

“Anything you put your mind to and add your imagination into can make your life a lot better and a lot more fun.”
- Taylor Swift

Winnisquam Echo

THURSDAY, AUGUST 17, 2023

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FREE



DONNA RHODES

Belmont Conservation Commission Chair Denise Naiva and Belmont High School's Student Representative, Emilie DeFrancesco, were named this year's Grand Marshal's for the Belmont Old Home Day parade.



DONNA RHODES

The Witches of the Lakes Region not only took home first place Honors in Belmont's Old Home Day parade last Saturday but took time to entertain the crowds throughout the daylong celebration.

Belmont a “Picture” of community pride at Old Home Day

BY DONNA RHODES
Contributing Writer

BELMONT – “Picture This” was the aptly declared theme for Belmont's Old Home Day

on Aug. 12 and so, picture this — hundreds of residents, both past and present, coming together to celebrate their community, others from nearby towns stopping

Franklin VNA & Hospice hosting Second Annual Hospice Ball

FRANKLIN — Franklin VNA & Hospice will be hosting their Second Annual Hospice Ball on Saturday, Nov. 4 at 5 p.m. at the beautiful Newfound Lake Inn in Bristol.

This not-to-be-missed event is their largest fundraiser and specifically benefits the hospice program with all

proceeds going towards providing hospice care to patients who are uninsured or underinsured. This event brings together 150 community members for an evening of dinner, dancing, live music provided by the Club Soda Band, along with a live and silent auction presented by the evenings auctioneer, Fred Caruso.

For more than 78 years, Franklin VNA & Hospice has helped individuals remain independent at home, manage newly diagnosed or complex medical conditions, and recover from surgery.
SEE HOSPICE BALL, PAGE A7



DONNA RHODES

The Jake Deware Kindness Project entry, led by Adeline Takantja and Riley Degange, was presented with the Heart of the Community trophy in this year's Belmont Old Home Day parade.

by to enjoy their neighboring town and all it has to offer in the region, and finally, out of town visitors just wanting to see what makes Belmont a wonderful place to live, work and raise a family. All that took place last Saturday, starting in the early morning hours and continuing until after dark as their yearly celebration got underway.

The day began when vendors opened their pop-up shops along the town green and the 54th running of the US-ATF sanctioned 10-mile run got underway at 7:30 a.m. Unfortunately, due to some technical difficulties
SEE BELMONT, PAGE A7

Lakes Region Art Association hosts 83rd Annual Art Exhibit

TILTON — The 83rd Annual Exhibit at the Lakes Region Art Gallery brought artists from around New Hampshire together for an exceptional show of artwork.

Duane Hammond of Alton won “Best of Show” for his exceptional Pastel titled “Ode To Ogden”

Winners and runner ups in all categories for the 83 Annual LRAA Members Art Exhibit include:

Oils:
Winner – “Morning Light” by Terry Calder of Alton Bay
HM – “Birch Eye View” by Martha AuCoin of Laconia

Watercolor:

Winner – “Curves and Edges” by Pat Edsall of Bedford
HM – “Isle of Shoals” by Pat Schubert of Goffstown

Acrylics:
Winner – “Renewal” by Donna Nelson of Deering
HM – “Window to Heaven” by Tom Hitchcock of Pittsfield

SEE LRAA, PAGE A7

Holiday makes for early deadlines

With the offices of the Winnisquam Echo closing on Monday, Sept. 4 in observance of Labor Day, the submission deadline for any press releases and letters to the Editor intended for publication in that week's edition will be Thursday, Aug. 31 at 4 p.m. Submissions can be e-mailed to Editor Brendan Berube at brendan@salmonpress.com.

The staff of the Winnisquam Echo thanks our readers for their cooperation with this scheduling change, and wishes them a safe and happy holiday weekend.

HealthFirst Family Care Center celebrates National Health Center Week

FRANKLIN—HealthFirst Family Care center joins communities nationwide as they celebrate National Health Center Week, from Aug. 6 – Aug. 12. This week is used to highlight the work of health centers like HealthFirst and celebrate their unwavering dedication to their communities' wellbeing. For 58 years, community health centers have delivered affordable, accessible, and high-quality primary health care to millions of people, regardless of their ability to pay. Community health centers provide



preventive and primary care services to over 30 million people and are the first to respond with wrap around care during disasters and health emergencies. Their model of care is driven by services needed within each unique community. Together, they are the backbone of the nation's primary care system. Community health centers lower health care costs to the tune of \$24 billion a year reducing the rate of chronic diseases and stimulating local economies.

Community Health
SEE HEALTHFIRST, PAGE A7

Music on the Green series to welcome Dudley Laufman and Canterbury Country Dance Orchestra

CANTERBURY – Dudley Laufman and Canterbury Country Dance Orchestra will perform at Canterbury Shaker Village's Music on the Green summer series on Sunday, Aug. 27 at 4 p.m. Founder of Canterbury Country Dance Orchestra, which recorded their very first full-length LP of dance music in 1972, Laufman received a National Heritage Fellowship award in 2009, the country's highest honor in the folk arts.

helped create a wave of interest in old-time dancing throughout the United States."

Held outside in a natural, intimate setting, Music on the Green features various types of music for every age on Sundays, 4 to 5 p.m., from July 2 to Sept. 17. In the event of rain, the Village holds concerts inside the North Shop.

"We are delighted to welcome Dudley here," said Leslie Nolan, executive director of the Village. "His influence and popularity over the years have

Admission is free with a suggested donation of \$20. Music on the Green is sponsored by CCA Global Partners, New Hampshire Dance Collaborative (NHDC), and Kathleen Belko, Trustee.



In addition to Music on the Green on Sundays, the Village offers tours before performances. These tours include Shaker Stories: History & Legacy, Innovations & Inventions: Shaker Ingenuity, and Hale & Hearty: Shaker Health. To purchase tour tickets or learn more about the Village's Music

on the Green, 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.

