

Local Halloween events offer frightful fun

BY DONNA RHODES
drhodes@salmonpress.news

REGION – With just two weeks to go before Halloween, many fun, and in some cases “fright filled” activities will get underway next week, starting with the 15th annual Morgan’s Memorial Haunted Hike, sponsored by White Tiger Karate.

Located at 142 Calef Hill Rd. in Tilton, the Haunted Hike has scared and entertained hundreds of people over the past 14 years and the volunteers organizing the hike are excited to be adding some new thrills to the venue for 2019. Opening night for the event will be Thurs., Oct 18, with additional dates of Oct. 19, 25 and 26

from 5:30-9:30 p.m. Children are welcome to join them at 5:30 p.m., when it is not quite so dark, but the serious frights begin after that. There will also be a bouncy house, concessions and other games for children to enjoy while the older groups head out into the woods for their hike. The cost for the event is \$5 per person or \$20 for a family donation. As they have done in the past, all money raised during the Haunted Hike will benefit local families in need. The hikes go on all four nights. “rain or moonshine,” said Sensei Sharyl Geisert and her crew from White Tiger Karate.

On Friday, Oct. 25, SEE HALLOWEEN, PAGE A10



While this Northfield home is already set for Trick or Treating on Oct. 31, there are also a number of exciting Halloween events scheduled for next week that are sure to be fun for children and adults as well.

Franklin VNA & Hospice recognizes Breast Cancer Awareness Month

FRANKLIN — A quick search will show that there are more than 1,000 causes represented by various colors and patterns of ribbons. We are awash in a sea of ribbons for causes as diverse as missing children and malaria. But why ribbons, and do they still help to raise awareness on issues?

Penney Laingen is credited with using a yellow ribbon tied around a tree in the 1970s to raise awareness about the plight of her husband, and others, who were held hostage in Iran. The use of ribbons as a symbol for awareness soon caught on, and in fact 1992 was dubbed “the year of the ribbon” by the New York Times.

That same year Self magazine began to promote breast can-



RN Clinical Supervisor, Karen Lang, a long time breast cancer survivor, who helped represent the Franklin VNA & Hospice in the American Cancer Society Making Strides walk.

cer awareness using a pink ribbon, based on Charlotte Hayley’s use of a peach ribbon to prompt legislators and

tured in fundraising walks, car magnets, and a vast variety of products to purchase. It is this last item that should truly give us pause. Some companies freely note how much of your purchase price goes towards breast cancer research, while others have been discovered to give little or no money to the cause. Disappointingly, pink ribbons have even been found to adorn products that feature cancer-causing ingredi-

SEE VNA, PAGE A10

Police search causes disruption at Lochmere Meadows

BY DONNA RHODES
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TILTON – Residents of Lochmere Meadows and surrounding neighborhoods in East Tilton found their lives interrupted around 5:48 p.m. on Thursday, Oct. 10, when police converged on the area after learning that a male resident of the housing complex had been stabbed by an unknown person attempting to enter his home.

Tilton Police Chief Robert Cormier said the resident reported hearing a noise at his back door late that afternoon. When he investigated the sound, a male wearing a what appeared to be a black hoodie and black pants was at the door and stabbed him in the stomach. The suspect then fled into the woods behind the residence as police and

SEE SEARCH, PAGE A9

Tilton clean-up set for Saturday

BY DONNA RHODES
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TILTON – Once again, it is time for the semi-annual clean up in the Town of Tilton and residents with any number of items they may

need to dispose of are being asked to bring them to the Public Works Department’s disposal center this Saturday, Oct. 19, between the hours of 8:30 a.m. and 4:30 p.m., where they will be properly taken care of at no charge.

Among the items being accepted from residents with current town stickers are appliances, such as old stoves, refrigerators with the doors removed, dishwashers, microwave ovens, air conditioners and dehumidifiers. The department will also take up to four televisions of any size per household, as well as unwanted computers, keyboards, monitors, fax machines, CPU units and small home copiers.

Old propane tank cylinders from one to 60 pounds can be dropped off on Saturday, as well as truck and car batteries, and used tires. The tires however, must be off their rims, measure no more than 20-inches in diameter, and once again only four per household will be accepted.

While no commercial

haulers or contractors will be permitted to take part in this clean up day, private property owners may drop off some construction materials from their homes. The town will allow for the disposal of clean metals that are free of any wood or plastic materials, as well as home construction/demolition materials such as wood (with or without paint), pressure-treated wood, sheet rock and asphalt roofing shingles. Again, there will be no disposal fees applied during the Fall Clean Up day.

Items not allowed however are hazardous waste items, oil-based paints, household cleaners or chemicals, nor

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Over Labor Day weekend, Abbott Farm in Tilton was a picture perfect place to drop by for their farm-fresh produce and some great fall home décor.

DONNA RHODES

Sandwich Fair features something for everyone

BY ERIN PLUMMER
mnews@salmonpress.news

SANDWICH — Animal competitions, the farmer's market, and exhibit halls were just a few things that brought out people to the Sandwich Fair over the weekend, many giving people a chance to demonstrate their skills.

There was something for people of all ages at the fair, including a number of different competitions and displays.

One of the main attractions for the fair was the animal competitions for people of all ages and with all different kinds of animals.

In the Horse Pull Christina Locke of Barnstead ran Rowdy and Tucker.

Locke said she has been running horses, "ever since I was born pretty much." She has been working with Rowdy and Tucker since they two months old, now both horses are 17.

"They're hot, but they listen," she said.

She and her sister run horses on a regular basis.

Locke said she enjoys the Sandwich Fair.

"This fair, it's laid back, it's not as busy," Locke said



ERIN PLUMMER

Dusk descends on the midway during the Sandwich Fair's midway preview on Friday.

Merrimack County 4-H member Dylan Sheehy of Loudon sat with his family's pig and new piglets for a 4-H Fence Talk to answer people's questions about the pigs for his 4-H project. The 15-year-old's family runs Nemuru Buta Fa'mu (which means "Sleeping Pig Farm" in Japanese) whose female pig breeds the pigs that youths from the Merrimack County 4-H Swine Club work with. Sheehy was watching over a group of 5-week-old piglets along with their three-year-old mother, who was the first pig he

ever worked with.

Sheehy said he enjoys working at the Sandwich Fair.

"I love that it has a pretty large agricultural section and people seem to be interested," Sheehy said.

A number of local producers had stands in the farmer's market, including many who have done it for years and those joining recently.

New this year was Steve's Original Sauces made by Steve Chase of Belmont. He has been making a signature Kentucky Barbecue sauce for 15 years and has been selling his

sauces for a year and a half.

He utilizes the commercial kitchen at Genuine Local in Meredith and will sell his sauces at a number of fairs and events through the year. They can also be found at stores like the Wine'ing Butcher, Beans and Greens and Shepherd's Hut Market in Gilford, the Moultonborough Country Store, Osborne Agway in Belmont, and many more from Keene to North Conway.

He did the Sandwich Fair for the first time.

"It's nice; lot of people on this side," Chase said.

Sarah Boothman Glines of Randolph sells a variety of handmade creations including wooden dolls, hand woven baskets, felted items, and many more for her company Mt. Crescent Crafts. She started by making wooden dolls inspired by her family history and said over the years her creations expanded, including making items for the dolls that she realized she could sell on their own, such as woven snowshoes.

She has been doing the Sandwich Fair for around nine years,

"I like the interactions, it's just an absolutely wonderful fair," Boothman Glines said. "It's not...super crowded and that's what's fun."

In the Smith and Hodge Exhibit Halls, people entered a number of different creations for judging including dairy, art, photography, yarn work, quilts, and so many more.

One of the more recent categories is the Natural Fiber Arts with items made with natural and not hu-

man-made fibers. Co-chair Julie Deak said they had 26 people enter 85 different items this year, a jump of around 10 to 15 percent from last year.

She said the display got quite a bit of attention, people especially liked the display of how yarn is made from carded fibers to the spinning wheel. Deak said the category is meant to raise more awareness and interest in these fibers. She said are so many people in Sandwich who raise animals that produce yarn fibers such as four breeds of sheep, alpaca, angora goats and rabbits, and others and many people who spin these fibers into yarn. There is a fiber arts group that meets at the library on a regular basis and she said so many people still came in unfamiliar with natural fibers.

"It's all right here and we wanted to encourage it," Deak said.

The entries into the category are judged against a set of standards for each type of entry with consideration given to how difficult the piece is, how well it's finished, and numerous others.

Local artisans to be featured at Veterans Home craft fair

TILTON – After its successful revival in 2018, the New Hampshire Veterans Home's annual Holiday Crafts Fair is back on Saturday, Nov. 2, offering a wide variety of items handmade by local artisans.

The overwhelming response to last year's event after the tradition had gone dormant for more than a decade has drawn even more sellers for 2019.

There will be 39 vendors selling a variety of handmade crafts, including jewelry, wooden toys and signs, many different sewn items, soaps and lotions, wreaths and much more. The event will take place from 9 a.m. to 3 p.m. in the Town Hall auditorium and adjoining areas of the Home.

Visitors will also be able to pick up some items from the inexpensive White Elephant Table. There are more than 50 raffle items to choose from as well as a 50-50 raffle.

A variety of homemade soups and chili along with grilled cheese sandwiches will be available for hungry shoppers as well as other snacks and light refreshments, including baked goods, popcorn, soda and cocoa.

All proceeds from the White Elephant table, raffles and vendor space rentals will go to the Home's Resident Benefit Fund, which subsidizes resident trips and activities.

See you there.
For directions to the Home, please visit the NHVH Web site at www.nh.gov/veterans.

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DOWNTON ABBEY PG Fri.-Sat.: 1:00, 4:00, 7:00 PM Sun.-Thurs.: 1:00, 4:00, 7:00, 9:40 PM	

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Statistics are boring.
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The best place for a helmet
is on your head.



Wine Festival raises more than \$19,000 for domestic violence survivors

The Common Man family Vice President Diane Downing, organizer of the annual Winnepesaukee Wine Festival, presents a check for more than \$19,000 to Sarah Palermo, Director of the NH Campaign for Legal Services in Concord, and Deborah Kane Rein, Co-Chair of the NHLA/LARC Boards of Directors. The June fundraiser was sponsored by Donahue Tucker & Ciandella, and proceeds will help provide legal aid to survivors of domestic violence in New Hampshire.

Volunteers needed to advocate for children in the Lakes Region

Training for new advocates to begin Nov. 7 in Moultonborough

REGION — An infant and a pre-teen child in need of an advocate because they are living in a home where drug use and sales are persistent. Three siblings living in a home where mom’s significant other is suspected of sexual and physical violence

against them and other children. A two-month old living with paternal grandparents due to ongoing concerns of drug misuse and domestic violence between mom and dad. These aren’t hypothetical scenarios. They are real reasons for

which a court in New Hampshire called upon CASA to provide an advocate for children in recent months. They are also three examples of cases where an advocate was not immediately available due to a shortage of volunteers. Last year, CASA of

New Hampshire advocated for more than 1,400 children statewide, accounting for about 80 percent of the need. These are children who need someone to speak up for them in a court process where their voices must be heard. More than 100 of those

children were from Belknap County. The ongoing need for new advocates can be met, but in order to do so, CASA needs more volunteers willing to give their time and use their voice to speak up for children who cannot speak for themselves.

Specialized background to do this work, we train everyday citizens to become effective advocates and provide ongoing professional training and support to help them along the way.” CASA’s final new advocate training of 2019 begins in Moultonborough on Nov. 7. Applications for training are being accepted on an ongoing basis. Statewide training will begin again in January with dates and locations to be announced later this year. Help change a child’s story. Learn more at www.casanh.org or call Diane Valadares at 800-626-0622.

