

Triple homicide under investigation in Northfield

NORTHFIELD — The state Attorney General’s office is continuing to investigate a tragic triple homicide that took the lives of a mother and her two sons in Northfield last week.

Police were called to a home at 56 Wethersfield Dr. just after 11:30 a.m. Wednesday, Aug. 3, where they discovered the bodies of 25-year-old Kassandra Sweeney and her sons, Benjamin, age four, and Mason, just one year old. Autopsies determined that each of them had died as the result of a single gunshot wound, and all three deaths were deemed homicides.

Investigators announced in a press release issued the following day, Aug. 4, that all parties known to be involved in the case had been identified, and that there was no threat to the general public.

On Saturday, Aug. 6, State Police coordinated with local law enforcement agencies to conduct a search for physical evidence in the areas of Wethersfield Road, Shaker Road, Tilton Road, and Laconia Road in Northfield and Tilton, as well as the on- and off-ramps leading to and from Interstate 93.

Due to the ongoing status of the investigation, no further information had been made available to the public as of our press deadline for this week’s edition.

Belmont Early Learning Center purchases new playground equipment with support from MVSB



Left, Erica Brough, Belmont Early Learning Center Director, receives a sponsorship check from Christina Corbitt, MVSB Business Development Officer, for the center’s new playground equipment.

BELMONT — The Belmont Early Learning Center recently purchased some new playground equipment with a \$1,000 sponsorship provided by MVSB (Meredith Village Savings Bank). These new play sets include a caterpillar crawl-and-climb set, seesaw, trikes, sandbox toys, and a toddler-sized waterfall table that will offer new outdoor experiences for students.

“Much of our existing playground equipment was geared toward our older students, so we are thrilled to expand our playground with new options for the younger kids,” said Erica Brough, Belmont Early Learning Center Director. “Our goal is to continue to provide a safe and nurturing environment, and support from community partners like MVSB allow us to grow and provide more fun opportunities for the children.”

“It was so fun to see the children enjoying their new outdoor play sets,” said Christina Corbitt, MVSB Business Development Officer. “The staff at the center take great pride in teaching and supporting the kids and MVSB is proud to help maintain those efforts.”

The Belmont Early Learning Center is a Boys & Girls Clubs of Central New Hampshire facility and offers programs for infants, tod-

Gilman named Tilton’s new Police Chief



Scott Ruggles, Chair of the Tilton Board of Selectmen, had the pleasure of swearing in Abe Gilman as the new Chief of Police for the town last Wednesday afternoon.

BY DONNA RHODES
Contributing Writer

TILTON — Since he began his career in law enforcement, Abraham (Abe) Gilman has steadily worked his way up through the ranks and

on Aug. 3, he as sworn in outside the new police station on Sanborn Road as the new Chief of Police for the Town of Tilton.

After he taking the oath of office Gilman

told the crowd, “It’s been a long journey but I’m here for a long time.”

Gilman was born at Franklin Hospital in 1982 and over the years he and his family have lived locally in Tilton, Northfield and Franklin. Over the years, he attended school in Franklin and Tilton, graduating from Winnisquam Regional High School in 2001.

Post graduation, he held a variety of jobs, including time as an athletic coach for several sports in the Winnisquam Regional School District and a job in road

construction for Pike Industries.

While those were educational experiences for a young man, Gilman said, “Since I was little, I had a fascination (in law enforcement) and when I was in my 20’s, I decided to join the force to contribute to my community. I also learned that I have a skill in talking and making people smile.”

In 2007, he was hired by Northfield Police Department and through them he became a gradu-

SEE CHIEF, PAGE A13

Sanbornton Historical Society explores what it took to win the vote for women

SANBORNTON – The Sanbornton Historical Society is honored to present the history of NH Suffragettes actively involved with Winning the Vote for Women at the Lane Tavern in Sanbornton, on Thursday, Aug. 11, at 7 p.m.

The August program, presented by Gail Morrison, will focus on two NH women, Armenia White of Concord and Marilla Ricker of Dover, who contributed to winning the vote for women in this state, and a third, Florence Luscomb, who had strong ties to New Hampshire, but lived in Boston and handed out the publication “Votes for Women” on Boston Common.

Atty Marilla Ricker of Dover NH (d1920) became a lawyer and tried to vote (denied). Amelia White (d1916) widow of a wealthy express delivery pioneer in Concord NH financed and housed Suffrage pioneers Susan B. Anthony & others. Florence Luscomb, an MIT trained architect, was active in passage of 1919 Suffrage as well as the 2nd wave.

Gail Morrison is a graduate of Salem State College & Franklin Pierce Law School. Gail Clement Morri-

SEE SOCIETY, PAGE A13

Living United in the Lakes Region

603 United bringing power of unified sports program to post-high school life



JOSHUA SPAULDING

603 United members, volunteers and supporters pose for a group picture at the official kickoff on Sunday, July 31 at Laconia High School.

BY JOSHUA SPAULDING
Sports Editor

LACONIA — On the turf of Laconia’s Bank of New Hampshire Stadium last Sunday afternoon, there was plenty of fun, laughs and smiles to go around as 603 United officially kicked off with a welcoming ceremony featuring fun and games for everyone involved.

The non-profit organization’s goal is to provide social inclusion activities for adults with and without an intellectual disability and is dedicated to creating a community that fosters healthy relationships, healthy lifestyles and inclusion around the Lakes Region.

“Things like this,” said Executive Director Cassie Contigiani, pointing to the people enjoying cornhole, ladderball, soccer and more on the turf. “Sports, singing, arts and crafts and more. It’s all about social interaction, meeting new people.”

Contigiani, a graduate of Belmont High School, got involved in unified sports during her time at the high school and carried that with her to college in Maine and knows the impact that unified sports has had on the high school communities and is hopeful that 603 United will have the same impact for adults after they leave their high school environments.

“Unified sports has been so huge, I’ve seen the change it has brought,” Contigiani noted.

Kevin Shaw, who is the chair and president of the 603 United board, knows first-hand exactly what the unified sports program has done. In fact, it took him just one basketball game to see the impact. He was refereeing a game at Gilford High School and saw the impact it had on the life of the students.

“I was hooked,” he said. “I’ve been super fortunate and I know you’ve

got to give back.”

And the fact that Gilford coaching and AD legend Dave Pinkham told him about the impact of unified sports only solidified Shaw’s desire to help.

“Dave told me that starting the unified program at Gilford was the single best thing he did as an AD,” Shaw said. “You know that’s impactful when he says that.”

“He just wanted to leave a legacy,” Contigiani said of Shaw, who has made a commitment of \$250,000 to 603 United over the course of the next 10 years, with hopes of seeing the program grow beyond just the Lakes Region to the entire state. He said he is hopeful that in five years 603 United can have five chapters around the state.

“I am hoping to be that 80-year-old guy kicking off the fifth one like this,” he said with a laugh. “It’s a lot of work, but it’s so special to be able to give back.”

Shaw had the idea of starting 603 United but it wasn’t until Contigiani came along that the pieces all fell into place, as her history of working with unified sports made her the perfect fit for his vision.

“We wouldn’t be here without Cassie,” Shaw said. “She’s the right person, she’s a rock star. That’s when it all clicked, when we brought Cassie in.”

Contigiani started Belmont’s unified jamboree while she was in high school and the lifelong athlete headed to Thomas College in Maine to play soccer and softball, while still running the tournament. However, an injury during her junior year sidelined her and he really didn’t know what to do, since she hadn’t had such a quiet time in her life.

Her athletic trainer at the time started asking about what she did in high school and when she



Belmont High School graduate Cassie Contigiani is the executive director of 603 United.



Cornhole was a popular game during the 603 United kickoff event last Sunday.

mentioned the unified tournament, he suggested why not do the same thing.

“So we started a Special Olympics club and we had 10 teams in a jamboree, just like we had at Belmont,” Contigiani said. “And we kind of kept it going.”

After receiving her Master’s degree from Thomas in 2020, Contigiani stayed on at the school to serve as an assistant coach for soccer and softball and worked in the admissions office. But the Lakes Region was calling.

“It was time for me to come home,” she said. “I’ve been very, very, very lucky, when you do Special Olympics, you realize you take for granted every day what you do.”

“They have to take a couple extra steps in their day than I do,” Contigiani continued. “We have an incredible board here, I don’t even have the words to describe them.”

One of those board members is Gerron Belanger, who is not only a board member but also one of the club members. He graduated from Gilford High School in 2021 and was a part of the unified sports program that Pinkham started.

“I couldn’t ask for a better organization than this,” Belanger stated. “Even before Kevin came up with this, I thought about starting something like this, but it’s a lot.”

“I am so grateful for Kevin for founding 603 United,” he continued.

Both Belanger and Shaw noted that graduation is typically a happy day, but in the unified world, sometimes it is not a good day, as the structure, friends and relationships that people built in high school are all of a sudden not there anymore.

“I know for many people, graduation is not a good day, but I found

my way and still got together with my friends,” Belanger said. “I missed seeing people on a regular basis.”

He noted that he’s excited to see exactly what 603 United will bring to the community.

“I am looking forward to meeting new people, connecting with old friends, being there for people and having them be there for me.”

Shaw and Contigiani both noted that the first goal for the program is to purchase a van, which would allow for the group to take trips, while the goal after that is to possibly purchase a clubhouse, a place where members can go to hang out with friends and take part in different activities.

And from there, the goal to bring 603 United statewide.

“We’re going to rely on donations and fundraisers,” Shaw said, noting a cornhole tournament, a golf tournament at Laconia Country Club and a possible alumni basketball tournament are all things that are being planned heading forward. “Personal donations, corporate donations, fundraisers, they all help.”

Shaw also thanked Laconia AD Craig Kozens and the Laconia High School community for allowing use of Fitzgerald Field for their events, calling the facility one of the premier facilities in the state.

For those looking for more information in getting involved with 603 United in any way, the group has an active Facebook page (603 United) and also has a web site with plenty of information at 603united.org.

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



A 603 United member plays a little ladderball during the kickoff event at Laconia High School.

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Lake Winnepesaukee Historical Society to host program on Bear Island Chapel

LACONIA — On Wednesday, Aug. 17, historian John Hopper will present a program on the history and preservation of the Bear Island Chapel at the Lake Winnepesaukee Museum. Since seating is limited, advance reservations are requested, by e-mail to lakewinnepesaukeemuseum@gmail.com or by phone 603-366-5950. This program is free for Lake Winnepesaukee Historical Society members; for non-members there is a \$5 fee.

Formally known as St. John's on-the-Lake, the Bear Island Chapel is the only island chapel on Lake Winnepesaukee, and an iconic symbol for generations of people who summer in the Lakes Region. Built in 1927 of island stone and incorporating a former observation tower, St. John's is an ecumenical chapel holding Sunday services in July and August. Hopper will ex-



plain how the chapel came to be some 95 years ago, as well as its history since inception.