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Franklin VNA & Hospice holds free spring Grief Group

FRANKLIN — Every Tuesday from Oct. 24 through Nov. 21, Franklin VNA & Hospice is hosting a Grief Support Group from 2 – 4 p.m. Anyone who has suffered a death is welcome, whether they were the caregiver, family member, friend, or a community member. The group will be facilitated by our Chaplain, Tobias, and Rebecca, a long time Hospice Volunteer and End of Life Doula. Past experience has shown us that participants are ready for the class if at least three to six months has passed since the death of their loved one.

Each session will focus on a new skill for dealing with grief. The support group is free to attend but does require pre-registration. To register, call 603-934-3454 or email jjenny@franklinvna.org.

Grief has no timetable. It may come in waves during the turbulent months of a loved one's illness and then intensify after he or she has passed away. Each experience is unique and deeply personal. Emotions run the gamut from sadness, anxiety and guilt to anger, helplessness, and depression. What many people who've lost someone they love want, is the opportunity to be able to talk about their loved one in a space where they can safely share what they are going through with people who have had a similar loss in an environment structured to help them navigate the grieving process.

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

You have a choice in your Homecare and Hospice provider: Choose local. Choose Franklin VNA & Hospice.

For more information, call Franklin VNA & Hospice at (603) 934-3454 or visit www.FranklinVNA.org.



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Funding for the buyback program and this ad is provided by the Loon Preservation Committee and by the US Fish and Wildlife Service on behalf of the Bouchard Barge 120 Buzzards Bay Oil Spill Trustees

Hospice volunteers truly make a difference

FRANKLIN — Volunteering can be one of the most powerful experiences a person can have. When you volunteer you give your time to help touch the lives of others, and when that volunteering is for those who are on home Hospice, you gain the opportunity to change someone's life for the better. Franklin VNA & Hospice is hosting a free volunteer training on Thursdays from Sept. 21 to Oct. 12 from 1-4 p.m. Lunch is provided. This four-week session focuses on how to provide comfort, support, and a reassuring presence to Hospice patients and their families. You must attend each class in order to get your certificate.

Every day, hospice volunteers touch the lives of our patients and their families. Whether you are listening to a patient's stories, reading to them, preparing a meal, holding their hand while listening to soothing music, or running an errand, each kind gesture makes a huge impact on those we serve. Will you spend two or more hours a week making a difference in life of another? Volunteers can offer companionship, respite care, and their own unique skills to assist patients and their family members in the community. There are some skills which are especially valued in volunteers – the ability to play an instrument or provide registered pet therapy are two very sought-after qualifications for a hospice volunteer.

Whether you volunteer one-on-one with our patients and their families or behind the scenes in the office, you will be a valuable member of our hospice team.

If you're looking to make a difference in someone's life, and perhaps change your own as well, Hospice volunteering may be exactly what you're looking for. Registration is required. Contact Cherrie at 603-934-3454 or at cmurray@franklinvna.org to register.

You have a choice in your homecare provider. Choose local. Choose Franklin VNA & Hospice.

BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests during the week of July 31 to Aug. 7.

Edward S. Greeley, age 54, of Belmont was arrested on Aug. 3 for attempting to apply for ownership of a hand gun as a felon.

Chantalle June Gilbert, age 43, of Belmont was arrested on Aug. 3 for Criminal Mischief.

Frederick Anthony Watson, age 51, of Belmont was arrested on Aug. 3 for Conduct After an Accident.

Desiree Manley, age 36, of Franklin was arrested on Aug. 5 in connection with a warrant.

An 18-year-old male from Laconia was issued a summons in lieu of arrest on Aug. 5 for Transportation of Alcoholic Beverages by a Minor, Unlawful Possession of Alcohol, and Negligent Driving.



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Tom Galante, AVP – Financial Consultant for BNH Financial Services; Cindy Day, VP - Relationship Manager for BNH Wealth Management and Dona Murray, SVP - Wealth Advisor for BNH Wealth Management.

BNH Wealth Management voted Gold in Best of Lakes Region Awards

LACONIA — Bank of New Hampshire's Wealth Management division was recently voted Gold in the Financial Advisor/Planner category at the fifth annual Best of the Lakes Region awards for 2023. This is the second consecutive year that they earned Gold in this category, after previously winning Silver in 2019.

"We are very pleased to have been recognized in this way. This award is a testament to our Wealth Management team's dedication and commitment to building relationships with clients," said Bob Magan, Senior Vice President - Senior Wealth Manage-

ment Officer for Bank of New Hampshire. "Helping them navigate through significant life events gives them the peace of mind to confidently enjoy their family, their life and their wealth. Our clients know they've got people taking caring of them."

Bank of New Hampshire is proud to be the presenting sponsor of Best of the Lakes Region, which received more than 230,000 votes in 199 categories this year. For more information on Best of the Lakes region and for a full list of the 2023 winners, visit BestoftheLakesRegion.com.

Belknap EDC awarded 2023 micro-enterprise grant to support small businesses

LACONIA — Belknap EDC will be allocating more than \$100,000 to support small business development in the region. Working with the New Hampshire Small Business Development Center (SBDC), Belknap EDC will be able to directly support businesses with accessing technical assistance, business plan development, direct grant, financing, and other resources.

The Community Development Block Grant


Program, administered by the New Hampshire Community Development Finance Authority (CDFA) is for low- to moderate-income (LMI) microenterprises (those with fewer than five employees) and start-ups to provide a full range of entrepreneurial training and technical assistance services.

"We are pleased to partner with CDFEA, SBDC, and our strategic partners to provide this

much needed one on one support to our small business community," said Justin Slattery, Belknap EDC's Executive Director.

A qualifying business must be classified as a for-profit entity with five or fewer employees, be in current operation or in start-up mode, be located within Belknap County and meet specific income requirements. More details can be found at belknapedc.org.

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Opinion

A4 Thursday, August 17, 2023

WINNISQUAM ECHO

EDITORIAL

Striving for a world free from stereotypes

In a world where information is at our fingertips and connections span continents, it is baffling to us that stereotyping still prevails. We pride ourselves on progress, yet we allow preconceived notions to shackle our understanding of each other. It's high time we collectively recognize the damage of assumptions and vow to liberate ourselves from the confines of stereotypes.

