

Nearly \$130,000 raised for non-profits during NASCAR weekend at NHMS



NASCAR Cup Series driver Austin Cindric (white polo in center) joined New England race fans for Track Walk Presented by PPG, one of seven events hosted at New Hampshire Motor Speedway between July 14-17 to benefit the New Hampshire Chapter of Speedway Children's Charities.

LOUDON — NASCAR weekend at “The Magic Mile” proved to be successful for local non-profits with the dedication of both the New Hampshire Chapter of Speedway Children's Charities (SCCNH), the official charity of New Hampshire Motor Speedway (NHMS), and the many volunteer groups who helped fundraise nearly \$130,000 during the July 15-17 NASCAR event weekend.

SCCNH hosted seven

events over the course of race week, including traditional favorites Laps for Charity, Sign the Track Wall Banner, 50/50 Raffle Presented by PPG, Track Walk Presented by PPG and Wicked Good Live Auction, plus two new opportunities: Cornhole Tournament Presented by NBT Bank and Hot Laps. These events helped SCCNH raise more than \$98,000 for local children's charities and groups.

“Once again, New En-

gland race fans stepped up in a big way for children in need throughout the region,” said Danielle Cyr, director of the New Hampshire Chapter of Speedway Children's Charities and marketing for New Hampshire Motor Speedway. “We are beyond grateful for the generosity displayed by our fans, sponsors and volunteers. I can't wait to see the magic that happens when we hand out this year's grants to local non-profits in De-

cember.”

Each December, SCCNH distributes grants to local non-profit organizations in the region. In 2021, 23 grants were distributed totaling \$136,500. Since its inception in 2009, SCCNH have distributed more than \$1.9 million supporting more than 882,000 children across New England.

In addition to funds being raised for SCCNH, teams of motivated fundraising groups, many

of which are from New Hampshire, also help NHMS over the course of NASCAR weekend to benefit various New England non-profits. From grandstand cleaning to landscaping to parking and concession stands, these volunteers help make the speedway look its best from green flag to checkered flag. In return, these groups are paid as a way to fundraise toward the non-profit organization

they represent. This year, 29 volunteer groups raised nearly \$32,000 during NASCAR weekend to help their chosen non-profits.

SCCNH will host its next fundraising event, Laps for Charity, on Friday, Aug. 19, from 5 to 7:30 p.m.

For more information, please contact New Hampshire Chapter Director Danielle Cyr at DCyr@NHMS.com.

Belmont Historical Society hosting program on quilts

BELMONT — The Belmont Historical Society presents “New England Quilts and the Stories They Tell” Aug. 16 at 7 p.m. at the Belmont Mill, 14 Mill St., fourth floor, Penstock Room.

Quilts tell stories, and quilt history is full of myths and misinformation as well as heart-warming tales of



service and tradition. Nearly every world culture that has cold weather uses quilted textiles-quilting is not just an American art. Pam displays a number of quilts during her presentation and weaves world history, women's history, industrial history and just plain wonderful

SEE QUILTS PAGE A11

Forbes Magazine ranks Franklin Savings Bank #2 in America's Best Banks in NH list

FRANKLIN — Franklin Savings Bank announced today that it claimed the #2 spot in the 2022 list of America's Best Banks for New Hampshire by Forbes Magazine. Only 2.7 percent of all banks nationwide were included in the rankings, based on the results of an independent survey of 26,000 bank customers from all 50 states.

“This recognition is a direct result of the work all our employees do each and every day,” commented Ron Magoon, President & CEO. “It is truly amazing to be included in such an exclusive group of banks, and one of only three from New Hampshire to qualify. I could not be prouder of our team and the work we do to provide the best products and services delivered with exceptional customer service.”

To identify the best banks in each state, Forbes went directly to its customers, partnering with market research firm Statista to conduct in-dept interviews of more than 26,000 U.S. citizens from all 50 states to learn more about their banking relationships. For every bank at which a participant had a checking account, each provided an overall satisfaction score and was asked if they would recommend their bank to friends or family. In addition, respondents had to answer a detailed list of questions focused on six separate facets of their banking relationship, including

Car show scheduled!

FRANKLIN — After cancelling this fun event for two years due to the pandemic, Twin Rivers Food Pantry is scheduling the Third Annual “Wheels for Meals” Car Show Fundraiser for Saturday, Aug. 20, 10 a.m.-2 p.m., at the Franklin Shopping Center, 880 Central St. in Franklin. Car parking at the event starts at 9 a.m. Come and enjoy this awesome event!

The event is free and open to the public. Entrance fee for show cars is \$10. At the event, a raffle of prizes from generous area businesses, a 50/50 raffle, and food sales pro-



vides vital funding for the Pantry's mission to provide healthy food and nutrition resources to neighbors in need. We are grateful to our show sponsors — Aubuchon Hardware, Benson Auto, Hannaford, Watts Water Technologies, Service Credit Union, Citizens

Bank, and Franklin Savings Bank!

The Pantry provides nonperishable food items, fresh produce, frozen meat, dairy items, baked goods, and personal hygiene items to residents in need in Franklin, Tilton, Northfield and a number of other surrounding

communities. We currently serve an average of 100 households each week. Service hours are 9-11 a.m. on Tuesdays and Thursdays and 5-7 p.m. on Wednesdays. The Pantry is located in the lower level of 2 Central St. in Franklin. The entrance is off the parking lot behind the building.