LRPA’s Shocktoberfest continues with “The Brain That Wouldn’t Die”

LACONIA— Be very afraid! It’s October on LRPA After Dark, and that means we’re celebrating the Scary Season with our 4th Annual “Shocktoberfest,” a month devoted to vintage horror films. This weekend (October 11 & 12 at 10:30 PM), the chills continue with 1965’s eerie sci-fi-alien gem “The Brain That Wouldn’t Die,” directed by Italian horror master Mario Bava and starring Virginia Leith and Herb Evers. Dr. Bill Cortner (Evers) is a young, promising but highly unorthodox surgeon who has been experimenting in his secret home lab with transplanted body parts and anti-tissue rejection drugs – much to the growing unease of his father, who is also a surgeon. Bill has been stealing human body parts from the hospital where they work, and administrators are beginning to get suspicious. Bill is engaged to the lovely nurse Jan Compton (Leith). Bill is informed that there is a urgent problem at his home laboratory, and that he needs to get back there right away. Bill and Jan take off in her car. has an automobile wreck in which his fiancée, Jan, is decapitated. He rushes her head to his laboratory where, with various drugs and equipment, he is able to keep the brain alive. Although Jan pleads with Cortner to let her die, he abducts Doris Pow-

ell, a disfigured photographer’s model with a beautiful body, which he intends to attach to his fiancée’s head. Jan, however, manages to communicate with a demented, captive monster created by Cortner’s previous operations; when the creature escapes and sets the laboratory on fire, killing both the doctor and his assistant, Doris is freed and Jan’s suffering ends. Struggling young scientist Dr. Bill Cortner (Jason “Herb” Evers), whose experiments involving the transplantation of body parts have resulted in some unsavory secrets in his basement at a secret country house. When he wrecks his car and accidentally dismembers his fiancée, fellow scientist Jan (Virginia Leith), he decides to abscond with her severed head and find it a new, super-stacked body to revive his love life. While the doc spends his spare time cruising strip joints and cheap beauty

pageants for the perfect female vessel, the reanimated head of Jan sits in a medical pan and develops a peculiar telepathic connection with Bill’s most monstrous creation, which lurks unseen behind a nearby locked door... Dr. Bill Cortner has been performing experimental surgery on human guinea pigs without authorization and against the advice of his father, also a surgeon. When Bill’s fiancée Jan Compton is decapitated in an automobile accident, he manages to keep her brain alive. He now needs to find a new body for his bride-to-be and settles on Doris Powell, a glamor model with a facial disfigurement. Jan meanwhile doesn’t want to continue her body-less existence and calls upon the creature

hidden in the basement, one of Bill Cortner’s unsuccessful experiments, to break loose. Grab your candy corn and join LRPA after dark for this rarely screened gem from the past. Mark your calendars for Shocktoberfest’s Halloween treats: Oct. 18 & 19: 1962’s “The Brain That Wouldn’t Die” Oct. 25 & 26: 1962’s “Carnival of Souls” You can’t find television like this it anywhere but LRPA TV, Atlantic Broadband Channel 25. Not a subscriber? Then log onto Live Stream through our Web site (www.lrpa.org) or at live.lrpa.org where you can catch SEE LRPA, PAGE A9

cialized background to do this work, we train everyday citizens to become effective advocates and provide ongoing professional training and support to help them along the way.” CASA’s final new advocate training of 2019 begins in Moultonborough on Nov. 7. Applications for training are being accepted on an ongoing basis. Statewide training will begin again in January with dates and locations to be announced later this year. Help change a child’s story. Learn more at www.casanh.org or call Diane Valadares at 800-626-0622.

NORTHFIELD POLICE LOG

NORTHFIELD — During the time frame of Sept. 30 – Oct. 6, the Northfield Police Department had 372 calls for service, some to include Criminal Threatening, Identity Fraud/Pose as Another, Simple Assaults, Conduct After, Motor Vehicle Complaints, Harassing Phone Calls, Citizen Assists, Civil Matters, Dog bite, Disabled Motor Vehicle, Fire, Juvenile Complaint, Motor Vehicle Lockout, Noise Complaints, Welfare Checks, Motor Vehicle Accidents, Neighbor Disputes, Road Hazard, Suspicious Person and Activities. The following arrests were made: Daniel Hill, 34, of Northfield for Violation of Probation/Parole and (2) Electronic Bench Warrants for Failure to Appear on previous charges of Willful Concealment and Operating after Revocation/Suspension. Robert Adams, 54, of Northfield, in connection with three Electronic Bench Warrants, all for Criminal Trespass.

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STRATEGIES FOR LIVING

Never, but never, but never give up!

BY LARRY SCOTT

If it were ever true that, whatever the circumstances, you must never, but never, but never give up, J. K. Rowling's story is a classic case in point.

Rowling had a desire to write from her earliest days. When she moved to Portugal in 1991, it was to teach English as a second language in the evenings and to write during the day. But a disastrous marriage put an end to that plan, and when she returned to Edinburgh, Scotland three years later, she was broke, a single mother, and convinced she was a failure. But she returned with a dream, and three chapters of an idea she had been developing since the early 1990s. It was a discouraging beginning to what would become the world-wide phenomenon we now know as the Harry Potter series.

Determined to succeed, she refused to give in to despair. She completed her first novel, "The Philosopher's Stone," often writing in one of Edinburgh's caf  s. Nicolson's Caf  , owned by her brother-in-law, and The Elephant House, never knew the little lady scratching notes at a corner table would one day become one of the world's richest women.

But that would take time, for success never comes easy.

When she completed her first manuscript, twelve different publishing houses turned her down. And it wasn't for lack of trying. Christopher Little, her agent, spent a year trying to find a publisher. She was eventually able to secure a deal with Bloomsbury because the Bloomsbury chairman's daughter loved what she read of the first chapter and demanded more. The initial print run, however, was for only 1,000 copies, five hundred of which went to libraries.

And then, within just weeks of publication, the book took off. And with the book's initial success, Rowling's future began to change. Scholastic, an American Company, bid \$100,000 for the rights to publish in America. And, in 1998, Warner Bros. secured the film rights to her books with a seven-figure sum.

So popular did her series become that when "Harry Potter and the Deathly Hallows," the final book in the series, was released in July 2007, it sold 11 million copies on the first day of its release. Twelve publishers now eat their hearts out, and can only dream of what might have been.

Despite her success, J. K. Rowling never forgot her roots and remains sensitive to the plight of the disadvantaged. Although she is the first author in the world to achieve an estimated net worth of \$1Billion, she lost her billionaire status due to high taxes in the United Kingdom and to her charitable contributions.

In the year 2000, she established the Volant Charitable Trust with an annual budget of   5.1 million to combat poverty and social inequality. She also founded Lumos, an international children's non-profit organization, empowered with a mission to return some 80 million underprivileged children to their families or find a loving family for them by 2050.

In her own words, "Failure is so important. We speak about success all the time. It is the ability to resist failure or use failure that often leads to greater success. I've met people who don't want to try for fear of failing." But J. K. Rowling had a dream. She was determined to succeed. And she never gave up!

For more thoughts like this you are invited to subscribe to indefenseoftruth.net.

Send your letters!

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COURTESY

Art Association contest winner announced

And the winner is...Megan Lowe (L) for correctly guessing the number of art related items held in a clear container. The contest was part of the Lakes Region Art Association's Annual Art Show during the month of August. Contest participants who submitted their guesses, voluntarily donated \$1.00 towards the LRAA's Scholarship Fund. An oil painting titled 'Yellow Roses' donated by LRAA member, Acacia Rogers, is presented by her to Lowe. Rogers, along with other Association members, offer art classes and workshops to any beginning, intermediate or accomplished artists. Those classes offer instruction in many different mediums including drawing, painting, photography, etc. To check-out what is currently being offered and to see hundreds of original works of art, prints, and photographs by LRAA members, visit the Tilton LRAA Gallery, suite 132, Tanger Outlet Mall, 120 Laconia Rd. Thursday- Sunday, 10 a.m.-6 p.m. For membership information, inquire within.

LETTERS TO THE EDITOR

Sanbornton's dysfunctional government — whose fault is it?

To the Editor:

Sanbornton's 2019 roles break down to 627 Democrats, 867 Republicans and 807 Undeclared. Why does our town management lean so strongly toward progressivism resulting in irresponsible administration of our town budget and rising taxes.

The truth of the matter is, it is our fault. Out of 2500 registered voters only 30 percent +- bother to vote. Out of the 800 +- voters, only 180 +- show up for Town Meeting where your tax dollars are spent. Among the 180 +- that do attend Town Meeting there is a political click of about 125 that pass our budget.

Last March, over 300 registered voters came together to defeat the poorly designed \$5 million warrant to build a new town complex. Once the warrant was defeated the place emptied out to its

usual 180 in attendance. To draw attention to the rapidly upward spiraling cost of employee health insurance benefits our elected Budget Committee recommended a budget that was \$35,000 lower than the proposed BOS budget. Chief Dexter moved that the 35K be reinstated and so the motion was carried by 65+- votes. I think you get the point. Sanbornton voters need to know the issues, they need to sacrifice a few hours of their time to encourage and vote for "qualified candidates" to the BOS because that is where the buck stops. They also need to attend Town Meeting because that is where the power is when it comes to the spending of your rising tax dollars.

*Jack Robinson
Sanbornton*

Coming to your schools

To the Editor:

"Discrimination—in any form—is unacceptable and runs contrary to New Hampshire's Live Free or Die spirit."- Gov. Chris Sununu signing Senate Bill 263 into law. What is it? Expanding Civil Rights to include gender-identification under a new subdivision: Discrimination in Public Schools.

"Each school district and public charter school shall develop a policy.1" The problem is to write policy applying to ALL persons in the public schools. The model policy proposed to Franklin School Board only applies to students.

The model policy proposed by the School Boards Association, Transgender and Gender Non-Conforming Students applies specifically to one segment of the school population. The law states "No person shall be excluded from participation in, denied the benefits of, or be subjected to discrimination in public schools...." Section I. Purpose proposed policy states "District policy requires that all programs, activities, and employment practices be free from discrimination...."

The model policy only addresses students not all persons in the public school. i.e. in paragraph F.

Locker Room Accessibility, paragraph I. Dress Codes and paragraph J. Discrimination/Harassment, the proposed model policy only addresses one segment of the public school population, the students not the staff. Parents should know.

Educators claim that "parents aren't involved." Under section III Guidance, paragraph A. Privacy, "School personnel should not disclose information that may reveal a student's transgender status or gender nonconforming presentation to others, including parents,(emphasis mine)." Concerned parents are excluded and discouraged from participation. What about the Family Education Rights and Privacy Act (FERPA) protection of parental rights and responsibility?

<https://www2.ed.gov/policy/gen/guid/fpco/ferpa/index.html>

Parents Resource Guide –<https://genderresourceguide.com>

Franklin School Board meeting Oct. 21 at 6:30 p.m. - Franklin Middle School - Bessie C. Rowell Memorial Library.

*Karen Testerman
Franklin*

MARK ON THE MARKETS

Assets or income



BY MARK PATTERSON

Lately, it seems as though many new clients that I meet with have the same worries. That worry is that they do not have enough money to retire when they want,

and that their lifestyle will entail quite a bit less than what they have now. Eating cat food and living in a tar-paper shack are some of the more colorful descriptions of their feared retirement lifestyle.

Most people believe that they need millions of dollars in retirement, and that could be true if you were a high earner that lived above their means, but for the average person, getting by on a bit less is obtainable. I have heard clients say that we heard clients say that they had always heard they need \$1.2 million or some other arbitrary number, and

this is in part a scare tactic brought on by the financial media and investment or mutual fund companies.

There is so much more to determining what kind of assets we need to gather during our working years or the accumulation phase of our lives. The distribution of those assets happens when we determine that we can retire in part or completely.

The first step is to calculate a reasonable budget that includes things that we enjoy but often "forget" to include. For instance, a new client added \$200 per month

for wine. She likes nice wines and that is what it cost. She was being realistic with an item that carries a real expense but many of us would not list that as a budgeted item because we may think it is frivolous.

During our working years or accumulation years, we save or invest. But during these distribution years we no longer need to add this deferred or invested money to our budget, now we will start to distribute this money as income in retirement.

Sustainability of these assets for our life-SEE **MARKETS**, PAGE A9

North Country Notebook

To a moose, there’s no difference between an 18-wheeler and a wolf



By JOHN HARRIGAN
COLUMNIST

Smalltown and Rural America get a ton of visitors when the leaves begin turning into a riot of color, which always makes me wonder about the riot police. There are the inevitable questions about indoor plumbing. A visitor asked me the other day if “you have cell phones up here,” and whether we have any problems with drugs. Out came the standard reply, which is that we have all the creature comforts perceived as necessities, and all of the problems that seem to go with them.

The crime rate is low in Rural America because people who do bad things are more likely to get caught, and they know it. One big difference is that there are no crowds for miscreants to melt into—no subway system, for instance—where bad guys can hide from scrutiny. In Small Town and Rural U.S.A., everybody knows everyone else, and what kind of vehicle they drive, and when. If I were a criminal, the last place I’d ever pick to hide is right here.