Stereotyping is the enemy of empathy, born from our innate need to categorize and simplify complex realities. It's natural for the mind to seek shortcuts, but these shortcuts often lead us astray, blinding us to the richness of human diversity. When we assume we know someone based on their appearance, background, or a single characteristic, we deny them the depth of their individuality and inadvertently perpetuate ignorance.

Let's face it, we've all been victims of stereotypes. Whether it's being judged by our nationality, gender, appearance, or hobbies, we know the frustration of not being seen for who we truly are. So, why do we continue this harmful practice? Fear, laziness, or perhaps a lack of awareness? Regardless of the reasons, it's time to shatter this cycle.

Consider the story of the introverted librarian who's also a salsa dancing champion, or the tattooed artist who spends weekends volunteering at a shelter or going to classical music concerts. These are glimpses into the lives that stereotypes fail to capture. It's not enough to say, "Don't judge a book by its cover." We must actively seek to turn the pages, engaging with the stories beneath the surface.

The path to change begins with acknowledging our biases. Recognizing that we all hold them allows us to confront them head-on. Education is a formidable weapon against stereotypes. By learning about different cultures, histories, and experiences, we open the door to a more inclusive perspective. It's a journey toward realizing that our world is a mosaic of vibrant, individual lives, each with its own colors and textures.

But this change isn't just about self-improvement; it's a societal shift. By resisting stereotypes, we create an environment where empathy flourishes. We extend the hand of understanding to those who've been marginalized and silenced. We pave the way for collaboration that's based on shared goals rather than preconceived judgments.

It's time to rewrite the script of our interactions. Let's ask questions and listen attentively. Let's engage in conversations that bridge gaps and build bridges. Let's be curious about the people we encounter, seeking to understand their unique perspectives.

As we strive for a world free of assumptions and stereotypes, let's remember that change is gradual. But every step taken is a step closer to a society where each person is seen, heard, and valued for who they truly are. Let's be the generation that breaks the chains of stereotype, forging connections that are genuine, lasting, and transformative.



COURTESY

"Cruising NH History" author Michael Bruno coming to the Belknap Mill

The Belknap Mill invites you to meet and hear author Michael Bruno discuss his book *Cruising New Hampshire History: A Guide to New Hampshire's Roadside Historical Markers* on Thursday, Aug. 17 at 6 p.m. on the third floor. The Belknap Mill and neighboring Busiel Mill were listed on the National Register of Historic Places in 1971. Bruno will present and discuss his guide,

Cruising New Hampshire History, which has been recently featured both by NH PBS and on Chronicle. As a young adult out riding his motorcycle, Bruno stopped to read the historical markers that are installed along Granite State highways. Finding the markers intriguing with their unique stories, he embarked on a project to visit and provide expanded information regarding each of the 267 state's historical markers. The idea of "Cruising New Hampshire History: A Guide to New Hampshire's Roadside Historical Markers" began in the fall of 2015 while discussing the lack of a user-friendly, interactive state Web site, or a previously published book on markers. Michael will have copies of the book available for purchase at the event.

Positively speaking!

Toby Moore

Don't be pressured to say yes

I'm a people pleaser. I have a tough time saying no. If I tell someone no, I often feel I'm letting them down. I've learned the hard way that saying yes when I should've said no has consequences that weigh heavy on the heart and soul.

Saying yes to something unimportant can lead to a minor inconvenience with minimal regret—no big deal.

Like agreeing to attend a social gathering you're not interested in, only to find yourself trapped in small talk for hours. Or volunteering to help a colleague with a project when you already have a full plate.

These are the times when a simple no could have saved time and energy.

But what happens when the stakes are higher? The consequences can be life-altering when you say yes when you should have said no.

A passionate young artist facing pressure from family to pursue a more "stable" career in finance finds herself trapped in a job she hates, haunted by the art she never created.

A young couple, not quite ready for marriage. Find themselves pressured by family and friends to push toward a premature commitment. They say yes to an engagement even though their gut tells them to wait.

After working for years in the shadows, the founder of an exciting new business finally captures the attention of prominent investors.

A successful firm extends an offer filled with promises and potential. Yet this deal comes with strings attached, a bargain that would mean surrendering the very soul of his dream.

His partners, who haven't taken the same risks, sense the allure of success and urge him to take the gamble. His choice will either affirm his vision or transform it into something unrecognizable. It's not merely a business decision; it's a war for the integrity of his dream.

Whenever I say yes to someone because I'm being negatively pressured rather than following my gut, I always regret it. That regret is a stinging reminder

SEE POSITIVELY SPEAKING, PAGE A8

Comfort Keepers

Game on: Inspiring seniors to rediscover the joy of play

BY MARTHA SWATS

Owner/Administrator
Comfort Keepers

Joyful activities make us all feel truly alive, engaged, and connected. The world becomes more vibrant, inviting, and happier with a bit of play every day. Play is even more important for seniors – it can help them feel more relaxed, joyful, and mentally stimulated. Seniors can benefit mentally and physically by incorporating play into their daily routines.

Letter submission policy

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

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

Benefits of Play & Fun Activities

Play should be a significant part of life for everyone. In addition to being fun, play and enjoyable activities have many benefits for seniors.

Improve Memory: Playing and laughter can amp up memory, increase mental sharpness, and improve recall.

Increase Connection: Having fun can help older adults improve relationships and make new friends.

Enhance Emotional Well-being: Partaking in enjoyable activities can multiply moments of joy, expand optimism, and reduce stress.

Boost Health: Fun moments can boost the immune system and minimize the perception of pain.

5 Popular & Inspiring Types of Play

1. Games & Sports

Physical activities allow seniors to exercise, improve coordination, and feel like they're in control. Games like golf, pickle ball, horseshoes, bocce, and shuffleboard add a social component that can help delay the problems caused by dementia.

2. Music & Dancing

Moving and grooving to the music raises heartbeats AND spirits. Music also helps give those with dementia or Alzheimer's disease an opportunity to

SEE COMFORT KEEPERS, PAGE A10



Winnisquam Echo

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ERIN PLUMMER

The entrance to the Salem Christmas Tree Shop a few weeks before it closed permanently.