Always appreciated (and always needed!) are Volunteers, plastic or paper grocery bags, fresh garden produce, eggs, and nonperishable food items. Call (603) 934-2662 or email info.twinrivers@gmail.com for more information.

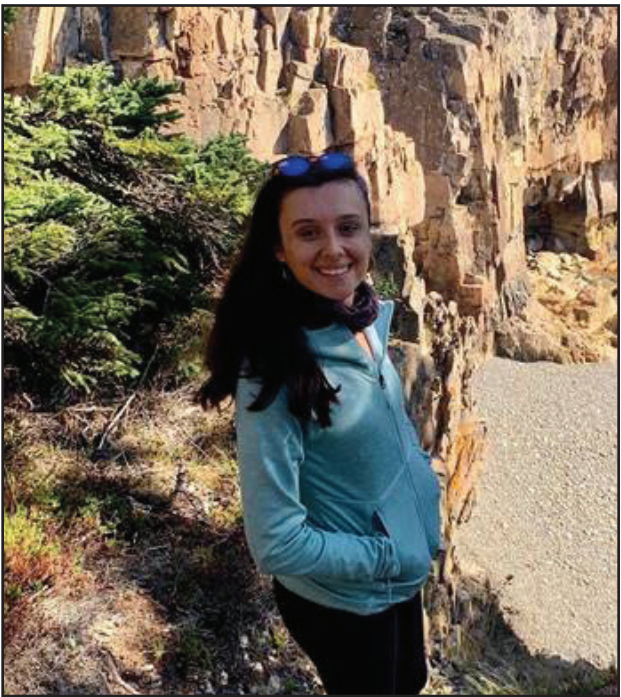
Lake Winnepesaukee Association increases capacity to protect the lake!

REGION — The Lake Winnepesaukee Association is excited to announce an addition to the Winni Blue Team! Jacquelyn Bellefontaine has joined the Lake Winnepesaukee Association (LWA) as Conservation Outreach Manager.

Bellefontaine comes to the LWA from the Mount Washington Observatory where she spent some time as a Weather Observer & Education Specialist. A native of Massachusetts and current resident of Meredith, she earned her BS in Earth Sciences from the University of Maine. Having spent many summers growing up at the lake, Jackie has a deep appreciation and desire to help protect it.

Through her role as Conservation Outreach Manager, Bellefontaine will be involved with developing, managing, and implementing a communications and marketing plan, as well as assisting in managing and implementing LWA's conservation programs.

"We're very happy to have Jackie on board, and know she'll do a great job in raising awareness of the issues and threats facing the lake, and help people understand and learn what actions they can take to live in a lake-friendly way," stated Pat Tarpey, President of LWA.



Jackie Bellefontaine

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Flag football league adds girls only division

REGION — The Lakes Region Flag Football League has expanded this fall to include a “girls only” division.

While the league will still be offering its traditional 6U, 8U, 10U and 13U coed divisions, the girls only division will be for girls ages 5-13 and will be played in conjunction with the coed games. This division will be open to all girls in the state of New Hampshire, and will consist of two age divisions: Junior (ages 5-8) and senior (ages 9-13). Player's age is as of Sept. 1.

The league still wants its veteran female players and any rookie girls to play against and with the boys, but they are offering the girls a chance to also show off their skills in an all-girls division. Not only is this being done in an effort to grow female participation in flag football, it is being done to help girls meet and compete with other girls around the state.

The player fee for the Fall 2022 girls only division is \$90, with discounts for siblings. The fee for girls that play in both the coed division and girls division will be \$135. Each player will receive an NFL Flag reversible team jersey and a set of NFL flags to keep. Girls that play in both coed and girls will receive a second NFL Flag jersey. Register online at lrffl.com. Credit card payments are accepted online, Venmo payments at [lakesregionflagfl](https://www.lakesregionflagfl.com), and checks are also accepted.

The tentative Fall 2022 Season Schedule is posted at lrffl.com.

Like the league on Facebook at [lakesregionflagfootball](https://www.facebook.com/lakesregionflagfootball).

If you are interested in playing or coaching, or for more information about this unique program, e-mail lrffl@metrocast.net.

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“What do I do with household hazardous waste?”

REGION — Safely rid your home of hazardous products such as oil-based paint and stain, lawn and garden chemicals, kitchen and bathroom cleaners, old gas, and automotive products. Because these products can have severe impacts on the environment, contaminating our water, soil, air, ecosystems, and bodies, it is important to dispose of these items properly. It does not take much to contaminate these precious resources: one quart of oil can pollute 250,000 gallons of water. Residents and residential taxpayers in the Lakes Region Planning Commission’s 24 participating communities may bring up to 10 gallons or 50 pounds of Household Hazardous Waste (HHW) to any one of the eight collection sites in the Lakes Region on either



one of the next two Saturdays: On July 30, bring your hazardous waste to the Belmont Fire Station or Public Works Garages in Franklin, Gilford, & Meredith. On Aug. 6, HHW will be collected at the Newfound Regional High School in Bristol (enter off River

Road), the Public Works Garage in Laconia on Bisson Avenue, and the Town Highway Garages in Center Ossipee and Moultonborough. All 8 collections will run from 8:30 a.m. to noon. As a reminder: Latex/Acrylic paint and alkaline batteries are not considered HHW and will not be accepted. These products can go in with the household trash (dry out the paint before disposal). To get maps to the collection sites, learn more information about wastes, or make a donation to the program, visit the Lakes Region HHW Web site at <http://www.lakesrpc.org/services-hw.asp>, find us on Facebook (under Lakes Region Planning), 279-8171 or 279-5341.

