

Winnisquam Echo

THURSDAY, OCTOBER 17, 2024

FREE

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

Cemetery tour offers a chance to learn local history...and meet those who made it

BY DONNA RHODES
Contributing Writer

TILTON — Presented by the Tilton Historical

“Park Cemetery History and Hauntings Walking Tour” will be an educational and fun experience for all as they invite

everyone to Park Cemetery on West Main Street, where they will not only learn about the history of some residents from Tilton and Northfield,

along the way.

Recently, Tilton Historical Society selected some of the people who are buried at Park Cemetery then researched and discovered interesting facts about each. They now look forward to reenacting their history as people stop by the gravesites. Members of the Tilton Family, Civil War soldiers, local businesspeople and other notable residents are just a few that will greet visitors that day.

Tilton selectman and Historical Society member Jon Scanlon is part of the “Grave Group” volunteer actors who will take part in the event. He said that for several weeks the group has practiced their roles in preparation of this unique event. Adding to the realism of the presentation, the historical society also managed to obtain period clothing to make their depictions as realistic as possible.

Among those selected for the first-ever walking tour will be George Lord, owner of Tilton’s once famous Eye Glass Factory. Lord suffered an unusual death at his home (now known as Tilton House of Pizza) and the Historical Society invites people to come hear his story. His “ghost” may even be spotted wandering throughout the cemetery that day,

but people will have to stop by to learn how he ended up buried there.

Visitors might also spy the late Mary Osgood out for a stroll during the

tour. Mary lost her family at a young age and grew up to be a very sad and despondent woman.

SEE TOUR, PAGE A8



ical Society, this year’s everyone to Park Cemetery but meet a few of them

COURTESY

The spirits of George Lord and his wife Mary (a.k.a. Jon Scanlon and Janice Leighton-Boudreau of Tilton) are just a couple of long-deceased residents who people might meet at the “Park Cemetery History and Hauntings in Tilton” walking tour next week, presented by the Tilton Historical Society.

Raiders wrap up the season at Country Club of New Hampshire

BY JOSHUA SPAULDING

Sports Editor

SUTTON — The Belmont golf team wrapped up the regular season with a 1-3 finish at the Country Club of New Hampshire on Tuesday, Oct. 8. With the win, the Raiders more than doubled their win total from a year ago.

Host Hopkinton won the day with 79 points, with Sunapee in second place with 75 points and the Raiders in third place with 58 points. Prospect Mountain rounded out the scoring with 42 points.

Max Ryder led the way for the Raiders with 17 points out of the second spot in the lineup while Jordan DeFrancesco finished with 16 points in the third spot. Jacob Akerstrom played at number one and finished with 15 points and Jasper Sottak earned 10 points from the fifth spot to round out the scoring for the Raiders. Alex Rowley finished with nine points from the fourth spot and Brayden Pucci finished with eight points at number six to finish out the field of Belmont golfers.

The Division III State Meet is slated for today, Oct. 17, at Rochester Country Club.

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

Sanbornton Congregational Church welcomes guest organist Randy Steere Sunday



Randy Steere

SANBORNTON — Concert artist Randy Steere will present a very special program Sunday afternoon, Oct. 20 at 3 p.m. at the Sanbornton Congregational Church, UCC. This concert has been designed by the artist to reflect his thoughts on a future path for the organ that will attract and keep a growing audience.

The concert includes a wide variety of more contemporary music including inspiring arrangements of “This Little Light of Mine” and “Kum Ba Yah,” as well as English pageantry, New Era, by Nigel Ogden. Very moving works by minority composers

SEE STEERE, PAGE A8

Veterans Home to host Art Show

TILTON — Veterans of the New Hampshire Veterans Home (NHVH) will be hosting an Art Show on Friday, Nov. 1, from 10 a.m. to noon and 1 to 3 p.m. at 139 Winter St. in Tilton. This event features free admission and will take place in the Home’s ‘Town Hall’ great room, accessible via the entrance near the corner of Winter Street and Colby Road in Tilton.

The wide variety of veterans’ art on display will include pencil drawings, watercolor paintings, acrylic paintings, photography, poetry, and magnetic art. In addition to veteran art displays and conversation with artists, the Show will feature live music performances by veterans and employees, including the National Anthem, sung by Heather Sparano, NH Veterans Home Volunteer Services employee; patriotic selections from the New Hampshire Veterans Home Company Beat music group; and guitar with vocal performances by Eric Erskine, NHVH Volunteer. Additionally, visiting artists from The Galleries at 30 Main from Meredith,



COURTESY

Shawn Flanagan, NH Veterans Home Volunteer, and Doug Jaquith, NHVH resident & US Air Force Vietnam era ceteran, enjoy art on exhibit.

NH, will provide demonstrations, displays, and art conversations.

The NH Veterans Home residents, staff and volunteers recognize RED (Remember Everyone Deployed) shirt Fridays in solidarity to support our deployed troops. Art Show attendees are invited to wear red to show their support; RED shirts

are also available for purchase in the Home’s ‘Main Street Store’.

The NHVH is home to 136 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 pro-

fessional 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.

Laramie, Divers lead Belmont runners in Hopkinton

BY JOSHUA SPAULDING
Sports Editor

HOPKINTON — The Belmont girls finished in fifth and the boys ran to sixth in a meet hosted by Hopkinton High School on Wednesday, Oct. 9.

Leading the way for the Raider girls was ninth grader Jenna Laramie in 15th place overall in 25:38. Lyla McSheffrey was 22nd overall in 26:59, Rebekah Edgren ran to

24th place in 27:10 and Hailey Clairmont was 25th in a time of 27:10.3. Clemence Lhermitte finished out the scoring for the Raiders with a 27th place finish in a time of 27:19.

Riley Degange was 29th in 27:53, Violet Smith was 36th in 29:24 and Charlotte Ekberg finished in 47th place with a time of 33:37.

For the Raider boys,

Wyatt Divers was the top finisher, crossing in a time of 20:23 for 14th place, with Brayden Townsend in 24th place with a time of 20:53. Sean Andrews was 33rd overall in 22:25, David Tripp finished in 23:38 for 48th place and Adrian Wilkinson rounded out the scoring with a 63rd place finish in a time of 26:29.

Henry Ashworth was

65th overall in 26:49 and Daniel Tripp finished in 66th place with a time of 27:02.

The Raiders are scheduled to compete today, Oct. 17, at the Capital Area Invitational at Merrimack Valley High School.

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

Around and About Tilton

BY GREGG DEVOLDER

Hello, and welcome back.

The Planning Board met to review the Sobriety Centers of NH LLC property at 100 Autumn Drive. This was a review of site plan changes seeking approval and the discussion lasted for over an hour. The meeting was continued until Tuesday, Oct. 22 as the board had several questions and items to be included in the site plan.

There was also a discussion regarding the warrant article that was passed in March at our town meeting. It focused on cleaning up the language in our zoning ordinance regarding solar arrays. If I recall correctly, the new language was supposed to make it conform better to our town's regulations. So, I was a bit surprised to see some confusion as to how to incorporate the warrant article language into the town's regulations.