Last year, the Bear

Island Chapel was the subject of a series of paintings by esteemed Lakes Region artist Peter Ferber. A color poster of Ferber's work will be

available for sale at this event with all proceeds going to the Preservation Fund of St. John's-on-the-Lake Association, which is dedicated to re-

storing and maintaining the chapel in perpetuity. For more information about the Association and its activities, see www.stjohnsonthelake.org.

John Hopper is a life-

long Bear Islander who lives in Center Harbor during the off-season. He is a retired banker, but holds graduate degrees in history from Ohio University and Yale University. Hopper is a past president of the St. John's on-the-Lake Association, and a member of the board of the Meredith Historical Society. He is the author of two recent books on Bear Island: "The Bear Island Chapel" (2017) and "The History of Bear Island" (2018).

The Lake Winnepesaukee Historical Society was founded in 1985 with the mission to promote and preserve the history and heritage of the Big Lake and its vicinity. This season's special exhibition focuses on the 150th anniversary of the Mount Washington. Located at 503 Endicott St. North, next to Funspot in the Weirs, the museum is open Wednesdays through Saturdays from 10 a.m. to 4 p.m., through mid-October.

Camp Resilience receives grant funding from Disabled Veterans National Foundation



GILFORD — Camp Resilience is pleased to announce a substantial grant award of \$16,500, from the Disabled Veterans National Foundation (DVNF) to support Veteran Women's Retreats. Funding from the DVNF generously supports the Veteran Women's Creativity Retreat, Oct. 3-6 and the Veteran Women's Military Sexual Trauma retreat, Nov. 3-6.

Funding from the DVNF will allow Camp Resilience to serve Veteran Women struggling to recover from moral injury and sexual trauma experienced during their military service. This generous grant is expected to significantly impact the lives of more than 25 Veteran Women.

Matt Dubois (US Navy Capt. Ret.), Camp Resilience Executive Director commented, "It takes a village to ensure that our Veterans receive the care and support that they require and deserve. The Veterans Affairs Department challenges each one of us to embrace that charge at a local level. With the help of the Disabled Veteran's National Foundation, Camp Resilience is fortunate to be able to serve our greatest assets. We

recognize that Veterans return home to communities, not governments. It is here, where their success is determined. We are grateful to the DVNF to help make that mission a reality for the heroes we serve."

Joseph VanFonda (USMC Sgt.Maj. Ret.), CEO of the Disabled Veterans National Foundation said, "Camp Resilience serves our greatest assets, our veterans. We are very excited to partner with this wonderful organization."

Disabled Veterans National Foundation exists to provide critically needed support to disabled and at-risk veterans who leave the military wounded—physically or psycholog-

ically—after defending our safety and our freedom.

DVNF achieves this mission by:

- Offering direct financial support to veteran organizations that address the unique needs of veterans, and whose missions align with that of DVNF.
- Providing supplemental assistance to homeless and low-income Veterans through the Health & Comfort program and various empowerment resources.
- Providing an online resource database that allows Veterans to navigate the complex process of seeking benefits and resources that they are entitled to as a result of

their military service.

- Serving a think tank on critical policy issues within the Veteran community and educating the public accordingly.

Camp Resilience leverages the scenic outdoors of the New Hampshire Lakes Region to improve the physical, social, mental and emotional well-being of Military Service Members, Veterans and their Families. The organization is committed to offering quality therapeutic retreats at no cost to participants. Camp Resilience facilitates outdoor experiential learning activities, life skills training classes, and peer-to-peer counseling in a fun retreat setting. By bolstering wellness and mental health, retreats inspire the Veteran participants to positively impact their world. Camp Resilience is dedicated to empowering and encouraging each Veteran to rediscover their own unique brand of resiliency.

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Rain or Shine Under Canopy

School days, school days...

It's that time of year again, when back to school photos will soon infiltrate your social media feeds. We love this time of year, when a more structured schedule takes hold, however come June, we are ready for the daily routine to be a bit more relaxed.

We always consider mid August into September to be a new year. Yes, the actual new year begins on Jan. 1; however, the start of a new school year always brings a clean slate, and who doesn't love that?

This time of year brings with it memories for all of us, even if we are not headed back into the classroom. We recall school shopping at the height of the late '80s and early '90s, when Trapper Keepers were all the new rave. During that time, anyone who walked into a drug store would be greeted with a wall of the colorful organizers, with notebooks and pencil cases to match. Having a brand new Trapper Keeper with pencils neatly tucked away the night before school started was step one. Next, the perfect outfit would have to be picked out, after all, the first day outfit set the standard for the rest of the year. During these first few days of school, the excitement was always at an all time high. It's the famous week three, when things start to settle, and the groove of the school routine has become the norm, once again.

As with most things, we enjoy tracking history. The drastic changes that have occurred over the years are quite interesting, so we thought we would share our findings.

During the 1800's, a typical rural area would have one room schoolhouses, with one teacher for grades first through eighth. The younger students would sit in the front of the classroom, with the 'big kids' seated in the back. Memorizing lessons was the priority back then, where students had to recite what they had learned. Paper bags and lunch boxes were not used for lunch, instead children would pack a lunch and carry it to school in a tin bucket.

During the early 1900's, only half of the children between the ages of five and 19 attended school. This was during the Industrial Revolution where children were needed at home to help work the farms or were put to work in factories. One study reports that in the present, 264 million children are still not educated.

We've heard it all before, but it's true, most students would walk or ride their bikes to school in all kinds of weather up to five miles away. Today most students take the bus or are dropped at school by their parents. In some areas, there have been initiatives taken to promote the 'old school' way of transporting kids via bike or walking.

In days gone by, if a student misbehaved, they were placed in a corner and had to wear a dunce cap. Discipline has changed quite a bit; however, we remember a slew of students standing along the brick wall during recess in the 1980's at our elementary school for "talking too much"... but we won't mention any names.

Home Economics classes have been replaced with a more modern swing than when they first emerged in the 1950's and lasted through the 1970's. Back then, students, mostly female, were taught how to cook and sew. In the late 1980's, those classes saw more male students as it became a requirement for all. We remember sewing 'Nerd' (you know the candy) stuffed animals and Oreo cookies in our class. When it was time to cook, we have fond memories of baking a holiday cake and forgetting to add baking powder, or was it flour? Either way, that cake took on a life of its own, and we fondly remember taking red icing and writing 'Scrooged' over it.

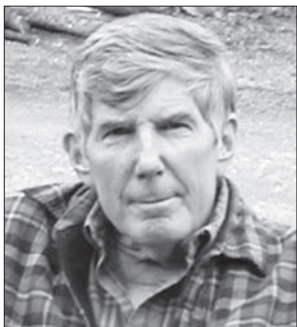
Industrial Arts classes are few and far between, however are still offered in some places with a more technological twist. Back in the day, students would take large pieces of wood, run it through a planer, sand it, stain it and create all sorts of things from entertainment centers to cut out wooden apples using a jigsaw. We remember leaving notes for our friends in the afternoon class. We would slip them in the lockers and hope we remembered whose locker belonged to who. No texting back then.

Cursive writing was always fun. It was a great feeling when you made that lower case 'j' just right. Who knew that years later, hand writing would happen less and less and our cursive skills would be a thing of the past. Handwriting is, however, making a comeback in some schools.

We think it goes without saying, that the best memories involve a good old fashioned pencil sharpener. Trying to get the pencil as small as possible in one go, meant that you were talented. If that pencil still had a full eraser, you were batting a thousand. It was an even better day, if you could get your hands on an electronic sharpener.

North Country Notebook

Maybe the symphony is a few birds dimmer



By JOHN HARRIGAN
COLUMNIST

Various television ads offer replacement services for windshields that are chipped or cracked by flying rocks and the like, and some will recalibrate driver-error warnings, like drifting across lanes or following too closely.

There are few real lane dividers north of the notches save those that crept north with the Interstates, in the form of I-93 (New Hampshire) and I-91 (Vermont). Oh, there is the Berlin-Gorham "Miracle Mile," and so-called "truck lanes" on steeper hills, which allow faster vehicles to pass. How much "faster" is always the question, of course. "What can be proved in court," one supposes.

We've always wondered about one of those other perennial questions, such as the rate-per-mile of wildlife, big and small, whose tickets get punched on hills with truck-lanes. Per-lane-mile counts for garments, garbage and wildlife are available for long hills, plus of course pieces of vehicles, and

have been for years, providing legions of benefits for wildlife researchers and actuaries.

In New Hampshire, the Department of Transportation is tasked (along with keeping the roads clear of snow) with keeping them clear of dead wildlife. It's been a while since I delved into it, but I suppose that somewhere in the bowels of Concord is a way to check this kind of thing, as in "rate per mile of adjacent three-lane hillside lanes, absent divider" (because there are no mid-lane guardrails).

+++++

Tailgating, far from being a mere bad habit, has started many a family argument and seems to getting worse in this growing age of impatience. In the "I'm no expert, but" category, I'm no expert, but because it can afflict all sexes and ages, tailgating perhaps deserves to be classed under "personality disorders" (think the maniacal driver in an old "Goofy" cartoon).

Because tailgating does not allow distance and time for a driver to avoid a crash, it can be argued (logically) that it makes no sense. Only because society feels bad enough already for the bumper-riding driver are charges so frequently dropped.

It is a perfect case of justice not being so

blind. "We've been in the same spot, impatient and all," says Justice, without her mask. "And if nobody's hurt in the other vehicle, what the heck?"

Thus "no fault" insurance, which allows police on the scene to exercise judgment and still allows civil court charges if any of the parties feels further aggrieved.

Recent experience, meanwhile, invites the observation that any warning system focusing on following too closely would be doing little else.

+++++

No chortling here. It's only luck that New Hampshire's north country has escaped the most dire of the state's drought consequences. Our sheer geographical closeness to Canada (another blessing!) has sent a series of cold weather systems our way to blunt some of the hot weather moving north.

Instead, we've had rain (it rained steadily Friday morning). This, coupled with higher elevations' abundant fern and moss cover, has allowed the region to store and slowly release groundwater.

Still, the collective "we" continue to look the other way as wetlands, hillsides and mountaintops go the

way of all flesh. This is in lock-step obeisance to the gods of "improvement", "development," and "progress."

What few people like to talk about is the fact that these words all have a price, if only in the wildlife we're supposed to hold in the public trust, not to mention the eight billion more souls on the planet (as of this Nov. 15, and counting).

+++++

I continue to get mail from other people who have noticed the drastic decline in songbirds. People tracking numbers on seasonal flyways and gathering census data on various species have noticed a precipitous decline of 30 percent or more since 1970.

I don't pretend to be any expert on birds, but can say that our little patch of hardwoods sure has quieted down over the years at camp. This is a section of open hardwoods dominated by beech, yellow birch, and maple, with an understory of ferns and various other struggling, sunlight-seeking species.

This is a carry-in, carry-out camp at the end of a hike-in trail. Depending on who's sitting where, porch-noise amounts to home-grown fiddle music and the rustling of yesterday's paper.

All of our perpetrators have made mistakes as caretakers of the planet, at least after we became able to effect them, as in the sense of "make them happen." One of those bottom-line arguments in all this is that so many of us can't imagine any life at all without music.

