor and MB Tractor the OverBid Sponsor for the Week.

Other sponsors include: Bank of New Hampshire, Bonnette, Page & Stone, Children's Dentistry, Dairy Queen, EPTAM, Gilford Hills Tennis and Fitness, Granite State Glass, Hi Gloss Boat Restoration, Irwin Marine, Juggernaut Fitness, Laconia Harley Davidson, Meredith Insurance Agency, Meredith Village Savings Bank, Pike Industries, Sawyer's Dairy Bar, The Edge, and The Xavier Group.

Media Partners are Breezeline, Lakes FM 101.5, Lakes Region Public Access, SnapRoot Creative Digital Marketing and The Laconia Daily Sun. And in-kind

partners are Belknap Marketplace, Belmont Self Storage, SOS Tech, Huot Career and Technical Center, and Taylor Rental.

Viewers can bid online at ChildrensAuction.org. The event will be streamed live on the auction website and at LaconiaDailySun.com and Facebook.com/ChildrensAuction. Watch live on Breezeline Channel 12 and Lakes Region Public Access TV Channel 25, or listen on Lakes FM 101.5.

Learn more about the Auction at ChildrensAuction.org.

BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests during the week of Oct. 23-30.

Cassie A. Barnett, age 36, of Manchester was arrested on Oct. 25 for Control of a Premises Where Drugs have been Kept and Transportation of Drugs in a Motor Vehicle.

Antonio Joseph Perillo, age 27, of Belmont was arrested on Oct. 26 for Theft By Unauthorized Taking in an amount less than \$1,000 and Operating as a Habitual Offender.

Temple B'nai Israel commemorates Kristallnacht


LACONIA — Temple B'nai Israel will commemorate Kristallnacht, also known as "The Night of Broken Glass," on Thursday, Nov. 9, on the front steps of the temple located at 210 Court Street in Laconia, starting at 6 p.m. The Lakes Region community is invited to bear witness and partake in a program with influential communi-

ty leaders and clergy from various faiths offering words of comfort and songs of hope to unite against hatred and intolerance.

Eighty-five years ago, Nov. 9, 1938, violent mobs, spurred by antisemitic exhortations from Nazi officials, destroyed hundreds of synagogues, burning or desecrating Jewish religious artifacts. Approximately 7,500 Jewish-owned businesses, homes, and schools were plundered, and 91 Jews were murdered. An additional 30,000 Jewish men were arrested and sent to concentration camps. This marked a turning point in the history of the Jewish population of Europe as the Nazi regime transitioned from antisemitic rhetoric and laws to the brutal, aggressive persecution of Jews that ultimately led to the Holocaust.


Today, antisemitism is surging globally. In the Lakes Region recurring incidences of

antisemitic graffiti have escalated from park benches and library shelves to buildings and personal attacks. With the State of Israel under siege and defending itself to survive there is a renewed responsibility to remember and commemorate Kristallnacht. Temple B'nai Israel will remain vigilant, standing for righteousness and justice for all persons, ensuring that the world learns from both the distant past and recent events.



BREAK OUT
of the same monotonous routine and find an exciting **NEW JOB**
See the Classifieds **TODAY!**

Wonderful Things Come In Small Packages...



Old Man Pendant from \$35

especially if they're from

Alan F. Soule Jewelers
286-8649
422 W. Main St. Tilton, NH
(across from Winnisquam HS)

Gold • Sterling • Diamonds
Colored Stones • Repairs
Custom & Handcrafted Items
Wedding & Family Jewelry



SCHWARTZBERG LAW
EXPERIENCE THAT MATTERS



Ora Schwartzberg, Esq.

Advising Clients About Wills & Trusts Since 1985

Plan for your future today.

572 Tenney Mountain Hwy
Plymouth, NH 03264
603.536.2700
www.NHLawyer.net



Less under the weather.
More out in the weather.

Reduce your risk of severe illness this season with the Flu and updated COVID-19 shots.



Learn more and find vaccines near you at stayprotected.nh.gov or call 866-452-1693 M-F 8:30am-4:30pm.




Comfort Keepers
Elevating the Human Spirit™

Make every day extraordinary

At Comfort Keepers®, we provide in-home care that helps seniors live safe, happy and independent lives in the comfort of their own homes.

Uplifting in-home senior care services

- Personal care
- Grocery shopping and errands
- Companionship
- Dementia and Alzheimer's care
- Light housekeeping
- Respite care
- Meal preparation

(603) 536-6060
ComfortKeepers.com

© 2022 CK Franchising, Inc. Most offices independently owned and operated. 1222

EIDTORIAL

The importance of having fun

In our fast-paced, modern world, it's easy to get caught up in the hustle and bustle of daily life. We often find ourselves buried under the weight of responsibilities, deadlines, and the endless pursuit of "success". While these are all important aspects of life, it's crucial not to forget the importance of having fun and not taking life too seriously.

Fun is often seen as a frivolous indulgence, something we can afford only when all our work is done. However, this mindset can lead to burn-out, stress, and a feeling of emptiness in our lives. Fun should not be considered a luxury; it is a fundamental human need that plays a significant role in our overall well-being.

One of the most valuable lessons we can learn is that life is short and unpredictable. It's easy to become so focused on our long-term goals and aspirations that we forget to enjoy the journey. Taking life too seriously can rob us of the simple pleasures and spontaneous moments that make life truly meaningful.

Having fun isn't just about indulging in hobbies or going on vacations (though those are important too). It's about embracing the little joys in everyday life, whether it's sharing a laugh with friends, dancing to your favorite song, singing into your hairbrush in front of the mirror, or enjoying a craft beer and a Reuben sandwich. These moments may seem insignificant, but they are the building blocks of a happy and fulfilling life.

Further, fun is not just about personal happiness; it also creates stronger relationships and communities. When we let go of our seriousness and allow ourselves to be playful, we create bonds with others, build trust, and create lasting memories. Laughter is a universal language that transcends cultural and language barriers, bringing people together and bridging divides.

It's important to note that having fun doesn't mean neglecting responsibilities or avoiding challenges. In fact, a balanced approach to life that includes moments of fun can enhance our ability to tackle challenges more effectively. When we are relaxed and happy, we are better equipped to handle stress and solve problems.

Fun is not a distraction from life's responsibilities; it is an essential part of a well-rounded and fulfilling life. It enhances our mental and emotional well-being, strengthens relationships, and fuels creativity and innovation. Embrace the joy of life. Remember to laugh often, prioritize play and to savor the moments that make life truly worth living.