Though I haven't seen the numbers on the Tilton Island Bridge, my understanding is that they have arrived and will be discussed in one of the upcoming Selectmen's meetings. I'll let you know as soon as I hear something more.

I'd like to personally thank all the folks at the DPW for the great effort put forth for our town's fall cleanup days. I lost count of the number of trips I made but there was always a helpful hand and smiling face and I have to say, I needed both, thank you!

It looks as though the changing colors of the trees and cooler temperatures is bringing out the best in the "Scarecrow Decorating Contest." Forms are still available at the very well decorated and now, spooky town hall. Don't forget, cash prizes will be awarded.

I received a great note from the American Legion Post 49 regarding their "Octoberfest Pig Roast" on Saturday, Oct. 19. This sounds like a terrific event with dinner and dancing to the Freddy Partridge Band beginning at 5 p.m. Tickets are on sale at the Post and the cost for all of this entertainment is only twenty dollars per person. That sounds like an excellent deal all around!

The Tilton Historical Society will be hosting the perfect event for the month of October. "Park Cemetery, History and Hauntings in Tilton, A Walking Tour" on Saturday, Oct. 26 at 2 p.m. This walking tour will include "guest appearances" from Mary Osgood, and Charles Elliot Tilton among other historical notables, nearly twelve in total. Watch them come alive throughout this fun and educational walk. Kim Sowles will also provide her expertise in explaining the iconography of some of the headstones and monuments. But it doesn't end there. People will also have an exclusive look inside the Winter Mausoleum or "Receiving Vault" which was donated by Alexander Hamilton Tilton (Charles Tilton's uncle). Remains of people who passed in the winter months would be temporarily held there until the ground thawed out enough for proper burial in the spring.

Parking will not be allowed inside the cemetery, but the back lot next door behind the Doric Center Lodge and across the street at the High School will be available to the public. Please remember to wear comfortable shoes, your feet will thank you.

There is no charge for the tour, but donations would be greatly appreciated to help with future events and for the purchase of cleaning materials for historic headstones and statues around town.

And when you're finished with the cemetery tour, you can head downtown for the "Trunk or Treat" event, which kicks off at 3 p.m., with the Costume Parade starting at 4 p.m. Remember trunks close at 5:30 p.m. Prizes will be awarded for best costumes; good luck to all.

When I reviewed the agenda for the Parks Commission meeting this week, I think it's safe to say, the fun doesn't end in October. Thanks again for putting so many smiles on so many faces this year! Can Santa possibly be just around the corner?

For those of you who will not have an opportunity to vote at the polls in November, you can still request an absentee ballot. We just went through this process with my 91-year-old mother, it was painless and from what I could see, well protected to ensure no monkey business. They take this very seriously and it's well appreciated. I should also give a shout out to folks at town hall for volunteering to help our Veterans with their paperwork needs. So many good deeds go unnoticed every day, thank you to all for making this a better place to live.

Well, that's all I have for now. Thank you for reading and all your comments! As always, you can email me at: aroundandabouttiltonnh@gmail.com. I can't promise I'll respond to everyone, but I will read them all.

Have a great week!

Volleyball Bears drop tight one to Gilford

BY JOSHUA SPAULDING
Sports Editor

GILFORD — The Winnisquam volleyball team had just one game last week, going on the road to take on Gilford on Wednesday, Oct. 9. The Bears returned home after a back and forth battle with a 3-2 loss to the Golden Eagles.

"This was a game that could have gone either way," said Bear coach Mark Dawalga. "Gilford made a couple of plays more than us, pulling out a 15-12 fifth set to win the game.

"I thought we played hard all night," the Winnisquam coach added. "This is something we

can build off of as we go down the stretch with five games left in our season.

"We need to continue to grow as a team and learn off what went right and how to improve on what went wrong," he added.

The Bears are slated to be in action at Ha-

nover on Friday, Oct. 18, will be at Manchester Memorial on Monday, Oct. 21, and host Kennett on Wednesday, Oct. 23, all with 6 p.m. scheduled start times.

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

Bears hit the trail in Hopkinton

BY JOSHUA SPAULDING
Sports Editor

HOPKINTON — The Winnisquam cross country team hit the road to Hopkinton on Wednesday, Oct. 9, with the girls coming home sixth and the boys finishing eighth overall on the afternoon.

Leading the way for the Bear girls was Natalie Wolfe, who finished

in 41st place overall in a time of 32:26, with Penelope Sprague in 43rd place in 32:35. Bella Daltzell was 45th in a time of 33:28, Elise Langevin crossed in a time of 37:24 for 48th place and Ariana Maxwell rounded out the field of Bears with a 50th place finish in a time of 39:54.

For the boys, Lazar

Arbutina continued his solid freshman campaign with a 19th place finish in a time of 20:46, with Cullen Desrochers in 26th place in 21:30 and Owen Bakis in 37th place in 22:52. Joseph Curtin was 49th in 23:38 and Kyren Whitmore rounded out the scoring with a 54th place finish in a time of 24:48.

Lucas Durphey finished in a time of 25:24 for 60th place overall and Luke Larrabee finished out the field of Bears with a 67th place finish in a time of 27:46.

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

SANBORNTON POLICE LOG

SANBORNTON — The Sanbornton Police Department responded to 23 calls for service and reported one arrest for the week ending Oct. 5.

Glenn T. Pierce, age 64, of Eastchester, N.Y. was arrested on Sept. 29 for DUI, Simple Assault, Disorderly Conduct, Criminal Mischief, and Misuse of Plates.

The breakdown of the remaining class was as follows: one civil standby, one criminal mischief complaint, one incident of disorderly conduct, one DUI, one harassment complaint, two house checks, one report of misuse or failure to display plates, one request for motorist assistance, one motor vehicle accident, two pistol permits, two requests for police information, two reports of reckless operation, one sex offender registration, one report of simple assault, one service of a subpoena, two reports of suspicious activity or vehicles, one theft, and one untimely death.

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Sanbornton Public Library to present “A Walk Back In Time: Secrets of Cellar Holes”

SANBORNTON — The New Hampshire Humanities Grant program “A Walk Back in Time: Secrets of Cellar Holes” will be presented by Adair Mulligan on Thursday, Oct. 24 at 6 p.m. in the Woodman Room of the Sanbornton Public Library. Northern New England is full of reminders of past lives: stone walls, old foundations, a century-old lilac struggling to survive as the forest reclaims a once-sunny dooryard. What forces shaped settlement, and later abandonment, of these places? Adair Mulligan explores the rich story to be discovered in what remains behind. See how one town has set out to create an inventory of its cellar holes, piecing together the clues in the landscape. Such a project can help landowners know what to do if they have archaeological sites on their land and help stimulate interest in a town’s future through its past.