That night, the news featured a clip on a story about a wanted person (you know, post office

wall) who was caught because someone spotted a vehicle where “it didn’t belong,” meaning date, make, and time of day. Try to hide in places where people memorize other people’s vehicles? Sure.

+++++

Last week, the news featured a moose that had fallen into an empty swimming pool in Bedford, a town just across the river from Manchester. The animal, aided by Fish and Game officers who kept the inevitable crowd away, eventually figured out how to pull itself out by using its folded front legs to pull itself out. “Stupid” moose indeed.

Moose get called “stupid” because they sometimes just stand there looking at the headlights while an 18-wheeler piles right on in. This is because Mother Nature programs moose to resist the impulse to run from their most likely danger—wolves. The animal is doing exactly what its instincts demand, which is to face whatever danger appears.

+++++

Data comparisons, annual reports, and columns of figures are the last thing many readers want to see, I think, having been besieged by this stuff day in and day out. People would rather watch an info-ad on how to build a beach bungalow on Bimini.

However, once in a while I bump into some data well-gathered and well-presented on a subject pretty close to home—wildlife. My “commute,” after all,

is often like something out of “Lion Country Safari.” Because most science-oriented people tend to be lousy writers (and most writers probably make lousy scientists), a good deal of wildlife news and scientific breakthroughs show up in “news releases” that are duller than dishwater.

However, I really hit statistical paydirt in a paper with the unlikely title, “Numbers of human fatalities, injuries, and illnesses in the United States due to wildlife,” by Michael R. Conover, of the Jack H. Berryman Institute and Department of Wildland Resources at Utah State University, Logan, Utah.

Just the preamble to Mr. Conover’s paper was daunting. “Over 47,000 people annually in the United States sought medical attention after being attacked or bitten by wildlife, and approximately 8 people died annually. Most bites were by snakes, birds, rodents, and raccoons. Each year, wildlife–vehicle collisions resulted in >59,000 human injuries and >440 human fatalities, while wildlife–aircraft collisions added 16 more injuries and 10 fatalities. I also found that >68,000 people each year sought medical assistance for a zoonotic (infectious) disease, and 243 of these cases were fatal. When wildlife-related casualties and fatalities are summed, >174,000 people were injured or sickened and >700 were killed by wildlife annually.”

Mr. Conover hastens

to say that all this is not to suggest that wildlife populations should be reduced. Instead, he says, the figures demonstrate a great opportunity to serve humanity by advocating for prevention, or as is said in lawyer-speak, “risk management.” The author sees that same strategy as beneficial for wildlife. The reader is left wondering if there is any way to think about this without getting the Mother of all Headaches.

+++++

I have a morbid fascination with snake bites, and Mr. Conover apparently shares this, because there is plenty here on snakes and their interaction with humans, a combination

which results, fairly often, of course, in snake bites.

From 6,000 to 8,000 people are bitten by venomous snakes each year in the U.S., of which an average of six people die. The American Association of Poison Control Centers reports getting an average of 6,803 snakebite reports per year, but more intriguing to me, another 1,050 bites from “other reptiles.” This is way more information than I want.

In a great display of all-American coolness while under attack by slithering reptiles, 2,409 people actually identified the snake that bit them. Of these, 1,193 people were bitten by rattlesnakes (Viperidae), 869

by copperheads (Agkistrodon contortrix), 173 by cottonmouths (Agkistrodon piscivorus), and 82 by coral snakes.

In a data submission having nothing to do with Mr. Conover’s report but which came in, suspiciously, on April 1 this past spring, a control group of 2,510 adults admitted, after administration of sodium pentothal, that every single time they were confronted by a rattlesnake, a copperhead, a cottonmouth, or a coral snake, they had wet their pants and run away.

(Please address mail, including phone numbers, to campguyhooligan@gmail.com or 386 South Hill Road, Colebrook, NH 03576.)

HALL MEMORIAL LIBRARY

Tilton/Northfield

Monday, Oct. 21
Census Job Information Drop-in Session, 3 to 5:30 p.m.

A worker from the U.S. Census Bureau will be here to assist with signing up for job opportunities during the upcoming 2020 Census.

Gallery Reading with Medium Carolyn Richardson, 6 p.m. - Members of the audience receive messages from the beyond through medium Carolyn Richardson as we welcome her again. Not everyone will receive a message... no guarantees. No need to sign up for this free program in advance. This program is recommended for adults.

Monday Bookers, 6 p.m.

The Bookers – “We Have Always Lived in the Castle” by Shirley Jackson - We will discuss Shirley Jackson’s story of secrets, scandals, and sympathetic magic. Whether you know Jackson’s short story, “The Lottery” or the screen adaptation of her gothic horror novel, The Haunting of Hill House, or are new to her work, join us for a casual but lively book group as we explore a selection that is just right for the season.

a change in her master of late, ever since Sam’s wife disappeared one day. And when an epic blizzard hits the region, it will take all of Rose’s resolve, resourcefulness, and courage to help Sam save the farm and the creatures who live there.” (Amazon)

Tech Tuesday, 2 to 4 p.m.

Wednesday, Oct. 23
Storytime, 10:30 a.m.

For preschoolers and a caregiver. Stories, rhymes, crafts, and fun with Miss Julie.

Teen Craft - Book Pumpkins DIY craft time with Miss Brittany for grades 6+

Reading with Jellyroll, 4:30 to 5:30 p.m.

Read to Jellyroll, one of our lovely HML doggo visitors! Drop in and sign up for a 10 minute slot.

Thursday, Oct. 24
Felted Ornament Sewing, 4 p.m.

Come create ornaments with Jenna at a fun craft time for adults.

Friday, Oct. 25
DIY Essential Oil Diffuser & Pumpkin Spice Diffuser Blend, 4 p.m.

ADULT CRAFT Learn how to make your own essential oil diffuser necklace and a mini bottle of the perfect fall scent to take home with you. Advance registration is required and \$5 materials fee payable at the class.

Sit and Kinit, 2-5 p.m.

New Items
“Akin” by Emma Donoghue
“Cilka’s Journey: A Novel” by Heather Morris
“The Butterfly Girl: A Novel” by Rene Denfeld
“The Giver of Stars” by Jojo Moyes
“The Sinister Mystery of the Mesmerizing Girl” by Theodora Goss
“Child’s Play: A Novel” by Danielle Steele

Comfort Keepers

What is respite care?

BY MARTHA SWATS
OWNER/ADMINISTRATOR
COMFORT KEEPERS

In its Caregiving in the U.S. report, AARP estimates that 39.8 million family members provided unpaid care to an adult in 2014 and 2015. And, the Centers for Disease Control reports that over half (53%) of caregivers indicated that a decline in their health compromises their ability to provide care.

Caring for a senior loved one is both rewarding and challenging. Family caregivers need to remember that it’s important to take necessary breaks and practice self-care so they can ensure that they continue to find joy in their role.

Respite care is defined as the transfer of primary caregiving responsibilities to another person, typically a professional caregiver, relative or friend, in order for primary caregivers to receive temporary

relief from caregiving responsibilities. Respite care takes many forms – some family caregivers choose to have someone take on caregiver duties for a few hours a week or a few hours a day. Or, some schedule respite care for longer periods of time to accommodate an extended break or vacation.

This can be particularly important for those caring for a senior that has a severe illness. A study led by the Stanford Center on Longevity and Stanford University Psychology Department, which was conducted with assistance from Comfort Keepers and Clear Care, found that for older family caregivers:

Caring for a loved one with a mild illness generally leaves them in the same emotional state as their peers – with emotional well-being generally greater than that of younger adults.

When responsible for a loved one with a severe illness, reported emotional well-being tended to be lower than those of their peers.

The cause of a decrease in emotional well-being is attributed to caregiver’s inability to pursue their social goals and friendships.

The purpose of this study was to help identify the unique challenges and stressors that family caregivers face. As a partner in this research study, we reached out to the family members and decision-makers of approximately 2,000 Comfort Keepers clients.

These results suggest that older people have higher emotional well-being than younger people but not when

SEE COMFORT, PAGE A9

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Paul Edward Adams, 66

NORTHFIELD — Paul E. Adams, 66, born in Bad Nauheim Germany to Clara Weide Adams and William H. Adams, after suffering a very sudden illness, recently went to be with his parents and brothers, Billy, Brian and Mathew Adams, grandson Eli Adams, and brother in law Drew Dubia.

He graduated in 1971 from Tilton-Northfield High School and entered into the U.S. Navy, serving three years and two Mediterranean tours and was proud to be a Vietnam veteran, and enjoyed the experiences of so many different countries and cultures. He was a lifetime member of the VFW Post #1698, Franklin and American Legion Post 49, Tilton. He spoke fluent German and returned many times to his birth country throughout his life. He continued to enjoy traveling throughout his life, enjoying the opportunity to meet new people and make new friends, which he did so easily.

After the Navy, he returned to Northfield and was employed for many years with Arwoods, Inter-Lakes, Wyman-Gordon and PCC Structural for a total of 32 years, breaking his career up a bit for ten years with a stint as a TSA Supervisor with Manchester Airport.

Paul lived a life of unconditional love, always wanting to find a way to help and take care of anyone that he loved. He had a gift of music and rhythm and demonstrated it throughout his life by playing drums in numerous bands from rock with Looker and



many other bands in the 80's, and in the 90's made the switch to country music with Fine Line and Shannon Smith & The Country Caravan. Oh, the stories he would tell! He made so many lifelong friends along the way.

To say he was hard-working and determined would be an understatement, a true testament to his parents, whom he loved so very much.

He is survived by his wife of 25 years, Terry Lynn (Addison) of Northfield; his sister, Brenda Dubia of Northfield; his sister-in-law, Nancy Adams of Northfield; his daughter, Shannon Mace (and Artie) of Plymouth; and grandsons Austin Perthel and Devin Ayers, his son, Shane Adams (and Heidi) of Groveland, Fla. and grandsons, Tyler and Levi and granddaughter Emma, his daughter, Stacy Toomey (and Steven) of Camp-ton and grandson, Brandon and granddaughter, Taniya, his step-daughter, Brittany Poole (and Sean) of Moultonborough and granddaughters, Kailyn, Keenan and Alanna, his step-daughter, Kristin Doucette (and Matthew) of Northfield and granddaughter, Bree and grandson, Asher. As well as two great-grandsons, Jaxxon and Peter Perthel

along with many aunts, uncles, nieces, nephews and cousins he adored. These people were the core reason for Paul's existence. He adored his family and friends with a fierce force that could never be broken. We will miss him dearly, but also know that he remains in our hearts and souls.

A graveside service with military honors was held on Monday, Oct. 14, 2019 at 1 p.m. at the New Hampshire State Veterans Cemetery in Boscawen. A gathering will follow the service at the VFW Post #1698 in Franklin. A celebration of Paul's life will be held at a later date.

Memorial donations in memory of Paul may be made to the Alzheimer's Association, 166 S River Road, Bedford, NH 03110.

The William F. Smart Sr. Memorial Home in Tilton is assisting the family with arrangements.

For more information, go to www.smartfuneralhome.com.

James Wilbur Auger, 92



SANBORTON — James W. Auger, 92, a resident of Sanbornton for over 48 years, died Sunday at the Golden Crest Community in Franklin following a short period of failing health.

Jim was born in Franklin on Nov. 23, 1926, son of Charles and Ellen (Atkins) Auger. He spent his youth in Sanbornton, attending school there and later graduated from Franklin High School, class of 1944. Jim lived in Manchester for ten years before moving back to Sanbornton. He graduated in 1958 from New Hampshire College with an Accounting Degree. He later was employed as an automobile machinist and was employed for over 20 years with Sanel Auto in Concord. A kind and quiet man, Jim was always there for others, offering a helping hand when needed.

In their later years, Jim and Phyllis enjoyed traveling and camping with their RV, and riding the back

roads of New Hampshire in his convertible. Jim was predeceased by his wife of 51 years, Phyllis Anne (Pelletier) Auger who died in 2006.

Jim and his wife were devout Catholics and parishioners of St. Paul Church of St. Gabriel Parish in Franklin.