COURTESY

Local artist awards print

Gilmanton-based artist Stephanie McQuade is pleased to announce the winner of a Giclée Print, "Grace," was Samantha Bristol of Londonderry. McQuade was happy to present this print to Samantha recently in Londonderry. The raffle was held at the Pop-Up Art Gallery in Windham. Thanks to all those who entered. Visit McQuade's Web site and follow us on social media or view her work at the Lakes Region Art Gallery, Tanger Outlets, Tilton.

Positively speaking!

Toby Moore

Harness the reins of your thoughts

Earl Nightingale said, "You become what you think about."

I've struggled with this concept for many years. Over and over again, I've thought, "What does that mean?" Its meaning seemed to dance just out of reach, a melody heard but not entirely understood.

If I think about elephants all day long, will I one day become a pachyderm? Obviously not. The essence of Nightingale's words is something more profound.

It's straightforward to grasp that our focus directs our actions.

For example, when our heads are full of worries and fears, it's like building a massive wall that stops us from getting the life we want. Fear sneaks in quietly and tricks us into thinking that it's better to stick with what we know than to go after what we want. We can see our dreams out there, waiting for us, but fear keeps us stuck in place, too scared to move because we think we might mess up.

Conversely, if we choose to immerse ourselves in the imagery of success, letting it consume our every thought, embracing the belief that victory is not just possible but inevitable, we forge a different path. This road is paved with the courage to rise after every fall.

Yet, even understanding this, the phrase still poses a puzzle. To become what we think about is more than just attaining what we desire.

We are chemical-electric beings. Just like a cell-phone or any electrical device has a radiation field around it, we also produce electricity and have a measurable field of energy emanating from our bodies.

Thoughts are things.

There is a direct correlation between the thoughts a person thinks and the strength of their energy field.

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.

Thoughts that produce feelings of joy, freedom, gratitude, love, peace, compassion, and patience cause the field to become stronger; whereas thoughts of hatred, envy, jealousy, pride, lust, apathy, and depression will cause the field to vanish.

Think about this.

We've all heard of brainwaves. There are five different types of brain waves, all measured and categorized by their frequency. For example, Alpha waves hum between 8 to 12 Hz. Beta waves step it up a notch with frequencies from 13 to 32 Hz. Gamma waves are clocking in between 33 to 100 Hz.

We can measure these waves from outside our skulls. That means our brain's vibrations reach into the space around us, like the ripple in a pond when rain splashes.

Do these frequencies communicate with a more significant force that produces what our brain frequencies and energy field tell it to make?

Like planting a seed in the soil, the soil doesn't care if the seed produces a deadly and poisonous plant or food that nourishes the body. The soil only produces what is planted.

Our thoughts may be seeds, and they are being planted whether we like it or not.

With all of this in mind, what does it mean that we "Become what we think about?"

I don't know, but I'm beginning to understand.

There is a Hollywood producer who is now in prison for the rest of his life, and I couldn't understand how someone so rich, so powerful, and so well-connected could end up in prison.

If we become what we think about, does that mean the thoughts of prison dominated his thinking? Doubtful.

He is there now because of the terrible things he did, and also, on a deeper level, what if the reason he's there is because his thought vibrations matched the frequencies of a criminal?

Decades before his sentencing, he was already a prisoner in his mind, and he became what he thought about.

Don't get me wrong. Terrible things happen to good people, and in no way am I victim-blaming. All adverse events are not the results of your thoughts.

I'm simply saying that if you want success, embrace the triumph before it unfolds. If you wish to love, immerse yourself in its energy and let the vi-



Winnisquam Echo

TO PLACE AN AD:
ADVERTISING EXECUTIVE
Tracy Lewis
(603) 575-9127
tracy@salmonpress.news

SUBSCRIPTION SERVICES:
KERRI PETERSON
(603) 677-9085
kerri@salmonpress.news

TO PRINT AN OBITUARY:
E-MAIL: obituar ies@salmonpress.news
CALL: 603-677-9084

TO SUBMIT A LETTER TO THE EDITOR:
E-MAIL: brendan@salmonpress.news

THE WINNISQUAM ECHO PUBLISHED BY SALMON PRESS

PRESIDENT & PUBLISHER
FRANK G. CHILINSKI
(603) 677-9083
frank@salmonpress.news

BUSINESS MANAGER
RYAN CORNEAU
(603) 677-9082
ryan@salmonpress.news

OPERATIONS DIRECTOR
JIM DINICOLA
(508) 764-4325

DISTRIBUTION MANAGER
JIM HINCKLEY
(603) 279-4516

MANAGING EDITOR
BRENDAN BERUBE
(603) 677-9081
brendan@salmonpress.news

POSTMASTER:
Send address changes to the Winnisquam Echo, P.O. Box 729, Meredith, NH 03253.

USPS 024-975
The Winnisquam Echo is published weekly by Salmon Press, P.O. Box 729, 5 Water St., Meredith, NH 03253. Periodicals postage paid at Meredith, NH 03253.

GOING OUT OF TOWN



ERIN PLUMMER

The Mystic River Bascule Bridge connects both sections of Mystic, Conn.



BY ERIN PLUMMER

A look down West Main Street in Mystic, Conn., on an October night.



ERIN PLUMMER

The walls of Mystic Pizza are covered in memorabilia from the movie it inspired with a TV showing the 1988 film on loop.



ERIN PLUMMER

The sailing ship Argia docked along the Mystic River.



ERIN PLUMMER

B.F. Clyde's Cider Mill is a one stop shop for many varieties of cider, sweet treats, and a lot of history.

Sampling the sights and treats in Mystic

BY ERIN PLUMMER
mnews@salmonpress.news

Take some gorgeous waterfront views, a plethora of little independent shops, add in some famous locations for pizza and all things cider, wrap it all up in the package of a small New England town and you have Mystic, Conn. Mystic is a fun grab bag for travelers with so many different things to offer whether you're looking for scenery, great food, or the real life site of some popular culture.

My first time meeting Mystic was through the window of an Amtrak train bound for New York City. The train passed through Mystic on a sunny afternoon in July and I was blown away by the gorgeous views of the harbor with all the boats and so many people walking around the docks. It looked like such a fun place, and I decided I needed to explore it more in depth. I took the trek down in mid October and tried to explore all I could. This is also part of my goal to do some more exploring in Rhode Island and Connecticut.