Adair Mulligan has a runaway curiosity about the natural and cultural history of northern New England. Author of “The Gunstock Parish: A History of Gil-



Adair Mulligan

ford, New Hampshire,” she has also contributed to “Proud to Live Here

in the Connecticut River Valley”; “Where the Great River Rises: An

Atlas of the Upper Connecticut River”; and “Beyond the Notches: Sto-

ries of Place in New Hampshire’s North Country.” Executive di-

rector of the Hanover Conservancy, she served for 20 years as conservation director of the Connecticut River Joint Commissions. Mulligan holds an MA degree from Smith College.

Sanbornton Public Library is located at 27 Meetinghouse Hill Rd. in Sanbornton. Library programs are free and open to the public. Light refreshments will be offered. Contact the library with any questions at (603) 286-8288 or SPLNHcirc@gmail.com.

New Hampshire Humanities (NHH) funds and supports programs that inspire curiosity, foster civil dialogue, and explore big questions. An independent, state-wide nonprofit, NHH made possible last year 587 free public programs and digital broadcasts reaching 17,859 residents in partnership with 210 organizations in 121 communities, to engage all citizens, regardless of their age or educational level. For more information about New Hampshire Humanities, please visit www.nhhumanities.org.

Audubon announces program on ospreys



MOULTONBOROUGH — On Thursday, Oct. 17 at 7 p.m. at the Loon Center in Moultonborough, the Lakes Region Chapter of the New Hampshire Audubon Society will present a program on Satellite Tracking of New Hampshire Ospreys, presented by Iain MacLeod.

This is the second program on more than 25 years of monitoring nesting Ospreys here. Since the first post-DDT nest was located in the

region in 1997, the population has grown, and Iain has dedicated countless hours to following them.

MacLeod is the Executive Director of the Squam Lakes Natural Science Center. He has been studying Ospreys for more than 45 years, both here in New Hampshire and his native Scotland.

In 2011, the Squam Lakes Natural Science Center launched a new

research and education project focusing on tracking the international migrations of Ospreys nesting in New Hampshire. State-of-the-art solar-powered satellite transmitters that weigh 30 grams / one ounce are attached to the backs of juvenile and adult Ospreys. Interactive web-based technology allows near real-time tracking of multiple Ospreys as they migrate from their nests in New Hampshire to South America and back. Each backpack in-

cludes a tiny GPS unit that records hourly locations, altitude, speed, and direction.

the Moultonborough Road and turn left on Central School, or from Lee’s Mill Road. Route 109, turn on to Lee

The Loon Center is located on Lee’s Mill Road; follow the signs on Blake Road from Route 25 near

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Opinion

Letter submission policy

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

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

Celebrating the spooky season

As the air turns crisp and the leaves crunch beneath your boots, there's something about this time of year that feels both cozy and a little eerie. Halloween is upon us, and with it comes the unmistakable pull of ghost stories, pumpkin carving, and a sense that maybe—just maybe—we aren't as alone as we think.

Halloween has roots that go way back, all the way to the ancient Celtic festival of Samhain. Imagine bonfires lighting up the dark, chilly night, with people in animal skins and masks, hoping to keep the spirits from noticing them. It was believed that the veil between the living and the dead was thin on Oct. 31, and the spirits were out and about. Fast-forward a few centuries, throw in some Irish immigrants bringing their traditions to America, and here we are—still dressing up, still feeling that touch of magic (and maybe fear) in the air.

But there's something special about Halloween here in New England. Maybe it's the old houses, some of which seem to creak with secrets of their own. Maybe it's the fog that rolls in just right, making everything feel like the opening scene of a ghost story. New England has been the setting for some of the most chilling tales—stories that seem to hang in the cool, still air this time of year.

Take the eerie tale of the "Lady in White" of Union Cemetery in Connecticut. Picture it: a moonlit night, and a woman in a flowing white dress wandering the cemetery's edge. She's been spotted by countless people over the years, always disappearing into the mist just as quickly as she appears. Then there's "Emily's Bridge" in Vermont, where the ghost of a heartbroken young woman is said to linger; her presence felt by those brave enough to walk the bridge at night. And here in New Hampshire, we have the haunting of the Mount Washington Hotel, where guests still report seeing the ghost of Carolyn Stickney, the original owner's wife. She's often spotted in Room 314, brushing her hair, or simply strolling the halls as if still watching over the grand hotel she loved.

But Halloween isn't just about the ghosts; it's about that cozy feeling that comes with the bright foliage and chilly air. There's something magical about this time of year. The world feels like it's slowing down, wrapping itself in the warm colors of fall—heavy sweaters, mugs of hot cider, the crackle of a fire. And yet, even as we snuggle in, we can't quite shake the feeling that we're sharing this season with something...otherworldly.

As you settle into the comforts of fall, don't forget to indulge in a few good ghost stories. Whether it's huddling around a bonfire or sitting by the fire with friends, these tales are as much a part of the season as the turning leaves. Maybe it's because they remind us that even in the coziest of moments, there's always a little bit of mystery in the air.

Enjoy your cider, carve your Jack O'Lanterns, and pull your sweater a little tighter; remember that you're part of something much bigger and older. And if you happen to catch a shadow out of the corner of your eye or feel a chilly breeze sneak in through the window, well, maybe that's just New England reminding you it's not just the living who love this time of year.



The Tilton Senior Center and the Thrift Clothes Closet collaborated once again for a terrific fashion show! Models showed off the great clothing and accessories you can find at the store for great prices. The Thrift Clothes Closet, located at 357 Central St. in Franklin, is an a 501(c)3 charity organization that is operated by a team of volunteers with all profits given to individuals and programs in the Three Rivers neighborhood. Their phone number is 603-934-2423. From left to right: Janet Shaw, Lois Donaghy, Iris Ultsch, Monica Johnston, June Emery, Louise Ellis, Linda Hebert, and Dottie Perkins.

Missing 411

POSITIVELY SPEAKING
TOBY MOORE

Well, if you read my column last week, you'll know that for this Halloween season, I decided to venture into the Strange, Dark, and Mysterious—a bit of a departure from my usual focus on the positive. But I have to admit, I've always been intrigued by mysteries. And what better time than spooky season to dive into the things that freak me out?

Many of you will start looking for a logical explanation as soon as I bring up this topic. Our brains want to rationalize the strange and unusual. But sometimes, things defy explanation, and that's what drew me back to 2015 when I first heard David Paulides on "Coast to Coast AM" with George Noory.

Paulides, a former police officer turned researcher after his retirement. His focus? Missing person cases, often in the middle of nowhere and in our National Parks. As an avid hiker, I've been to many remote areas and forests, and I've only ever experienced their beauty. But according to Paulides, something else lurks in these wildernesses—a series of cases that are as baffling as they are unsettling.

Now, I know what you're thinking—peo-

ple get lost, wander off the trail, or are attacked by wildlife. And while these situations happen, a subset of missing person cases don't fit those typical explanations.

In his "Missing 411" series, Paulides doesn't speculate or offer wild theories. He presents the facts—just like a detective—and leaves the conclusions up to the reader. His work is compelling because he doesn't rush to label any disappearance as a "Missing 411" case. A specific set of criteria must be met before a case qualifies.