He leaves his children, grandchildren and great grandchildren, James J. Auger of Tilton; William A. Auger, his wife Theresa of Manchester

and their children, William and Felicia; David M. Auger, his wife, Edda of Hanau, Germany and son Dennis; Anne K. Glines, her husband, Michael of Sanbornton and their children, Katie and Jessica

and granddaughters, Avery & Addison Wagstaffe; Robert P. Auger, his wife, Lisa of Sanbornton and their children, Robert, Ellen, and Allison; Peter J. Auger, and his wife Linda of Alton; and Joseph C. Auger and his wife Sabine of Northfield

Calling hours were held on Monday, Oct. 14, 2019 from 4 to 6 p.m. at the William F. Smart Sr. Memorial Home, Franklin-Tilton Road (584 West Main St.) in Tilton. A Mass to Celebrate Jim's life was held on Tuesday, Oct. 15, 2019 at 10 a.m. in St. Paul Church of St. Gabriel Parish, School St. in Franklin. Burial will be next to his wife, Phyllis in Holy Cross Cemetery, Route 11, Webster Lake Road in Franklin.

Those wishing may make a memorial contribution in James' name to the Resident Fund at Golden Crest Community, 29 Baldwin St., Franklin, NH 03235.

For more information, go to www.smartfuneralhome.com.

All welcome at Central VNA's Service of Remembrance

LACONIA — Central New Hampshire VNA & Hospice invites all members of the community to join us for our Annual Interfaith Service of Remembrance on Sunday, Nov. 3 at 2 p.m. at Good Shepherd Lutheran Church 2238 Parade Road, Laconia. This annual service welcomes anyone grieving a loss to join with friends, families, and neighbors of all ages to remember and celebrate our loved ones.

The Annual Interfaith Service of Remembrance coincides with the beginning of National Hospice Month, and will provide an opportunity for loved ones, caregivers, hospice staff, and hospice families to reconnect and provide mutual support. Celebrate the living memory of loved ones who died in hospice care and all others who are dear to us whom we have lost. The ceremony will include music of hope & solace, interfaith readings and reflections with hospice staff and volunteers, as well as opportunities to share names and cherished memories of our loved ones.

The service is open to all, whether you have been connected to hospice or not, and whether you are connected to a faith tradition or not. It will run from about 2 to 3 p.m., and will be followed by a reception with light refreshments and opportunities for connection. For more information, please contact Dan Kusch, Bereavement and Spiritual Care Coordinator, 524-8444 or dan@centralvna.org.

ABOUT our Hospice Program

Central New Hampshire VNA & Hospice provides care focused on maintaining dignity, increasing quality of life, and providing comfort, including pain and symptom management. Hospice recognizes that every person's experience will be different and the hospice team creates a plan of care according to the individual needs and wishes of each patient. With fully certified hospice care practitioners and a Medicare certified program, the care we provide is held to the highest of standards.

ABOUT Central New Hampshire VNA & Hospice

Providing care to New Hampshire's Lakes Region since 1918, the Mission of Central New Hampshire VNA & Hospice is "Promoting dignity, independence, and well-being through the delivery of quality home health, hospice and community-based care services." Central New Hampshire VNA & Hospice serves Lakes Region communities in Belknap and Southern Carroll County and provides Home Care (nursing and rehabilitation services in the home); Pediatric Care (direct health care, education and support services for children and families); and a comprehensive, team-based Hospice program. Central New Hampshire VNA & Hospice is a not-for-profit, Medicare-certified provider of home care and hospice services, licensed by the State of New Hampshire. The agency is governed by a volunteer Board of Trustees and supported by private and corporate donations. Visit on the Web at www.centralvna.org.

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*Please contact Executive Editor
Brendan Berube at (603) 279-4516, ext. 101
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Taylor Community welcomes historian & author Neal Bascomb

LACONIA — Neal Bascomb is a national award-winning and New York Times bestselling author of a number of books, all non-fiction

narratives focused on inspiring stories of adventure and achievement. His work has been translated into more than 15 languages, featured in

several documentaries, and optioned for major film and television projects.

Everyone is invited to join us for Bascomb's presentation, Friday, Oct. 25 at 7 p.m. in Taylor Community's Woodside Building.

After earning a double degree in Economics and English Literature at Miami University (Ohio), Bascomb lived in Europe for several

years as a journalist, and worked as an editor at St. Martin's Press, New York. In 2000, he started writing books full time.

Follow Taylor Community on Facebook to keep up with all our free, public events. Visit www.taylorcommunity.org, or call 366-1400 for more information about this premiere not-for-profit Continuing Care Retirement Community in the Lakes Region.



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Temple B’nai Israel’s “We Care” to host benefit concert

LACONIA — Get ready to rock n’ roll, twist n’ shout, and party like it’s 1959 on Saturday night, Oct. 26, when “We Care” of Temple B’nai Israel proudly presents a benefit concert featuring Doo-Wop DeVille, one of New England’s premiere show bands performing the most memorable music of the ‘50’s and ‘60’s.

Doo-Wop DeVille is comprised of experienced professional musicians dedicated to the presentation of authentic doo-wop music. The group features four talented vocalists backed by a band that includes bass, guitar, sax, drums, and keyboard. The stirring vocal harmonies and captivating choreography of men sporting sharkskin suits singing to the exciting and dynamic rock-and-roll of a live band will have the audience clapping, snapping, dancing, and singing along.

“We Care” invites you to come out for a good time and a good cause to support Interlakes Community Caregivers, Inc. a 501(c)(3) organization that provides rides and other direct services to assist local residents in their daily lives. Services are provided at no charge and include rides to medical appointments (both long distance and local), personal appointments, grocery shopping and other errands, as well as friendly visits and more. To learn more, visit www.InterlakesCommunityCaregivers.org, call 253-9275 or follow them on Facebook.

Tickets are just \$27.50 and available online at www.tbinh.org or at one of the following retail locations: Innisfree Book Store in Meredith, Bayswater Books in Center Harbor, Black’s Paper Store in Wolfeboro, or Greenlaw’s Music and Audio in Laconia.

Bring the kids and grandkids! Tickets for students with ID are JUST \$10 at the door. Children 12 and under are free with paying adult. Doors open at 7 p.m. for complimentary homemade desserts and the show starts at 7:45 p.m.

“We Care” thanks event sponsors Miracle Farms Landscaping and Electrical Installations, Inc. for their support.

Little Dog Paper Co. to be featured at next Connect event

GILFORD—Patrick’s Pub and Eatery welcomes back Little Dog Paper Co. at their networking event, “Connect”, on Thursday, Oct. 17 from 6-8 p.m.

As Best of NH Magazine 2019’s Editor’s Choice for Best Paper Store in NH, Little Dog Paper Company is excited to return to Patrick’s this Thursday night for their second Connect Event this year. Nicole Ayers started the company 6 years ago as an online greeting card and scrapbooking business. Ayers quickly gained notoriety in the stationery industry, becoming featured in the Huffington Post and Glamour; among other publications. In March of 2018, Nicole brought her husband, Dave, on board as her business partner. Together, they moved the operation out of their dining room and into the Brick-and-Mortar location at 31 A Main St. in Meredith, NH. Since then, the business has grown their card catalog to over 240 designs and can now be found in retail stores such as Macro Polo in Portsmouth, N.H. and Party Favors in Brookline, Mass. Now a year and a quarter old, the Little Dog Paper Company location in Meredith continues to enjoy growth by providing the community with a variety of graphic design services, custom wedding suites, stationery products, hysterical cards and a great selection of unique and funny gifts. The husband and wife team couldn’t be prouder of what they’ve built, more grateful for the warmth of the people who have embraced their new location and forever thankful to their loyal online customers as well.

Visit littledogpaperco.com to explore their fantastic selection of retail items along with their greeting cards, planner stickers, and scrapbooking accessories.

Come have some laughs and get to know Little Dog Paper Company at Patrick’s Pub! Enter raffles for a chance to win a variety of prizes throughout the event; including a Grand Prize basket containing all 20 of their newest greeting cards as well as a selection of retail items from the shop valued over \$150! Come early and don’t be shy, the first 15 people to say ‘Hi’ receive a complimentary drink.

Patrick’s Connect features local businesses and organizations. The evening includes complimentary craft beer sampling from Woodstock Brewery and raffle drawings at 7 and 8PM. An additional Grand Prize of an overnight stay, brewery tour and breakfast at the Woodstock Inn is given away at 8pm.

For more information on Patrick’s Connect, or to register your own business to be featured at an event, call 293-0841 or visit www.patrickspub.com/connect.

To learn more about Starkey Realty, please visit littledogpaperco.com.

Decades in the dirt

Prescott Farm establishes “Ursula Allen Volunteer Appreciation Award”

LACONIA – Prescott Farm Environmental Education Center celebrated the efforts and achievements of volunteers last week with the annual Volunteer Appreciation Dinner. The evening featured staff-made harvest-inspired food and drink along with beautiful autumnal décor. The dedication and efforts of all of the nonprofit’s active volunteers was noted, but staff and guests took a few special moments to honor the 22-year commitment of one particular volunteer.

When Prescott Farm was established in 1997, Ursula Allen realized it was the perfect place for her recently-retired husband, John, to volunteer and keep busy. What she didn’t know at the time was that her passion for gardening would make Prescott Farm a home-away-from-home for her, too. In his words, John is just free labor and Ursula is the brains behind the operation.

However, the division of labor is actually split, the Allens’ impact on the Prescott Farm property is significant.



John and Ursula Allen pose with Prescott Farm’s inaugural “Ursula Allen Volunteer Appreciation Award” garden shovel and plaque.

“Over the decades, Ursula has lead a small but vital team that provides garden resources used to educate members of our local community and beyond,” Prescott Farm Executive Director Jude Hamel said. “They have transformed our gardens into some of the most admired in the area.”

Hamel notes that the future of Prescott Farm is only as strong as its

volunteer base, and the gardens are just one area where people can pitch in. From trail maintenance and chicken care to event planning and curriculum development, Lakes Region community members with a wide range of interests and skills can make a significant impact through volunteerism at Prescott Farm.

At last week’s dinner, Hamel, the staff, and fel-

low volunteers honored Ursula by establishing the “Ursula Allen Volunteer Appreciation Award”. The award was presented with a green garden shovel embossed with Prescott Farm’s logo and the award name along with a perpetual plaque that will be on display in the Samuel P. Pardoe Building at Prescott Farm. The names of future honorees will be added to name plates for years to come.

For more information about volunteer opportunities at Prescott Farm, contact volunteer@prescottfarm.org or call Kathryn at 366-5695.

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LRCS Family Resource Center strengthens families, communities through parent education

LACONIA — The Family Resource Center of Central New Hampshire, 719 No. Main St., Laconia, is offering a wide variety of parenting programs this fall for parents of children of all ages.

Classes are held in the early evenings and are offered free of charge, with free dinner and childcare available on-site each evening for families in attendance. Advance registration is requested for each program as space is limited. Assistance with transportation is available with advance notice and approval.

Parenting classes beginning in October/November include:

Cooperative Co-Parenting (4-weeks beginning Oct. 29) for non-married, separated, or divorced parents and caregivers raising children together from separate households, covering topics such as positive communication, reducing and resolving conflict, and negotiating agreements. Co-Parents are welcome to attend together, but it is not required.

Parenting Journey (12 weeks beginning Nov. 7) designed for parents who want to learn more about themselves, their relationships, and the resources they need to effectively parent their children. In a warm and nurturing environment, parents are supported and encouraged to care for themselves and each other, while participating in a series of experiential exercises. Participants are encouraged to reflect on their own upbringing in order to make connections to their experiences as parents.

Active Parenting of Teens (6-weeks beginning Nov. 26) offers parents the guidance and support needed to turn the challenges of raising a teenager into opportunities for growth, covering topics such as respectful discipline, clear, honest communication, preventing risky behavior and bullying.

Call Tricia Tousignant, Family Resource Center, at 528-0391, or email tricia.tousignant@lrsc.org for more information or visit our website at www.lrsc.org and review our Schedule of Current Parent Education Programs at the Family Resource Center page. Attendance certificates will be provided at all parenting programs sponsored by Lakes Region Community Services, Family Resource Center of Central New Hampshire.

For hundreds of families living in the Lakes Region each year, the Family Resource Center of Central New Hampshire, a program of LRCS, offers respectful, non-judgmental education, early intervention, and support to assist families in their efforts to meet needs, make positive connections, and prepare children for success today and tomorrow because the Family Resource Center believes strong families lead to strong communities.