(This column is syndicated in newspapers from Concord to Canada. Please address mail, including phone numbers for questions, to campguyhooligan@gmail.com or 386 South Hill Rd., Colebrook, NH 03576.)

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PETS OF THE WEEK



Georgia

Georgia is a sweet older girl who loves to go for walks! She loves treats, spending time with people, and enjoying the outdoors. Georgia is looking for an active family, who is willing to continue positive reinforcement training on her leash skills and walking past other dogs. Georgia is not a fan of other dogs or cats, and does not want to live with them or make new animal friends. She is friendly with new people and may do ok living with teenaged humans



Ember

Ember is a confident cat looking for a home to claim as her own. She has a big enough personality to fill any home all by herself. She would do best in a home with adults only.

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Going out of Town

Three days in the Big Apple



A view over New York City from the 86th floor observation deck of the Empire State Building.

BY ERIN PLUMMER
mnews@salmonpress.news

New York City: The Big Apple, Gotham, The City that Never Sleeps. One month ago, I went “to be a part of it” and it became one of the greatest travel experiences I have ever had. Two days after the Fourth of July I boarded an Amtrak train in Boston bound for New York City both excited and really nervous. This was a destination I had wanted to explore for so long. And yes, I actually went by myself and stayed by myself the whole time. Three days later I boarded the train at Penn Station with a few paper bags filled with souvenirs and shopping finds in my luggage, a phone with storage almost full because of all the photos, a couple pieces of New York City pizza happily in my belly, and a plan already forming for what I want to do the next time I go down because I need to come back.

This wasn’t the first time I’ve been to New York City, but it was the

first time I got to properly enjoy it. In 2000, I was in college and had the chance to take a daytrip to NYC...a literal day trip. We boarded a bus from Manchester in the wee hours of a Saturday morning, arrived in front of the Metropolitan Museum of Art at noon, and were told to split off into our own groups and we had better be back at this spot in six hours or the bus was leaving without us. There was an hour and a half at the Met, a hike down Fifth Avenue, and experiencing Times Square. Everything was so chaotic and so wonderful, but before anything could sink in, we were back on the bus to New Hampshire. That trip ignited a hunger in me. From then on I was desperate to get back to properly experience this beautiful city.

For the next 20 years, I played with the idea of how to get back, all the while getting used to urban environments through trips to Boston and Washington, D.C.



From the top floor of the Guggenheim Museum.



There’s no place like Times Square at night.

Finally, the idea planted in my head that maybe I could just go by myself. At first it seemed like a ridiculous idea, but the more I thought about it the more I liked it. By 2021 after a year of pandemic-related restrictions and with my shiny new vaccine, I was determined to go at last. I planned out a four-night trip in August of 2021 and was planning

what attractions to visit when the Delta variant emerged. As cases steadily rose and considering how frightening the pandemic got in NYC at the beginning, I made the gut-wrenching decision to cancel my plans a few weeks before the trip. Better safe than sorry, especially during those times. Once again there was a promise that this trip would hap-



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A quiet moment at the 9/11 Memorial.

pen and I had the ticket and voucher from Amtrak to start the next plan. Flash ahead almost a year later and several hundred clicks across hotel reservation sites and attraction listings. The Omicron variant is still an issue but by now we have a better idea of how COVID works. I made up my mind I would do a three-night trip in July of 2022.

This time everything worked out and I finally was boarding that train at South Station bound for Penn Station. I’ll admit I was extremely nervous. I knew NYC was exponentially big-

ger than Boston and so many people talked about how dangerous it was. I didn’t know if I was going into a good time or into a nightmare. Either way I figured nothing ventured nothing gained. In the early evening the skyline of New York City crept up on the horizon and everything became real. Maybe half an hour later I was wheeling my bags down a sidewalk toward my hotel just a few blocks away. It was overwhelming but exciting. I was finally here; I was

SEE TOWN, PAGE A13

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Edward Jones: Financial Focus

When can you choose retirement?

If you’re like most people, your work has been a central part of your life. So, wouldn’t it be nice to have the flexibility to decide when you no longer want to work?

Many people of retirement age have achieved this type of control. In fact, two-thirds of workers ages 65 and older say they work primarily because they want to, not because they have to, according to a 2021 study by Edward Jones and Age Wave. But that means that one-third of workers in this age group feel financially compelled to work. This doesn’t necessarily mean they dislike the work they do — but it’s probably fair to say they would have liked the option of not working. How can you give yourself this choice? You can start by asking yourself these questions:

• When do I want to retire? You’ll want to identify the age at which you wish to retire. You may change your mind later and move this date up or back, but it’s a good idea to have a target in mind.

• What sort of retirement lifestyle do I want? When you retire, do you anticipate staying close to home and pursuing your hobbies, or do you hope to travel the world? Would you like to spend your time volunteering? Open your own business or do some consulting? Clearly, some of these choices will require more resources than others, so you’ll want to follow a financial strategy that aligns with the retirement lifestyle you intend to pursue.

• Am I saving and investing enough? As you chart your course toward your retirement journey, you’ll want to assess the sources of income you’ll have available. If you think you may be falling short of achieving your retirement goals, you may need to consider saving more.

• When should I start taking Social Security? You can begin collecting Social Security benefits as early as 62, but your monthly payments will be much bigger if you wait until your “full” retirement age, which will likely be between 66 and 67. Your decision about when to take Social Security will depend on several factors, including your other sources of income and your family history of longevity. Of course, as you’re probably aware, the Social Security system is facing significant financial stress, so it’s possible that we may see changes to Social Security, based on actions Congress could take. In any case, you might want to be fairly conservative in estimating how much Social Security can contribute to your retirement income. By addressing the above questions, you can get a clearer sense of when you might reach the point at which work is optional. But you’ll also need to consider other factors, too, such as how much you enjoy working or when your spouse or partner is planning to retire. In any case, the sooner you start planning for this next phase of your life, the better position you’ll be in when it’s time to make the transition.

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Bank of New Hampshire's Prestige Plus members travel to Spain and Portugal



Bank of New Hampshire's Prestige Plus Members tour Spain and Portugal.

LACONIA — Bank of New Hampshire's Prestige Plus members returned from Bank of New Hampshire's first trip to Spain and Portugal in May. The trip featured the best of Spain and Portugal, immersing the group in the colorful history, culture, cuisine and people of these beautiful countries. The trip included nine UNESCO World Heritage sites, the cities of Barcelona, Valencia, Granada, Seville, Madrid and Lisbon and several quaint towns and villages along the way, each with unique and spectacular highlights.

The awe-inspiring UNESCO site La Sagrada Familia in Barcelona, was one of the highlights of the city. The Basilica is considered the most famous work of Antoni Gaudi. Building began in 1882 and is scheduled to be completed in 2026, 100 years after Gaudi's death.

Cindy Salta, Vice President – Prestige Plus Officer for Bank of New Hampshire remarked, “You don’t know what to expect when you enter the Basilica, but it leaves you speechless. The height of it and the light that pours in from the stained glass windows is unforgettable. The windows facing the sunrise feature blues and greens, in contrast with the windows facing the sunset in red and orange tones. It is simply breath-taking and an experience I will never forget.”

Another highlight of the trip was a visit to the Alhambra, a UNESCO world heritage site in Granada, Spain. Built by the Moors in the 13th century, the Alhambra is the most visited historic site in Spain. It is an enormous 35 acre complex with three palaces, beautiful courtyards, reflecting pools, fountains, gardens and a fortress surrounding the com-

plex. The ornate tile and plaster work on the walls and floors throughout the Alhambra is breathtaking. It was the highlight of the trip for many Prestige Plus travelers.

"The Alhambra was one of the highlights of Granada!" commented Karen Seymour, Human Resources Administrator & Wellness Coordinator for Bank of New Hampshire and Prestige Plus traveler. "The ancient palace not only exudes beautiful architecture but is also rich in history from centuries ago. There were so many wonderful places we visited, but the Alhambra was my favorite."

In Seville, the group toured the Santa Cruz Quarter where the streets are lined with white-washed houses and orange trees, visited the Seville Cathedral, a UNESCO site and the largest gothic church in the world and enjoyed a passionate flamenco

show by Seville's top performers. The dancing showed the passion for life the Spanish people have that you feel when you travel around the country.

In Portugal, the travelers visited the small historic towns of Elvas, Nazare and Obidos, all famous for their beautiful views and quint old world charm. In Obidos, the group enjoyed a bit of shopping as they walked the narrow cobblestone streets, lined with whitewashed homes, shops and restaurants. Obidos is also home to a traditional stone-walled medieval castle that sits high on a hill above the town.

Neil Eastman, a Prestige Plus member and traveler, remarked, "Obidos was a favorite for me. I enjoyed climbing up the medieval walls that surrounded the town. The views of the village from up there were beautiful."

The final days of the trip were spent on Madeira Island, Portugal. The Island was formed by a volcano reminiscent of the Islands of Hawaii – lush and green, with rugged high cliffs and beautiful beaches. Madeira is known for Madeira wine, delicious food and tropical weather. Travelers enjoyed the Funchal cable car that traveled high above the city of Funchal and gave spectacular panoramic views from the top. Another thrill was riding down the steep roads on a traditional wicker toboggan which dates back to the early 19th century when local residents used the toboggan to travel quickly down the mountain from the village of Monte to the seaside city of Funchal.

Bank of New Hampshire manages a professional travel club as a benefit for Prestige Plus customers. To learn more about Bank of New

Hampshire's Prestige Plus program, contact Cindy Salta, Vice President, Prestige Plus Officer, at 603-527-3901 or salta@banknh.com.

Bank of New Hampshire, founded in 1831 provides deposit, lending and wealth management products and services to families and businesses throughout New Hampshire and southern Maine. With 21 banking offices and assets exceeding \$2 billion, Bank of New Hampshire is the oldest and one of the largest independent banks in the state. Bank of New Hampshire is a mutual organization, focused on the success of the bank's customers, communities and employees, rather than stockholders. For more information, call 1-800-832-0912 or visit www.BankNH.com.

*Lakes Region Symphony Orchestra to bring
“Christmas with the Crooners” to the Colonial*

LACONIA — The Colonial Theatre of Laconia is proud to welcome back the Lakes Region Symphony Orchestra's "Christmas with the Crooners" on Sunday, Dec. 11 at 7 p.m.

Our annual holiday concert festivities return featuring outstanding vocalist Michael Gallagan. A mix of traditional carols and modern holiday standards by crooners Frank Sinatra, Tony Bennett, Andy Williams, and more, all performed with grand orchestral splendor. A concert that will surely light up your holiday spirit. This concert sold out last year, so

buy your tickets early.

Tickets for Lakes Region Symphony Orchestra's "Christmas with the Crooners" at the Colonial Theatre of Laconia on Sunday, Dec. 11 at 7 p.m. are \$22-\$32 for adults and \$12-\$22 for students and go on sale Wednesday, Aug. 10 at 10 a.m. at www.coloniallaconia.com or by calling 1-800-657-8774.