These are the disappearances where people seem to vanish without a trace—no signs of a struggle, no evidence of an attack, no clues. Search and rescue teams comb the area, and dogs are brought in—but in some of these cases, the dogs refuse to track the scent.

One case that stands out for its oddness is the story of Keith Parkins, a two-year-old boy who disappeared on April 10th, 1952, near his grandfather's cattle ranch in Ritter, Ore. Keith was playing outside with his older brothers near a barn when he suddenly vanished. A frantic search began when his mother realized Keith

hadn't returned for lunch with his brothers. The conditions were cold, with snow patches still on the ground.

Initially, locals and family members searched, quickly spreading out in a line, covering as much ground as possible. As the day wore on, the search grew larger, and by nightfall, more than 200 people were involved, combing the area in hopes of finding the boy. Despite the cold and rough terrain, they were confident they'd see him nearby. But the search dragged on through the night, with no sign of Keith.

Then, at around 7 a.m. the next morning, searchers found footprints three miles away, walking through a herd of cattle—one set of footprints. Hours later, a searcher found Keith 12 miles away in Skull Canyon, lying face down in the snow, his hat and coat beside him. Remarkably, he was alive but suffering from exposure, unable to move because his body was stiff from the cold. His face was covered in scratches, and his clothing was torn. Keith made a full recovery, but his case left many unanswered questions. How did a two-year-old travel 12 miles in freezing temperatures

overnight without shoes, food, or water? Yet, against all odds, he survived. I have a hard time believing he could do this without help from someone or something.

This case has a happy ending—Keith was found alive—but he was two years old, and two-year-olds don't walk 12 miles, especially barefoot in the snow.

Parkins' case isn't an isolated incident. There are hundreds of cases that are even stranger and far more terrifying.

Mysteriously, these cases often occur in clusters—specific locations where disappearances appear more frequently. The patterns suggest that something strange is at play in these regions, though no one has been able to pinpoint a solid explanation.

The forests, mountains, and wilderness may hold more mysteries than we care to admit. So, as you carve pumpkins, watch scary movies, and enjoy Halloween, understand that real-life mysteries can be far more frightening than any old ghost story.

Toby Moore is a columnist, the star of Emmy - Nominated A Separate Peace, and the CEO of Cubestream Inc

Comfort Keepers

In-home care can help reduce readmission

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

People over the age of 65 are more likely to be readmitted than younger patients, and readmission can be more serious for seniors.

Readmission after an illness or injury is a serious health issue for seniors. However, it is important for seniors and their loved ones to remember that in many cases, readmission is avoidable and can be prevented with a thoughtful post-hospital care plan.

Nearly one-fifth of all Medicare patients in the United States who are discharged from

the hospital end up returning within 30 days.

There are many reasons seniors may need to be readmitted to the hospital, but healthcare agencies are focused on finding ways to reduce these numbers and educate patients about how to have a healthier recovery at home.

For many seniors, this means having a quality caregiver that can help them overcome some of the main preventable causes for returning to the hospital. Consider the following:


Medication is critical: Some seniors need assistance taking medication in the right amount on

the correct schedule. When you consider that, on average, seniors with chronic conditions fill 50 different prescriptions annually, it is not difficult to imagine how someone could get confused when a new medication is added to their regimen. Caregivers can not only remind seniors to take medications as prescribed, but they can also help seniors keep a list of those medications and their dosages so the information is readily available for healthcare professionals. Managing medications is one of the best ways a caregiver can help seniors during their recovery.

Follow up visits pre-

vent readmission: A full two-thirds of patients readmitted to the hospital would have avoided that trip if they had seen their physicians within two weeks for follow up. The reasons for not following up vary but can include transportation difficulties and forgetting to make or keep appointments. Hospital staff can aid the senior by setting up appointments for the individual before discharge, but getting to the appointment can still be a challenge. In addition to a host of uplifting care services, caregivers can provide transportation

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The Winnisquam Echo is published weekly by Salmon Press, P.O. Box 729, 5 Water St., Meredith, NH 03253. Periodicals postage paid at Meredith, NH 03253.
POSTMASTER:
Send address changes to the Winnisquam Echo, P.O. Box 729, Meredith, NH 03253.

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

New Hampshire Heritage Museum Trail welcomes Erin Hammerstedt

CANTERBURY — In September, the New Hampshire Heritage Museum Trail welcomed Erin Hammerstedt as the new Executive Director of Canterbury Shaker Village. A longtime member institution of the Trail, the Village is designated as a National Historic Landmark with 25 restored original Shaker buildings and four reconstructed Shaker buildings.

“We are honored to welcome Erin,” said Trail President Jeff Baraclough. “She brings a wealth of historic preservation experience that is truly unmatched. Erin is an asset not only to Canterbury Shaker Village but to the entire Trail.”

Hammerstedt most recently served as Director of Historic Harrisville, Inc., a local nonprofit that rehabilitates historic buildings in the mill town of Harrisville, New Hampshire. She holds a Master’s degree in Historic Preservation and has worked in multiple nonprofit roles

involving the preservation and use of historic structures. She has also worked as a consultant on public projects that include historic resources and as a staff member for a historic district commission.

“I am a firm believer in the importance of authenticity,” said Hammerstedt. “Materials can be made to look like things, but they are not the real thing. Here, at Canterbury Shaker Village, things are as real as they get.”

During her first year as Executive Director, Hammerstedt said she plans to “learn as much as [she] can about the place and the things that have happened [there] from its origination to the present.”

“I want to make sure we retain its important essence while allowing it to live on well into the future,” she added.

Describing the Village as “magical,” Hammerstedt said she was drawn to the combination of Shaker quality and Shaker story as well as “the amazing” staff already in place.

“I am honored to be part of this amazing team in this truly one-of-

a-kind place,” she noted.

To learn more about Canterbury Shaker Village, including its ongoing celebration, Commemorating 250 Years: Shakerism in America, visit shakers.org.

In addition to Canterbury Shaker Village

in Canterbury, member institutions on The Trail are located in New Hampshire’s Lakes Region, Merrimack Valley, and Seacoast. To learn more, visit nhmuseum-trail.org.

HIGH SCHOOL SLATE

Thursday, Oct. 17

BELMONT
Cross Country at Merrimack Valley; 4
GILFORD
Cross Country at Merrimack Valley; 4
Field Hockey at St. Thomas; 6
WINNISQUAM
Field Hockey vs. Franklin; 4

Friday, Oct. 18

BELMONT
Boys’ Soccer vs. Hillsboro-Deering; 3:30
Girls’ Soccer at Hillsboro-Deering; 4
Volleyball vs. Moultonborough; 6:15
GILFORD
Boys’ Soccer at Inter-Lakes; 4
Football at Somersworth; 7
Girls’ Soccer vs. Inter-Lakes; 4
Volleyball vs. Plymouth; 6
WINNISQUAM
Boys’ Soccer vs. Stevens; 4
Volleyball at Hanover; 6

Saturday, Oct. 19

WINNISQUAM
Football at Bishop Brady; 5

Monday, Oct. 21

BELMONT
Volleyball at Inter-Lakes; 5:15
WINNISQUAM
Volleyball at Manchester Memorial; 6

Tuesday, Oct. 22

BELMONT
Boys’ Soccer vs. Stevens; 3:30
Girls’ Soccer at Stevens; 6
GILFORD
Boys’ Soccer at St. Thomas; 4
Girls’ Soccer vs. St. Thomas; 4
WINNISQUAM
Boys’ Soccer at Raymond; 5:30

Wednesday, Oct. 23

BELMONT
Volleyball at Hillsboro-Deering; 5:15
GILFORD
Volleyball vs. Oyster River; 6
WINNISQUAM
Volleyball vs. Kennett; 6
Thursday, Oct. 24
BELMONT
Boys’ Soccer at White Mountains; 3:30
Girls’ Soccer vs. White Mountains; 3:30

All schedules are subject to change.