Mystic is about three and a half hours away from the Lakes Region, around an hour and a half southeast of Boston, and around an hour away from Providence. The ride itself wasn't bad, but then I-95 became a parking lot through Warwick and Providence thanks to multiple accidents and the usual commuter traffic. By the time I got to Mystic there was just a few hours left of daylight and a lot of shops close pretty early. I didn't get to explore as much as I wanted, but I still got a full experience.

According to the Old Mystic History Center, the village was formed by the Pequot tribe its name comes from the Pequot word *missi-tuk*, meaning "a large river whose waters are driven into waves by tides or wind." The Pequots were attacked in 1637 by forces from the Massachusetts Bay Colony with the Narragansett and Mohegan tribes in what became the Pequot War. The Treaty of Hartford ended the war in 1638, which created Pequot territory in Connecticut while opening the area for settlers. The village of Mistick drew an abundance of settlers and became a hub for shipbuilding. Since its founding it was the subject of more political and boundary disputes going into the 1800's. By 1890 the village spanned two different towns across the river; one side in Groton, Conn., and the other in Stonington, Conn.

Mystic looks like your classic old New England village consisting of charming wooden buildings. The downtown is lined with different restaurants and shops with so many hotels and other businesses alongside. When I got there, I found the main downtown area can be walked in about five minutes.

One of the most unique parts of the village is the Mystic River Bascule Bridge, a drawbridge constructed in 1922. I've seen a lot of drawbridges where the deck rises form the middle, but on this bridge one end of the bridge raises into the other side with a counterweight. I was also surprised by how short the bridge was. I'm used to bridges like the Memorial Bridge in Portsmouth and Kittery, Maine, or several of the bridges in Boston that take

at least a few minutes to walk across. This bridge, however, takes up about a block and you will be crossing it a lot to get from one side of downtown to the other.

The main business district is a quick walk, but it just means you can walk it repeatedly and see something new every time. The shops there were so great. I couldn't help but pick up a 3D puzzle at Bank Square Books. I was also happy to see a place serving ice cream in October and got a cone from Mystic Drawbridge Ice Cream. Mystic River Park was the perfect place to enjoy my sweet treat and watch dusk set across the river. This is a boardwalk park along the bridge with excellent views of the river and downtown.

All of this exploring came after a special stop for some famous Mystic cuisine in the famous Mystic Pizza. I knew this was the setting of the famous movie from the '80s that I confess I have yet to see. I've also seen plenty of boxes of Mystic Pizza in the frozen food section. I decided I probably had to experience this famous pizza parlor if I came to Mystic, and thankfully, I came during a slow time of the day.

According to Mystic Pizza's history included right in its menu, the Zelepos family opened Mystic Pizza in 1973. Screenwriter Amy Jones visited the restaurant while summering in the area and decided to make it the setting for a new comedy she was writing. The movie "Mystic Pizza" was filmed in Mystic and surrounding communities and was released in 1988. The film became a huge hit, and the real life restaurant was overwhelmed with visitors. The restaurant eventually expanded its building, opened a second location in North Stonington, Conn., and started selling frozen pizza nationwide.

The walls of the restaurant are covered with photos, newspaper clippings, and memorabilia from the

1988 movie as well as many famous visitors. There are TV monitors in the dining room that show "Mystic Pizza" on loop. As for the food itself, there's a reason why it's called "A Little Slice of Heaven." I started out with garlic knots, which were amazing. This was followed by the House Special, a pizza topped with pepperoni, meatballs, sausage, mushrooms, onions, and green peppers. This pizza was amazing: it was filled with delicious toppings and the sauce was divine. I ended up going home with a few leftover slices that made for some spectacular lunches.

Mystic Pizza is one famous delicacy in the Mystic area. Coming into Mystic, I also paid a visit to the B.F. Clyde's Cider Mill locate a few minutes from downtown. Clyde's Cider Mill opened in 1881 and has is the oldest steam powered mill in the United States. The seasonal mill has been family run for six generations and opens in September and remains open through at least the last week of November.

The mill consists of a few different outbuildings including a main store that sells cider, baked goods, various jarred items such as jams and jellies, and many different mixes. I walked out with a half gallon of sweet cider, a delicious cinnamon twist, a jar of pecan apple butter, and a few different quick bread mixes. There is also a building to sample different wines and hard ciders, including hard cider slushies, as well as a souvenir store. You can walk around the historic building where the cider is made and they do demonstrations during the week.

Mystic was such a fun place to visit and I walked away with some delicious treats, a lot of great photos, and some great relaxation time by the water. I definitely want to get back here, this time maybe planning my trip a bit better and seeing more under daylight. Maybe I'll see "Mystic Pizza" soon and come back looking for some of the landmarks.

Paid Advertisement Paid Advertisement Paid Advertisement Paid Advertisement Paid Advertisement

Edward Jones: Financial Focus

What should you know about RMDs?

You may spend decades contributing to various retirement accounts. But for some accounts, such as a traditional IRA and 401(k), you must start withdrawing funds at a certain point. What should you know about this requirement?

To begin with, the rules governing these withdrawals — technically called required minimum distributions, or RMDs — have changed recently. For many years, individuals had to begin taking their RMDs (which are based on the account balance and the IRS' life expectancy factor) when they turned 70½. The original SECURE Act of 2019 raised this age to 72, and SECURE 2.0, passed in 2022, raised it again, to 73. (If you turned 73 in 2023, and you were 72 in 2022 when the RMD limit was still 72, you should have taken your first RMD for 2022 by April 1 of this year. You will then need to take your 2023 RMD by Dec. 31. And going forward, you'll also need to take your RMDs by the end of every year.)

Not all retirement accounts are subject to RMDs. They aren't required for a Roth IRA, and, starting in 2024, won't be required for a Roth 401(k) or 403(b) plan. But if your account does call for RMDs, you do need to take them, because if you don't, you could face tax penalties. Previously, this penalty was 50% of the amount you were supposed to have taken, but SECURE 2.0 reduced it to 25%.

When you take your RMDs, you need to be aware of a key issue: taxes. RMDs are taxed as ordinary income, and, as such, they could potentially bump you into a higher tax bracket and possibly even increase your Medicare premiums, which are determined by your modified adjusted gross income.

Are there any ways you could possibly reduce an RMD-related tax hike?