Lakes Region Community Services (LRCS) is a nonprofit, comprehensive family support agency with a primary focus of providing supports to individuals with developmental disabilities and/or acquired brain disorders and their families. A dynamic human services organization, LRCS offers other essential and critical services to individuals in our Greater Lakes Region communities from birth throughout their lifespan. At the core of LRCS' work are inclusion, acceptance, and building strengths and partnerships – whether at the individual, family or community level. LRCS has offices in Laconia and Plymouth which combine to serve families residing throughout Belknap and Southern Grafton Counties. For more information contact Joanne Piper Lang at 524-8811 or visit www.lrsc.org.

Taylor Community hosting League of Women Voters lecture

LACONIA — The League of Women Voters, a nonpartisan political organization, encourages informed and active participation in government, works to include understanding of major public policy issues, and influences public policy through education and advocacy.

Everyone is invited to join us for this always-popular discussion, Tuesday, Oct. 22 at 6:30 p.m. in Taylor Community's Woodside Building.

Follow Taylor Community on Facebook to keep up with all our free, public events. Visit www.taylorcommunity.org, or call 366-1400 for more information about this premiere not-for-profit Continuing Care Retirement Community in the Lakes Region.



Diane Blue

Taylor Community hotsing performance by award-winning musician Diane Blue

LACONIA — Diane Blue is a soul-stirring vocalist and skillful harmonica player whose powerful delivery of Soul, Blues and R&B is captivating.

A multi-nominated and award-winning artist who is the first female member of Ronnie Earl and the Broadcasters, Diane's reputation as a stunning entertainer has led her all over the U.S. and Europe.

Everyone is invited to join us for a charismatic and heartfelt performance by Diane Blue, Wednesday, Oct. 23 at 7 p.m. in Taylor Community's Woodside Building.

Follow Taylor Community on Facebook to keep up with all our free, public events. Visit www.taylorcommunity.org, or call 366-1400 for more information about this premiere not-for-profit Continuing Care Retirement Community in the Lakes Region.

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Edward Jones: Financial Focus

Be Creative When Withdrawing from Retirement Accounts

Like many people, you may spend decades putting money into your IRA and your 401(k) or similar employer-sponsored retirement plan. But eventually you will want to take this money out – if you must start withdrawing some of it. How can you make the best use of these funds?

To begin with, here's some background: When you turn 70 ½, you need to start withdrawals – called required minimum distributions, or RMDs – from your traditional IRA and your 401(k) or similar employer-sponsored retirement plan, such as a 457(b) or 403(b). (A Roth IRA is not subject to these rules; you can essentially keep your account intact for as long as you like.) You can take more than the RMD, but if you don't take at least the minimum (which is based on your account balance and your life expectancy), you'll generally be taxed at 50% of the amount you should have taken – so don't forget these withdrawals.

Here, then, is the question: What should you do with the RMDs? If you need the entire amount to help support your lifestyle, there's no issue – you take the money and use it. But what if you don't need it all? Keeping in mind that the withdrawals are generally fully taxable at your personal income tax rate, are there some particularly smart ways in which you can use the money to help your family or, possibly, a charitable organization?

Here are a few suggestions:

- Help your grown children with their retirement accounts. Your grown children may not always be able to afford to "max out" on their IRAs. You might want to help them with any excess funds from your own retirement accounts. You can give \$15,000 per year, per recipient, without incurring any gift taxes – an amount far higher than the current annual IRA contribution limit of \$6,000 (or \$7,000 for individuals 50 or older).
- Help your grandchildren pay for college. You might want to contribute to an investment specifically designed to build assets for college. A financial professional can help you choose which investments might be most appropriate. Of course, if your grandchildren are already in college, you are free to simply write a check to the school to help cover tuition and other expenses.
- Help support a charitable organization. Due to recent changes in tax laws, many individuals now claim a standard deduction, rather than itemizing. As a result, there's less of an incentive, from a tax standpoint, for people to contribute to charitable organizations.
- But if you'd still like to support a charitable group and gain potential tax benefits, you might want to consider moving some, or all, of your required distributions from your IRA to a charity. You can transfer up to \$100,000 from your IRA in this type of qualified charitable distribution, thus meeting your RMD requirements without adding to your taxable income. Furthermore, this move might keep you in a lower tax bracket. (Before making this transfer, though, you will need to consult with your tax advisor.)

Your RMDs can contribute greatly to your retirement income, but, as we've seen, they can do even more than that – so use them wisely.

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This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. For more information or to sign up for their monthly newsletter, contact your local Financial Advisor.

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COMFORT

CONTINUED FROM PAGE A5

they have a relative with a severe illness. Not all older people with ailing relatives have low well-being; rather, it depends on the severity of the relative's ailment.

Caring for a senior loved one can be fulfilling and can strengthen bonds within a family. But it's important to recognize that being a family caregiver can come with feelings of loss, stress and physical strain. Caregivers risk their own health and wellbeing when they don't account for their own needs or take a break when necessary, and respite care provides a convenient solu-

tion for many families.

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Trusting your loved one with someone else can be difficult, but with Comfort Keepers®, you can trust that he or she will be in capable hands. Our specially trained caregivers will stay with your loved one while you take care of yourself, for as much or as little time as you need. And, every client receives a custom care plans that aims to engage them in intellectual, physical and emotional exercises and activities. To learn more about our uplifting in-home and respite services, contact your nearest Comfort Keep-

ers® office today

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. Comfort Keepers have been serving New Hampshire residents since 2005. Let us help you stay independent. Please call 536-6060 or visit our Web site at www.nhcomfortkeepers.com for more information.

MARKETS

CONTINUED FROM PAGE A4

time must be considered, so let us mitigate market risk and maximize income with a quality fixed income portfolio of investment grade bonds or even consider a fixed indexed annuity, with guaranteed income, for a small portion of your portfolio.

We must look at Social Security and determine a strategy of when to take this entitlement. Many are paying high premiums for health insurance. Once retired, we should see a large reduc-

tion in premium when we go onto Medicare.

When we calculate a realistic honest budget and determine money that will be saved or reduced in retirement, then is the time to make sure that we are working with a firm that works for you! It is disheartening to review a portfolio and find that the "advisor" has loaded the account with high commissions and relationship fees that reduce the cash flow to the client.

My objective is to provide a sustainable adequate income, manage remaining assets that

can still grow but do not affect my client's lifestyle if the markets implode like 2008. Provide a death benefit or legacy if needed. Provide some form of long-term care, if there are remaining dollars over and above what it takes to live!

The first step is to sit down and discuss with a good planner and get the ball rolling, it is never too soon.

Mark Patterson is a planner and asset manager with MHP Asset Management. Mark can be reached at 447-1979 or Mark@mhp-asset.com.

SEARCH

CONTINUED FROM PAGE A1

EMTs were called to the scene.

Cormier said his department immediately cordoned off the area around Lochmere Meadows, but due to the vast woods surrounding it, called for back up from several nearby communities. K9 units from Franklin and Bristol also responded in an attempt to track the suspect, while a New Hampshire State Police helicopter was asked to join the search from the air until nightfall.

"There is just such a big wooded area there (leading into Sanborn-ton) that we could have had any number of dogs out there and not had any luck. There was no evidence like a weapon or anything left at the scene so that made it all the more difficult," said Cormier.

While the intensive search was underway, residents were informed of the incident and cautioned to stay inside

their homes and report anything suspicious.

Cormier said that with no luck in finding the suspect that night, they now believe it was possible that he managed to double back around to one of the many parking lots in the area and fled the scene before the search could even begin.

"It's tough. We often have to put cases like this together through tips and leads from the public," he said. "That's why it's good for people to keep their ears to the ground now and let us know anything helpful they might hear. That's how we'll find the suspect."

The chief said the unidentified victim reported to police that he also had no knowledge of who the man was or why his home had been targeted for the potential break-in and attack. The victim was transported to Lakes Region General Hospital by an ambulance from Tilton-Northfield Fire & EMS where

he was treated for his stab wound and is expected to make a full recovery.

Cormier said one or two residents of Lochmere Meadows did tell police they had seen someone suspicious walking in their neighborhood earlier in the week and had no idea of who that person was. In instances like that, the chief wanted to remind residents to never hesitate to call police.

"Give us a call and have us come out to investigate. We don't mind those calls at all and it can often prevent things like this from happening," said Cormier.

Officers investigating the attack said they believe it to be an isolated incident. Anyone with further information that could be helpful in this case is encouraged to contact Tilton Police Officer Elizabeth Murray or Detective Sergeant Nate Buffington at 286-4442.

LRPA

CONTINUED FROM PAGE A3

all the fun.

About Lakes Region Public Access Television (LRPA)

Lakes Region Public Access Television (LRPA) is a nonprofit, noncommercial public access TV station and community media center located on the Laconia High School campus in Laconia, NH. LRPA cablecasts locally on Atlantic Broadband Channel 24 (education-

al programming and public bulletin board), Channel 25 (information and entertainment) and Channel 26 (government meetings) to nearly 12,000 viewers in our member communities of Belmont, Gilford, Laconia, Meredith and Northwood. Programming is produced by and for the people of the greater Lakes Region. LRPA's mission is to empower our community members to produce content that

- fosters free speech and the open exchange of ideas,
- encourages artistic and creative expression,
- promotes a well-informed public through governmental transparency, and
- unites our communities through the power of media and technology.

LRPA's slogan: Community empowered by media. Visit us on the Web at www.lrpa.org.



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HALLOWEEN

CONTINUED FROM PAGE A1

Trick or Treat at Tanger Outlets will be held. Families are invited to bring their costumed children to the shopping plaza where they can stroll the covered pedestrian walkways and receive candy from the many participating businesses along the way.

Also that evening, Pines Community Center in Northfield will host their traditional Halloween Party from 6-7:30 p.m. This community event is geared for everyone from tiny tots to children in fifth grade. There will be prizes for costumes, free games, crafts and cookie decorating, while concessions for other foods and snacks will be available, too. The first 50 children to arrive will also receive a free goody bag.

Sanbornton Rec Department will hold their fun filled Halloween party on Saturday, Oct. 26 from 3-5 p.m. in the Sanbornton Central School gym. Popcorn, games, crafts, cookie decorating and lots of fun will be available to all children from the town at no cost.

In the woods above Sanbornton Village, Steele Hill Resort will be hosting their own Haunted Hike that same evening from 5-8 p.m.

This year the Town

of Tilton invites one and all to join them as well for a “Spooktacular” day of Halloween events on Oct. 26, beginning with downtown trick-or-treating and a children’s costume parade between 4:30 and 5:30 p.m. There will be music, prizes for costumes and all kinds of family activities to enjoy. Main Street in Tilton will be closed during the late afternoon/early evening hours as that and other events get underway. There will be a detour around downtown along Academy and Prospect St. but people are advised to seek an alternate route when at all possible.

From 4-6 p.m., Main Street will also be the site of Trunk or Treat that night. The public as well as local businesses are all invited to join in the fun by decorating their car, perhaps even donning some costumes themselves, and handing out candy to the hundreds of children who will be in town that night. Members of Tilton-Northfield Rotary club will serve as judges, awarding prizes to the winning vehicle entries. For more information on how to sign up to be part of Trunk or Treat, please contact Deidre at 234-8797.

As Tilton celebrates its 150th anniversary this year, organizers are also hoping to have

150 Zombies or more come out to join them from 6:15-7:30 p.m. for a special Zombie Walk through downtown. The walk will begin with all Zombies gathering at the corner of Prospect and Academy streets at 6 p.m. From there they will creep their way to Island Park on Main St. for a Zombie Fest that will include music, some Zombie dancing, refreshments and raffle prizes that will be drawn for participants. More information about this first-ever event in Tilton is available by calling Jeanie at 286-4521, ext. 101.

Finally, on Sunday, Oct. 27, Belmont Parks and Recreation Department are hoping to see many people join them, too, for a special Trunk or Treat night from 6-7:30 p.m. at the Tioga Pavilion on Mill Street in Belmont Village. Interested participants are asked to decorate their cars with festive Halloween themes so children can walk safely through the pavilion’s parking lot and enjoy the scenes while being rewarded with treats. Entries will be separated that night into two sections, “Family Friendly” and “Family Friendly Scary” so children can be steered to the most appropriate area for their age group.

In addition to the Trunk or Treat event,

there will be a Bring Your Own Pumpkin area where boys and girls will be able to carve and decorate their pumpkins for Halloween. Tools for the projects will be provided.

Food and snacks will also be available for purchase from community organizations such as Belmont Rotary, the Belmont Middle School PTO, Belmont

Baseball Organization and the Belmont First Baptist Church.