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PETS OF THE WEEK



Meet Elsa!

Elsa recently became available for adoption; more information regarding my personality and ideal home are coming soon!



Meet Baby!

Baby is a lovely lady who would do best in a home where she can get some adventures. She loves to lay in the sun and hang out with her people, but she won't say no to a romp in the woods either! She'd do best in a home where she's the only animal - she deserves to be the star of the show! Come meet Baby and fall for her smile today!

Hurdy Gurdy Americana concert Oct. 20 at Unitarian Universalist Society of Laconia

LACONIA — Ever heard of a hurdy-gurdy? You may know it by many other names - vielle a roue, zanfona, or organistrum - as there is a version of this medieval instrument in just about every European country. But, did you know that this instrument has been making a popular comeback? It's unique sound is now heard in everything from popular film scores to rock bands to folk music and back again to its traditional medieval dance music heritage.

On Oct. 20 at 4 p.m., at The Unitarian Universalist Society of Laconia you will now be able to immerse yourself in the beauty of this unique instrument. This concert, featuring Noelle Beaudin & Max Enloe, brings you through the ages of the hurdy-gurdy.

Beaudin, a professional piano and organ player, is bringing a modern take to this ancient instrument, the hurdy-gurdy. She presents a contemporary take on the music of this instrument's past, present and future. This concert will combine the natural sound of the instrument with the new "American" hurdy-gurdy sound Beaudin

has been creating for the past several years. There will be singing, playing, storytelling, and laugh-

ter. Beaudin & Enloe will also explain how the

instrument works and its capabilities. Their learning extends deep within the community. Both are instrumental in the hurdy gurdy community, as they founded and created gurdyworld.com, the largest online resource for the instrument. For the past two summers they have hosted and run an East Coast workshop and retreat for the instrument, bringing in players from Spain and Quebec. They have performed numerous concerts and entertained hundreds of people, making them converts to a medieval instrument gone modern!

To learn more about Beaudin's music visit:
www.deathbygurdy.com
youtube.com/@noelle-beaudin
www.tiktok.com/@deathbygurdy
instagram.com/deathbygurdy

Tickets are \$25. You are encouraged to get your tickets early. Reserve by calling 603-524-6488 or email uusl@my-fairpoint.net to reserve your tickets. The church is located at 172 Pleasant St. in Laconia. Light refreshments will be available. A Harvest Pie Sale will take place during Intermission.



Noelle Beaudin and Max Enloe are set to perform on Sunday, Oct. 20 at 4 p.m.

COURTESY

Sharon Jones brings Blues, Jazz, and R&B to Hermit Woods for an unforgettable night



MEREDITH — Join us for an evening of multi-genre brilliance with Sharon Jones, the

veteran blues and jazz vocalist from Portsmouth, as she takes the stage at Hermit Woods.

Known for her dynamic performances and powerful voice, Jones will captivate you with a

blend of jazz, rock, and R&B, showcasing her talent and passion for music.

Event Details:
 Complimentary Wine Tasting: 5:30 – 6 p.m.
 Doors Open & Dinner Served: 6 p.m.
 Show Begins: 7 p.m. (Drinks & Dessert served during the show)

Sharon Jones is a celebrated performer throughout New England, with a reputation for engaging audiences and delivering unforgettable performances. Her shows are known for their high-energy, riff-driven sound that

blends classic jazz, blues, and contemporary influences, leaving audiences clamoring for more. Sharon's charisma and expressive style create an intimate connection with the crowd, making each performance a unique experience.

Hermit Woods is proud to present this intimate listening room experience, offering music lovers an up-close and personal encounter with extraordinary artists. We ask that guests enjoy the music in silence, allowing everyone to fully immerse themselves in the performance.

Arrive early to enjoy a complimentary wine

tasting starting at 5:30 p.m., followed by a delicious dinner served until 7 p.m., when the show begins. After the performance, guests will have the chance to meet Sharon Jones and explore any music or merchandise offerings.

Purchase your tickets now for an evening of remarkable music, fine dining, and great company. Don't miss this opportunity to experience Sharon Jones live in the warm and inviting ambiance of Hermit Woods.

For more information and to purchase tickets, visit our Web site, hermitwoods.com/music.

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Los Sugar Kings bring Afro-Cuban, Rock & Reggae to Hermit Woods



MEREDITH — Join Hermit Woods this Thursday, Oct. 17, for a night of exceptional music, mouthwatering cuisine, and fine wine as Hermit Woods presents Los Sugar Kings, a Boston-based quartet renowned for their electrifying performances and genre-blending reper-

toire. This unique show combines the rhythms of Afro-Cuban Son, Salsa, Rumba-Flamenca, rock, and reggae into a vibrant, high-energy experience that will leave you wanting more.

Event Details:
Complimentary Wine Tasting: 5:30 – 6 p.m.

Doors Open & Dinner Served: 6 p.m.

Show Begins: 7 p.m. (Drinks & Dessert served during the show)

Los Sugar Kings, named after a famous Cuban baseball team, is celebrated for their rich harmonies, impressive musicianship, and dy-

namic live shows. They draw on diverse influences, paying homage to the greats while also infusing their music with a unique, global flair. Each member is a master of their craft, yet together, they create a chemistry that transforms every performance into a lively celebration of culture,

passion, and spontaneity.

From Patino Vazquez's captivating vocals and guitar to Mikael Mersha's rhythmically rich bass, Daniel Abreu's soulful saxophone, and Tony Curtis Hall's infectious percussion, every note will take you on a musical journey around the world. This is a show not to be missed.

Hermit Woods is proud to offer this intimate listening room experience, where guests can truly connect with the music. We encourage our audience to embrace the moment and refrain from talking during the show, allowing everyone to be fully immersed in

the performance.

Doors open at 5:30 p.m. for a complimentary wine tasting, with dinner service available until 7 p.m., when the music begins. After the show, guests are invited to meet the band and explore any music or merchandise on offer.

Purchase your tickets now and experience a night to remember with Los Sugar Kings. Don't miss this opportunity to enjoy world-class music in a warm and welcoming atmosphere.

For more information and to purchase tickets, visit our Web site.

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Please see our website for the full job announcement and application information:
<https://www.forestociety.org/node/15169>

TOUR

CONTINUED FROM PAGE A1

She loved spending her time outside Hall Memorial Library however and went on to become a librarian there.