You might have some options. Here are two to consider:

- **Convert tax-deferred accounts to Roth IRA.** You could convert some, or maybe all, of your tax-deferred retirement accounts to a Roth IRA. By doing so, you could lower your RMDs in the future — while adding funds to an account you're never required to touch. So, if you don't really need all the money to live on, you could include the remainder of the Roth IRA in your estate plan, providing an initially tax-free inheritance to your loved ones. However, converting a tax-deferred account to a Roth IRA will generate taxes in the year of conversion, so you'd need the money available to pay this tax bill.
- **Donate RMDs to charity.**

In what's known as a qualified charitable distribution, you can move up to \$100,000 of your RMDs directly from a traditional IRA to a qualified charity, avoiding the taxes that might otherwise result if you took the RMDs yourself. After 2023, the \$100,000 limit will be indexed to inflation.

Of course, before you start either a Roth IRA conversion or a qualified charitable distribution, you will need to consult with your tax advisor, as both these moves have issues you must consider and may not be appropriate for your situation.

But it's always a good idea to know as much as you can about the various aspects of RMDs — they could play a big part in your retirement income strategy.

Jacqueline Taylor
Financial Advisor
3 Mill Street
PO Box 176
Meredith NH 03253
603-279-3161
Fax 866-532-8685
jacqueline.taylor@edwardjones.com

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones, Member SIPC. Before investing in bonds, you should understand the risks involved, including credit risk and market risk. Bond investments are also subject to interest rate risk such that when interest rates rise, the prices of bonds can decrease, and the investor can lose principal value if the investment is sold prior to maturity.



LRSO holiday concerts feature vocalist Sheree Owens Dec. 9 & 10

REGION — The holiday season is upon us, and the Lakes Region Symphony Orchestra (LRSO) invites you to embark on a musical concert journey filled with joy, warmth, and timeless seasonal melodies. Join us Saturday, Dec. 9 at 7 p.m. at the Colonial Theatre in Laconia, and Sunday, Dec. 10 at 3 p.m. at Inter-Lakes Community Auditorium in Meredith.

This year we are delighted to introduce our guest vocalist, Sheree Owens, a dynamic talent of the Powderhouse Theatre Collaborative in Laconia. Sheree's stunning voice takes center stage, adding her personal touch to orchestral classics like Ave Maria, and shining bright with popular favorites including Barbra Streisand's "White Christmas," Sarah Reeves' "My Favorite Things," Angela Lansbury's "We Need A Little Christmas," The Carpenters' "The Christmas Song," and many more beloved holiday tunes.

Sheree Owens' journey began in elementary school, and her passion for music led her to earn a degree in Musical Theatre from Dean College. She's no stranger to accolades, having proudly received three New Hampshire Theatre Awards for her out-

standing performances in Les Misérables, The Penelopiad, and her captivating portrayal of Charity Barnum in Barnum.

These holiday concerts are the talk of the Lakes Region, and tickets disappear faster than hot cocoa on a chilly winter day! Tickets are \$20-\$30 for adults, and \$10-\$15 for students college-age and under (please, no children under age five).

Don't wait – these concerts sell out and will be a gift you'll treasure all season long! Visit www.LRSO.org to buy seats for the Colonial Theatre or Inter-Lakes performances. You can also order by phone using the contact numbers listed for each venue on our website.

The Lakes Region Symphony Orchestra extends its gratitude to its concert sponsors, Fay's Boat Yard and Cupples Car Company. Their unwavering community support is an essential part of what makes LRSO, your community orchestra, possible.

Stay connected with us on Instagram at [LRSO.NH](https://www.instagram.com/LRSO.NH) and Facebook at [LRSO1](https://www.facebook.com/LRSO1). As we continue to grow, we are looking to expand our Board of Directors. If you

are interested in being a part of the LRSO journey, seek out a Board member at any concert, or contact us through www.LRSO.org/contact.

Join us for an unforgettable celebration of holiday magic and musical enchantment, and let the spirit of music fill your heart with warmth and joy. Happy Holidays from LRSO!



NORTH COUNTRY COINS, LLC
BUYING - SELLING - APPRAISALS
Est. 1989
WWW.NCCNH.COM
TUES - FRI 10 - 5 • SAT 10 - 3

HIGHEST PRICES PAID
All US and foreign silver and gold coins, estate jewelry, scrap gold, diamonds. Free oral appraisals.
NORTH COUNTRY COINS.
Main St., Plymouth, NH 536-2625.

Belknap Mill book club meets by Zoom Nov. 29

LACONIA — The Belknap Mill Page Turners Book Club invites you to join them this month to read "Lady Editor: Sarah Josepha Hale and the Making of the Modern American Woman." Author Melanie Kirkpatrick will join for the book club meeting via Zoom on Nov. 29 at 6 p.m. To join the book club, email jill@belknap-mill.org.

"Lady Editor" re-creates the life of a major nineteenth-century

woman, whose career as a writer, editor, and early feminist encompassed ideas central to American history. Melanie Kirkpatrick is a writer-journalist based in Connecticut and a senior fellow at the Hudson Institute, a Washington think tank. She contributes reviews and commentary to various publications, including the opinion pages of The Wall Street Journal, for which she worked for 30 years. Her books include "Lady Editor: Sarah Josepha Hale and

the Making of the Modern American Woman" (2021), "Thanksgiving: The Holiday at the Heart of the American Experience" (2016) and "Escape from North Korea: The Untold Story of Asia's Underground Railroad" (2012).

For more information about upcoming programs and events at the Belknap Mill, visit www.belknapmill.org.

Forest Pump & Filter Co.
Serving The Greater Lakes Region Area for Over 50 Years

WE DO IT ALL

WELL DRILLING PUMP SYSTEMS
FILTERS

Family Owned Business for 40 Years

CALL FOR SERVICE
FOREST PUMP & FILTER CO., INC.
603-332-9037





SEEKING EXCAVATOR OPERATORS

GPS EXPERIENCE DESIRED BUT NOT NECESSARY

(603) 279-4444 or email tracy@ambrosebros.com

Route 3 • Meredith, NH 03253

Lakes Region
Chimney Pro

\$204
Chimney Sweep

Sweeps • Stonework
Brick Repairs • Liners
Caps • Installations
Fire Place Makeovers




603-520-7217

BETTER BUSINESS BUREAU
Fully Insured



Thanks to Our Loyal Subscribers

Fetching you the local stories and developments that matter most is what we do best, and we couldn't do it without your valued readership. Thank you for your support!