ERIN PLUMMER

Empty shelves bordered what was left of the merchandise at Christmas Tree Shop in Salem.

Going Out of Town

A last trip to Christmas Tree Shop

BY ERIN PLUMMER

mnews@salmonpress.news

“Don’t you just love a bargain?” went the catchy jingle following images of happy shoppers finding treasures for low prices. How many of us have walked under that huge red sign with the image of Santa’s sleigh and at some locations underneath big awnings and through grand white doors. Inside was a wide assortment of everything one could need. Sadly, Christmas Tree Shop is now a thing of the past. The company filed for bankruptcy and the last stores in New Hampshire closed this past weekend. On so many of my different trips, there was a Christmas Tree Shop nearby and it was too tempting to pop in and see what they had. A few weeks ago, I took one last browse around the store in Salem, the location I think I visited the most, and it was like saying goodbye to an old friend.

The first of the Christmas Tree Shops opened in the 1950s on Cape Cod. The company would go on to open 82 stores in 20 states selling a wide assortment of different items, including home goods, an ever-rotating assortment of seasonal items, decorations, food, health and beauty aids, toys, and so much more.

My first trip to Christmas Tree Shop was in college, when my dorm took a trip to Salem for some holiday shopping, though I don’t remember getting too much time to really look for stuff other than some wrapping paper and cards. I didn’t really get a chance to properly explore Christmas Tree Shop until my parents took me back to the Salem store in 2003



ERIN PLUMMER

It was always fun crawling through the aisles at the Salem Christmas Tree Shop, but empty shelves and “Going Out of Business” signs signaled the store’s last weeks.

and I finally had free rein to look for treasures. That’s when I found cool looking glasses for \$2, Halloween decorations for \$5, and so many kinds of cookies and candy for just a few dollars. I think it was on this trip that I fell in love with this store.

I would go on to explore more Christmas Tree Shops. The one in Portsmouth became another common location. I also explored the shops in North Conway, Nashua, South Portland, and Saugus, Mass., but the Salem store was always my personal favorite.

When I got my first apartment this place was indispensable. Just look around my apartment you can see a little bookshelf, a small cabinet, a soft accent chair, along with kitchen utensils, dish towels and oven mitts, and of course some more cool glasses. If a need presented, I could almost always find it at any Christmas Tree Shop.

Some of my favorites are these glasses shaped like Coke cans (it is kind of fun to put Pepsi in them). One time, I accidentally broke one after doing dishes and didn’t find others for a long

time. Then I was driving on I-95 in the North Shore and got caught in the lane that immediately exits to Route 1. Trying to re-route myself and in need of a pit stop, I found the Saugus Christmas Tree Shop, stopped in, poked around before leaving and lo and behold there was another Coke can glass. Maybe there was a reason I found myself in the wrong lane.

My parents and I have a mutual love of Christmas Tree Shop and my parents loved stopping at the different stores. Up until recently we all made a regular trip together down to Salem to shop before stopping for lunch at Cracker Barrel in Derry.

The store had undergone some appearance and branding changes, but it was the same place I always adored. Imagine my shock when I heard the company had filed for bankruptcy.

On May 5, the company announced it had filed for Chapter 11 bankruptcy and planned to undergo restructuring. At first, things were still looking promising that the stores would remain open. According to reports, the company then defaulted on its loan and the announcement was made that the company was liquidating and all stores would close.

As sad as this news was to hear, it wasn’t surprising given the state of retail. So many classic retail chains that had also been around forever had closed over the years. This one stung a little more, though, because of how much I loved these stores. I never got a chance to say goodbye to the Portsmouth store before it closed, but I made a point to go to the Salem store one last time.

Walking through those big, white doors was a much sadder ex-

perience seeing all the “Going Out of Business” signs outside. Stepping inside half of the shelves and racks were empty. They did put out all their remaining holiday stuff, it was weird seeing the Christmas, Halloween, and Easter decorations out in one place. I hoped to find some more cool glasses but all of them were gone as well. I did pick up some green, plastic bowls, a nautical themed dish towel, and an oven mitt covered with seashell patterns that turn a different color when they’re warm. Another sad sight was the collection of worn office furniture and desk chairs all in one corner that all came from their back offices.

I think the saddest part about this experience was seeing all the associates and knowing how hard this must be for them. I have a long history of working in retail,

and I have done almost every position in different stores. I have been part of a store’s grand opening. In 1997, going into my senior year of high school, I was part of the small team who helped put Bloom’s Variety together in downtown Laconia. I have also been part of the effort when stores moved to a new location.

I have never experienced what it is like to work for a store in its final days, though I know so many people who have. I knew people who worked at Borders and Ames and clearly remember their frustration of having to find another job to the sadness of having to leave beloved coworkers. I will always have the utmost empathy for retail workers and those working in a closing store especially have my thoughts.

I bought my items and overheard that the store was officially closing on Aug. 12. I just knew this would be the last time I set foot in this store. I walked out of the Salem Christmas Tree Shop for the last time with my last collection of treasures and a bit of a heavy heart.

The retail industry has been shaky in the past few decades meaning so many different stores that we have always relied on might not be around. Appreciate the stores that are around now and it always helps to find new places for treasures.

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Edward Jones: Financial Focus

529 plans offer benefits in all markets

A new school year will soon begin. And if you have young children, that means it’s one year closer to the day when they head off to college or some other post-secondary education or training. You might be preparing for that day with a 529 education savings plan — but should you be concerned if you need to start taking withdrawals to pay for educational expenses when the financial markets are volatile?

Long-term investment vehicles based on the financial markets, like a 529 plan, will always fluctuate in value. If you’ve had a 529 plan for many years, you’ve probably invested money when the market has been up, down and flat. In fact, during down periods, it’s often a good time to invest, because your dollars buy more shares than they could when prices are up. Your hope is that, over the years, your 529 plan will gain enough to overcome the short-term declines in value.

In any case, you’ll want to keep in mind the key benefit of 529 plans: Earnings and withdrawals are federally tax free when the money is used for qualified education expenses for college and some trade school programs. And your state may give you an income tax deduction or a credit for your 529 plan contributions. In some states, a 529 plan can be used for K-12 schooling as well.