Sadly, at a much later age Mary was found dead in the river off of Park Street and many people have reported over the years that they've seen her wandering through the two towns ever since. There is one place the

public can expect to see her now however, and that will be at the cemetery next week. Once again, the tour will reveal the rest of her story.

"Come hear about Mary and many others who once walked the streets of Tilton and Northfield," Tilton Historical Society said.

Others expected to appear will be members of the Alexander Hamilton Tilton family. Alexander is the uncle of town

founder Charles Tilton, and Alexander's family burial compound is filled with beautiful statuary as well as the headstones and mausoleums of his loved ones.

Surrounding Alexander's family plot, perched above a quiet brook, are also historic mausoleums made of marble, a gazebo that was recently restored, and much more. In fact, a lighter presentation from Charles Tilton him-

self will even be part of the event further back in Park Cemetery that day.

Tilton Historical Society said the "Park Cemetery History and Hauntings in Tilton" is welcome to all at no cost,

but donations to their very active group are greatly appreciated."

The event will begin at 2 p.m. at the cemetery, located at 414 W. Main St. in Tilton. Ample parking will be available at Win-

nisquam Regional High School, across the street. Participants are advised that there will be some uneven terrain and they should come prepared by wearing comfortable shoes for the walk.

STEERE

CONTINUED FROM PAGE A1

Adolphus Hailstork and Florence Price will also be performed.

Each half will conclude with an exciting French piece for organ and orchestra featuring a virtual orchestra supplied by local organist Laura Belanger and her Organ Symphony Assistant program; audience

members will hear Mr. Steere playing the organ with the sound of an orchestra accompanying his live performance.

Visit <https://organ-symphonyassistant.com> to learn more about the Organ Symphony Assistant.

All are welcome. There is no charge for this event.

Sanbornton Congregational Church, UCC

is located at 21 Meeting House Hill Rd.. A stairless entry is accessible through the parking lot at the rear of the church. Assistive hearing devices are also available. For additional information, contact Sanbornton Congregational Church, UCC (603-286-3018) or visit our Web site at www.uccsanbornton.org.

COMFORT

CONTINUED FROM PAGE A4

to appointments and keep track of any post-care visits.

Discharge plans only work when implemented properly: Having a discharge plan for the patient before he or she leaves the hospital can be crucial for recovery, but it can be difficult for seniors and their family members to focus on the plan during the stress of the illness and discharge.

Caregivers can help the senior follow the instructions and will connect with family or other approved individuals when there are problems or change in condition during recovery. They can also help explain the information or ensure that the appropriate person is notified if the older individual has questions about his or her course of treatment. This takes the stress off the family and the patient so he or she can focus on recovery.

Having a helping hand during recovery can ensure positive outcomes and a return to an active, engaged life. Family members, friends and neighbors are often willing to serve as a post-hos-

pital recovery caregiver, but there is professional help available for those that don't have someone nearby to assist them. For long-term recovery, those who have the assistance of friends and family can benefit from a professional caregiver to provide respite care and support.

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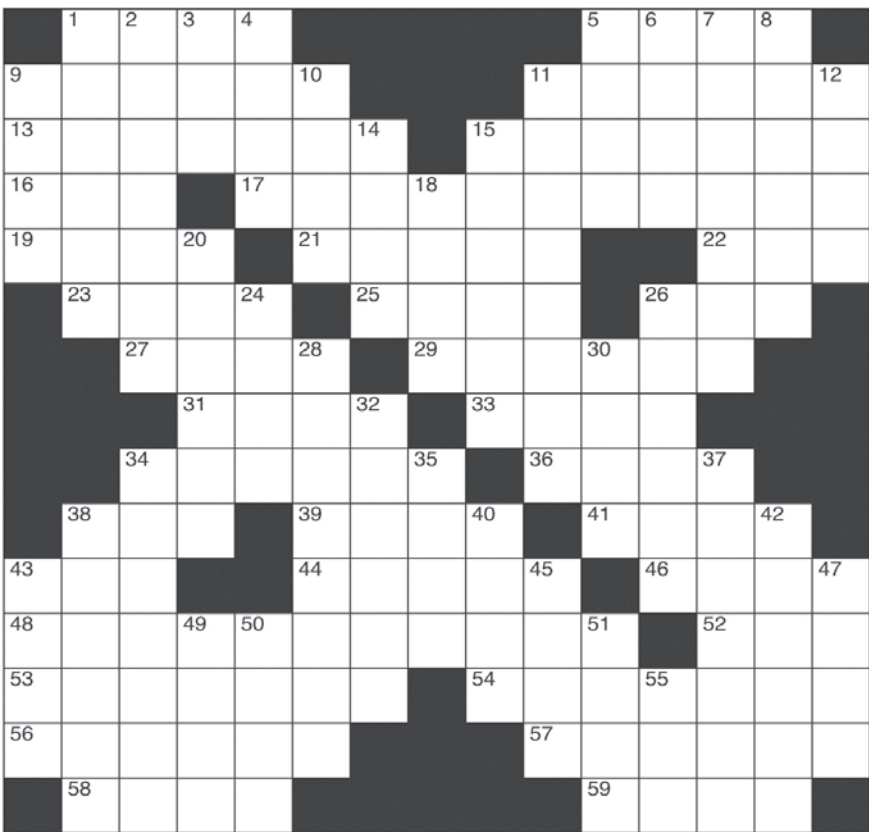
Please call 603-536-6060 or visit our Web site at nhcomfortkeepers.com for more information.

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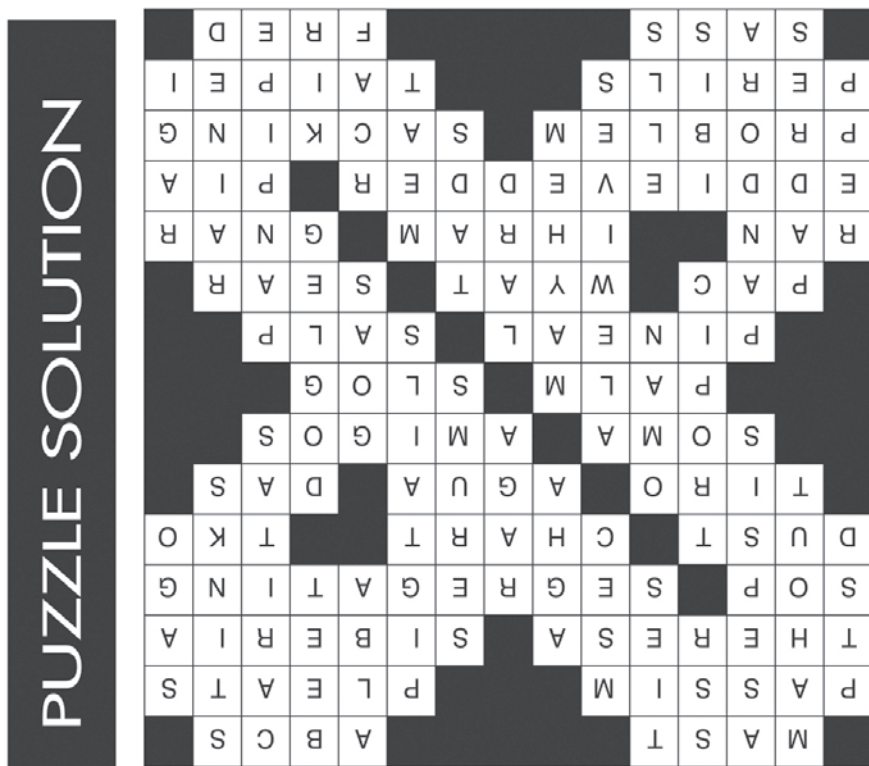