Mount Washington Cruises promotes Jared Maraio to General Manager

LACONIA — The Winnepesaukee Flagship Corp. has announced that Captain Jim Morash has stepped aside as the company’s General Manager, and that Jared Maraio has been promoted to the position. The promotion completes a transition that began in 2018 at Morash’s suggestion that the company begin to seek new leadership as he eventually looks toward retirement. Morash has held the position of General Manager since 2000, and is also a Captain and the company’s Chief Operating Officer. He will remain in those positions while Maraio assumes day to day operation of the company.

“When it comes to the Mount, continuity is important. We wanted to take our time and be sure we have the right person for the job,” said Morash. “Jared possesses the leadership skills to move our company forward, and I’m very excited about our future.” Maraio was the company’s Ticket Office Manager from 2002-2006, but left the company to pursue other interests. He previously held the position of Senior Director of Brand Strategy for Global Protection Corp. He co-founded Phoenix Theatre Artists, an award-winning performing arts company, and owned Event Alchemy, an

event planning firm. After his departure in 2006, Maraio continued to be involved at The Mount as an IT and marketing consultant. However after discussions in 2019 with the ownership team about the company’s future, Maraio returned full-time. In many ways the return was a homecoming. His grandfather and brother are past employees, and many of his colleagues from 2006 still work on the Mount today. “Those of us who worked with Jared before remember his commitment to the Mount and the crew,” said Senior Captain Paul Smith. “That commitment has only deepened over time.

The entire crew, both old and new, respects his work ethic and vision.” Since his return, Maraio has been instrumental in a number of critical projects. In 2020 he led the company’s pandemic response, and in 2021 was part of the team that managed the acquisition of the company’s newest vessel, the Winnepesaukee Spirit. In addition to his duties at the Mount, he is currently the Tourism Delegate for the Lakes Management Advisory Committee, and a board member for the Lakes Region Tourism Association. “Like many people in New Hampshire, The Mount is deeply special to me. I owe so much

of my personal and professional growth to this organization,” said Maraio. “Generations of people have contributed to the legacy of the Mount Washington, and I’m proud to help continue that story. Our top priority is to be sure she continues to be here for generations to come.” The M/S Mount Washington has welcomed millions of passengers from around the world for 150 years. It is considered a symbol of New

Hampshire. The family-owned Mount now operates May through October, offering daytime scenic, evening dinner & dance, and special themed cruises. To learn more about Mount Washington Cruises please call toll-free (888) 843-6686 or visit the Web site for advance cruise tickets and information at www.cruisenh.com.

Great Waters announces 2022 Summer Gala

MOULTONBOROUGH — Great Waters is hosting its 2022 Summer GALA under the Performance Tent at Castle in the Clouds on Wednesday, Aug. 17. This is an evening of fun and entertainment in support of Great Waters and its 27 years of Entertaining the Lakes Region. It is the Annual fundraiser for the ‘Concerts in the Clouds’ and ‘Concerts in Town’ series. The GALA is like a Great Waters’ concert in that attendees are treated to a 60-minute show. This year’s show will

ed star, Aaron Lazar. On a beautiful summer evening, in Great Waters’ open air tent, the GALA will begin at 6 p.m. with an enjoyable cocktail reception followed by dinner and a dazzling performance by Aaron Lazar whose career spans Broadway, television, film, and performing with some of the world’s most prestigious symphonies. Aaron performed last month in “Bridges of Madison County” aside Great Waters alumna Kate Baldwin at the famous dinner theater “54

Below” in New York City. Platinum talent from Broadway will dazzle the Great Waters’ stage the night of the GALA! Great Waters’ Executive Director says, “All proceeds from this evening will support our expanding artistic initiatives and community engagement programs. We appreciate support at all levels at the GALA, so we can continue to secure a vibrant Arts & Culture landscape in the Lakes Region.” Great Waters offers concerts in Moultonborough and Wolfeboro for

patrons from around the Lakes Region. Patrons come from more than 32 different towns and some of the shows have sold out. For more information you can visit Greatwaters.org, call (603) 569-7710, or email the staff at info@Greatwaters.org with a question.

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BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests during the week of July 18-25. Jessica L. Patten, age 42, of Laconia was arrested on July 18 for Domestic Violence-Simple Assault resulting in Physical Contact. David E. Piper II, age 51, of Laconia was arrested on July 21 for Disobeying an Officer, Driving After Revocation or Suspension (subsequent), and in connection with multiple bench feature the multi-talent-

warrants. Shawn Robert McKenney, age 32, of Tilton was arrested on July 23 for Driving After Revocation or Suspension (subsequent). Kenneth M. Miner, age 37, of Laconia was arrested on July 24 for Bail Jumping.

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Here’s to the Dog Days

It’s a typical New England summer evening, with a warm breeze blowing through the open windows. the sun is setting with the back drop of dancing leaves hanging on the trees in the distance. Paul Simon, the Red Hot Chili Peppers, Led Zeppelin, Edie Brickell and The Doors are taking turns on the five disc CD player recently picked up from a local secondhand shop, and well, here we are, in the dog days of summer. What a great place to be.

But what exactly does that term mean?

The “Dog Days” of summer was coined for the period from July 3 to Aug. 11, typically the hottest days of the season. We found that not many know where the expression comes from. Some thought it simply meant that it’s too hot outside for dogs; however, that is not the case.