Located in beautiful Meredith, the Lakes Region Symphony Orchestra is a 501(c)(3) non-profit organization that provides the best classical music performances for central New Hampshire during the

fall, winter, and spring. Under the baton of Conductor and Music Director Benjamin Greene, LRSO performs a variety of music ranging from the classics of Beethoven and Mozart to popular music including the sounds of Broadway, movies, and orchestral Pops classics.

Michael Gallagan, LRSO's 'Sinatra-style crooner', has performed with LRSO multiple times, and eager audiences keep asking for his return. Michael's energy, wit, and vocal style are sure to entertain listeners and get crowds into the holiday spirit.

To learn more about the Orchestra and the season schedule, purchase tickets, and more, visit www.LRSO.org

Tickets for Lakes Region Symphony Orchestra's "Christmas with the Crooners" at the Colonial Theatre of Laconia on Sunday, Dec. 11 at 7 p.m. are \$22-\$32 for adults and \$12-\$22 for students and go on sale Wednesday, Aug. 10 at 10 a.m. at www.coloniallaconia.com or by calling 1-800-657-8774.

First opened in 1914, the Colonial Theatre was designed by George I. Griffin. Original owner Benjamin Piscopo was from Italy, and the theatre featured a fire

curtain depicting Venice as seen from the water. The theatre hosted a variety of stage productions and photoplays. By the early 1930s the Colonial had pivoted to show motion pictures. In 1983, the theatre was divided up into 5 separate movie screens. In August of 2002, the theatre closed after 87 years of operation.

On June 15, 2015, the City of Laconia announced a partnership with the Belknap Economic Development Council (BEDC) to purchase, renovate, and reopen the Colonial. 609 Main Street LLC was created to conduct the capital campaign for the renovation. The restoration of the Colonial began in March of 2016 and concluded in early 2021.

The newly reopened Colonial Theatre has a seating capacity of 750 and plays host to a wide range of performances, including music, theatre, comedy, and civic events. The Colonial Theatre is managed by Spectacle Management and is home to the Powerhouse Theatre Collaborative. The Colonial Theatre is located at 609 Main St., Laconia, NH 03246. www.coloniallaconia.com

Spectacle Live was

founded in 2012 to provide performing arts venues throughout New England with expert services in venue operations, booking and programming, venue and event marketing, venue programming and operational management, consulting, and event production. Since its founding, Spectacle Live has worked with more than a dozen New England venues on facility management, and in promoting, marketing, and producing

hundreds of concerts, comedy, civic, educational, theatrical, and family entertainment events. Spectacle Live has also been a valuable consulting partner to municipalities and non-profit venue owners, developers, programmers, and operators. Spectacle Live has offices in Lexington and Lowell, Mass. and Laconia. For more information, please contact Pete Lally, plally@spectaclelive.com or 617-531-1257. www.spectaclelive.com

Tilton School, Historical Society collaborate on book fair

TILTON — The Tilton School will celebrate a new collaboration with the town's Historical Society with a book fair this Sunday, Aug. 14, from 3-5:30 p.m. at the Charles E. Tilton mansion on the school's campus.

Take home a book to enjoy or to support your local organizations while taking a complimentary tour of the historic mansion. Live music, lemonade and ice cream will also be offered on the lawn outside the mansion. Adults and children of all ages are welcome.

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‘Seats’ filling fast for stone wall workshops at Canterbury Shaker Village



CANTERBURY — According to the United States Department of Agriculture, there are more than 250,000 miles of natural stone walls in New England. On Aug. 13/14 and Aug. 27/28, there will be two opportunities to restore but a small section of one of these natural stone walls at Canterbury Shaker Village’s two-day Stone Wall Workshops. “We have people from all different backgrounds participate in these workshops,” said Leslie Nolan, executive director of the Village. “You will learn an old world skill that you can apply around your own home, and we will also provide gourmet lunch and drinks...It is work, but also a lot of fun.”

These hands-on workshops are led by master stone artisan and mason Kevin Fife, who will also discuss the history of stone walls in New England and show participants different types of walls throughout the Village. Some walls in New England date back to the mid-1600s. “Most New England settlers came from Europe,” he said. “When they cleared the land, they created stump fences and added webs and brush in between so sheep and other animals couldn’t get out.” To enroll in the Village’s Stone Wall Workshop, 9 a.m. to 4 p.m. on Aug. 13/14 or Aug. 27/28, visit shakers.org. The workshop includes materials, gourmet lunch,

and drinks each day. Tuition for returning participants is \$150 and \$250 for new participants.

Designated as a National Historic Landmark for its architectural integrity and significance, the Village features 25 restored original Shaker buildings, 4 reconstructed Shaker buildings, and 694 acres of forests, fields, gardens, nature trails, and mill ponds under permanent conservation easement. Canterbury Shaker Village is a member of the NH Heritage Museum Trail, which connects the public with culturally rich heritage institutions in New Hampshire. For more information, visit nhmuseumtrail.org.

Veterans Home Craft Fair vendor registration open

TILTON — The New Hampshire Veterans Home (NHVH) is open to vendor registrations for their fifth annual craft fair to be held Saturday, September 24th at the Home on 139 Winter Street in Tilton. This outdoor festival will take place in and around the Home’s pavilion from 9:30 a.m. to 3:30 p.m.

The annual event has featured many talented artisans offering a wide variety of items including: handmade gifts; seasonal decorations; personalized items; gift baskets; furnishings; scenic (Lakes Region / New England) pieces; baskets; woodworking;

handmade jewelry; photography; pottery; ceramics; art; crochet, knit and sewn items; salsa, jelly, sauces, syrup, and relish; soaps, bath balms and lip balm; and more. Hamburgers, hot dogs, baked goods and a variety of beverages will also be available for purchase.

The NHVH also welcomes donations of gift cards from businesses and organizations from throughout our state. In recent years, more than 100 gift baskets have been raffled at the event, each containing gift card(s) to local businesses.

To reserve a vendor

space; donate gift cards, gift baskets, or concession items; or volunteer for the event, email volunteer@nhvh.nh.gov or call NHVH volunteer coordinators Patty Copeland at (603) 527-4449 or Heather Sparano at (603) 527-4837. Vendors who complete registrations and donors who contribute by Sept. 5 will be included in the event booklet.

All proceeds from vendor registrations and raffle ticket sales benefit the NHVH Resident Benefit Fund, providing continued quality programming and quality of life for our state’s veterans.

The NHVH is home to men and women veterans who have served their country and fellow New Hampshire citizens. NHVH was established in Tilton in 1890 as the Soldier’s Home for Civil War Veterans and serves its mission to provide high quality, professional long-term care services to the Granite State’s elderly and disabled veterans with dignity, honor and respect. NHVH is the State’s only long-term care facility dedicated exclusively to veterans. For more information, call (603) 527-4400 or visit www.nh.gov/veterans, www.facebook.com/nhveteranshome.



Greyson Ty

Belknap Mill welcomes Greyson Ty to Arts in the Park Concert Series

LACONIA — Friday, Aug. 12 at 6 p.m., Greyson Ty will kick off the weekend at the Belknap Mill’s 2022 Arts in the Park Summer Concert Series! All concerts are free and open to the public to enjoy. Bring a chair or blanket and make yourself comfortable for an evening of LIVE music in Rotary Park.

Grayson Ty is a Western Massachusetts-based singer-songwriter. Entirely unpretentious, his stage presence is easy, genuine, and unguarded. In an era of so much disconnection and artifice, Grayson brings audiences together with his honest, heartfelt lyrics, and soulful, soothing voice.

The Arts in the Park Summer Concert Series is generously sponsored by Founding Sponsor Laconia Putnam Fund, event sponsor Cisneros Realty Group, and media sponsor 104.9 the Hawk, and 101.5 Lakes FM.



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TILTON – This Friday, Aug. 12, marks the final Movies in the Park night for the 2022 summer season at Riverfront Park in Tilton, and families are invited to bring blankets and lawn chairs to spread out on the lawn as they get ready for a special outdoor viewing of the Disney hit, “Encanto.”

“Encanto” was released in late in 2021 and has quickly become a favorite for people of all ages. Set to the beat of some beautiful music and lyrics, it tells the tale of the Madrigal family living far up in the mountains of Columbia in a “charmed town” known as Encanto. Each child in Encanto has been blessed with unique gifts. Except for Miranda. Discovering that she may be the family’s final hope when the magic of the town becomes in danger, the tale takes the audience on a fascinating journey as they seek to save Encanto.

Movies in the Park has been an ongoing event in the area, orga-

nized by both the Tilton Police Department and their Local 29 Union of the New England Police Benevolent Association.

The evening will begin with doors opening at the park off Main St. at 5:30 p.m. on Friday, with screen time scheduled for dusk. Besides the huge outdoor screen on which to view the film, leading up to show time there will be face

painting, pizza, popcorn, cotton candy and other refreshments available at no cost.

Among the contributors to the community entertainment venue this time around is Mix 94.1FM, which provided advertising for the event. Others providing goods and services are Taylor Rental, Smitty’s Cinema, Tilton House of Pizza, Pizza Hut, BJ’s Whole-

sale, and Dumka Productions, supplying all the sound for the night.

Tilton Police hope many will find time to join them for this one last movie under the stars in 2022, but those who have seen this highly entertaining movie before will know the officers “don’t talk about Bruno”!

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THIS DAY IN...



HISTORY

- **1898:** THE TRANSFER OF SOVEREIGNTY FROM THE REPUBLIC OF HAWAII TO THE UNITED STATES TAKES PLACE WITH AN ELABORATE ANNEXATION CEREMONY.
- **1977:** THE FIRST FREE FLIGHT OF THE SPACE SHUTTLE ENTERPRISE TAKES PLACE.
- **1992:** CANADA, MEXICO AND THE UNITED STATES ANNOUNCE THE COMPLETION OF NAFTA NEGOTIATIONS.



TEE

cleared space on a golf course for hitting the ball at each hole



THIS SPORT THAT INVOLVES HITTING A SMALL, WHITE BALL IS VERY POPULAR AROUND THE WORLD. SOME SAY IT STARTED IN SCOTLAND.

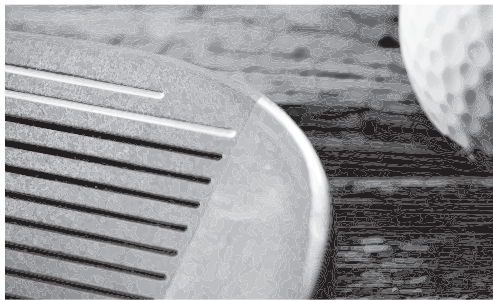
ANSWER: GOLF



- ENGLISH:** Golf
- SPANISH:** Golf
- ITALIAN:** Golf
- FRENCH:** Golf
- GERMAN:** Golfspiel



THE AVERAGE GOLFER HAS A 12,500-TO-1 CHANCE OF MAKING A HOLE-IN-ONE.