Anyone interested in bringing their decorated vehicle and goodies to Trunk or Treat is asked to register for the event and trophies will be awarded for “Best Overall Trunk,” “Funniest Family Friendly Trunk,” and “Most Creative Trunk.” Registration forms, along with a list

of guidelines are available on the town’s Web site. Anyone with further questions is asked to contact the Parks and Recreation Department at 267-1865, or by email at recreation@belmont.org.

Please check next week’s edition of the Winnisquam Echo for a list of Oct. 31 Halloween Trick or Treat times and other special happenings.

VNA

CONTINUED FROM PAGE A1

ents.

So what can you do? “Knowledge is your best ally,” notes Tabitha Dowd, Executive Director of Franklin VNA & Hospice. “We chose to support breast cancer awareness by participating in the American Cancer Society Making Strides walk. They are transparent in how the money we raised is going towards breast cancer research and prevention, and the visual image of groups walking for a cause makes an impact in a way that words cannot.”

Dowd also notes that knowledge about breast cancer screening is critically important, as well. “Women should ensure they follow guidelines about routine mammograms and ensure that they are getting follow up – without delay- for any abnormal finding. Breast self-exams are also a vital tool for women to practice monthly,” she adds.

A Journal of Women’s Health study found that 25 percent of breast cancers are discovered through breast self-exam, so check out www.breastcancer.org and search for “self-exam”

for a user-friendly guide to how to check yourself. Maintaining a healthy diet, quitting smoking, and being physically active, are all ways shown to reduce the risk of breast cancer, as well as a host of other diseases.

“Take steps to get and stay healthy,” finishes Dowd. “Recognize that your health is important, and while we will be here to support you if it fails, we’d rather have you healthy, marching beside us.”

You have a choice in your Homecare and Hospice provider.

CLEANUP

CONTINUED FROM PAGE A1

brush, leaves or any other grass or natural materials.

For anyone without a current Town of Tilton transfer station sticker it’s not too late to pick

one up before this weekend’s last clean up day for the year. They will be available at the Town Clerk/Tax Collector’s office in the Tilton Town Hall during regular business hours this Thursday and Friday, as they are any time of the year.

Those with any questions about the Fall Clean Up guidelines and regulations are asked to contact Tilton DPW Director Kevin Duval at 286-4721 or call the Selectmen’s office at Town Hall at 286-4521, ext. 100.



It's Our Most Spooktacular Halloween Coloring Contest

Color it boo-tiful and you could WIN!

Grand Prize: Halloween Basket

Coloring Contest Rules

1. Color the picture using crayons, markers or poster paint.
2. All entries must be received at our office by October 28th at 4 p.m.
3. Winners will be chosen on artistic merit. Decision of judges is final.
4. Winners will be announced in this newspaper on October 31, 2019. All entries become property of this newspaper and can be printed accordingly.
5. Entries may be mailed or dropped off to the following address:

Salmon Press Halloween Contest

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Halloween Coloring Contest

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Think Pink

Join these local businesses in supporting breast cancer awareness this October!

Potential treatment options after a breast cancer diagnosis

A breast cancer diagnosis is something no one wants to receive. But the burden of breast cancer is substantial. In fact, the World Health Organization notes that breast cancer is the most commonly occurring cancer in women worldwide. Thankfully, breast cancer survival rates are high in many parts of the world, particularly in developed countries such as the United States, Canada and Japan. While survival rates are lower in developing countries, it is encouraging to know that the average five-year survival rates are as high as 90 percent in some nations. That suggests that the strategies used to successfully fight breast cancer in developed nations may one day prove as effective in developing nations, potentially leading to a



sharp decline in global breast cancer deaths. Upon being diagnosed with breast cancer, patients will be educated about a host of potential treatment options. The Centers for Disease Control and Prevention note that breast cancer is treated in several ways, and the course of treatment a doctor rec-

ommends will depend on the kind of breast cancer and how far it has spread. In addition, according to Breastcancer.org, breast cancer is made up of many different kinds of cancer cells, which often necessitates the use of various types of treatments to get rid of the cancer. The following are some

treatment options doctors may discuss with breast cancer patients. •Surgery:Breastcancer.org notes that surgery is typically the first line of attack against breast cancer. The CDC says the goal of surgery is to cut out cancer tissue. Some common breast cancer surgeries include lumpectomy, in which

the tumor and a small amount of surrounding tissue is removed, and mastectomy, in which all of the breast tissue is removed. • Chemotherapy: Chemotherapy is used to treat various types of cancer and involves the administration of special medicines to shrink or kill existing cancer cells. Breastcancer.org notes that chemotherapy is sometimes administered prior to surgery in an attempt to shrink the cancer. • Radiation therapy: Radiation therapy aims to kill cancer cells using high-energy rays that are similar to X-rays. Sometimes referred to as “radiotherapy,” radiation therapy is overseen by a radiation oncologist who specializes in this type of treatment. • Hormonal therapy:

Estrogen makes hormone-receptor-positive breast cancers grow, and hormonal therapy, which may be referred to as “anti-estrogen” therapy, aims to reduce the amount of estrogen in the body and block its action on breast cancer cells. • Targeted therapies: These therapies, which Breastcancer.org notes are generally less likely than chemotherapy to harm normal, healthy cells, target specific characteristics of the cancer cells. Cancer cells can have many characteristics, so there are various types of targeted therapies. Breast cancer treatments can be highly effective in the fight against breast cancer, particularly when the disease is caught in its early stages.

Breast cancer signs and symptoms

Breast cancer is a formidable foe. According to the World Health Organization, an estimated 627,000 women lost their lives to breast cancer in 2018. But women are not helpless in the fight against breast cancer; as the WHO notes early detection is critical and could potentially save thousands of lives each year. A proactive approach is a key component of protecting oneself against breast cancer. While the National Breast Cancer Foundation, Inc.® notes that many breast cancer symptoms are invisible and not noticeable without a professional cancer screening, women can keep an eye out for certain signs of breast cancer they might be able to detect on their own. Monthly self-exams can help women more easily identify changes in their breasts. During such self-exams, women can look for the following signs and symptoms and are advised to report any abnormalities they discover to their physicians immediately. • Changes in how the breast or nipple feels: The NBCF says nipple tenderness or a lump or thickening in or near the breast or underarm could indicate the presence of breast cancer. Some women may notice changes in the skin texture or an enlargement of the pores in the skin of their breast. In many instances, skin texture has been described as being similar to the texture of an orange peel. Lumps in the breast also may indicate breast cancer; though not all lumps are cancerous. • Change in appearance of the breast or nipple: Unexplained changes in the size or shape of the breast; dimpling anywhere on the breast; unexplained swelling or shrinking of the breast, particularly when the shrinking or swelling is exclusive to one side

only; and a nipple that is turned slightly inward or inverted are some signs and symptoms of breast cancer that can affect the appearance of the breast or nipple. It is common for women’s breasts to be asymmetrical, but sudden asymmetry should be brought to the attention of a physician. • Discharge from the nipple: The NBCF notes that any discharge from the nipple, but particularly a clear or bloody discharge, could be a sign of breast cancer. The NBCF also advises women that a milky discharge when they are not breastfeeding is not linked to breast cancer but should be discussed with a physician. Learning to recognize the signs and symptoms of breast cancer can increase the likelihood of early diagnosis, which greatly improves women’s chances of surviving this disease.



National Breast Cancer Awareness Month

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Pitman's welcomes pianist Will Ogmundson

LACONIA — Pitman's Freight Room, located on New Salem Street in Laconia, is excited to present the following shows this weekend.

Friday, Oct. 18, 8pm, \$20: Will Ogmundson Piano Concert

William Ögmundson is an award winning and EMMY-nominated composer and lyricist, and a classically-trained solo pianist. He began performing at the age of five, and went on to win numerous piano competitions. He was selected to be the featured pianist for the New Hampshire Music Festival Orchestra on four separate occasions. William has performed at venues throughout North America and Europe including the Notre Dame Cathedral in Paris, and St. Peter's Basilica in the Vatican, where he was honored to have been the organist for a Sunday morning mass. He has recorded six CDs and his music is played on numerous radio stations

EMMY-nominated composer and lyricist, William has written numerous musical scores for the stage as well as for television. He has been nominated for the NH Theater Award - Best Music Direction, including for the production of his original work (with Tom Dunn of Alchemist's Workshop), "Georgia O'Keeffe Paints Paradise", which was performed Off off Broadway at the Jewel Box Theatre in 2017, and won first place in the International Theatre Festival for Best Lyrics. His musical "Kindness and Cruelty" premiered Off Broadway in New York at the Hudson Guild Theatre in February 2018, and was nominated for Best Score in the New York Theatre Festival.

Doors open at 7 p.m., and we are a BYO Venue. Doors open at

7pm and we are a BYO Venue.

For reservations, call 527-0043.

Saturday, Oct. 19, 8 p.m., \$20: Chris Fitz Blues Band

Chris Fitz broke into the Boston music scene back in 1994 after a five-year stint in the San Francisco area. Chris honed his blues guitar chops by floating around all the blues clubs in the Bay Area and finding inspiration in the local and national blues artists who frequented them. Upon moving back to Boston, his hometown, he wasted no time hitting the various blues jams around the city. His blistering guitar work soon began to make an impact!

Over 20 years and thousands of gigs later, the Chris Fitz Band, with Chris as band leader/singer/songwriter/guitar player, Dan Bunge on Drums and "Fretless Dave Kendarian" on bass remains one of the premier "original" blues and roots acts in all of New England.

“Activate Your Superpowers” presentation packs the house at Central New Hampshire VNA & Hospice Annual Meeting

LACONIA – Addressing an overflow crowd on Wednesday evening, Emily Clement entertained and inspired attendees with her stories peppered with life lessons and wisdom. “Activate your superpowers and you will move in a powerful direction.”

During the Annual Meeting program, Central New Hampshire VNA & Hospice staff recognized individuals that have gone above and beyond the expected this past year in their service to Central New Hampshire VNA & Hospice, to our communities and throughout the State of New Hampshire.

Named after one of the agency's founders and longtime healthcare advocate, Alida Millham, the Millham Leadership Award was given to Dr. Ver-cin Ephrem, President of the Medical Staff at LRGHealthcare for his continued leadership in providing high quality healthcare to New Hampshire's Lakes Region.

The Shirley Bentley Outstanding Clinician Award is given each year to clinicians that embody the values of longtime friend of the agency Shirley Bentley, this year the award was given to Sarah Magee in recognition of Sarah's continued caring, compassion and professionalism in her position, as well as her enthusiasm for learning.

The Leavitt/Knight Volunteer of the Year Award, named after agency founders Charlotte Leavitt and Doreen Knight who both valued and understood the importance of volunteers in an agency like ours was given to volunteer and retiring President of the Board Gina Finocchiaro in recognition of Gina's commitment to the care and well-being of our community, both as a Trustee and as a Volunteer.

Central New Hampshire VNA & Hospice continues to be a leader in providing quality care to those in need throughout the Lakes Region. The Annual Meeting also included the election of new Trustees voted onto the Board which included Kristin Snow and Robin Michaud. Officers elected included President: Kristin Gardiner, Vice President: David Huot, Treasurer: Susan Houghton and Secretary: Mark Edelstein.

SAVE THE DATE!

The LRGH Auxiliary's 18th Annual Fall Craft Fair

October 26, 9am-3pm Laconia High School
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Gosselin wins Central Lakes Invitational

BY BOB MARTIN

Bob@Salmonpress.news

GILFORD – The Central Lakes Invitational was last Friday and it was another great showing for the Winnisquam cross country team, with Faith Gosselin placing first for the girls' race. Riley Mann and Dylan Robert were second and fifth respectively in the boys' race.

Gosselin had a time of 20:05 for the top time, handily beating Veronica Dowd of Prospect Mountain by 24 seconds. The time

BOB MARTIN

(Right) Faith Gosselin won the girls' race at the Central Lakes Invitational in Gilford.



BOB MARTIN

(Left) Riley Mann was second in the Central Lakes Invitational.

was a personal record for Gosselin. Marguerite Parker had a time of 27:40 for 27th.

Gosselin is happy with the way her season has gone and was pleased to come away with a win. She said her goal for the rest of the season is to get back to the Meet of Champions and to break the 20-minute mark.

The boys' team was led by Mann with a time of 17:19 for second place. Robert was fifth with a time of 17:43; Evan Griffin was 17th with a time of 19:02; Jack Richard was 27th with a time of 19:54; Brennan Dunn was 44th with a time of 21:06 and Sheamus Dunn had a time of 25:08 for 56th place.