You have another incentive to keep your 529 plan intact despite temporary drops in value. Specifically, if you withdraw money and don’t use it for eligible education expenses, your withdrawal may be subject to a 10% penalty, in addition to state and federal income taxes. That could be a high price to pay for a move that may not be in your best interest. After all, if you were to move your 529 plan money into a minimal-risk asset, such as some type of cash vehicle, you could sacrifice some of the growth potential you might need to meet the high costs of higher education.

Many 529 plans offer investment portfolios that gradually become more risk averse as the beneficiary gets closer to college age. A financial advisor can discuss the investment options with you.

While this investment feature doesn’t guarantee you’ll have complete immunity from financial market volatility, it can help reduce its impact when you need access to the money.

Here’s one more point to keep in mind: Just because you’ve planned to access your 529 plan when your child reaches 18, or whatever age they begin their post-secondary education, you’re not required to take money out at that point. You can keep your 529 plan intact until you feel more comfortable making withdrawals, though you’ll need to consider how this decision will affect your ability to help pay for your child’s education.

The financial markets will always be in some type of flux, but don’t let these movements deter you from sticking with a 529 plan — it’s still one of the best investments you can make in your child’s future.

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

Bank of New Hampshire promotes Jannette Thompson to Laconia Banking Office Manager

LACONIA — Bank of New Hampshire is proud to announce the promotion of Jannette “Janna” Thompson to Assistant Vice President – Laconia Banking Office Manager.

In her role as the Banking Office Manager, Thompson will be responsible for management of the office’s deposit portfolio, customer relationship management, new business development and community engagement. She will also oversee all daily operations of the office while becoming a trusted resource for Laconia customers.

Thompson joined Bank of New Hampshire in August 2022 with fifteen years of experience in financial services. Her impressive performance in the Moultonborough office showcased her abilities as a capable leader and motivated decision-maker to entrust her with the management of the Laconia office.

“We are proud to see Janna take the next step in her career with BNH. Her passion, talent, wealth of knowledge, and lifelong commitment to the Laconia community, make her the perfect fit to manage our Main Office in Laconia,” said James Glover, Vice President – Retail Banking Regional Manager for Bank of New Hampshire. “Janna is passionate about getting to know her customers and providing expert customer service. She is an absolute pleasure to work with and will provide great support, leadership, and guidance to the Laconia team. We’re all very excited to see Janna take on this new opportunity.”

Thompson can be reached in the Laconia office



Jannette Thompson

located at 62 Pleasant Street, via phone at 603-527-3397 or by e-mail at janna.thompson@bnh.bank.

Bank of New Hampshire is excited to have Janna in this role on our team as we aspire to remain an independent mutual financial institution, delivering innovative solutions and exceptional service, while assisting our employees, customers and communities to build brighter futures.

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

Laura Hilliard promoted to Business Banking Relationship Specialist for MVSB

MEREDITH — MVSB (Meredith Village Savings Bank) is proud to announce the promotion of Laura Hilliard to Business Banking Relationship Specialist. In this role, she will provide account and service support to the Bank’s business clients.

“Laura has nearly 30 years of experience at MVSB and shown a passion for helping customers and supporting the community,” said Julie Clement, Vice President, Business Development and Small Business Lender. “We are excited to have her as an essential part of the business team and to acknowledge her exceptional work with this promotion.”

“MVSB truly cares about helping local businesses thrive and I am very proud to play a role in helping our customers make confident business decisions and achieve their goals every day,” said Hilliard.

Hilliard joined MVSB in 1994 as a student teller and has worked in many different positions at the Bank, most recently serving as Business Development Administrative Assistant. She has volunteered with Granite United Way, Gather and Hands Across the Table. Outside of work, she enjoys music, reading and spending time with her two children and three grandchildren.



Laura Hilliard

MVSB has been serving the essential banking needs of people, businesses, nonprofits and municipalities for over 150 years. As a mutual savings bank, MVSB has no stock-holders but rather operates for the benefit of its customers, employees and community. Since our founding, one thing has always remained true: caring is at the heart of everything we do. By building and nurturing relationships, we believe that we can cultivate a community where we all thrive. It all starts with caring about our customers and neighbors. To learn more, visit any of the local branch offices located in New Hampshire in Alton, Ashland, Center Harbor, Gilford, Laconia, Melvin Village, Meredith, Moultonborough, Plymouth, Portsmouth, Rochester or Wolfeboro, call 800-922-6872 or visit mvsb.com.

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PETS OF THE WEEK



Yukon

Meet Yukon! He is very excited about moving to New Hampshire and would thrive in an active home. Yukon would be great for a family that craves more energy in their life. Yukon is very smart and could even do well making some dog friends.



Ariel

Meet Ariel! This beautiful girl is looking for a forever home to thrive. Ariel has a developmental condition known as, Cerebellar Hypoplasia. This primarily impacts her motor functions, making balance and staying still difficult at times.

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HEALTHFIRST

CONTINUED FROM PAGE A1

Centers, like Health-First Family Care Center, are not just healers, they are innovators who look beyond medical charts to address the factors that may cause poor health, such as poverty, homelessness, substance use, mental illness, access to nutritious food, and unemployment. They are a critical piece of health care systems and collaborate with hospitals, local and state governments, social, health and business organiza-

tions to improve health outcomes for people who are medically vulnerable.

The mission of Community Health Centers remains crucial today because access to basic care remains a challenge to more than 100 million people across the country. Many people live in remote and underserved communities where there is a shortage of providers and, in many cases, the nearest doctor or hospital can be as far as a 50-mile drive in another county.

HealthFirst CEO, Russ Keene, said, "Health-

First proudly celebrates National Health Center Week along with other communities nationwide. Our mission says it best, as it is through dedication, respect, and compassion for our patients and one another, that we aim to inspire hope, and to advance the health and well-being of our patients, community, and staff." Additionally, Keene stated, "HealthFirst remains committed today, and every day, to providing high-quality care to all, and addressing the whole person through an integrated model of care

to ensure that all of their needs are addressed."