- The Baysider
- Meredith News
- Berlin Reporter
- Gifford Steamer
- Granite State News
- Littleton Courier
- Record Enterprise
- Winnisquam Echo
- Newfound Landing
- Coös County Democrat
- Carrol County Independent

Call 877-766-6891 to activate your Subscription today.

www.SalmonPress.com





NORTH COUNTRY COINS, LLC
 BUYING - SELLING - APPRAISALS
 Est. 1989
 WWW.NCCNH.COM
 TUES - FRI 10 - 5 • SAT 10 - 3

HIGHEST PRICES PAID
 All US and foreign silver and gold coins, estate jewelry, scrap gold, diamonds. Free oral appraisals.
NORTH COUNTRY COINS.
 Main St., Plymouth, NH 536-2625.

RECOVERY

CONTINUED FROM PAGE A1

shire Ball Bearings, Inc., Pike Industries, Stewart's Ambulance Service and Voya Financial. We also would like to thank our in-kind supporters, including singer/songwriter Audrey Drake, Bonnie Tisdale,

Boomer's Barbeque, Coca-Cola Beverages Northeast, Corey Gately, Erica Gilbert, Laconia Daily Sun, Northeast Radio Group, Paul Racicot, MD, Speedy Printing & Copying, Stitches NH, Tarah Morel-Taylor, Taylor Rental-Belmont and Winnisquam Country Store & Deli.

For more information on how to support or become involved in next year's Bridge to Recovery Walk, contact Heidi Smith, philanthropy officer, at (603) 737-6752 or heismith@crhc.org.

CHURCH

CONTINUED FROM PAGE A1

million in grants and

scholarships every year. For more information, please visit www.nhcf.org or call 603-225-6641.

PETS OF THE WEEK

Ralph

Meet Ralph! This goofball is such a sweetheart and brings so much joy to the staff and volunteers here at the facility. He loves meeting new people and is always curious of other doggos. Ralph does have an autoimmune disease that requires treatment by daily medication and will require routine veterinary check ups (Check with your vet! You will find the monthly cost is not high!). During his



down time, between eating treats and playing fetch, Ralph loves to cuddle up for nap time and would be a great addition to a home looking for a little extra love.

Recently, members of our Volunteer Program, have been able to give Ralph some extra time out of the shelter! Through these outings we have learned - Ralph loves water and hiking. He enjoys getting to spend time outdoors and making new friends along the way.



Waldo

Where's Waldo? Look no further, he is at New Hampshire Humane Society waiting for you! Waldo is a sweetheart looking for a calm home to settle into. He is learning that the world is a big, but not so scary place where treats and soft blankets for naps are plentiful!



NH Humane Society
 Over a century of love for those without a voice.
 1305 Meredith Center Rd Laconia, NH 03246 • (603) 524-9539

SANBORNTON

CONTINUED FROM PAGE A1

like to thank Mrs. Kellie Allen for planning, organizing and overseeing the event, our amazing faculty and staff for all their help before, during and after the event, our generous and supportive community for all their food donations to help those in need this Holiday season as well as donating food for our

school-wide snack after, our strong student body that carried all those donations over to the Library and our amazing PTO for their generous baked good and coffee for the staff that morning. It is events like these that reminds us It takes a village and we have such a special, selfless and supportive SCS village that made it all possible."

THOUGHTS

CONTINUED FROM PAGE A4

bration of love resonate within you. If you seek happiness, cultivate joy within and live each mo-

ment with gratitude. It's all essential to harness the reins of your thoughts; their power shapes your path, for indeed, we become what we think about.

REAL ESTATE



MEREDITH OFFICE
 97 Daniel Webster Hwy
 (603) 279-7046

LACONIA OFFICE
 1921 Parade Road
 (603) 528-0088

WHO'S WHO IN LUXURY REAL ESTATE

Search New Hampshire properties at www.rocherealty.com

<p>\$629,000</p>  <p>MLS# 4975982</p> <p>Sanbornton: Custom 2,016 sqft. post & beam cape w/ 5.72 private acres! 2-car garage w/ heated floor & storage above, plus a detached barn. Near trails, shopping and I-93, & town beach access on Winnisquam.</p>	<p>\$499,900</p>  <p>MLS# 4972414</p> <p>Allenstown: Charming 3 BR, 2 BA, cape on 2+ acres, less than a mile to the 10,000 acre Bear Brook State Park! Pine flrs., wood burning FP, gas stove, full basement, 2-car garage, sun room / bonus room, and many recent updates!</p>	<p>\$515,000</p>  <p>MLS# 4975771</p> <p>Northfield: Spacious 3 BR, 3 BA home on 2.71 acres. Finished basement, updated kitchen, detached 1-car garage. Private wooded setting within walking distance to the beautiful Knowles Pond Conservation Area!</p>	<p>\$369,000</p>  <p>MLS# 4976685</p> <p>Waukegan Village, Meredith: Bright 2 BR, 1.5 BA condo w/ att. 1 car garage. Updates incl. new paint, propane hw heater, kitchen renovations, lighting & more. Private deck off kitchen facing natural woods. Within walking/ biking distance to downtown!</p>
--	---	---	---

Over 10,000 CLOSED transactions in New Hampshire!
Voted #1 BEST Real Estate Company in NH's Lakes Region, and #1 BEST Commercial Real Estate Broker!

** Statistics obtained from NEREN for the past 24 years since 1997 for all real estate firms reporting sales in the entire state of NH during that time.*

Camelot Home Center
 ALWAYS OPEN DAILY • 10 TO 6 SATURDAYS & 10 TO 5 SUNDAYS

<p>NEW 14' WIDES</p> <p>List Price: \$69,995 \$64,995* 56' 2 Bed, 1 Bath</p>	<p>List Price: \$78,995 \$73,995* 68' 3 Bed, 2 Bath</p>
<p>DOUBLE WIDES</p> <p>List Price: \$119,995 \$115,995* 56' 3 Bed, 2 Bath</p>	<p>List Price: \$130,995 \$121,995* 48' 3 Bed, 2 Bath</p>
<p>List Price: \$174,995 \$136,995* 52' 3 Bed, 2 Bath</p>	<p>List Price: \$153,995 \$128,995* 60' 4 Bed, 2 Bath w/ Bonus Family Room</p>



***PRICES SUBJECT TO CHANGE**
Homes From COLONY, MARLETTE, NEW ERA & TITAN

Visit Our Website: WWW.CM-H.COM

MODULARS

<p>\$113,995* 2 Bed, 1 Bath</p>	<p>\$168,995* 1,568sq ft. 2 story. 3 Bed, 2.5 Bath.</p>
---	---

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

Equal Housing Opportunity

All real estate advertising in this newspaper is subject to The Federal Fair Housing Law which makes it illegal to make, print, or published any notice, statement, or advertisement, with respect to the sale, or rental of a dwelling that indicates any preference, limitation, or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination.