Mann was happy with his second place finish and said it is crunch time for the team to put together good races in preparation for the state meet and Meet of Champions.

"I really want to make it to MOC individually this year," said Mann. "That would be a good goal to get top 20 in the states and head there."

Robert acknowledged that there were some difficult areas due to the wetness and stumps in the wooded areas, but said the race went well. He said his goal is normally to stick with Mann in the race and he turns things on in the final 800 meters.

"I usually try to stick with him and tell myself there is only 800 meters to go, and I kind of count down in my head to push it," said Robert. "This course went by really fast so that helped."

BOB MARTIN

(Left) Marguerite Parker runs the course in the rain at the Central Lakes Invitational.

Belmont soccer teams each pick up wins

BY BOB MARTIN

Bob@Salmonpress.news

BELMONT – The Belmont boys' soccer team had a pair of wins last week to improve to 9-3 with only four games remaining in the regular season.

The Red Raiders beat Monadnock 6-0 on Oct. 9 highlighted by a hat trick by Nate Sottack. Also scoring was Lucas Mathieu with one goal, Eddie Mann with a goal and an assist, Logan Vaughn with his first varsity goal and Brice Pethic with an assist. Ben Pare was in net and had three saves.

"A solid team win," said coach Mike Foley.

On Oct. 11, Belmont won 2-1 in overtime against Hillsboro-Deering. Sottack got the Red Raiders on the board first on a goal assisted by Tommy Galambos. It was a 1-1 game going into overtime and three minutes into the extra period Mathieu

fond the back of the net for the game winner. Jacobb Bivens had a great game in goal with eight saves.

"It was a sluggish game but we found a way to grind out the win," said Foley.

The Red Raiders travel to White Mountains on Oct. 18 at 3:30 p.m.

The Belmont girls' soccer team had only one game last week and the team came away with a gutsy road win against St. Thomas Aquinas by a score of 1-0. Becca Fleming scored in the 63rd minute for the lone goal.

Emma Cochran had a nice game in goal for the shutout with nine saves, including stopping a breakaway with 10 minutes to go to secure the lead.

"This was huge for us," said coach Mark Dawalga.

Dawalga also said the defensive unit of Sana Syed, Courtney Burke, Deanna Bour-

SEE **SOCCER**, PAGE B2



BOB MARTIN

Dylan Robert place fifth at the Central Lakes Invitational.



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Isabella McDonald goes up to the net for a kill against Fall Mountain.



Haley Treamey serves for the Red Raiders.

Belmont volleyball bounces back to beat Wildcats

BY BOB MARTIN
Bob@Salmonpress.news

BELMONT – The Belmont volleyball team had a rough start to the week with a pair of losses to Portsmouth Christian Academy and Epping, but the Red Raiders bounced back to finish the week strong with a sweep victory over Fall Mountain at home.

On Oct. 7, the Red Raiders traveled Dover to face PCA and lost in four sets with scores of 18-25, 19-25, 25-16 and 16-25. The Belmont attack was spread fairly evenly, with Isabella McDonald leading the way with four kills. Alyzabeth O’Connell had three kills, Mikaylah Stewart had two kills and Kat Davies had three kills and three



Mikaylah Stewart goes up for a block for Belmont.

blocks.

Sophomore Made-line Johnson was 100 percent serving on the night. Senior setter Becca Camire had 20 assists.

On Oct. 9, the Red Raiders were swept by Epping by scores of 11-25, 20-25 and 20-25. O’Connell had six kills to lead the Belmont offensive, while Da-

vies had four kills and three blocks. Sophomore Maddie Johnson had three kills in the match.

Camire had 18 assists while senior Ha-

ley Treamey and McDonald were both 8/8 serving.

“The Lady Raiders gave Epping a good run in sets two and three, which was a great confidence boost for us,” said coach Polly Camire. “The girls are really starting to put things together and it’s beginning to work for us.”

On Oct. 11, the Red Raiders won in three sets by scores of 25-15, 25-20 and 25-16. Davies had five kills and two blocks to lead the way. McDonald had four kills and a block.

Serving was the strong point for Belmont, with Haley McGlynn, O’Connell, Bryhannah Pinard and Camire all perfect from the line. Treamey

also served well going 12/13. Camire had 13 assists on the night.

“The Lady Raiders played their best game yet,” said coach Camire. “Having a team that serves for 94 percent is key to the overall momentum of the game, and Belmont had that Friday night. The girls rallied from a first game deficit to come back and win, which really bolstered their spirits. They kept attacking even after a few mistakes and pushed through for the win.”

The Red Raiders played Stevens after deadline on Wednesday for the only game of the week. At deadline the Red Raiders had a 4-8 record with four games remaining.



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Bear net girls sweep past Campbell

BY BOB MARTIN
Bob@Salmonpress.news

LITCHFIELD – The Winnisquam volleyball team improved to 9-2 with a big three-set win over Campbell by scores of 25-16, 25-20 and 25-23.

The first game was close with Campbell going up 15-11, but a strong run of serves by Chloe Colarusso helped put the Bears over the top. She had 11 consecutive serves with three aces to build a 22-15 lead and cruise to victory.

The second game had Winnisquam on top 17-10, and while Campbell made a run, the Bears were able to come away with the 25-20 win.

The third game had a 22-17 lead for the

Bears but Campbell put together a late run to get the score to 22-21. Olivia Dill ended the game with a big kill to secure the win.

“I was really pleased with the balance of our offense tonight,” said coach Mike Livernois.

Gabby Isabelle and Emma Richardson each had had 12 kills and 12 digs to lead the way for Winnisquam. Colarusso was not only excellent at the line, but she did well setting the ball with 30 assists. She also had five digs and three kills.

Hana Honeman had three kills, two blocks and seven digs; Emily O’Neil had three kills and five digs and Leigha Brown had eight digs.

SOCCER
CONTINUED FROM PAGE B1

que and Morgan Hall were solid all game and were a key reason for the shutout. He also praised the mid-field play of Molly Sot-tak and Katie Gagnon. The offensive was led by Fleming and Sierra Bourque, who Dawal-

ga felt did a good job pushing the ball up the field.

“This was a great overall win against a very good team,” said Dawalga.

The girls’ soccer team improved to 9-3-1 and next up is White Mountains on Oct. 18 for a 3:30 p. m. game.



Alyssa Edgren races toward the finish for Belmont in the Central Lakes Invitational.

BOB MARTIN



BOB MARTIN

Aurora Couto has been the top runner for the Red Raiders this season.



BOB MARTIN

Charlie Carroll finishes the Central Lakes Invitational last week.

Whitcomb, Couto lead Belmont runners in Gilford

BY BOB MARTIN
Bob@Salmonpress.news

GILFORD – The Belmont High School cross country team traveled to Gilford High School for the Central Lakes Invitational last week, a race held in the rain.

The boys' team was led by Kyle Whitcomb who had a time of 18:41 good for 12th. Charlie Carroll had a 30th place time of 20:04; Chris Pare had a time of 20:29 good for 34th; Brandon Robichaud

was 37th with a time of 20:33; Cody Annis had a time of 22:12; Micah Edgren had a time of 22:18 for 52nd place; Nick Miles was 53rd with a time of 22:25; Tanner McKim was 55th with a time of 22:48 and Brian Miles was 58th with a time of 25:25.

The girls' team was led by Aurora Couto who was fifth with a time of 22:04. Alyssa Edgren was 11th with a time of 23:17; Hannah LeClair was 29th with



BOB MARTIN

Jared Whitcomb charges toward the finish line. He has been the top runner this season for Belmont.

Winnisquam field hockey picks up two shutouts

BY BOB MARTIN
Bob@Salmonpress.news

TILTON – The Winnisquam field hockey team faced Laconia High School on Oct. 4 and the struggling Sachems couldn't keep up with the Bears, with Winnisquam taking a 7-0 victory.

The first score didn't come until 7:41 to go in the first half when Hannah Max knocked in her first goal of the game with an assist to Eveline Auger. A minute later, Max found the goal again with an assist credited to Lexi Poole. Just 42 seconds later Meghan Cote had an unassisted goal to

go up 3-0, which was the halftime score.

"The girls got off to a slow start but once they completed their first goal they really got going offensively," said coach Samantha Magoon.

The Bears kept the scoring drive going with four more goals in the second half. Cote scored her second goal of the day with an assist by Maddie House. This was followed by Emma Griffin scoring two more goals with both assists going to Max. Maddie Gilbert scored the seventh goal, with Griffin on the assist.

"The girls deserved this win and it made for a great homecoming," Magoon said.

On Oct. 8, the Bears beat St. Thomas Aquinas 7-0, as well. Griffin had three goals in the game to lead the offense. Karissa Haskins had a goal and an assist. Cote had two goals and three assists. Poole had an assist, House had a goal and Max had three assists.

In the first two minutes, Griffin scored with an assist by Haskins and the Bears never looked back. Kelsey Rotonelli was praised by Magoon

for her strong defense. She also commended the offense for their play.

"The front line worked together switching the field and making the ball up the field quickly, setting themselves up for clean passes and helping them score," said Magoon.

Winnisquam then hosted Berlin on Oct. 11 and lost 2-0. Magoon was happy about the effort put forth by the Bears, saying they kept the ball on the other end for the majority of the game but couldn't find the goal. She said the Berlin

defense was very good and was a key reason for the loss.

"We were set up many times to score but unfortunately were not able to execute," she said. "Berlin has a strong defense."

Shaylah Weisman was in goal and did well stopping the ball and clearing it out throughout the first half. She had three key saves before Berlin scored with 16 minutes left in the first half.

The final game of the regular season is on Oct. 18 against Franklin High School at home.

a time of 27:52; Amelia Cluett was 37th with a time of 31:56 and Chloe Jackson was 41st with a time of 33:48.



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This is a full time position in our Ashland Lumber store. Duties include assisting customers and contractors with product selection and order entry. Minimum 2 years experience in the building industry. Basic computer skills required. Excellent customer service skills a must. Will be required to work some Saturdays and Sundays. Saturday hours 7:30 - 5:00 pm and Sunday 8:00 am to 2:00 pm.

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***** Applications accepted until positions are filled *****

For consideration, send a cover letter, resume, application (www.wrsdsau59.org), copy of certification if applicable, references and transcripts to:

Office of the Superintendent, Winnisquam Regional School District, 433 West Main Street, Tilton, NH 03276
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Shaker Regional School District
2019-2020 Winter Coaching Positions

Winter, 2019 – JV Girls Basketball
This is a Junior Varsity Coach position for both the girls basketball team. This is a stipend position and it is open until filled. Previous experience coaching is preferred but not required. Interested applicants should send a current resume and letter of interest via email to Cayman Belyea, Athletic Director at cbelyea@sau80.org or through the mail to Cayman Belyea, Athletic Director, Belmont High School, 255 Seavey Rd, Belmont, NH 03220.

Winter, 2019 – BMS 5/6 Girls Basketball
This is the Coach position for Belmont Middle School Grades 5/6 Girls Basketball team. This is a stipend position and it is open until filled. Previous experience coaching is preferred but not required. Interested applicants should send a current resume and letter of interest via email to Cayman Belyea, Athletic Director at cbelyea@sau80.org or through the mail to Cayman Belyea, Athletic Director, Belmont High School, 255 Seavey Road, Belmont, NH 03220.

**PUBLIC
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Lewis Young Stacey Lembo PA
10:00 am., Saturday October 19, 2019
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1st left after the Rumney Racetrack,
N. Dorchester Rd.- follow signs to auction

1934 Chevy Coupe (needs to be restored),
old farm tractor, multiple black powder rifles,
approximate 13 foot travel trailer, old Winnebago,
very old plow truck, Fisher Plow lights, 8 foot truck cap,
older wood splitter, Polaris snowmobile,
2 rolls of fencing wire, water tiles, John Deere bulldozer (not sure if it works), old Honda dirt bike, old tractor,
4 foot chest freezer in good condition, long chains with hooks on both ends, gas heater, large craftsman tool box, old oil cans, old sewing machines,
multiple chain saws for parts, shop vac, tap and set, assorted chains, chain fall, assorted cast iron,
old lanterns, roof brackets, assorted shovels, splitting molls and assorted tools of all kinds, air compressor, some furniture, glassware and hundreds of other items.