The phrase stemmed from Sirius, the Dog Star. During the “Dog Days,” the Sun occupies the same part of the sky as Sirius, the brightest star visible from Earth. Sirius is a part of the constellation Canis Major, the Greater Dog.

Since the Sirius star is so bright on July 23, the ancient Romans thought it added extra heat to the sun, making this span of time hotter. Of course, we know that the heat is because of the Earth’s tilt.

Speaking of summertime and keeping things light as we should during this season, we wanted to dispel some old myths some of us still carry with us from childhood.

Our parents told us we could catch a cold from air conditioning. The extreme changes in temperature from going outside to inside could wreak havoc on your immune system, especially if people around you are sick. Keep your air conditioner at a moderate level and all will be A-OK.

They also told us you can’t get sunburned on a cloudy day; however, we do recall some of our parents actually telling us that we could! Thick clouds cannot block harmful UV rays, leaving you at risk for a bad burn. One of us had an aunt, who told us that putting butter on a bad burn would soothe the pain. Butter may actually cause an infection and make the healing process take longer, keep it on your popcorn.

The old “Don’t swim after eating” line we’ve all heard from about Kindergarten through high school? Well, it turns out that jumping back into the pool with a freshly full stomach might be a bit uncomfortable, but the notion that you will suffer cramps debilitating enough to drown you is a myth.

Saltwater does not heal wounds faster; in fact, it makes them worse. However, dried beach hair after a dip in the ocean is always a ten.

Eating garlic does not keep the bugs away. For a natural repellant, try placing some lavender behind your ears.

Hopefully, these myths brought you back to your summers as a child where back then, you had to be home before the lights went on, catching lightning bugs and putting them in a jar was a nightly activity and jumping through actual inter tubes where the tire valve had better be faced down was what those days were made of, oh and pogo sticks!

North Country Notebook

A dicky-bird in hand, a skidder in the bush



By JOHN HARRIGAN
COLUMNIST



JOHN HARRIGAN

The woods are leafy, dark and cool, shade enough for any fool, even one with mind bereft of those who might be scarcer blessed.

Ah, for the coolness of the hardwoods, where at least you’re in the shade. Add a ridge or two, where the air’s moving up or down anyway, and you’ve got the perfect place to be on a hot summer day.

Perfect if you just want a break from the heat, but not so if you’re a logger, a hot and sweaty job—especially if you’re getting off a skidder to hook up choker-chains, and climbing back on again. Add the swamping and limbing, and the deer flies, which are omnipresent this time of year, and you’ve got a glimmer of a logger’s job.

In reflection of the above, and in sympathetic brotherhood with loggers, I think the hardest part of haying (which I do not miss), or with any job for that matter, was getting on and off the tractors. I had three, all now gone on to people who will use them, as tractors are meant to be.

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On further reflection on all of the above, it dawns on me that “choker-chains” and the like might leave some readers clueless.

Loggers of yore used choker-chains to hook onto felled trees, and still do in single-logger operations all over the state.

In days of many a yore ago, when labor was cheap, swampers brushed out around a tree and prepared a bed for it to land on so it wouldn’t break. This was especially important with the huge pines and spruce the chopers and cross-cut crews hauled out between the Civil War and the turn of the last century.

A limber, i.e. one whose specialty was cutting the limbs from the trunk, “walked the tree” in the loggers’ old parlance, knocking the limbs off as he went. Needless to say, he had to have nimble feet. “Otherwise he’d be slab-footed,” the old-timers joked.

This is now the logger’s chore, as is everything else, labor no longer being cheap, and this includes attaching sever-

al choker-chains before getting back up onto the skidder; a monstrous articulated all-wheel-drive machine with a pusher-blade on its front.

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It doesn’t take a risk-control manager to see why so few logging jobs today feature anyone at all actually on the ground. Managers want everyone in steel-protected seats, even the logger himself.

To make this possible, the industry developed caterpillar-mounted tree harvesters, which feature boom-mounted clamps and a saw. These feller-bunchers, as they’re commonly called, can walk up to a tree, clamp it tightly while a saw cuts it, and walk up to another one while holding the first, and so on, until it has a bunch, whereupon it can lay it flat. Later on, a skidder with pincers on the rear can haul the bunches to a yarding area, where the lopped trunks are loaded onto a truck.

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My notes about songbird populations being down 30 percent from 1970 prompted more than a few letters.

In fact, I heard from readers all over the state on this topic, many of them unaware of just how much woodland and former farmland New Hampshire is losing.

New Hampshire is still the second most heavily forested state in the Lower 48, behind Maine, but much of its open land in southern areas is being converted to housing, which is hard for anyone to oppose. Who in this nation wants to talk about over-population? And when it comes to ever-more highways, interchanges, and mini-malls, who wants to argue against convenience?

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This is a feller-buncher, the tank-like treaded rig that has almost, but not quite, replaced the logger. Thanks to the region’s steep terrain, smaller land parcels, and rugged individualists who feel safer working alone, there are still a few cable-skidder loggers around the state.

“Your column last week about the dwindling bird populations really resonated with me,” said a Lakes Region reader. “This growing hush is so sad.”

He remembered enjoying summer camp in the ‘50s in New Hampton, the thrushes singing as everyone gathered under the hemlocks for Sunday services. And he wondered, like other readers, if we could do with fewer pesticides.

“During the day the fields are quieter,” he wrote. “No buzzing background. This year, I’ve seen only four tiger swallowtail butterflies—four! Remembering what it used to be like is painful.”