Can you guess what the bigger picture is?

ANSWER: GOLF CLUB

ABCDEFGHIJKLMNOPQRSTUVWXYZ

CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to golf.
Each number corresponds to a letter.
(Hint: 5 = C)

- A. 4 18 18**
Clue: Cleared area on golf course
- B. 5 23 20 22 10**
Clue: Used in golf play
- C. 5 1 20 2 10 18**
Clue: Where to play golf
- D. 26 25 21 17 16 5 25 3**
Clue: Average number of strokes over par

Answers: A. tee B. clubs C. course D. handicap

SUDOKU

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

Level: Intermediate

Here's How It Works:
Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

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

ANSWER:

SO Cup Golf Tournament returns to Owl’s Nest

THORNTON — A score of 54, good for 18 under par, was the winning scorecard at last year’s inaugural SO Cup Golf Tournament to benefit Special Olympics New Hampshire (SONH). It’s the score to beat on Tuesday, Aug. 16, when the sophomore SO Cup event tees off. The second annual SO Cup will once again take place at Owl’s Nest Resort and Golf Club in Thornton. Funds from the event will assist the programs of SONH as in-person training and competition continues to become more energized across the state.

SONH sports programs serve more than 3,000 Granite State athletes via 65 local programs and more than 75 school-based programs in every corner of New Hampshire. SO Cup four-somes will be named in honor of Special Olympics New Hampshire athletes.

Eversource returns as a presenting sponsor this year and Michels Power steps up to presenting sponsor status for the 2022 event.

Marc Geaumont is the Director of Transmission Project Management and Construction for Eversource in New Hampshire. He notes that there is an element of pride in partnering with SONH saying, “Special Olympics New Hampshire is a great organization and Eversource is always proud to partner with them to support their inspiring athletes.

The Special Olympics Cup Golf Tournament brings many organizations together with the athletes to rally for a great cause.” Geaumont also appreciates the people that make the event happen, “We would also like to thank the many event volunteers. Their willingness to share their time is incredibly valuable, essential to the event’s success and greatly appreciated,” he continued.

Jason Cross is Michels General Manager for Northeast Transmission and Distribution and is a big believer in the mission of SONH stating, “Michels Power would like to thank Eversource and the Special Olympics New Hampshire team for their leadership in establishing this annual event. The efforts made by both Eversource and SONH help to transform the lives of countless children and adults by nurturing diversity and inclusion within our communities throughout the Granite State and beyond. Michels Power is proud to be a returning sponsor in partnership with Eversource, for such a great cause.”

The first SO Cup event last year was quite successful. SONH Vice President of Development Carol Cray says there is even more anticipation this year, “Working with Eversource and SONH Board Members planning this event has been so exciting. To see it grow and gain momentum in year two is so promising and we are challenging ourselves to make it bigger and better. The participants of this tournament come from all over New England and are committed to improving the lives of Special Olympics athletes in the Granite State.”

The event is an 18-hole four-person scramble with a 9 a.m. shotgun start. Players may purchase mulligans, raffle tickets and more on the day of the event. There are several sponsorship opportunities available and some of them include complimentary foursomes for the event.

Find out more about sponsorships here.

The evening before the golf tournament there will be a cornhole tournament in the Town Square at Waterville Valley (33 Village Road) from 5 to 7 p.m. Entry cost is \$25 per person or \$50 for teams of two and includes appetizers and soft drinks. The cornhole tournament features cash prizes and is sponsored by Harlan Electrical Construction.

More information about Special Olympics New Hampshire is available at www.SONH.org. More information about the Owl’s Nest Resort is at www.OwlsNestResort.com.

Broadway star Michael Cavanaugh to perform at Great Waters

MOULTONBOROUGH — Tony award nominee Michael Cavanaugh will perform the songs of Billy Joel and Elton John on the Great Waters’ stage at the Castle in the Clouds on Saturday, Aug. 20 at 7:30 p.m.

In 2021, while performing at the famed New York, New York Hotel and Casino in Las Vegas, Cavanaugh was spotted by Billy Joel who handpicked him to play the lead role in the Broadway production of “Movin’ Out.” Made famous for his piano/lead vocals in the show, Cavanaugh received multiple accolades for his performance and appeared in more than 1,200 shows over a three-year period before the show closed at the end of 2005. Following the closure, Michael began touring worldwide on his own. His interpretation of the modern rock/pop songbook led to Billboard calling him “The New Voice of the American Rock and Roll Songbook.” In 2008, he debuted his show “Michael Cavanaugh – The Songs of Billy Joel and More” with the Indianapolis Symphony and in 2010 debuted his second symphony show “The Songs of Elton John and More.” Since then, he has debuted two more symphony shows and continues to tour all four productions while continuing to perform with his band in performing arts centers and other public venues world-wide.

Tickets for this and all other performances may be purchased on-line at www.greatwaters.org or by calling the office at 603-569-7710.

This summer Great Waters is presenting a variety of musical experiences at both the Castle in the Clouds in Moultonborough and on the Brewster campus in Wolfeboro. Great Waters receives major sponsorships from Belknap Landscape, Eastern Propane, Fidelity Investments, and Green Mountain Communications.

Belmont 10 Mile Road Race returns Saturday

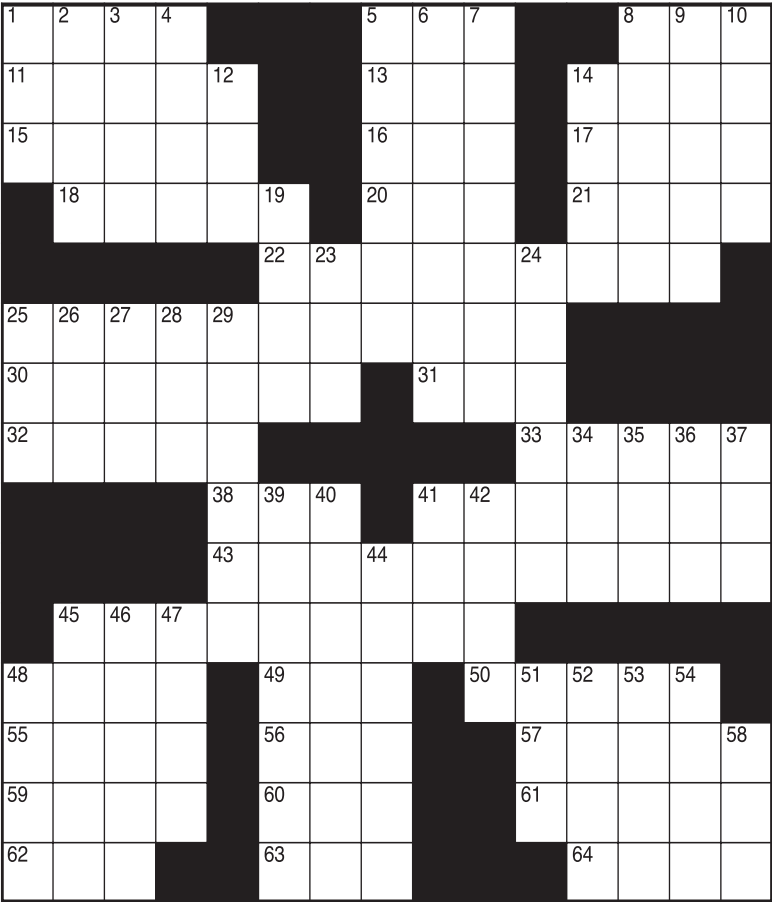
BELMONT — As the wonderful weeks of summer fly by, don’t miss the opportunity to accomplish something truly memorable for 2022. Belmont is holding its annual road race on Saturday, Aug. 13, as part of Old Home Day activities. Organizers have been told the Belmont 10 Mile Road Race is the oldest 10-mile in New Hampshire. Now that’s an experience to add to your bucket list.

If you are planning a trip to the Lakes Region in mid-August, this event may be perfect to participate in with friends and family. Past participants have raved about the race course, with its meandering back roads and a challenging hill waiting to greet you near the finish. The race starts at 8:30 a.m. sharp, so please arrive at Belmont Middle School prior to 8 a.m. for same day registration. With a nominal registration fee of \$18, which includes a free t-shirt, registration forms are available ahead of race day at Belmont Town Hall or on the town’s website at <https://www.belmontnh.org/>. Watering stations are available along the course, and presentation of awards takes place near the finish line on Main Street. Add this to the list of fun activities to do as a running club, fall sports team, or fitness group for the summer of 2022.

Questions? Call Jeff Roberts at 603-491-0979, Courtney Roberts at 603-707-0517, or Gretta Olson-Wilder at 603-998-7998.

salmonpress.com

TAKE A BREAK



- ACROSS
1. Breezed through

5. Time units (abbr.)

8. Pigeon’s murmur

11. Moves aside in fright

13. Partner to “ahh”

14. Taxis

15. Monetary units of Turkey

16. Returned material authorization (abbr.)

17. Prolific Italian opera composer

18. Restaurants

20. One’s grandmother

21. Ancient Greek City

22. Italian mountain ranges

25. Data

30. Acted in an obedient way

31. Autonomic nervous system

32. Not on the up-and-up
33. Mock lightly

38. Mimic

41. Built

43. A neighborhood

45. Inflammation of the kidneys

48. Semitic fertility god

49. Temporary name of Seaborgium

50. Wise people

55. Tear down

56. ___-fi (slang)

57. Diamond weight

59. Frosted

60. Predecessor to EU

61. Makes changes to

62. Some are secret

63. Tooth caregiver

64. Old English poet
- DOWN
1. Sign language

2. In style

3. Norwegian river

4. People with impaired hearing

5. Large stinging paper wasp

6. Bucharest is its capital

7. River in Ireland

8. Type of TV

9. Double-reed instruments

10. Spanish motorcycle manufacturer

12. Midway between south and southeast

14. French commune

19. Alike

23. A bachelor’s apartment

24. Foot part between the ball and ankle

25. Belonging to a thing

26. Japanese classical theater

27. Supervises flying

28. Not even

29. Capital of Saudi Arabia

34. Electronic countermeasure

35. Consumed

36. American politician (abbr.)

37. Sun up in New York

39. Casually looked through

40. Revealed the presence of

41. Peyton’s little brother

42. Diana __, singer

44. Study of moral values and rules

45. Civil Rights group

46. Makes less severe

47. Made an emotional appeal

48. Vivacity of style

51. One who is highly skilled

52. Gets around in pursuit of pleasure

53. Famed guitarist Clapton

54. Most common Japanese surname

58. Recipe abbreviation

TEE OFF WORD SEARCH

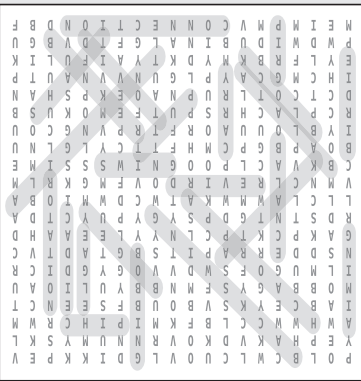
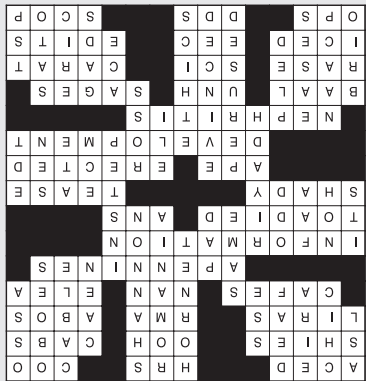
P O L B C W L C U O V L G D I K K P E V
Y E P H A K V D K O V R N N U M Y S K L
A W H W W C C L B F K M I P I H C R W M
I A B C E Y K S V B O U B F S E E N C T
M O B B A G Y S F M N B B Y U L I O A U
I L M U G O F S W D V O G Y G D I C R
N S D D E R R A P I T S B G T A D T V C
G A K P C K T P C L N Y Y L E E A A H D
R D S T N T G D P S Y G Y P U Y C T D A
L L C L A W M W K A T W C D W M I O B A
V M N C L R E V I R D O V F M G K R L M
C B K V A C L P O O G N I W S S S I M E
B O A P B G P C M H F T T C Y L G L N U
I Y B L O U U A O R F T R P V N G C O U
R C P L A C H R S P U T F E M O K U S B
D C T C O T L R U P N A O E K P S H A N
I H C M G C A Y P L G U N V V N A U T P
E Y L F R B K M Y D K T Y A I F U L I K
P W D W I D U B I N A L G F T D V B G U
M E I M P M V C O N N E C T I O N D B F

Find the words hidden vertically, horizontally, diagonally, and backwards.