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**HELP WANTED
SOLID WASTE SUPERINTENDENT**

The Town of Gilford is accepting applications for a full-time, year-round position as head of the DPW Solid Waste Division. This is a working foreman's position requiring highly responsible supervisory skills and hands-on management of the Town's brand new Solid Waste Center. Specific duties include: processing household trash and demolition debris, recyclables and yard wastes, staff supervision, budget administration, record keeping, product marketing, rules enforcement, grounds & buildings maintenance, operating equipment, and contractor oversight.

Applicants must be able to successfully pass a physical examination and criminal background check. The ideal candidate will be certified as a NH-DES Principal Operator - Step 3 or greater, have experience operating a front end loader, skid steer, and baling machine, have basic computer skills, be familiar with waste product processing techniques, and have previous experience as a supervisor. The Town is seeking someone with a proven record of outstanding job performance and the ability to work as a team player. A valid driver's license and the ability to work outdoors in all types of weather while traveling over uneven terrain, using hand tools and sorting waste products using vision and physical dexterity is required.

Starting wage rate \$19.73-\$24.44 DOQE with excellent benefits including paid vacations, holidays, sick leave, health and dental insurance. Work hours are Tuesdays through Saturdays, 8am-4pm. This is a non-union position.

A letter of interest with a statement of qualifications or a completed Town of Gilford application form must be submitted to the DPW Director, 55 Cherry Valley Road, Gilford, NH 03249. Applications will be accepted until the position is filled. EOE.

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- Support year-end close process
- Will assist with the preparation of financial reporting, budgeting, forecasting

Qualifications:

- 1 to 5 years' experience as an AP Specialist
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Benefits:

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Please email resumes to Laura Doyle at ldoyle@mtncnclub.com

The Mountain Club on Loon
90 Loon Mountain Road, Lincoln, NH 03251
mtncnclub.com

**NFI North, Inc.**
Inspiring and empowering people to reach their full potential

NFI North Array of Services, Davenport School an all girls' Residential Treatment Facility located in Jefferson NH has the following positions:


Direct Care Counselor (Awake Overnight): Ideal candidates will have prior experience working with adolescents and thrive in a team oriented environment. You must be flexible and available to work evenings and weekends. Bachelor's degree preferred however must have at least 12 credits in Human Service field and be actively working towards a bachelor's degree. Responsibilities include supervision of residents, documentation of services provided and ensures that safety guidelines are adhered to at all times. Salary starts at \$15 hr.

We offer competitive salaries and environments that allow for creativity, a sense of empowerment and many opportunities for advancement. We offer comprehensive health and dental insurance and generous time off plan including three weeks paid vacation and additional sick and holiday time. We provide tuition reimbursement, retirement match, in addition to excellent training and a supportive work environment.

NFI North is a proud partner with Southern New Hampshire University's (SNHU) College for America. Not only do we offer our employees access at incredibly low and affordable rates, you can also enroll your immediate family members.

Please send resume and cover letter to: Program Director, PO Box 209, Jefferson, NH 03583 or email nfinorthhr@nafi.com

Visit www.nfinorth.com EOE/AA

**NFI North, Inc.**
Inspiring and empowering people to reach their full potential

NFI North (NFI) Array of Services is seeking a skilled Clinician to provide individual and family therapy and support services for children and adolescents and their families in the northern region of NH.

This is a unique position in NFI's expanding service array working with an integrated team that provides a wide array of therapeutic services to youth and families throughout the North Country Community. NFI's mission is to inspire and empower people to reach their full potential so they can live successfully within their home and community. We have helped those at risk to achieve amazing results such as finding joy in their life, having fun together and developing meaningful relationships and employment.

NFI North's Davenport Program Clinicians work as part of our clinical team. We have a Clinical Coordinator, two therapists and three clinical case managers that support the treatment component of our program. We specialize in a strength based approach using evidence based practices, multi systemic teams and have lots of fun doing serious work.

Our Clinicians provide clinical services and case management including intake/discharge, assessment and treatment planning, staff training and supervision, collateral contacts and coordination of treatment services with youth, family and service providers, crisis intervention and outreach services, counseling and on-call on a rotating basis.

Master's Degree in social work, psychology or related field required as well as have experience working with youth and families. NH license preferred. We assist those seeking licensure with supervision and training while employed with us.

This position provides in home services to youth and families participating in our Davenport School and array of community based services. This includes a flexible schedule with some weekends and evenings to conduct individual and family therapy. Reliable transportation needed for travel as indicated.

Annual Full Time Salary: \$47,000 or higher based on education, experience and credentials. Consideration given to part-time or full-time candidates.

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Please send resume and cover letter to: Program Director, NFI North, PO Box 209, Jefferson, NH 03583 or email nfinorthhr@nafi.com. Visit www.nfinorth.com EOE/AA

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

Gilford/Belmont makes it two in a row

BY BOB MARTIN
Bob@Salmonpress.news

GILFORD – The Gilford/Belmont football team turned things around this weekend with a 45-6 victory, highlighted by a great offensive performance by quarterback Jack McLean, who had a brilliant day throwing the ball for the Golden Eagles.

McLean, who had his first start of the season under center, went 13/16 with 313 yards and four touchdowns. He also had one run for three yards. The rushing game was led by Blake Descoteaux, who had 15 attempts for 69 yards and two touchdowns. John Mitchell had seven attempts for 35 yards. Nick Arenstam had two attempts for 20 yards and Luke Loyer had three rushes for 24 yards. Danny Cameron also ran once for two yards. Curtis Nelson was the top receiver with three catches for 153 yards and a touchdown. Jackson Ruelke had had four catches for 32 yards and two touchdowns. Jacob Cress had three receptions for 83 yards and

a touchdown. Liam Merriam also pitched in with a pair of catches for 29 yards and a touchdown. Brandon Gallagher had a catch for 21 yards, as well. Defensively, Mitchell was once again the difference maker, leading the way with 22 tackles. Ruelke had five tackles to go with an interception. Descoteaux had 12 tackles in the win. “Everyone contributed in this win,” said coach Josh Marzahl. “We had five different players score. The team worked hard all week at practice to put us in the position to get this win. The offense had a new quarterback behind center and they did extremely well giving Jack the time he needed to get the job done. We had a lot of confidence in the defense coming in and they exceeded our expectations. It was a great team win.”

Monster truck, mud bog show Saturday

BELMONT — The Belknap County Fairgrounds, 174 Mile Hill Road in Belmont will be hosting Monstober – monster truck / mud bog show on Oct. 19. General admission is \$10, children three and under are free. Gates open at 10 a.m. Event starts at noon. No outside food/drinks or coolers allowed into facility. This is a family friendly event. Pit passes are available for an additional \$10, but you must be over 16 years old to be allowed in pit. Kids six and under can bring their battery operated power wheels to the event. Kids will be allowed to race their power wheels. Parents interested in entering your child in kids’ powerwheel races, call 267-6947 for details and reserve your spot early. You will need tickets to attend show. Kids wearing a costume to the show will get a prize. Adult costume contest is also taking place, please dress appropriately, this is a family event. There will also be a prize given to the best decorated truck participating in the event. Event is loud, hearing protection encouraged. Parking is free and the event runs rain or shine. Tickets may be bought on Eventbrite ahead of time or at the gate the day of the event. To purchase tickets on Eventbrite, go to <https://www.eventbrite.com/e/monstober-october-19-2019-tickets-72799618619>. For more details please go to the Bursey Jam page on Facebook. For mud bogging people interested in participating, mud bog registration opens at 8 a.m. Registration fee is \$30.

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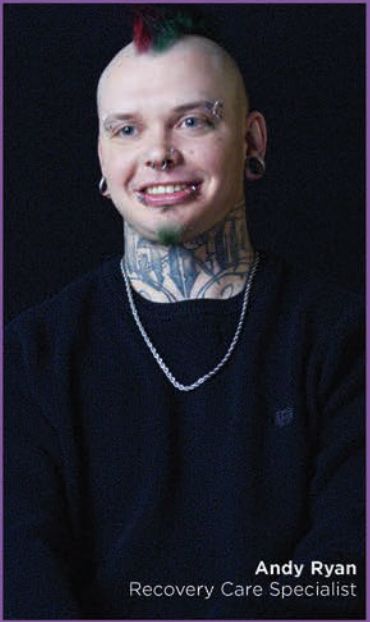

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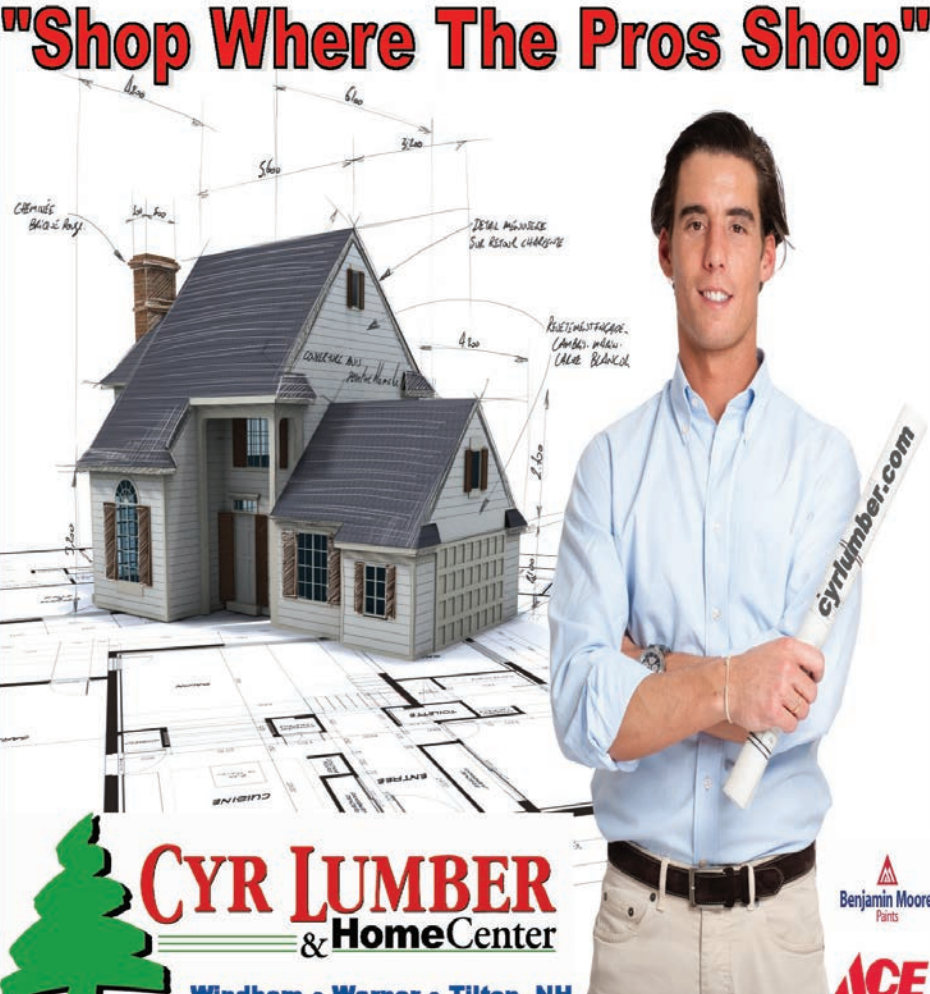
THE DOORWAY
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at Concord

For help with drug or alcohol issues visit theDoorway.NH.gov
OR dial 2-1-1.

PSU hosting softball clinic Nov. 16

PLYMOUTH — Plymouth State University head softball coach Bruce Addison has announced the program will hold a fall clinic for high school-aged student-athletes in mid-November. The event will take place on Saturday, Nov. 16, at 9 a.m. at the Bank of New Hampshire Field House at ALL-Well North and is designed to provide an opportunity for skill development, training and competition. Clinic participants have the option to register for individual sessions or the full clinic. Session one will include pitching and catching only. All pitchers will need to bring a catcher. Session two will include fielding, hitting, live scrimmage and a question and answer session with current Plymouth State softball student-athletes and coaches. Those interested in attending both sessions should register for the full clinic. The cost for the clinic is \$100 and includes a PSU softball tee shirt. Athletes are encouraged to bring all necessary equipment: bats, gloves, cleats, sneakers, batting gloves, softball pants, catcher's equipment (if necessary), batting helmet and water bottle. Interested athletes can register online (<https://tinyurl.com/PSUSoftballClinicFall19>) and can contact Addison beaddison@plymouth.edu for additional information.

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