HealthFirst is celebrating National Health Center Week by highlighting various appre-

ciation days such as: Homelessness Awareness Day, Agricultural Worker Health Center Day, Patient Appreciation and Childrens

Health Day, Stakeholder Appreciation Day, and they will close out the week's activities with its Health Center Staff and Board Appreciation Day.

BELMONT

CONTINUED FROM PAGE A1

culties, winners of that race were not immediately available to staff members Saturday afternoon, but they could confirm that the first to cross the finish line of the challenging race this year was Mike Laplume of Bristol.

At 9 a.m., an interactive inflatable obstacle course and other outdoor challenges began and at 9:30 boys and girls gathered for the 34th Annual Tioga Fun BUBBLE Run. All of that fun was followed by the first of two performances by the Witches of the Lakes Region, the traditional Children's Pedal Tractor Pull, Yoga with Cassandra Prescott, a children's story time and a scavenger hunt at the library, along with caricature sketches and other fun activities for the little ones along Mill Street.

As people shopped the many vendors, lined up at one of the food trucks and snack tents throughout the day, or visited the informational booths for civic and area nonprofit organizations they also got to enjoy the live music of Topper & Fed.

When the clock crept

up toward 1 p.m., however, the activity paused as everyone lined Main Street for the start of the Old Home Day parade.

This year's Grand Marshals were Denise Naiva of the Belmont Conservation Commission and Emilie DeFrancesco, the commission's student representative from Belmont High School. Keeping true to their cause, instead of candy as they made their way along the route, the two tossed a variety of flower and vegetable seed packets, which were met with enthusiasm from the spectators.

The Heart of the Community Award this year went to the Jake Deware Kindness Project, promoting the enrichment of the community through Random Acts of Kindness and the love, work ethic and spirit that Jake held in his heart before he passed away far too soon. "Kindness is a Super Power" read the banner leading their float.

Judges for the parade also awarded First Place honors to the Witches of the Lakes Region for their "wicked good" float and marching contingency. Second Place went to the honored veterans from American

Legion Post 58, while the boys and girls of Belmont Park's and Recreation Summer Camp program were presented with the Third Place recognition.

Among the other notable entries were Troop 60200 Girl Scouts, Main Street Maple and Honey Farm, Dancing Feet Studios, Canine, Inc., and the Belmont Baseball Majors players who hoisted trophies for the 12U District 1 Championship series this year, along with their Runner-Up trophy for the 2023 State Championship series.

Belmont Fire Department's annual chicken barbecue transitioned the daylong event from afternoon to evening when activities then moved uphill to Bryant Park. There the crowds found more vendors and activities, live music by the Duncan Idaho Band, and finally the much-awaited aerial display by Atlas Fireworks once the sun set that night.

Despite a minor threat of storm possibilities, Aug. 12, 2023, thankfully turned out to be a "picture perfect day" for the Belmont community's "Picture This" celebration.

LRAA

CONTINUED FROM PAGE A1

Pastel:
Winner – "Ode Ogden" by Duane Hammond of Alton

HM - "Grace" by Stephanie McQuade of Gilmanton Iron Works

Mixed Media:
Winner – "Drum Beat" by Elaine Friel of Laconia/Coral Cables Fla.

HM – "Goofy Giraffe" by Deanna Roe of Weare

Photography:
Winner – "Dead of Winter" by Mike McQuade of Gilmanton Iron Works

HM – "Rookery" by Sherwood Frazier of Laconia

Drawing:

Winner – "Basketry" by Sandy Finn of Effingham

HM – "Look Up" by Stephanie McQuade of Gilmanton Iron Works

Digital:
Winner – "Paddling" by Marian Federspeil of Meredith

HM – "Inspired" by Michelle Palys of Laconia

Please join us as we celebrate at a reception Saturday, Sept. 19 from 2-6 p.m. at the Lakes Region Art Association Gallery, 120 Laconia Rd., Tanger Outlets Suite 300, Tilton. The public is invited to meet the artists and judges. Refreshments will be served. A 50/50 Raffle will be featured as a fundraiser for LRAA.

00,
Visit our Web site for more information about the gallery: www.LRAANH.org.

HOSPICE BALL

CONTINUED FROM PAGE A1

gery. When an illness is terminal, Franklin VNA & Hospice's hospice team enables patients to live with dignity throughout the end-of-life journey and provides support to loved ones before and after their loss.

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Cross Insurance.

Those interested in learning more about the event and sponsorship opportunities should contact Jennifer Boyce at jboyce@franklinvna.org or go to https://franklinvna.org. Tickets for the benefit are \$60 and include dinner, live music, dancing, along with live and silent auctions, and may be purchased at https://franklinvna.org/hospice-ball/ starting on Sept. 1.

Franklin VNA & Hospice strives to educate all patients, and the community on the support Hospice can provide. It is about living your life to the fullest. They are always available to meet with patients or families to discuss their Hospice

program or ways they can help during times of need.

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POSITIVELY SPEAKING

CONTINUED FROM PAGE A4

that our instinct is a guide we should not ignore.

Be cautious if someone tries to manipulate you into a decision that serves their interests, whether by applying pressure and fear or condescendingly telling you that you're incapable of accomplishing your dream. Their tactics may be part of a larger scheme to make you feel that you must do what they want or lose everything.

As a people pleaser, disappointing others is very uncomfortable, but don't let their disappointment divert you from your destiny.

The act of saying no is more than a refusal; it's a powerful assertion of control that affects our brain and decision-making processes. By saying no, we re-

wire our brain's response to choices, enhancing our ability to think and act in alignment with our values. This simple action reinforces self-respect and helps us prioritize our needs, leading to a healthier mental state.

When you say no, you're setting boundaries. Setting boundaries is an essential part of a healthy emotional state. Learning to say no is more than a personal stance; it's a skill that lays the groundwork for better mental health and more authentic life.


If you continually say yes, even to your detriment, you risk being perceived as a pushover. Although I've never cared all that much for what others think of me following my dreams, failing to stand up for yourself may lead you down a path that doesn't align with your desires or values but instead follows the expectations of others.