TEE OFF WORD SEARCH

AIMING, ALIGNMENT, APPROACH, ATTACK, BACKSWING, BALANCE, BALATA, BIRDIE, BLOCK, BOBBING, BOGEY, BUNKER, CADDIE, CARRY, CHIP, CONNECTION, DIVOT, DRIVER, EAGLE, GRIP, PUTT, ROTATION, SHAFT, SWING

This Week’s Answers



SMART • FRIENDLY • SERVICE

SINCE 1898

BELLETETES

BUILDING PRODUCT SPECIALISTS

Lumber & Building Materials Contractor Sales

Our Ashland location is searching for a member of our Lumber & Building Materials Contractor Sales Team. You will prepare quotes, orders, invoices, special orders and purchase orders. This position will also coordinate deliveries and returns as necessary. You will serve as a resource for the customer, helping them make selections and build their confidence using your product knowledge and excellent customer service. Weekend hours required on a rotating basis.

You may apply in person or download an application from our website. All applications should be submitted to:

Dan Uhlman, General Manager

20 West Street, Ashland, NH 03217

or you may email to duhlman@belletetes.com.

E.O.E.

▶Competitive Wages

▶Paid Vacation

▶Paid Holidays

▶Paid Time Off

▶Health Insurance

▶Profit Sharing

▶Store Discounts

▶401k

SMART • FRIENDLY • SERVICE

SINCE 1898

BELLETETES

BUILDING PRODUCT SPECIALISTS

Lumber & Building Materials Yard Associate

Our Ashland location is searching for a member of our Lumber & Building Materials Yard Team. The primary responsibility of a Lumberyard Associate is to maintain customer service per company standards, the accurate and efficient loading and unloading of all lumberyard related transactions. In addition, you will be responsible for maintaining the appearance of the yard and racks in an orderly and clean manner. Forklift experience and heavy lifting is required. Weekend hours required on a rotating basis.

You may apply in person or download an application from our website. All applications should be submitted to:

Dan Uhlman, General Manager

20 West Street, Ashland, NH 03217

or you may email to duhlman@belletetes.com.

E.O.E.

▶Competitive Wages

▶Paid Vacation

▶Paid Holidays

▶Paid Time Off

▶Health Insurance

▶Profit Sharing

▶Store Discounts

▶401k

NCH

Upper Connecticut Valley Hospital

JOB OPPORTUNITIES

Spotlight Positions:

RN Nurse Manager – ED/Med-Surg

Environmental Services Technician

LNA/Health Unit Coordinator

Physical Therapist

Certified Surgical Tech

Inventory Control Technician

Phlebotomist

Multi-Modality Radiology Technician

Medical Technologist

Medical Assistant

Screeener

APPLY ONLINE

WWW.UCVH.ORG

Upper Connecticut Valley Hospital

181 Corliss Lane, Colebrook, NH 03576

Phone: (603) 388-4236

Ucvh-hr@ucvh.org

EOE

PEMI RIVER FUELS

Pemi River Fuels is hiring!

If you are seeking a rewarding career where you can make a difference, we have an opportunity for you.

We are seeking a CDL Fuel Delivery Driver (hazmat and tanker endorsement required) to join our team.

If hired, you qualify for up to a \$4,000 sign-on bonus.

Pemi River Fuels offers great benefits, competitive pay, paid time off, holiday pay, employer-paid life insurance, a family-friendly work environment, and opportunities for growth.

If you are interested in applying, please contact Scott Giguere, regional manager, at 603-536-2738.

PSI

Molded
Plastics

WE ARE HIRING!

PSI Molded Plastics is located in beautiful Wolfeboro, NH.

We offer competitive pay rates

Benefits include Health & Dental Insurance, Vision, Short Term Disability, Long Term Disability, Life Insurance, 401k, 10 paid holidays, paid vacation time, paid sick time, and many other incentives!

Assemblers – 2nd and 3rd Shift - Starting Pay \$17.00

Machine Operators – 2nd and 3rd Shift Starting Pay \$17.00

Sanders – 1st Shifts - Starting Pay \$17.00

Spray Painters –1st and 2nd Shift- Starting Pay \$19.00

Mold Setter/Mechanic – 2nd – Starting Pay \$20.00

Process Tech – 2nd and 3rd Shifts – Starting Pay \$22.00

Production Lead 3rd shift – Starting Pay \$20.00 and up depending on experience.

\$1.00 per hour shift differential on 2nd shift.

\$2.00 per hour shift differential on 3rd shift.

**\$1,000 SIGN ON BONUS

SUBJECT TO TERMS AND CONDITIONS

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

PSIMP an Equal Opportunity Employer.

ISO 9001:2015 Registered.

Moultonborough School District

School Year 22-23 Coaching Opportunities

The Moultonborough School District has the following coaching opportunities available for school year 22-23:

Full Time Athletic Trainer

JV/Assistant Varsity Girls Soccer Coach

JV/Assistant Varsity Boys Soccer Coach

JV/Assistant Baseball Coach

Volunteer Coaches - All Sports

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

Chris Wood, Athletic Director

Moultonborough School District

PO Box 228

Moultonborough, NH 03254

or email all documents to: cwood@sau45.org

Equal Opportunity Employer

BURNDY

HUBBELL

Join our growing team! - \$1,000 sign on bonus*

New Pay Structure & Shift Differential

Advancement Opportunities!

Flexible 3 - to 5 - day work week options, including a Full - Time weekend shift.

Shit Differential – 2nd Shift \$1.50, 3rd Shift \$3.50 and 4th Shift 12%

BURNDY

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

Make an appointment to visit our facility and apply

Call, Text or Email

In **Lincoln** @ 34 Bern Dibner Drive, Lincoln, NH 03251 • Paul Pinkham – ppinkham@hubbell.com 603-621-4431

In **Littleton** @ 150 Burndy Rd, Littleton, NH 03561 • Marni Wittman – mwittman@hubbell.com 603-621-4451

See all our open positions and apply online at: <https://careers.hubbell.com/>

Open positions Include:

Automation Technician

Maintenance Mechanic

Machine Operators

Manufacturing Supervisor

Been out of the workforce? No manufacturing experience?

NO PROBLEM! We'll provide training!

Burndy is a wholly - owned subsidiary of Hubbell, Inc., an equal opportunity employer M/F/Veteran/Disability All qualified applicants will receive consideration for employment without regard to race, color, religion, gender, national origin, disability, protected veteran status or any other protected class

*Sign on bonus paid after 90 days

HELP WANTED

Tilton-Northfield Water District Water Operator

The Tilton-Northfield Water District is accepting applications for a full time permanent Water Operator position. The position will perform skilled and semi-skilled work involving the operations and maintenance of a water treatment and water distribution system.

Position requires a current New Hampshire driver's license, ability to lift 80 lbs., heavy equipment operating experience; being able to respond to emergencies, be on a rotating on-call schedule and live within 15 minutes of the District. Overtime is required.

Minimum qualifications include a high school diploma or GED; possession of a NHDES Grade 1 Water Treatment and Grade 1 Distribution License (or must be willing to obtain these licenses within the first year of employment).

The Tilton-Northfield Water District offers a competitive hourly rate and benefits package. Please send letter of introduction with resume and references to: Tilton & Northfield Aqueduct Co., Inc. 14 Academy Street Tilton, NH 03276. Applications are available at our website t-nwaterdistrict.com or at the office.

The successful applicant will be required to pass a background check, a DMV check and a drug test. EOE/ADA/AA

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

VARNEY-SMITH Lumber Company, Inc.

CDL TRUCK DRIVER/ YARD MAN

Duties to include:

- Local deliveries of lumber-building materials.
- Loading-off loading incoming and outgoing deliveries
- Must be conscientious, self-motivated, good with people, a team player
- Able to lift a variety of building materials
- Preferably long-term employee

Benefit to include:

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

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



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

BLUE HERON SCHOOL AT SQUAM LAKES NATURAL SCIENCE CENTER

ASSOCIATE TEACHER

We are seeking an experienced early childhood educator for an exciting role as an Associate Teacher to join our team of distinguished educators at the Blue Heron School. This role is a full-time position that can be year-round or academic year. The Associate Teacher role supports the Co-Director's and Lead Teacher's in the classroom preparation, as well maintaining a successful Montessori indoor and outdoor learning environment.

A detailed job description, compensation package, and employment application will be provided upon receipt of resume and letter of interest.

Please remit both via email to:

Bonnie.Baker@nhnature.org
www.nhnature.org Located in Holderness, NH

R.M. PIPER INC.

GENERAL CONTRACTORS

Heavy - Highway - Civil Construction



NOW HIRING!

LABORERS

DUMP TRUCK DRIVERS
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\$500 New-Hire Incentive

Visit rmpiper.com/employment for more information and additional employment opportunities!

Text: (603)481-1057 Email: jobs@rmpiper.com

Phone: (603)536-4154

Equal Opportunity Employer



SCAN HERE WITH YOUR PHONE OR TABLET TO APPLY ONLINE!

Come join the team. A fun place to work!

PART- TIME HOME DELIVERED MEAL COORDINATOR

Coordinate the home delivered meal program.

Experience working with older adult population helpful. Computer literate. Training provided.

Earned time, holiday pay, life insurance, 403 (b) retirement plan and lunch benefit.