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Another reader had squirrels on her mind. “Just a note,” said her card. “I read your column in the Granite State News. A few weeks ago you wrote about red squirrels.”

Squirrels—whether red or gray—are the bane of every bird-feeder, human or not. “I thought you might like to see what this guy does to my bird-feeder,” she said. “He not only knocks the top off, but he sits in it till all the sunflower seeds are gone.”

Cute but not so cute, she concluded, enclosing a picture of a satisfied-looking squirrel inside her feeder.

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The following, addressed simply “The Sentinel, Mr. John Harrigan, Colebrook, NH,” reached me promptly (thanks, as always, to the postal crew).

“Your Mother’s Day remembrance of cow-slips headlined the Editorial page of the Sunday Union Leader today, along with another Harrigan editorial. Thank you.

“Until the shades of green return in June—remembering—A faithful reader.”

I searched out her telephone number, and tried to honor my long-ago promise to reply to all mail, but to no great surprise she was having none of it, and didn’t answer.

(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.)

Winnisquam Echo

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Janice Beetle Books Challenge team seeks children’s stories, artwork

LACONIA—The Janice Beetle Books Challenge Team is inviting children in the Lakes Region to submit stories or artwork to be published in an anthology that will be sold to raise money for the Greater Lakes Region Children’s Auction.

Children from preschool through grade 12 can take part. Details are as follows:

What to submit: We are seeking typed short stories, poems, reflections or other pieces of writing, such as an excerpt from a script or play. Also welcome are drawings, illustrations

or sketches by children.

How to submit:

- Pieces of writing should be sent as a Word document, and artwork as PNG or JPG files.
- Attach the stories and artwork to an email sent to janice@beetlepress.com.
- If you do not have access to email, handwritten stories or original artwork can be mailed to Janice Beetle at 108 Hickory Stick Lane, Laconia, NH 03246, or dropped off there as well. Please note that materials will not be returned.
- Please indicate the name of your child, age,

and city/town or residence, along with the school or organization your child attends.

Entry fee: There is a \$5 submission fee per piece of writing or art and a cap of up to four submissions per child. Fees can be paid:

- Directly to the fundraiser on Give Gab at www.givegab.com/p2p/2022-challenge/janice-beetle.
- Mailed or dropped off at the above address. Cash or checks welcome.

“We want access for all,” Beetle said. “If the fee or any of the guidelines present a hardship

for a child or family, please email me at janice@beetlepress.com to discuss.”

All stories and artwork must be submitted by Wednesday, Aug. 31.

All stories and art will be compiled in an anthology that will be sold for \$25 to raise additional funds for the Children’s Auction. Books will be available by late fall (and they’d make a great Christmas present!)

For more information, email Janice@beetlepress.com.

Bryce Hall of Belmont named to Champlain College Dean’s List

BURLINGTON, Vt. — Bryce Hall of Belmont has been named to a Champlain College Dean’s List for the Spring 2022 semester.

Students awarded honors based on their academic achievement. Hall is currently enrolled in the Computer Science and Innovation major.

The honors include:

Dean’s List - for achieving a 3.5 grade point average during the spring semester

President’s List - for achieving a 4.0 grade point average during the spring semester.

Trustee’s List - for achieving a 4.0 grade point average for two consecutive semester.

Making an Honors List is a tremendous achievement in any year. Many of the high achievers balance their classes with serious jobs, internships,

clubs, and volunteering, as well as a global pandemic. We congratulate you on this great accomplishment and honor.

Founded in 1878, Champlain College is a small, not-for-profit, private college in Burlington, Vermont, with additional campuses in Montreal, Canada, and Dublin, Ireland. From its beautiful campus overlooking Lake Champlain, the College offers an innovative academic experience and more than 100 residential and online programs, including undergraduate and graduate degrees and certificates. Champlain’s distinctive career-driven approach to higher education embodies the notion that true learning occurs when information and experience come together to create knowledge. For the sixth year in a row,

Champlain was named a “Most Innovative School” in the North by U.S. News & World Report’s “America’s Best Colleges” rankings, and was listed among The Princeton Review’s “The Best 387 Colleges” in 2022. Champlain is also featured in the 2021 Fiske Guide to Colleges as one of the “best and most interesting schools” in the United States, Canada, and Great Britain and was recognized as a 2020 College of Distinction for its “Engagement, Teaching, Community, and Outcomes.” For more information, visit champlain.edu.

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Edward Jones: Financial Focus

529 plans: Underused but valuable

In just a few weeks, students will be heading off to college – and parents will be getting out their checkbooks. Without a college-bound student in your home right now, you might not be thinking much about tuition and other higher education expenses, but if you have young children, these costs may eventually be of concern – so how should you prepare for them? It’s never too soon to start saving and investing. Unfortunately, many people think that they have a lot of “catching up” to do. In fact, nearly half of Americans say they don’t feel like they’re saving enough to cover future education expenses, according to a 2022 survey conducted by financial services firm Edward Jones with Morning Consult, a global research company.