It's a life shaped by external influences rather than personal choice.

The truth is saying no doesn't necessarily mean letting someone down. It means standing up for what's right for you. It means recognizing the value of your path, dreams, and well-being. It means not sacrificing yourself at the altar of others' expectations.

The next time you're faced with a decision, big or small, listen to that inner voice. If something doesn't feel right, it probably isn't.

The right yes can open doors, but the wrong yes can close them. Choose wisely, for the choices we make, in the end, shape the life we live.



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COMFORT KEEPERS

CONTINUED FROM PAGE A4

connect with memories and a deeper sense of who they are.

3. Social Gatherings
Socializing is a powerful way to add fun to a senior's life, especially if they get to reminisce with friends and family. Good conversations can be great mood elevators!

4. Board Games, Card Games, & Puzzles

Board games and card games offer ways to socialize and benefit from the joyful challenges of friendly competition. Puzzles can sharpen the mind and, when completed, give a sense of accomplishment.

5. Outdoor Activities
Being outdoors in nice weather is an instant mood booster. Bird-watching, gardening, and going for a walk or picnic are great ways to bring a little joy into a senior's day.

Comfort Keepers® can help

With so many ways to enhance seniors' lives with play, the benefits of

having fun are just too great to ignore. Our Comfort Keepers® can help by connecting seniors to playful experiences that activate their minds and brighten their day.

Contact your local Comfort Keepers office today to learn more about how we empower seniors to lead enriched lives.

About Comfort Keepers

Comfort Keepers is a leader in providing in-home care consisting of such services as companionship,

transportation, housekeeping, meal preparation, bathing, mobility assistance, nursing services, and a host

of additional items

all meant to keep seniors living independently worry free in the comfort of their homes.

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

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Loon Mountain Resort

Now Hiring for Highland Games Event Workers

Don't miss out on working for the famous NH Highland Games event September 15-17, 2023.

Work in Food Services, Grounds, Parking, Security or Custodial and be a part of the great guest service team at Loon.

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Energysavers
Full-Time Installers Apprentice

Energysavers Inc, a 48 year old hearth & spa product retailer in the Lakes Region, is looking for a motivated individual that wants to learn the trade of installing hearth products. You must be comfortable working on roofs when necessary and able to work with an installer to move heavy items. Energysavers pays for all educational costs to get and maintain NFI wood, gas and pellet certifications as well as a NH gas fitters license for gas hearth installations and service. Starting pay, \$18-\$20 hour based on experience.

LEARN WHILE YOU EARN!
No prior experience required.
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Stop in to fill out an application:

Energysavers Inc,
163 Daniel Webster Hwy, Meredith NH

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SHAKER REGIONAL SCHOOL DISTRICT

7th Grade English Teacher

7th Grade English Teacher Shaker Regional School District is seeking a 7th Grade English Teacher for Belmont Middle School. Complete details and a link to apply for this position can be found on the Employment Opportunities in Human Resources Tab of the District website, www.sau80.org.

SHAKER REGIONAL SCHOOL DISTRICT

YEAR-ROUND GROUNDS WORKER

The Shaker Regional School District (SRSD), serving the communities of Belmont and Canterbury, is looking for a year-round grounds worker. Previous experience in grounds work and a valid New Hampshire driver's license is preferred but not required. Starting pay is \$16.87/hr; 8 hours/day. Successful completion of a pre-employment physical and criminal background check, including fingerprinting, is required. Contact Steve Dalzell at 267-9223 ext. 5309 for more details. SRSD is an Equal Opportunity Employer.

SHAKER REGIONAL SCHOOL DISTRICT IS HIRING!

Shaker Regional School District, serving the communities of Belmont and Canterbury, NH is hiring:

1-1 Behavioral Assistants
General Special Education Assistants
Classroom Assistants
Title I Tutors
Long Term Substitute Custodians

Please visit the Human Resources page at www.sau80.org or call 603-267-9223 for more information.

The ballpark tour gets grounded in Manchester

BY JOSHUA SPAULDING
Sports Editor

Last week's editions included a story about a trip to Pittsburgh to catch a couple of games at PNC Park, home of the Pittsburgh Pirates. This is all part of my quest to see a game in each of the Major League Baseball stadiums.

At the end of that piece, I wrote to tune in this week to find out where my quest took me this week, as there was another trip on the docket for last Tuesday and Wednesday.

The ultimate destination was Milwaukee. I had planned an early morning flight out of Manchester to Baltimore and then on to Milwaukee, returning via the same route on Wednesday morning.

Getting up early is nothing new to me and Tuesday morning I got up right around 2 a.m. and headed out to Manchester, arriving at the airport a little before 4 a.m. for the 5:40 a.m. flight. It was a quick pass through security and on to the gate where it was simply a waiting game.

The flight crew arrived and at 5 a.m. we were told we'd be boarding in 10 minutes. That never happened. Not long after we were supposed to be boarding we were told that there was a mechanical issue with the plane and we'd have to wait a bit longer as they looked at the plane. Next up, the board said



JOSHUA SPAULDING

This was as close to seeing a game in Milwaukee as I got this year, gate 12 at Manchester-Boston Regional Airport.

the flight would leave at 7 a.m. and arrive in Baltimore by 8:30 a.m., which still left me time to make my connection.

However, that was not to be either, as we were then told that the flight was cancelled. Even better, they had no other seats available on flights out of Manchester that day and that everyone would be assigned other flights as they were available

over the next few days.

Of course, since I was returning the next day, flying out of Manchester on Wednesday or Thursday was not an option. I waited in the line with the rest of the flight to get any news on what the situation would be. When I finally got to the front of the line, they offered me the refund, since they had no way of getting me to Milwaukee that same day. While

waiting in line, I had done a little research for flights on different airlines and from different airports and had no luck finding anything on my own as well.

So, I took my refund, called the hotel in Milwaukee and cancelled my reservation for that night. I thought about just booking a flight somewhere, anywhere, and just staying there. One of the biggest rea-

sons I was looking forward to the trip, even if it was short, was just to clear my head. Right now, there is a lot of garbage swirling around in there and it's been too much. But alas, I just drove home and did nothing.