EMAIL: maria.mcintyre@gcsccl.org

www.gcsccl.org

An Equal Opportunity Employer



Ashland Lumber

A division of Belletetes, Inc.
Hardware Sales

We are looking for a full-time hardware sales person who enjoys people and has good customer service skills. Knowledge of paint, plumbing and electrical as well as a basic understanding and knowledge of hardware preferred but not required. Weekend hours required on a rotating basis.

You may apply in person or download an application from our website. All applications should be submitted to:

Rick Ash, Hardware Manager
20 West Street, Ashland, NH 03217
or you may email to rash@belletetes.com.

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



2022-2023 OPENINGS NOW HIRING!

LONG TERM SUBSTITUTE- ELEMENTARY TEACHER

SPECIAL EDUCATION PARAEDUCATOR

SUBSTITUTES

For more information please visit:

<https://www.interlakes.org/sau2/Content/aes-employment>

EOE

SHAKER REGIONAL SCHOOL DISTRICT COACHING VACANCIES

Shaker Regional School District is seeking coaches for the 2022-2023 season for following athletic teams:

Belmont Middle School – Girls Soccer; Boys Soccer

Belmont High School – JV Girls Soccer

Interested individuals should submit an application for employment, which can be found on our website at www.sau80.org in the Human Resources Department link, to Cayman Belyea, Athletic Director, c/o Belmont High School; 255 Seavey Road; Belmont, NH 03220. For additional information please call 603-267-6525 ext. 1362. Successful completion of a post-offer, pre-employment physical and criminal background check, including fingerprinting, is required. Shaker Regional School District serves the communities of Belmont and Canterbury, New Hampshire and is an Equal Opportunity Employer.



Full-Time Installers Assistant

Energysavers Inc, a 47 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. Earn up to \$20 hour.

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

PROPERTY MANAGEMENT ASSISTANT WANTED

Full Time or Part Time

PROPERTY MANAGEMENT COMPANY SEEKING OFFICE ASSISTANT WITH GENERAL ADMINISTRATIVE AND FINANCIAL KNOWLEDGE TO JOIN OUR TEAM.

RESPONSIBILITIES INCLUDE: ANSWERING PHONES, WORKING WITH CONTRACTORS AND CLIENTAL, CONTRACTOR FOLLOW UP AND SITE VISITS. MUST BE COMPUTER LITERATE.

OUTSIDE MAINTENANCE WORK ALSO AVAILABLE TO WORK INTO POSITION.

PLEASE CONTACT MMC AT
603-726-4044



Full-Time Position Warehouse/Service

Energysavers Inc is looking for a self-motivated individual to add to its staff. The position would include, but is not limited to, organizing and pulling parts for jobs as well as receiving deliveries. We are a highly recommended 47 yr old Lakes Region retailer of well-known hearth & spa products. You can earn while you learn! Potential to move into a service or installation position is a possibility. No prior experience required. Must have a valid driver's license & be able to lift/carry an 80lb min.

Stop in to fill out an application:

Energysavers Inc,
163 Daniel Webster Hwy, Meredith NH

BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests during the week of July 25 to Aug. 1.

Nicholas Didonato, age 41, of Laconia was arrested on July 26 for Transporting Drugs in a Motor Vehicle, being

in Control of a Premises Where Drugs Were Kept, and multiple counts of Possession of a Controlled Drug (subsequent offense).

Brytnee T. Gavell, age 33, of Sanbornton was arrested on July 27 for Residential Open Burn-

ing of Waste.

Geoffrey D. Williams, age 40, of Belmont was arrested on July 28 for Criminal Trespassing and Resisting Arrest or Detention.

Jerod I. Brining, age 34, of Belmont was arrested on July 28 for

Breach of Bail Conditions.

Alexis Brehanna Carroll, age 24, of Meredith was arrested on July 29 for Driving After Revocation or Suspension and Suspension of Vehicle Registration.

Otto B. Keller, age 39, of Moultonborough was arrested on July 29 for multiple counts of Pos-

session of a Controlled Drug and in connection with multiple bench warrants.

Michael J. Danforth, age 43, of Allenstown was arrested on July 29 for Possession of a Controlled Drug.

Aaron J. Craig, age 36, of Hudson was arrested on July 29 for DUI-Im-

pairment. A second individual whose name has been withheld from publication was taken into protective custody for intoxication during the same incident.

Michael Morron, age 30, of Belmont and Carroll R. Akerman, age 52, both of Belmont, were arrested on July 30 in connection with warrants.



ROCHE REALTY GROUP

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

LACONIA OFFICE
1921 Parade Road
(603) 528-0088

SEARCH NH REAL ESTATE: WWW.ROCHEREALTY.COM

\$649,900
MLS# 4923953

\$649,900
MLS# 4924149

\$1,200,000
MLS# 4923738

\$924,000
MLS# 4923933

Laconia: Granite Gate at Plantation Beach- 2,100 Sq ft, 3BR/ 3BA, 6-unit new construction development w/ attention to detail. Modern design & classic finishes throughout. A quick drive to enjoy the amazing association beach and area attractions. \$649,900 MLS# 4923953

Laconia: At Long Bay, 3BR/ 3BA Contemporary Cape w/ open concept floor plan. Floor to ceiling stone hearth w/ energy efficient Soapstone woodstove and so much more! Amenities ind. 2 beaches, a pool, tennis, miles of walking trails & more! \$649,900 MLS# 4924149

Meredith: 3BR/3BA Grouse Point Club w/ deeded boat slip. Features include, open concept living, 1st floor primary suite, beautiful pond views, & a finished walkout basement. Amenities include 3 beaches, pool, gym, use of clubhouse and so much more! \$1,200,000 MLS# 4923738

Belmont: Windsor Corner 4BR/ 4BA Situated on 3-acre wooded lots in the heart of the Lakes Region. Features custom homes w/ direct entry 2 car garage, large deck overlooking a beautifully landscaped yard. Many high end finishes to choose from. \$924,000 MLS# 4923933

Best of 2022 Winner

Voted #1 BEST Real Estate Company in NH's Lakes Region, 2019, 2020, 2021 & 2022!
Voted #1 BEST Commercial Real Estate Broker, 2020, 2021 & 2022!

Since 1997 Roche Realty Group has sold more than \$2.63 billion of New Hampshire's properties involving 8,634 transaction sides and has ranked in the top 10 real estate firms in New Hampshire out

WHO'S WHO IN LUXURY REAL ESTATE

* 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.

Monday • August 15th @ 11 AM

Rumney Single Family + Large Garage

PUBLIC AUCTION

To be held on the Premises at 70 Glory Avenue

70 Glory Avenue
Lot #13-009 .23 acre,
set in the tall pines, as-
sessed for \$104,000. House
and garage have been vacant.
The 18x26 garage with an unfi-
nished loft w/bath and a 10x26
Screenhouse. Property subject to
the rules of the New England
Fellowship Community. The
premises will be sold "as is,
where is". Other terms may be
announced at sale. Grafton County
Registry book 4348 Page 458

TERMS of SALE: A deposit of \$5000 in cash or certified check will be required to bid. The successful bidder over the reserve will be required to execute a Purchase and Sale agreement upon the conclusion of bidding and close within 45 days of the auction. Other terms may be announced at the sale. Bidders are responsible for determining the status of the property being offered. The property shall be sold "as is, where is." **OPEN HOUSE to be held 1 hour before sale.** Additional terms and info can be found on the website:

WWW.MCGAUCTIONS.COM

Real Estate Auctioneers
TOM McGLAULIN, LIC. #2928
info@mcpauctions.com

99 Fairgrounds Road, Plymouth, NH 03264

The McGlaulin Group Auctioneers

LACONIA
4BR/4BTH condo with beach rights to Lake Winnisquam. Central A/C, 1st floor Master suite, large deck overlooking pond. 2-car garage!
\$399,000 (4921904) Bronwen Donnelly

MOULTONBORO
Far Echo Harbor Beach Club! This antique cape is sited on 3+ acres and is being sold with a separate beach lot to a private Winnepesaukee community. House has 3BR/2BTH, separate workshop and detached 2-car garage.
\$799,000 (4923659) Amy Elfline

MEREDITH
4BR/3BTH home with 2-car garage on 1.45 acs. Beautifully maintained, move-in ready! Many recent upgrades and a wonderful location. This won't last long.
\$439,000 Melissa Cribbie

MEREDITH
3BR/1BTH home on .60-acres located in downtown Meredith. 2-car detachedw/d garage, town water/sewer. Walk to beach, boat launch and shops/restaurants. Abuts Swazey Park.
\$349,000 (4920110) Bronwen Donnelly

MEREDITH LANDING REAL ESTATE

285 Daniel Webster Highway
(603) 677-7007 • WWW.MeredithLanding.com

800+ Lots of RC Planes & Woodworking Machinery

ONLINE AUCTION

Closes Monday, Aug. 22 @ 10AM

Lancaster, NH Location

Preview: Wed., Aug. 17 from 11AM-1PM

Over 800 lots of woodworking equip. & RC planes.

- Jet DC-650 Dust Collector
- Walker Turner Spindle Shaper
- 100+ Woodworking Tools
- 100+ RC Planes & Cars
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Century 21 Twin Rivers Ralty: 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

Peabody and Smith: www.peabodysmith.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

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
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EQUAL HOUSING OPPORTUNITY

TOWN

CONTINUED FROM PAGE A1

finally in New York City! My hotel was near Times Square, and I certainly wandered around those several, colorful blocks finally with a chance to take it all in. My first impressions were that it was complete chaos, but a fun chaos. So much was going on: so many people, so many sights, so many noises. It was chaos but a chaos I knew I could get used to.

For the next two and a half days I did as much walking as I could and explored as much as I could. I had way more time to explore than I had in 2000, but it still wasn't a huge amount of time, so I had a list of priorities.

That first morning I walked a few blocks to the famous Empire State Building, starting in the museum and ending on the 86th floor looking

over all of the city. The only other skyscraper I had gone up with an observation deck was the 51st floor of the Prudential Center and that was almost cute in comparison.

As soon as I was back on the ground, I hiked up Fifth Avenue like I did in 2000 only this time with some wandering in Central Park and spending a moment at Strawberry Fields. I finally ended up at the Guggenheim and walked up the sloping walkway to all of the museum's spiraling floors. I walked back to Times Square and by the end of the day I put on 30,000 steps on my Fitbit: a personal record.

The next day I hopped on a Big Bus through midtown, ending at the World Trade Center. I spent some somber time at the 9/11 Memorial and Museum, seeing so many artifacts from that awful

day in 2001 and spending time at the memorial and its serene park. After this experience I felt the urge to go to the One World Observatory to see what was built in that place. Right when I thought 86 floors was a huge view, the 102-story view was a much different experience.

There was one big geeky stop in Lower Manhattan I needed to make. Soon I was right in front of FDNY's Hook & Ladder 8 fire station in Tribeca: "Ghostbusters Station," the actual building featured in "Ghostbusters." It was a little surreal to be right in front of the actual fire station from one of my all-time favorite movies. I have to say firefighters on duty were really nice to all the tourists taking pics and letting kids see the inside of one of their engines.