(The Fair Housing Act of 1968 at 42 U.S.C. 3604(c))
 This paper will not knowingly accept any advertising which is in violation of the law. Our readers are hereby informed, that all dwellings advertised in this newspaper are available on an equal opportunity basis.

To complain of discrimination call HUD toll free at 1-800-669-9777

For The Washington DC area, please call HUD at 275-9200. The toll free telephone number for the hearing impaired is 1-800-927-9275.

You may also call The New Hampshire Commission for Human Rights at 603-271-2767 or write The Commission at 163 Loudon Road, Concord, NH 03301

Neither the Publisher nor the advertiser will be liable for misinformation, typographical errors, etc. herein contained. The Publisher reserves the right to refuse any advertising.



TO VIEW THESE AND OTHER PROPERTIES, VISIT:


- Alpine Lakes Real Estate: www.alpinelakes.com
- Badger Peabody & Smith Realty: www.peabodysmith.com
- Bean Group: www.beangroup.com
- Century 21 Country Lakes Realty: www.countrylakesrealty.com
- Century 21 Twin Rivers Realty: www.nhreal21.com
- Coldwell Banker: www.cboldmill.com
- Coldwell Banker Residential Brokerage: www.newenglandmoves.com
- ERA Masiello: www.masiello.com
- Exit Lakeside Realty Group: www.exitlakeside.com
- Granite Group Realty Services: www.granitegrouprealtyservices.com
- Gowen Realty: www.gowenrealty.com
- Kressy Real Estate: www.kressy.com
- Lakes Region Realty: www.lakesregionrealestate.com
- Lamprey & Lamprey Realtors: www.lampreyandlamprey.com
- Maxfield Real Estate: www.maxfieldrealestate.com
- McLane Realty: www.mclanerealtyplymouth.com
- Mountain Country Realty: www.mountaincountryrealestate.com
- Nash Realty: www.nashrealty.com
- New Hampshire Colonials Real Estate: www.squamlake.com
- Noseworthy Real Estate: www.noseworthyrealestate.com
- Old Mill Properties: www.oldmillprops.com
- Pine Shores Real Estate: www.pineshoresllc.com
- Preferred Vacation Rentals: www.preferredrentals.com
- Remax Bayside: www.baysidenh.net
- Roche Realty: www.rocherealty.com
- Strawberry Lane Real Estate: www.strawberrylane.com
- Town & Forest Realty: www.townandforest.com

THANK YOU TO ALL VETERANS FOR THEIR SERVICE!


TUFTONBORO

NEW LISTING - Newly constructed Raised Ranch home featuring 2 BR, 2 baths, .75 acres, plus access and views of Mirror Lake. Home needs final finishes. Lake Winnepesaukee boat launch and public beach access nearby. Nice location within a short drive into Wolfeboro!

\$529,900
 #4976601



MEREDITH LANDING
 285 Daniel Webster Highway • (603) 677-7007 • www.MeredithLanding.com



Whatever Your Style, find it in the Real Estate Section

Belmont storage facility awarded REAP grant

BELMONT — Earlier this week, Congresswoman Annie Kuster (NH-02), Congressman Chris Pappas (NH-01), Sen. Jeanne Shaheen (D-NH), and Sen. Maggie Hassan (D-NH) applauded \$1,966,511 in USDA funding heading to New Hampshire through the USDA Rural Energy for America Program (REAP). Reauthorized by the 2018 Farm Bill and further funded by the Inflation Reduction Act, REAP provides guaranteed loan financing and grant funding to agricultural producers and rural small businesses for renewable energy systems and energy efficiency improvements.

"When we invest in our rural communities and businesses, our entire economy feels the benefits," said Kuster. "It's great to see this significant funding heading to businesses

across our state to help upgrade their energy systems to be more efficient, streamline operations, and lower costs across the board. I was proud to help reauthorize the Rural Energy for America Program in the 2018 Farm Bill, and this announcement is another example of the positive impact the program is having on New Hampshire and our communities!"

"Ensuring that Granite State small businesses can lower their energy costs remains a top priority of mine in Congress, and I'm pleased that these federal funds are returning to New Hampshire to allow rural businesses and farmers to make these needed investments in renewable energy," said Pappas. "These funds will go a long way to giving our communities the tools to transition to clean energy, which is vital to lowering costs,

protecting our environment, and driving further economic growth."

"Our farmers, agricultural producers and rural small businesses are often hit the hardest by the disastrous impacts of climate change," said Shaheen. "With this funding from the Inflation Reduction Act, rural communities will be able to invest in renewable energy projects and energy efficiency improvements to strengthen their resiliency and save their businesses money."

"The nearly two million dollars in USDA funding going to New Hampshire today, thanks in part to the Inflation Reduction Act, will be a critical resource in helping rural farms and small businesses across the Granite State get access to clean energy and improve energy efficiency," said Hassan. "These

investments will help lower energy costs for Granite Staters while protecting our environment."

"To the business owners, farmers and producers who invested in their futures, and ours, with renewable-energy and energy-efficiency projects, we applaud your sustainable, climate-smart approach to growing your operations," said Sarah Waring, State Director of USDA Rural Development in Vermont and New Hampshire. "Today's announcement underscores the Biden-Harris Administration's ongoing and consistent commitment to rural America, focused on improving the lives of our neighbors who need our help the most."

Projects that received funding include Circle Self-Storage in Belmont, which received

\$93,190.

The Rural Energy for American Program (REAP) was reauthorized as part of the 2018 Farm Bill, which Kuster was a lead negotiator of and fought to get signed

into law. The Inflation Reduction Act, which the New Hampshire delegation strongly advocated for, provided an additional \$2 billion to grow the program and expand access nationwide.

GENERAL SERVICES

LOW COST SPAY/NEUTER

Rozzie May
Animal Alliance,
cats and dogs.

Cat Cab service available.
Military discounts.

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

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

HELP WANTED

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

Precision Lumber Inc.

IMMEDIATE OPENINGS
SAWMILL AND PLANER MILL WORKERS

DAYTIME SHIFT
BENEFITS INCLUDE
VACATION, SICK AND HOLIDAY PAY, INSURANCE, CREDIT UNION, 401(k) PLAN, ATTENDANCE BONUS

Apply in Person
or email precisionlumber@lumbemh.com
to request us to email an application

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

Precision Lumber Inc.

WATCHMEN WANTED

PART TIME WATCHMEN
POSITIONS AVAILABLE

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



SKILLED CARPENTER

Earn up to \$76K
Per Year Plus Bonuses!