Of course, it’s not always easy to set aside money for college when you’re already dealing with the high cost of living, and, at the same time, trying to save and invest for retirement. Still, even if you can only devote relatively modest amounts for your children’s education, these contributions can add up over time. But where should you put your money? Personal savings accounts are the top vehicle Americans are using for their education funding strategies, according to the Edward Jones/Morning Consult survey. But there are other options, one of which is a 529 plan, which may offer more attractive features, including the following:

- **Possible tax benefits** – If you invest in a 529 education savings plan, your earnings can grow federally income tax-free, provided the money is used for qualified education expenses. (Withdrawals not used for these expenses will generally incur taxes and penalties on investment earnings.) If you invest in your own state’s 529 plan, you may receive state tax benefits, too, depending on the state.
- **Flexibility in naming the beneficiary** – As the owner of the 529 plan, you can name anyone you want as the beneficiary. You can also change the beneficiary. If your eldest child foregoes college, you can name a younger sibling or another eligible relative.
- **Support for non-college programs** – Even if your children don’t want to go to college, it doesn’t mean they’re uninterested in any type of postsecondary education or training. And a 529 plan can pay for qualified expenses at trade or vocational schools, including apprenticeship programs registered with the U.S. Department of Labor.
- **Payment of student loans** – A 529 plan can help pay off federal or private student loans, within limits.

Keep in mind that state-by-state tax treatment varies for different uses of 529 plans, so you’ll want to consult with your tax professional before putting a plan in place. Despite these and other benefits, 529 plans are greatly under-utilized. Only about 40% of Americans even recognize the 529 plan as an education savings tool, and only 13% are actually using it, again according to the Edward Jones/Morning Consult study. But as the cost of college and other postsecondary programs continues to rise, it will become even more important for parents to find effective ways to save for their children’s future education expenses. So, consider how a 529 plan can help you and your family. And the sooner you get started, the better.

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

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

National 988 crisis lifeline launched

LACONIA — Those experiencing a mental health crisis can now call or text the three-digit number, 988, to reach out for help. Through this Lifeline, experts will be available to help intervene in a crisis, support and de-escalate the caller or refer the caller to an array of local services.

988 serves as a universal entry point so that no matter where you live in the United States, you can reach a trained crisis counselor, 24 hours a day, seven days a week.

The Lifeline is a network of state and local call centers supported by the U.S. Department of Health and Human Services through the Substance Abuse and Mental Health Services Administration.

The idea behind the new Lifeline is like that of 911. It offers an easy to remember number for those in a mental health crisis. Of course, 988 is more than just an easy number to remember – it is a direct connection to compassionate and accessible care, and support for anyone experiencing mental health related distress – whether that is thoughts of suicide, mental health or substance use crisis, or any other kind of emotional distress.

The 988 Suicide & Crisis Lifeline also has a Spanish line that can be reached at 1-888-628-9454 and provides a tele-interpretor service to crisis centers, supporting over 150 languages.


There is hope. The Lifeline works. You are not alone in crisis. Just call, text, or chat 988.

To learn more about the new 988 Suicide & Crisis Line, visit <https://www.samhsa.gov/find-help/988>.

Lakes Region Mental Health is another local resource there for you when you need it. LRMHC is a community mental health center that provides comprehensive mental health treatment. To contact LRMHC, please call 833-710-6477.


This article was published by the Partnership for Public Health, your Lakes Region Public Health agency, working to improve the health and wellbeing of our region through collaboration and community improvement activities.

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



Melody

Melody is a very playful kitten that loves to play and be around people.




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kids' corner



THIS TYPE OF SCHOOLING REFERS TO OPTIONS FOR CHILDREN AS YOUNG AS 3.

ANSWER: PRESCHOOL/PREKINDERGARTEN

Math Blocks

Fill in the missing blocks with numbers between 0-10.
The numbers in each row add up to the totals to the right.
The numbers in each column add up to the totals on the bottom.

		1	3
7	4		14
9		5	20
18	10	9	

5	9	6
3	4	7
1	0	2

Solution


Get Scrambled

Unscramble the words to determine the phrase.

K B C A O T C L O S O H

ANSWER: Back to school

THIS DAY IN...



HISTORY

- **1862:** THE BATTLE OF BATON ROUGE TAKES PLACE DURING THE AMERICAN CIVIL WAR.
- **1882:** STANDARD OIL COMPANY OF NEW JERSEY, TODAY KNOWN AS EXXONMOBIL, IS ESTABLISHED.
- **1973:** MARS 6 IS LAUNCHED FROM THE USSR.

New Word

ENROLL

officially register as a student on a course

How they SAY that in...

ENGLISH: Desk

SPANISH: Pupitre

ITALIAN: Banco

FRENCH: Pupitre


GERMAN: Platz

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ANSWER: SCHOOL BUS

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Used 1 time for a 2 week camping trip in Sept. Due to family illness we won't be able to use it again – Asking \$38,000 – Full tow package included – Camper includes full A/C + microwave - 2 propane tanks fuel Hot Air Furnace – Kitchen stove – Fridge/Freezer – Hot water – 2 opposing Pop Outs let the kitchen and living room open 5' – the center island w/sink cabinet stands between the moving sections – big bathroom and shower – Queen size master bedroom with tons of storage – fold down leather couch + drop down dinette adds sleeping for 4 and more storage – Flat screen TV above the electric fireplace – All Audio/Video Cable hook ups and speakers inside and out – outdoor shower – full width exterior storage compartment – Awning and LED lighting

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Gilford: Detached 3BR/3BA 2,000 Sqft condo. Private access to one of the nicest beaches & access to town boat launch. Open concept living space w/ sunroom on 1st flr. Beautiful exposed beams. 2 Car direct entry garage and on-demand generator. \$409,900 MLS# 4922478



Franklin: 129' Waterfront on Webster Lake, 3BR/6BA exquisite 6,500 sqft home w/ gourmet kitchen, 49' edosed farmers porch, attached 3-car direct entry garage & a magnificent 2 1/2 story 3 stall 56' x36' post and beam barn. Set on 6.43 private acres. \$1,495,000 MLS# 4921026