CLUES ACROSS

- 1. Tall, upright post on a boat
- 5. Basics
- 9. Used to refer to cited works
- 11. Folds
- 13. Former UK PM May
- 15. Cold region of Russia
- 16. Standard operating procedure
- 17. Separating
- 19. Particles
- 21. A way to map out
- 22. Referee declares
- 23. Beginner
- 25. Water (Spanish)
- 26. Gov't lawyers
- 27. Non-reproductive parts of an organism
- 29. Spanish friends
- 31. A type of tree
- 33. Walk heavily
- 34. About a wood
- 36. Free-swimming marine invertebrate
- 38. Political action committee
- 39. SB19 hit song
- 41. Scorch the surface of
- 43. Moved quickly on foot
- 44. Sacred state for a Muslim
- 46. Growl
- 48. Pearl Jam frontman
- 52. Irritating person
- 53. Something requiring a solution
- 54. Firing
- 56. Hazards
- 57. Taiwan capital
- 58. Impudence
- 59. Rock frontman Durst

CLUES DOWN

- 1. One who rides an elephant
- 2. Absence of bacteria
- 3. Soviet Socialist Republic
- 4. Men's fashion accessories
- 5. "Honey" actress Jessica
- 6. Round red root vegetable
- 7. Latin term for "charity"
- 8. Doesn't smell good
- 9. Mental health issue
- 10. Millisecond
- 11. Hairstyle
- 12. Edible starch
- 14. Middle Eastern military title
- 15. Protein-rich liquids
- 18. Indian musical pattern
- 20. Cancer and Capricorn
- 24. Country along the Arabian peninsula
- 26. A bend
- 28. Fishes of the herring family
- 30. Antelopes
- 32. Chaos
- 34. Popular music app
- 35. Cooking material
- 37. Musical instrument
- 38. San Diego ballplayers
- 40. Small amounts
- 42. Poured
- 43. Fabric
- 45. Food option
- 47. Finger millet
- 49. The U. of Miami mascot is one
- 50. Alberta, Canada river
- 51. Canadian flyers
- 55. Dry white wine drink



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COURTESY
The Runaway Pumpkin 10K & 5K Run/Walk is set for Saturday, Oct. 26 at Smith Track at Opechee Park in Laconia. MVSB (Meredith Village Savings Bank) is proud to be the Shirt Sponsor for the event. Go to wowtrail.org/runawaypumpkin to learn more and to register. From left, Jennifer Beetle, WOW Trail Board Member and Event Director, Tate Miller, MVSB Commercial Loan Officer, Sue Dagostino, MVSB Branch & Business Development Manager, Jennifer Stone, MVSB Branch Services Supervisor, Eric Petell, MVSB Mortgage Loan Officer NMLS# 696445, and Anna Terry, Juggernaut Fitness Owner and Runaway Pumpkin Race Course Director.

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- 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
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- \$224,000** | MLS# 4995322 | Laconia: 2BR/2BA fully furnished 2nd floor garden condo with Lake Winnepesaukee views. Enjoy the open concept living area, wood accent walls, balcony, association amenities such as the saltwater pool, tennis court, and more.
- \$499,900** | MLS# 5014003 | Wakefield: 3BR/3BA contemporary home built in 2022 featuring an open concept main floor, hardwood floors, sunny kitchen with granite counter, center island, and sliders leading to a maintenance free Trex deck. Agent related Seller.
- \$110,000** | MLS# 5017963 | Meredith: 1.39 acre lot offers opportunity to build in a fantastic location. Level with ample road frontage, ideal for construction. With electricity available at the street and its proximity to local amenities, lakes, and recreation this property combines convenience and potential.

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* Statistics obtained from NEREN for the past 26 years since 1997 for all real estate firms reporting sales in the entire state of NH during that time.

Get into the spooky spirit this Halloween

Come October 31, there is extra mischief in the air, and who knows what might be lurking around those dim corners? Halloween is a time when the line between having fun and being scared is easily blurred.

While trick-or-treating and attending parties are ways to enjoy the final day of October, there are plenty of other ways to make Halloween more fun.

- Read some scary stories. There's something to be said about reading scary stories or poems on Halloween. Readers' imaginations take over on Halloween as they envision scary characters

and scenarios. Edgar Allen Poe, author of many notably macabre works, is a popular read come Halloween.

- Go pumpkin picking. Most people already make pumpkin picking an annual treat. Don't overlook mishappen pumpkins that can be carved into spooky jack-o'-lanterns. Also, enhance Halloween decor with pitted and warty gourds that lend that scary appeal.

- Create a haunted house. Instead of going elsewhere to get chills and thrills, transform your house or yard into a spooktacular vision and invite neighbors to explore.



- Make creepy crafts. Children can get a kick out of crafting Halloween decorations. Drape a piece of muslin over a beverage bottle and spray it with laundry starch. Let sit and the muslin will stiffen when it dries. Paint on black circles for eyes and hang your "ghost" from a

string.

- Whip up Halloween treats. Candied apples, extra-rich brownies and mini hot dogs wrapped in crescent rolls to look like mummies are just some of the ways to create a scary Halloween feast.

- Have a costume theme. Everyone in the

household can get in on the fun by planning costumes to fit a theme. For example, everyone can dress like the Addams family.

- Host a Halloween book club. Those who love to read can ensure the October gathering of a book club is one that features a discussion of a scary book. Those looking for a scare can explore horror authors like Stephen King, Anne Rice, Dean Koontz, Clive Barker, Shirley Jackson, and Tananarive Due.

- Host an outdoor movie. Projectors can now be hooked up to smartphones and tablets, so it's easier than ever to watch movies

outside. Simply project a device onto a screen, white fence or even a bedsheet. Since it gets dark somewhat early in October, the movie doesn't have to start very late. Depending on the audience, choose a movie that is very scary or only mildly so if children will be viewing.

- Organize a Halloween treat exchange. Similar to a Christmas "Secret Santa," participants put together a wrapped gift of homemade or store-bought foods and exchange with others.

Halloween can be made even more entertaining with some extra activities that appeal to people of all ages.

Safe trick-or-treating tips

Halloween is enjoyed by people of all ages, but few get a bigger kick out of the holiday than children. There are costumes to be worn, time spent with friends and the opportunity to collect free candy and other treats.