We Train | Great Pay & Benefits
A team that Cares!

Ready To Elevate Your Carpentry / Roofing Career?
To Apply Now! Text 603-662-5567 or <https://apply2dwightandsons.com/careers>

DWIGHT & SONS, INC.

NCH | Upper Connecticut Valley Hospital

JOB OPPORTUNITIES

Spotlight Positions:

Phlebotomist	Health Unit Coordinator
Registered Nurse	Environmental Services Technician
RN – OR	Certified Surgical Technician
RN – Med/Surg Charge Nights	Multi-Modality Radiologic Tech
RN Nurse Manager – ED/Med-Surg	Medical Assistant
Endoscopy Technician	Medical Technologist
Physical Therapist	

APPLY ONLINE
WWW.UCVH.ORG

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

Town of Plymouth Job Opening
Plymouth Recycling Center

The Town of Plymouth is seeking a qualified individual to fill the position of Transfer Station Attendant. This position is a full-time and year-round position. Duties include but not limited to:

- Maintaining the recycling area and insuring the proper disposal and classification of all recycled materials.
- Assisting residents and commercial users in the appropriate placement of refuse and recyclables.
- Assist the Recycling Manager in all matters related to the operation of a solid waste/recycling facility.

Additional requirements are a good working ethic, positive attitude, hard worker and a team player. Applicant must be able to obtain a NH Solid Waste Operators License within one year of hire and applicant must have a valid driver's license.

Interested candidates should complete an application and submit to: Plymouth Recycling Manager, James Conn, 6 Post Office Square, Plymouth, NH 03264 or email at recyclingmanager@plymouth-nh.org.

An application may be found at www.plymouth-nh.org or at the Town Office 6 Post Office Square, Plymouth, NH 03264.

The Town of Plymouth is an Equal Opportunity Employer.

For additional information related to the position contact James Conn at 603-348-5247 directly.

Applications will be accepted until position is filled.

LOCAL FOLKS
Locally owned businesses here to serve you!

HELP WANTED

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

SHAKER REGIONAL SCHOOL DISTRICT GIRLS BASKETBALL COACH

Shaker Regional School District is seeking coaches for the 2023-2024 season for Girls 7/8 Basketball.

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 physical and 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.

Looking for job security? Greater wealth?
A team that is engaged and accountable to one another?


Wood Framing Component Fabricators

We fabricate engineered wood framing components for many of New England's most forward-thinking commercial & residential builders. And we are growing.

Locations in Danbury NH and Pembroke NH. Experience or will train.

Day or evening shifts, competitive wages, paid time off, bonuses and good fringe benefits. And we are 100% employee-owned. Our people were awarded stock shares worth an additional two weeks of pay last year.

Email us at employment@wallacebp.com or call (603) 768-5900 and ask for Gayle.

INDIAN HEAD RESORT

WE'RE HIRING


Gift Shop
Front Desk
AM & PM Restaurant
Housekeeping
Maintenance

JOIN OUR TEAM!

Full and part-time opportunities available.

Offering competitive pay and benefits.

Scan to apply online:



Or stop in anytime to fill out an application!

Indian Head Resort
664 US Route 3
Lincoln, NH 03251
603-745-8000
IndianHeadResort.com/Apply

ROOFING SERVICE TECHNICIAN

Earn up to \$76K
Per Year Plus Bonuses!

We Train | Great Pay & Benefits
A team that Cares!



*Ready To Elevate Your
Carpentry / Roofing Career?*
To Apply Now! Text 603-662-5567 or
<https://apply2dwightandsons.com/careers>

**FRIENDLY & RELIABLE
NIGHT CASHIERS**
needed at the
Following Location:
Bosco Bell
on Route 28
Barnstead
Please apply in person.




Full-Time Installers Apprentice

Energysavers Inc, a 48 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

Step Up Your Advertising Game



Talk our experienced ad consultants today about advertising in one of our papers.

Advertising Works

Contact Tracy
(603) 616-7103 • tracy@salmonpress.news
or **Lori**
(603) 444-3927 • lori@salmonpress.news



Do we have your attention?

Print Advertising is a very powerful medium and can deliver strongly for you business.

Consumer immersion in trusted content has a massive impact on awareness, trust, and effectiveness of its associated advertising. Media attention scores as applied to regular consumers of each medium, with print newspapers topping the table with a score of 80%, followed by regional print newspapers (76%). www.SalmonPress.com

VETERANS DAY



HONORING ALL WHO SERVED

Herbal Tinctures, Flower Essences, Immune Support
Therapeutic Teas, Herbal Seasonings

Herbal ENERGETICS
Celebrating Nature's Gifts

Kelli Robinson, Owner
Northfield, NH
603-286-4696/info@injoynow.com/www.injoynow.com

Organic Cocoa, Children's Immune Boosters,
Natural Body Care, First Aid, Pet Care

MID-STATE HEALTH CENTER

Honoring the Brave

THANK YOU VETERANS

SUPPORTING VETERANS EVERY DAY!

Home insurance from someone you can trust.
Call me today.

Sharon Thorne, CIC
603-536-5161
Plymouth
sthorne@allstate.com

Subject to terms, conditions and availability. © 2015 Allstate Insurance Co.

Thank You Veterans

GENERAL CONTRACTORS

ANDREWS CONSTRUCTION Co. Inc.

CAMPTON N.H.

Providing Quality Sitework and Concrete Services for Over 40 Years

603-726-7623 andrewsconst.com

Thank you, Veterans, for your Sacrifices in Protecting our Freedom!

Roper Real Estate
(603) 236-3636

www.RoperRE.com

Every day is Veteran's Day at

COPPERTOPPE

Coppertoppe.com | (603) 744-3636
B&B Providing Rest & Relaxation since 2004

Martin D. Kass
Registered Optician

603-536-3569

PLYMOUTH OPTICAL SHOPPE
"Where seeing is believing"

Village Square • 607 Tenney Mountain Highway
Suite 101 • Plymouth, NH 03264

SMART • FRIENDLY • SERVICE
SINCE 1898
BELLETTES
BUILDING PRODUCT SPECIALISTS
125TH ANNIVERSARY
www.belletetes.com

JAFFREY, NH 603.532.7716	ANDOVER, NH 603.735.5544	PEMBROKE, NH 603.224.7483
PETERBOROUGH, NH 603.924.9436	SUNAPEE, NH 603.763.9070	MOULTONBOROUGH, NH 603.253.4404
NASHUA, NH 603.880.7778	ASHLAND, NH 603.968.7626	WINCHENDON, MA 978.297.1162

Happy Veterans Day

In Honor of those who have served and those serving now,
we **THANK YOU** for your Service.