Laconia: 3BR/2BA w/ attached 2 car garage New construction. Open concept living 9ft ceilings & walkout basement, designed for motorcycle roll-in storage. Ready to finish your way. Walking distance to public schools & area attractions. \$449,900 MLS# 4921841



Laconia: 3BR/ 2BA Lakeside at Paus Bay, luxury waterfront condo on 400ft of Lake Winnepesaukee. 2141 sq ft. High-end finishes throughout, private direct entry from the elevator. Property boasts private docks, day-docks, 2-car garage \$999,000 MLS# 4922633



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House and garage have been vacant. The 18x26 garage with an unfinished 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." The auctioneer does not warrant the condition of any feature described above. Additional terms and info can be found on the website:

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

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Candidates should have experience in accounting, bookkeeping, knowledge of Quick Books Pro, state and federal filing requirements recommended, strong computer skills, and knowledge of municipal practices would be help-ful. The selected candidate would be expected to establish ef-fective working relationships with and among all town departments, boards, commissions, committees, employees, and the public. Wages commensurate with qualifications. For consideration, please send resume and application to Board of Selectmen, P.O. Box 81 Jefferson, NH 03583 or email to administrativeassistant@jeffersonnh.org. For applications you can visit our website jeffersonnh.org or stop in the Town Office located at 178 Meadows Rd., Jefferson, NH Monday-Friday between 8:00-3:00

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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.

HELP WANTED



HELP WANTED

GOLF COURSE MAINTENANCE

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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



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.

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Town of Plymouth Highway Department

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Applications are available on the Town of Plymouth’s website, Mail application to Plymouth Highway Dept., 6 Post Office Square, Plymouth NH 03264, or upon request, 603-536-1623, at the Plymouth Highway Garage. Hours are from 6am-2:30pm. Please ask for Joe.

NCH | Upper Connecticut Valley Hospital

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| Medical Technologist | Medical Assistant |
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Phone: (603) 388-4236
Ucvh-hr@ucvh.org
EOE



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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.

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

Dan Uhlman, General Manager
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FRANKLIN

Continued from page A1

trust, terms and conditions, branch services, digital services, customer service, and financial advice. Scores ranged from 74.2 to 93.6 based on a scale of 1-100.

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- **Newfound Regional High School**
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School Psychologist
- **Danbury Elementary School**
Guidance Counselor
- **District Wide Substitutes**
Teachers \$95/day
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The District offers a competitive benefits plan and provides professional development opportunities for all staff. The District uses School Spring, an online application program. All candidates can view and apply for vacancies safely and securely by using this tool. Interested candidate should include a letter of interest, resume, transcripts, certification, job application, and letters of recommendation.

Job application is available on the district website's human resources page

HELP WANTED

OPTIONS COUNSELOR

GRAFTON COUNTY SENIOR CITIZENS COUNCIL SERVICELINK RESOURCE CENTER

Do you want to make a difference in the lives of older individuals? Grafton County ServiceLink is looking for a Long Term Care Options Counselor. Responsibilities include conducting individual needs assessments to determine appropriate referrals for long-term care needs. Knowledge of the principle and methods of person-centered services. Interact with the public, along with providing information, referral, and assistance. A Bachelor's degree from a recognized college or university with a major in social work, human services, or related field, or a minimum of three years of work experience in social work, human services, or related field. Fully benefited position.

Email cover letter of interest and resume to:
mplatt-russell@gcsccl.org

EEO



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
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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



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Canterbury Shaker Village welcomes ‘Artists-in-Residence’

CANTERBURY — This summer and fall, Canterbury Shaker Village will welcome individual artists as part of its longstanding Artist-in-Residency (AIR) program. Developed in 2018, AIR brings together contemporary artists to live at the Village while they produce works inspired by the landscape and culture of the Shakers.

“This is a wonderful program that promotes the Shakers’ message of reflection and innovation while also expanding our outreach to communities far and wide,” noted Executive Director Leslie Nolan.

Regarding the selection of artists, Hilary Irons has helped coordinate the process since 2020. One of her duties includes acting as liaison between the artists and

staff at the Village. She also helps with “grant writing and brainstorming about the future.”

“It is really fun, because I really enjoy working with the executive director and others at the Village,” she said. “It’s such a beautiful place that it makes a fantastic opportunity for artists.”

It is an opportunity she understands well, as Irons—an artist herself with a studio in the SPACE Gallery building in Portland’s Arts District—had a residency at the Village in 2020. The experience, she explained, “revolutionized [her] process.”

“I experimented with underpainting combined with the transcendent visual and spiritual qualities of the place itself,” she explained. “I was there for several

weeks, and I made a number of works that formed the basis for what I’ve been doing ever since.”

Acknowledging that she will have less time at the Village this year—Aug. 15 to Aug. 25—Irons said she plans to be flexible.

“I’ll see what happens,” she said.

As for the kinds of art generally produced during the program, Nolan said Village staff only serve to help provide the proper space, time, and environment to engage in creative work.

“There is no expectation of work directly relating to Shaker themes,” she said. “We recognize the need for artists to feel free with their time in this space to fully engage in the creative process.”



Hilary Irons and an example of her work.

In addition to Irons, other artists-in-residence include Maria Molteni, Anna Hepler, David Whelan, Kreh Mellick and Andrew Hayes, and Anastatia Spicer.