Following this I took my first ride on a New York City Subway, and

it was, in fact, just a regular subway ride. More crowded than the T but a bit more efficient too.

Later that night, I walked to 34th Street and walked through the famous Macy's store in Herald Square. Imagine every Macy's in the state of New Hampshire stacked on top of each other with a few boutiques and cafes tacked on every floor; that's how big it is. I will look on my new handbag and pancake pan fondly as functional souvenirs.

The next day was departure day and I wanted to cram in as much as I could. I grabbed the Metro to Central Park, and after a brief walk, I was back at the Met. I walked around and explored as many exhibits as I could, including taking in the original “Washington Crossing the Delaware” painting, the Temple of Dendur, an exhibit of historical clothing, and so, so much more. After

leaving I decided to take that long walk back to Times Square where my luggage awaited at my hotel. I took some extra time through Rockefeller Center, browsed through FAO Schwartz, picked up some doughnuts at Krispy Kreme for a future snack, and took one last walk through Times Square to say goodbye to this wonderful city I had fallen in love with.

Not long after was picking up my luggage and walking back to Moynihan Train Hall to catch my train back to Boston. I was back in New England a few hours later, then seeing the familiar walls of South Station again. A T ride and a few hours of driving later I was crossing the New Hampshire line again.

I could go into so much detail about any of my travels in NYC and probably will break this down further in the future. In the mean-

time, I am sitting here a month later going over my memories of those three amazing days. This trip was more than the right decision, it was life changing in the best way possible. It proved I could achieve a major goal like this. It also proved to myself that I am capable of safely navigating a city like this alone and know what I was doing. I had no negative incidents other than the usual city annoyances and the whole experience was overwhelmingly positive.

I already know I want to go back and am already thinking of what I want to do, where I want to stay, and different priorities for next time. I will say I'm not as desperate as I was back in 2000: this was an itch that was satisfyingly scratched, and I came home blissfully fulfilled.



After being sworn in as the new leader for the Tilton Police Department last week, Chief Abe Gilman's wife Megan pinned a new badge to his uniform in front of a large crowd of supporters.

CHIEF

CONTINUED FROM PAGE A1

ate of New Hampshire's 146th Police Academy, serving the community as a police officer for five years; a job he truly enjoyed.

"I believe that in law enforcement, living and working where you grew up takes a unique mindset," Gilman said.

In 2013, he transitioned across the river to the Tilton Police Department, and there he began his climb up the law enforcement ladder.

Beginning as a full-time officer in September of that year, Gilman went on to become a Field Training Officer; an interim then fulltime sergeant a few years later; and again an interim then fulltime lieutenant by 2021. When the town needed someone to take the reins of the Tilton Police Department late that year, as the highest-ranking officer Gilman was asked to step in as Officer in Charge.

At that time, Tilton's Board of Selectmen started a search for a new police chief. Chairman Scott Ruggles said they first decided to look within the department for leadership. After speaking with their officers, the board felt they need not look any further and offered Gilman the position.

“He is a tireless worker, and he loves the

town,” Ruggles said after swearing Gilman in. “He grew up in the area and wants to make the town and the police department the best around.”

The decision was one in which selectmen, other town officials, business owners and residents heartily approved of, each calling it a “great day for Tilton” as they watched Gilman take the oath of office.

"It's wonderful to have a police chief who is someone local and knows the town and the people," one couple said.

Gilman and his department had a busy day leading up to the ceremony, but he was proud and humbled as his wife Megan stepped forward to pin the new badge to his uniform.

He and Megan have been married for 12 years and live in Franklin with their two dogs, Luca and Archie. As a lifelong resident of the area he said he is pleased to serve the community he loves.

"I feel I have a special connection in this area and couldn't see myself working anywhere else," Gilman reflected the following day. "I take pride and care about what goes on and I want to truly make a difference in this community. As chief, I want the people to know that my door is always open and we need to work together to progress."

SOCIETY

CONTINUED FROM PAGE A1

son became interested in suffrage while serving four terms in the New Hampshire House of Representatives, twice elected by the voters of Hudson and twice by the voters of Tilton and Sanbornton. She is also a li-

censed New Hampshire
Court Mediator.

During the 1970's & '80's, Morrison was active as a leader in the second wave of Feminism, organizing rallies & bus trips to ERA extension rallies from NH & successfully lobbying for passage of ERA ex-

tension in NH. While a New Hampshire State Rep, she organized a tribute to women active in NH politics. The pioneer Suffrage activists in New Hampshire led to New Hampshire voting for national suffrage in 1918, as well as ERA extension in the 1980's.

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Critical Time Intervention: Helping patients find support

LACONIA — Lakes Region Mental Health Center (LRMHC) employees had an exciting day at the University of New Hampshire Franklin Pierce School of Law on Thursday, Aug. 24. They joined multiple New Hampshire mental health centers for the “NH Critical Time Inter-

vention (CTI) Kickoff,” where questions were answered, patient success stories were shared and a panel discussion with CTI experts was held.

LRMHC officially began accepting referrals into the CTI Program last month and they

are one of 10 community mental health centers in New Hampshire participating in the program. CTI is an evidence-based, time-limited practice that provides invaluable social supports and services for those leaving psychiatric hospitalization and transitioning back into the community. The purpose of the practice is harm reduction - to make the transition during this critical time period as smooth as possible and to provide patients with a sense of security and stability so there is a decreased chance of them being re-hospitalized in the future.

Someone participating in CTI will typically go through three different phases during the nine-month program. Pre-CTI begins before a patient’s discharge from the hospital; this is where they have the opportunity to enroll in the program and will meet their CTI Coach for the first time. Once a patient leaves the hospital, CTI officially begins. Each phase lasts three months.

During phase one, the CTI Coach makes home visits and introduces the patient to community supports, building rapport and trust.



The CTI team at Lakes Region Mental Health Center.

COURTESY

“You’re setting them [the patient] up to be as independent as possible, so trust is an important part of keeping them engaged during the program,” said Brandon Abel, CTI coach at LRMHC.

The coach will work with the patient to establish a phase plan, where they will establish goals they’d like to accomplish during the nine months, which can change at any time according to each individual’s wants and needs. In phase two, the patient is encouraged to take more responsibility. The CTI Coach meets with the patient less during this time; they are there to help mediate any conflicts or concerns that arise, but will mostly observe and take a less active role in managing the patient’s community supports. The last part of the program, phase three, is where the CTI Coach begins to transition the patient into fully independent living. They will help the patient set up long term goals, then will step back and ensure that the patient and their sup-

ports can function independently.

LRMHC’s CTI team consists of Alison O’Neill, Director of Neurological Treatment & Service Access, Sara Bresslin, Care Transition Team Lead, and Brandon Abel, CTI Coach.

Participants must be 18 years or older to enter the CTI program and are exempt if they are already participating in LRMHC’s ACT program.

For more information on CTI, please go to <https://www.critical-time.org/>

The Lakes Region Mental Health Center, Inc. is designated by the State of New Hampshire as the community mental health center serving Belknap and southern Grafton Counties. A private, non-profit corporation, LRMHC has two campuses, in Laconia and Plymouth that serves over 4,000 children, families, adults and older adults each year. LRMHC provides Emergency Services 24

hours a day, seven days a week, to anyone in the community experiencing a mental health crisis, regardless of their ability to pay. Additionally, LRMHC provides individual, group and family therapy; mobile crisis teams in the event a tragic event occurs that impacts a community at large, psychiatry; nursing; community support programs for people with severe and persistent mental illness; care management; community-based supports; housing; supported employment; substance use disorder treatment; and specialty services and evidence-based practices for children and their families, including trauma-focused therapy, art therapy and play therapy. Child Impact seminars are offered in Laconia and Plymouth for divorcing families.

For more information or to schedule an appointment, call 603-524-1100 or visit the Web site at www.lrmhc.org. Find the Lakes Region Mental Health Center on Facebook and follow us on Twitter for updates and information.



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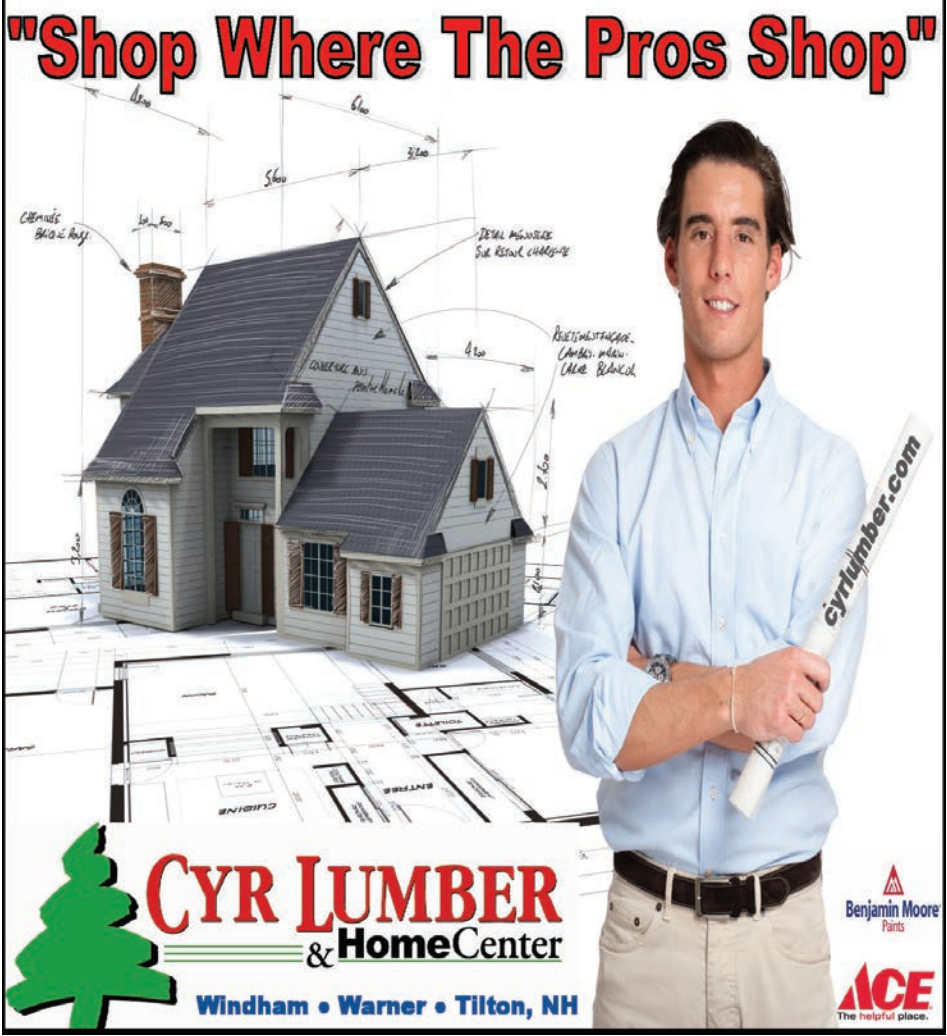
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