So, with my high school busy season upon me, it looks like I will only see one new ballpark this year. My goal has to be see at least two each year and

that is likely not happening this year, which is disappointing to say the least.

Hopefully one day I will make it to Milwaukee, but thanks to Southwest Airlines, it was not meant to be this year.

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

Lakes Region Art Association hosts 83rd Annual Art Exhibit

TILTON — The 83rd Annual Exhibit at the Lakes Region Art Gallery brought artists from around New Hampshire together for an exceptional show of artwork.

Duane Hammond of Alton won "Best of Show" for his exceptional Pastel titled "Ode To Ogden"

Winners and runner ups in all categories for the 83 Annual LRAA Members Art Exhibit include:

Oils:
Winner — "Morning Light" by Terry Calder of Alton Bay
HM — "Birch Eye View" by Martha Au-Coin of Laconia

Watercolor:
Winner — "Curves and Edges" by Pat Edsall of Bedford
HM — "Isle of Shoals" by Pat Schubert of Goffstown

Acrylics:
Winner — "Renewal" by Donna Nelson of Deering
HM — "Window to Heaven" by Tom Hitchcock of Pittsfield

Pastel:
Winner — "Ode Ogden" by Duane Hammond of Alton
HM — "Grace" by Stephanie McQuade of Gilmanton Iron Works

Mixed Media:
Winner — "Drum Beat" by Elaine Friel of Laconia/Coral Cables Fla.
HM — "Goofy Giraffe" by Deanna Roe of Weare

Photography:
Winner — "Dead of Winter" by Mike McQuade of Gilmanton Iron Works
HM — "Rookery" by Sherwood Frazier of Laconia

Drawing:

Winner — "Basketry" by Sandy Finn of Effingham
HM — "Look Up" by Stephanie McQuade of Gilmanton Iron Works

Digital:
Winner — "Paddling"

by Marian Federspeil of Meredith
HM — "Inspired" by Michelle Palys of Laconia

Please join us as we celebrate at a reception Saturday, Sept.

19 from 2-6 p.m. at the Lakes Region Art Association Gallery, 120 Laconia Rd., Tanger Outlets Suite 300, Tilton. The public is invited to meet the artists and judges. Refreshments will be served. A 50/50

Raffle will be featured as a fundraiser for LRAA.

00,
Visit our Web site for more information about the gallery: www.LRAANH.org.

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LRSO 2023-2024 Soloists Benny Wang, Sheree Owens, Adam Gallant, Michael Gallagan

COURTESY

Lakes Region Symphony Orchestra announces 2023-24 season

MEREDITH — The Meredith-based Lakes Region Symphony Orchestra (LRSO) is pleased to announce its upcoming 2023-2024 season. Celebrat-

ing our 48th year, the LRSO introduces its jam packed concert lineup with concerts from November 2023 through May 2024. The full schedule, venue in-

formation, individual and discount tickets are available now at www.LRSO.org.

On Nov. 4, we open the season at Plymouth State University featuring Benny Wang, our 2023 Student Concerto Competition winner performing the first movement of Rachmaninoff's "Piano Concerto No. 1" – a superb performance by this amazing young talent. Rounding out November is Rossini's "William Tell Overture" (made popular by the "Lone Ranger" TV show), and Brahms' "Symphony No. 1" – a genius masterwork that embodies Brahms' lifelong struggle to match the weighty legacy of Ludwig van Beethoven.

Wrap yourself in festive seasonal spirit on Dec. 9 and 10, gracing stages at the Colonial Theatre in Laconia and the Inter-Lakes Audi-

torium in Meredith, as we present enchanting Holiday concerts starting vocalist Sheree Owens. A true talent from the Powerhouse Theatre Collective in Laconia, Owens sprinkles holiday joy with renditions of "Ave Maria," "Silent Night," "White Christmas," "The Twelve Days of Christmas," "Jingle Bells," and more... channeling the magic of celebrated artists including Sarah Reeves, Barbra Streisand, and the Carpenters. Don't miss your chance to immerse yourself in this winter wonderland of holiday melodies.

Trumpet extraordinaire Adam Gallant performs the Haydn "Trumpet Concerto" on March 16, 2024. Gallant is highly sought-after in the New England music scene and we're looking forward to this masterwork. We also give a nod to America's

past with Aaron Copland's "Lincoln Portrait," which combines spoken word with orchestral music, and William Grant Still's "Afro-American Symphony."

Prepare to be transported back in time to the golden era of swing and croon on May 18 and 19 as we reprise our sold-out 2017 "Sinatra!" tribute headlined by none other than the sensational vocalist Michael Gallagan. Gallagan's charisma and vocal prowess will dazzle you with renditions of "My Way," "Night and Day," "Summer Wind," "I've Got the World on a String," and many more hits from the Sinatra songbook. These performances will sell out, so get tickets early.

You can take advantage of Discount "Inter-Lakes" Ticket Packages for performances in Meredith.

Order your tickets online, and reserve the same great seats for Inter-Lakes performances. Visit www.LRSO.org for more details.

So mark your calendars and make room for a concert season delivering Haydn to Sinatra that will make your soul sing and your spirit soar. Tickets are available now at www.LRSO.org. Tickets for the November performance at Plymouth State University should be available by Oct. 1. You can order directly online, or by phone using the numbers listed with each event on our web site. Adult ticket prices range from \$20 - \$30 with discounts for students elementary through college-age with ID. We highly encourage you to sign up for our Email list at our www.LRSO.org/contact to keep you informed during the season.

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EMPIRE TRIO is a renowned classical crossover ensemble featuring the lush voices of soprano Erin Shields, baritone Adam Cannedy and pianist & violinist David Shenton. Their show, From Broadway to Hollywood, combines classic show tunes from beloved Broadway musicals, along with the glamorous soundtrack from the Silver Screen. Empire Trio combines these show-stopping hits with their own breathtaking and unique arrangements.

A talkback after the concert will be a unique opportunity for the audience to ask questions of these three experienced touring artists whose musical careers span over two decades and hundreds of live performances all over the globe.

This show is not part of the season tickets package.

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