“We have sculptors, poets, and artists whose work ranges from the mystic to conceptual,” added Nolan. “The variety of work and talent we have here is extraordinary.”



To learn more about Irons, visit hilaryirons.com. To learn more about AIR, or the Village, visit shakers.org.

In addition to guided tours, Canterbury Shaker Village interprets Shaker life through exhibits, buildings, gar-

dens, and programs. 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.

Liz & Dan Faiella to perform at Music on the Green

CANTERBURY — Music again takes center stage on Sunday, Aug. 14, as Liz & Dan Faiella perform at Canterbury Shaker Village’s Music on the Green series. Running through Sept. 11, the series attracts some of New England’s most acclaimed musicians, some with a national following.



Liz and Dan Faiella

“We have had Emmy award-winning performers,” noted Executive Director Leslie Nolan, who said the intent behind the series is “to provide a respite from the often hectic pace of everyday life.”

“Music can uplift and inspire us—that’s why we offer this series every year,” she added.

At this performance, guests will experience music from the Irish and New England traditions. Known for crisp vocals, mesmerizing fingerstyle guitar, lyrical fiddling, and exhilarating rhythmic drive,

Liz & Dan Faiella have taken the mainstage at premier folk venues throughout New England, including Club Passim, Acadia Trad Festival, and others.

Held every Sunday from 4 to 5 p.m., Music on the Green additionally features food from Beans & Greens Farm’s Taco Food Truck. Before performances, tours of The Village are available with a reservation, while visitors are encouraged to explore the nearly 700-acre property

and extensive trail system (map is on website).

Music on the Green performances are free with a suggested donation of \$20. To learn more about the series, visit shakers.org.

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.

QUILTS

CONTINUED FROM PAGE A1

stories into her presentation. Participants are invited to bring one quilt for identification and/or story sharing. Prompted in part by the material culture at hand, the presenter may speak about fashion fads, the Colonial Revival, quilt-making for Civil War soldiers, and anything else quilt-related she can squeeze in.

Pamela Weeks is the

Binney Family Curator of the New England Quilt Museum. Author of the book *Civil War Quilts* and articles on quilt history, she lectures nationally on quilt-making and quilt history. Weeks uses quilts to tell stories of the Civil War, women’s history, and industrial history.

This program is funded by the NH Humanities-To-Go Program and the Belmont Sargent Fund and offers an excel-

lent opportunity for quilters, and those who love quilts, to better understand the types of quilts and the stories behind their making. The mill is handicapped accessible with an elevator entrance at the back of the building. Light refreshments will be provided. For questions, please contact, Christine Fogg at 603-524-8268.

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MVSB sponsors Celebrate Laconia's downtown banner project

LACONIA — Celebrate Laconia is set to continue its downtown Laconia banner project with the assistance of a \$5,000 sponsorship from MVSB (Meredith Village Savings Bank). Recently, thirteen banners were installed on light posts featuring artwork from Laconia High School students in Alison Withum's Art Class. Celebrate Laconia seeks to install twelve more in the near future.

"The project is in its initial stages but has already been well received by the community," said Jaylene Bengtson, Celebrate Laconia Project Director. "We plan to collaborate with local schools for future banners and eventually turn it into an annual contest for students and local artists. We are grateful for the support we have received and we look forward to growing the program in years to come."

"Celebrate Laconia has brought many wonderful new additions to our community and we are proud to show our support with this sponsorship," said Jessica Ruel, MVSB Branch & Business Development Manager in Laconia. "This project is a great way to showcase artwork from students and connect them to their local community."

Bengtson said this program started as a collaboration between the Powerhouse Theater Collaborate and the Belknap Mill, where the students were prompted to create designs that celebrate Laconia. The students' names are featured at the bottom of



MVSB recently sponsored the Celebrate Laconia downtown banner project. From right, Jessica Ruel, MVSB Branch & Business Development Manager in Laconia, Jaylene Bengtson, Celebrate Laconia Project Director, Sue DeCarolis, and Kerry Herward, MVSB Universal Banker in Laconia.

the banners. Go to celebratelaconia.org to learn more about the organization or to get involved.

Unlike a stock bank, MVSB is a mutual savings bank that operates for the benefit of its depositors, borrowers and surrounding communities. As a result, MVSB has remained steadfast in fostering the economic health and well-being

of the community since it was founded in 1869. For over 150 years, Meredith Village Savings Bank (MVSB), has been serving the people, businesses, nonprofits and municipalities of New Hampshire. MVSB and its employees are guided by the values of accountability, mutuality, excellence, respect, integrity, teamwork and stewardship. To learn more, visit

any of the local branch offices located in Alton, Ashland, Center Harbor, Gilford, Laconia, Melvin Village, Meredith, Moultonborough, Plymouth, Portsmouth, Rochester or Wolfeboro, call 800-922-6872 or visit mvsb.com.

Local students named to Dean's List at Palmer College

DAVENPORT, Iowa — The following students were named to the spring 2022 Dean's List at Palmer College of Chiropractic's Main campus in Davenport, Iowa.

Mackenzie French of Sanbornton has been named to the spring 2022 Dean's List at Palmer College of Chiropractic's Main campus in Davenport, Iowa.

Logan Morrison of Sanbornton has been named to the spring 2022 Dean's List at Palmer College of Chiropractic's Main campus in Davenport, Iowa.

Palmer College of Chiropractic, the first and largest college in the chiropractic profession, has campuses in Davenport, Iowa; San Jose, California; and Port Orange, Florida.

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