SCHWARTZBERG LAW

EXPERIENCE THAT MATTERS

Proudly Serving Those Who Serve

572 Tenney Mountain Hwy, Plymouth, NH 03264 | 603-536-2700 | www.NHlawyer.net

1 OUT OF EVERY 20
CASELLA EMPLOYEES HAS A BACKGROUND OF MILITARY SERVICE

PLEASE TAKE NOTE
TRANSFER STATION
Residential Drop-off Hours:
Tuesday-Thursday: 7:00 am - 1:00 pm
Saturday: 7:00 am - 4:00 pm

Thank you, Veterans, for your service, your sacrifice, and your hard work to protect our freedom.

Casella actively recruits Veterans and helps match their valuable skills with careers that best suit their interests and experience.
To learn more, **text CASELLA to 97211** or visit casella.com/veterans.

Your Local Waste & Recycling Service Provider Since 1975

BLACK DIAMOND PUB

Thank you to all our Veterans.

RESORT & SPA
THE MOUNTAIN CLUB on Loon

90 Loon Mountain Road, Lincoln, NH • 603-745-2244 • mtclub.com

STERLING MANAGEMENT, INC. - WE SUPPORT OUR VETERANS

Managers of USDA Rural Development Properties
Cherryfield Village Apartments in Somersworth, NH
603-692-3978

Download our Application at <https://www.sterling-management.net/application.pdf>

STERLING MANAGEMENT, INC. - WE SUPPORT OUT VETERANS

Managers of USDA Rural Development Properties
Belmont Village Apartments in Belmont, NH
603-267-6787

Download our Application at <https://www.sterling-management.net/application.pdf>

ALL WE KNOW IS LOCAL ~ StonebridgePress.com



MVSB's Devin Scott completes WorkReadyNH teller training program

LACONIA — MVSB (Meredith Village Savings Bank) is proud to announce that Devin Scott has recently completed the WorkReadyNH training program as required toward ultimately achieving his Bank Teller Registered Apprenticeship certification. He began shadowing as a teller apprentice in MVSB's Laconia office in the summer, working closely with his mentor and co-workers to gain banking experience.

"I previously came from a background in food management, so I started with very limited knowledge of the banking industry," said Scott. "This program helped ease me into this new career path and taught me valuable skills such as interviewing, customer service and using computer programs. Everyone at the bank has been fantastic to work with and always willing to answer my questions and guide me through procedures. I would say I am lucky and thrilled to have joined the program."

WorkReadyNH provides 60 hours of professional-level training that addresses the soft skills



Devin Scott

that employers want in the workplace, including communication, problem solving, decision making, business ethics, conflict resolution, employer expectations, team building and more.

MVSB is proud to offer the Bank Teller Registered Apprenticeship program in partnership with the Community College System of New Hampshire and Apprenticeship NH. This program provides apprentices 16 years and

older with a practical pathway to a career in banking while receiving pay and mentorship. Go to apprenticeshipnh.com to learn more.

MVSB has been serving the essential banking needs of people, businesses, nonprofits and municipalities for over 150 years. As a mutual savings bank, MVSB has no stock-holders but rather operates for the benefit of its customers, employees and community. Since our founding, one thing has always re-

mained true: caring is at the heart of everything we do. By building and nurturing relationships, we believe that we can cultivate a community where we all thrive. It

all starts with caring about our customers and neighbors. To learn more, visit any of the local branch offices located in New Hampshire in Alton, Ashland, Center

Harbor, Gilford, Laconia, Melvin Village, Meredith, Moultonborough, Plymouth, Portsmouth, Rochester or Wolfeboro, call 800-922-6872 or visit mvsb.com.

Audubon announces program on Belize

MOULTONBOROUGH — On Thursday, Nov. 16 at 7 p.m. at the Loon Center in Moultonborough, the Lakes Region Chapter of the New Hampshire Audubon Society will present a program on "Belize: Tropical Birds and Conservation in Action," presented by Bob Quinn.

Belize is a wonderful destination—especially for the first-time visitor to the tropics. Almost all of the marvelous tropical creatures and plants are there — toucans, parrots, trogons, antbirds, brilliant butterflies, leaf-cutter ants, palm trees, fruit trees, gorgeous flowers, gentle breezes... plus the wonders of the Mayans and their remarkable buildings and culture. This program is focused on a large protected area—the enormous and unique Rio Bravo Conservation Area.

Quinn is a native of New Hampshire with a degree in zoology from



COURTESY

An Olive-baked Euphonia

the University of New Hampshire. He has led field trips throughout North America, as well as numerous trips to Trinidad, Costa Rica, Panama, Ecuador, Brazil, Peru, Venezuela, Australia, New Zealand, and Bhutan. He is the proprietor of a natural history services business, Merlin Enterprises, and has worked on contract for the U.S. Fish and Wildlife Ser-

vice, the State of New Hampshire, the Society for the Protection of NH Forests, and the NH Audubon Society among others.

The Loon Center is located on Lee's Mill Road; follow the signs on Blake Road from Route 25 near the Moultonborough Central School, or from Route 109, turn on to Lee Road and turn left on Lee's Mill Road.

Bluegrass Christmas Concert
with *Southern Rail*

Saturday, December 2nd
Doors Open at 1:00 pm
Veterans of Foreign Wars Post #1670 - 143 Court St. Laconia, NH

A Joyous Afternoon Of Bluegrass, Gospel and Holiday favorites

Food & Beverages Available on Site

Tickets are \$25.00 at the door. For advance ticket sales by check only, FCSG Children's Alliance Benefit Fund 544 Meeting House Road, Gilmanston, NH 03237 (please make check out to FCSG Children's Alliance Benefit Fund. Please include a self addressed stamped envelope for tickets)

Host Sponsors: Mt. Lebanon Lodge #32, Free and Accepted Masons Independent Order of Odd Fellows Chocorua #51

A BENEFIT CONCERT FOR THE GRANITE STATE CHILDREN'S ALLIANCE

Thank You For Your Service

Instant Garages & Portable Shelters
Paulsgarages.com

Sales - Installation
603-447-1198

2465 NH RT 16 Albany, NH 03818

Save \$200.
10x20x8 One car House Style Tan
Only \$995.

"Shop Where The Pros Shop"

CYR LUMBER & HomeCenter

Windham • Warner • Tilton, NH