Although Halloween can be a fun time, the Children's Safety Network warns that it's also a time when accidents can happen. According to the CSN, the most dangerous day for child pedestrians is Halloween,

with two times as many child pedestrians dying on Halloween compared to other days. It is essential to prioritize safety on Halloween, and following these guidelines can help.

- Make sure costumes are short. Costumes that drag on the floor are tripping hazards, which can lead to injury. Be sure that costumes do not cover the feet or drag on the ground.

- Trick-or-treat in groups. Children are safer in numbers due to the

increased visibility of a crowd and because, if something happens, others can call for help. Parents can use their discretion on what age they feel is mature enough to let children go out alone. Until then, children should be accompanied by adults.

- Improve visibility. It's important to be seen while trick-or-treating, and that can be achieved by making sure costumes and trick-or-treat bags feature reflective tape. Trick-or-treaters

also can carry flashlights or glow sticks to improve visibility, and stick to areas with streetlights if going out after dark.

- Stay on sidewalks. Whenever possible, trick-or-treaters should stick to the sidewalks and avoid walking on the roads. This may not always be possible in neighborhoods without sidewalks, where parents and youngsters must be especially careful.

- Eat before trick-or-treating. A meal or snack

before trick-or-treating can reduce the tendency to fill up on candy while out and about. All candy and other treats should be inspected by an adult before it is eaten.

- Keep pets locked away. Animals can become skittish when there are many people loitering outside of homes or ringing doorbells. Keep pets in a quiet room away from the action to prevent them from getting loose, injured or scared enough to bite or scratch someone.

- Avoid masks that obstruct vision. It can be hard to see peripherally with a mask on, so avoid costumes with masks that compromise vision.

- Test out makeup beforehand. All makeup used for costumes should be tested for allergic reactions prior to use. Heed the warnings on packaging and avoid putting makeup too close to the eyes or lips.

These are some safety strategies designed to keep Halloween fun and incident-free this year.

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Shaker Regional School District is seeking Basketball coaches for the 2024-2025 season for the following teams:

- 5/6 Boys Basketball (BMS)
- 5/6 Girls Basketball (BMS)
- 7/8 Girls Basketball (BMS)
- Boys JV Basketball (BHS)

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

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The Winnisquam Regional School District in Tilton, NH is eager to welcome you to our team! We currently have the following open positions:

- High School Music Teacher (full-time with benefits)
- Athletic Trainer (full-time with benefits)
- Facilities – Custodian (full-time with benefits)
- High School and Middle School Teacher(s) (full-time with benefits)
- Paraprofessionals (full-time with benefits)
- Substitutes (Nurses, Teachers, Paraprofessionals, Food Service, Custodians)
- Coaches (winter sports are approaching!)

COMING SOON! An English Language Learner Paraprofessional and a Head Groundskeeper both are full-time with benefits! Visit our Employment Opportunities page at www.wrsdsau59.org for more information and the latest updates!

Town of Alexandria Highway Department Maintenance Worker

The Town of Alexandria is accepting applications for the position of Highway Department Laborer. This position performs work involving operating plow trucks, dump trucks, loaders, backhoes, and other moderately complex equipment for the construction, repairing, cleaning and maintenance of Town roads. Also responsible for manual labor tasks incidental to the operation of assigned equipment, such as loading and unloading materials. This position involves plowing snow in the winter and overtime is a requirement. Valid New Hampshire Class (B) Commercial Driver's License required or ability to obtain class B CDL within 6 months of date of hire. This is a full-time, year round position. The Town of Alexandria offers health insurance, dental insurance and more. Must pass all background checks including criminal and motor vehicle and drug and alcohol testing. Applications accepted until position is filled and are available in the Selectmen's Office, 47 Washburn Road, Alexandria, NH. For more information contact the Selectmen's Office at 603-744-3220 or email info@alexandrianh.com.

Franklin Savings Bank announces promotion of Aimee Messer and Jenn Prince

FRANKLIN — Franklin Savings Bank recently announced the promotion of Aimee Messer to AVP, Senior Credit Analyst and Jenn Prince to AVP, Marketing & Community Engagement Officer.

“Aimee and Jenn are a great example of dedicated employees who embody the bank’s core values,” explains Joe Thornton, EVP Chief Administration Officer. “Aimee has worked for FSB for over 20 years, and has added incredible value to the Retail and Commercial teams. Since joining FSB, Jenn has worked diligently to increase brand awareness and community involvement throughout our markets. We are proud to elevate both of them to Assistant Vice President.”

Aimee Messer - As-



Aimee Messer

stant Vice President/Senior Credit Analyst

Messer joined the bank in 2004 as a part-time Teller in the Boscawen office. Throughout her tenure, she advanced through several positions in retail, before moving into her

current position in commercial lending in 2016. She has a BS in Accounting from Southern New Hampshire University.

Jenn Prince - Assistant Vice President/Marketing & Community Engagement Officer

Prince joined FSB in



Jenn Prince

2020 as Digital Marketing Manager, and was promoted to Marketing & Community Engagement Officer in 2023. She holds an AS in Information Technology, a BA in Communications and The English Language and Literature, and a

Graduate Certificate in Integrated Marketing Communications from Southern New Hampshire University.

Established in 1869, Franklin Savings Bank is an independent, mutually-owned community bank, offering an array

of commercial lending, personal banking and investment services. The Bank also offers investment and financial planning services through its wholly-owned subsidiary, Independence Financial Advisors. A recognized leader in providing the latest in financial services technology, Franklin Savings Bank remains committed to serving the needs of businesses, families and the communities it serves, through a dedicated team of employees, a diverse line of financial products and services, and continued investment in emerging technology. Visit www.fsbnh.bank to learn more or follow the bank on Facebook, LinkedIn, Instagram, and YouTube.

Winnisquam Regional School District students participate In Great Apple Crunch



Pictured above, and enjoying their apples, are Southwick School Principal Stephanie Parzick with Quinlan Rowan and Savannah Zobel; Southwick School Food Service staff members Dianna Colby and Betty St. Onge; Southwick School student Everly Langley; Sanborn Central School students Evelyn Howe and Peter Swain; and Sanbornton Central School Principal Jason Javalgi, Administrative Assistant Aja Constant, Food Service staff members Barbara Poire and Bryn Colby with students Emma Howe, Kori Dix and Kinsley Brock.

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TILTON — The New Hampshire Great Apple Crunch celebrates National Farm to School Month and promotes healthy eating, local food purchasing, and agricultural education. The Great Apple Crunch, which was celebrated on Oct. 9, encourages students and staff at schools and centers across the state to enjoy

locally grown apples. Students at both Southwick School and Sanbornton Central School were delighted to crunch on apples from Surowiec Farm with their lunch. “The Great Apple Crunch is a fun and engaging way to connect students with the food they eat and the farmers who grow it,” said WRSD Food Service Di-

rector Rob Cohen. The Great Apple Crunch is part of the New Hampshire Department of Education’s commitment to providing students with access to nutritious, locally sourced food. By participating in this event, schools and centers can help to create a more sustainable and equitable food system for all.

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