

Minnipuan Echo

THURSDAY, OCTOBER 25, 2018

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

FREE

Water world

Kayak water park developer presents his vision to Rotary

BY DONNA RHODES

drhodes@salmonpress.news

TILTON – Last week's guest speaker at the Tilton-Northfield Rotary Club's weekly meeting was Marty Parichand, both the owner of Outdoor New England in Franklin and driving force behind Mill City Park, a 501c:3 non-profit group working toward the development of a kayak water park off Central Street in Franklin that would benefit neighboring towns along the Winnipesaukee River as well.

One question Parichand said he is frequently asked is why put a water park in downtown Franklin, to which he replies, "What better place to have it than 50-100 feet from a main road?"

SEE WATER, PAGE A8



Marty Parichand of Outdoor New England gave a presentation to the Tilton-Northfield Rotary last week on the features and benefits of his new 501c:3 venture, Mill City Park, which is working on the development of a white water kayak and paddle board park in downtown Franklin that would impact communities all along the river corridor.

DONNA RHODES



Local communities gearing up for Halloween

BY DONNA RHODES

drhodes@salmonpress.news

REGION – With Halloween falling mid-week this year, some communities are sticking with the traditional Oct. 31 Trick or Treat date,

while others are either adding weekend festivities or replacing it altogether with alternative options.

Belmont Police have set Trick or Treat hours

for Wednesday, Oct. 31, from 4 to 8 p.m.. Children are cautioned to have some sort of illumination feature on their costume, carry a bright SEE HALLOWEEN, PAGE A8

BY DONNA RHODES

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BELMONT – It might be said that the prayers of the First Baptist Church of Belmont and their Heavenly Sunshine Preschool were answered when they were selected as this year's recipients for Lowe's Home Improvement Corporation's local 2018 Heroes Project.

"We have people throughout the community who make recommendations to us for different projects each year. Last year we went to the New Hampshire Veterans' Home to build an outdoor patio and this year we chose the Belmont church," said SEE PLAYGROUND, PAGE A8

Casey Heyman, manager of the Tilton Lowe's store.

On the list of needs for the church were a revitalization of their school playground and some groundwork for the church's new food pantry and thrift shop.

Shannon Dyer, director of Heavenly Sunshine Pre-School, was excited about the company's willingness to help the children of her school.

"To me it's all about the children and the playground has needed a lot of work for a while now. We don't have staffing or manpower to keep up with it all," Dyer explained.

K-9 officer sniffs out suspect hiding in wall

BY DONNA RHODES

drhodes@salmonpress.news

BELMONT – After several months of trying to locate 25-year-old Stephen Anderson (no address given), police in Belmont were finally able to take him into custody last week for several bench warrants issued, one from Merrimack County, one from a previous arrest in Belmont for resisting arrest, and one that was an order for arrest issued by N.H. Probation and Parole.

Capt. Richard Mann said earlier this summer an officer stopped a motor vehicle on Union Road in Belmont where a passenger, who was discovered to be the wanted suspect Anderson, fled that vehicle before it even came to a stop.

"The officer gave chase but was unable to locate the man in the swampy area he had fled into," Mann reported.

The hunt for the Anderson went on for several months as police continued to try and locate him, not only at his family's home, but at the known addresses of some of his friends or acquaintances. Mann said that the residents of his family's home would always greet police and invite them in to search for him, but each time they met with no success.

On the evening of Oct. 18 however, their search was finally over.

Mann said officers arrived unannounced at the Anderson residence that night with their K-9 Vito. The officers at the scene made three



(Top Left) Stephen Anderson, age 25, was wanted on bench warrants in three jurisdictions and finally taken into custody in Belmont last week.

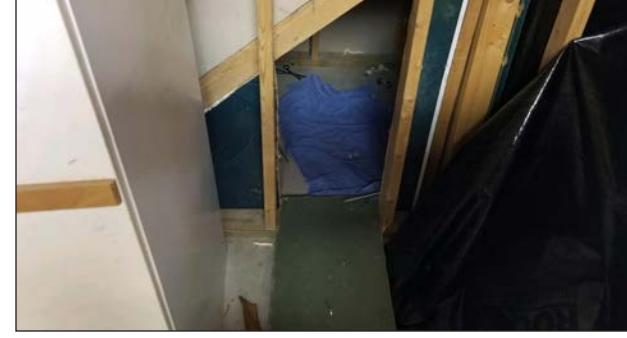
(Bottom Left) Belmont Police Department shared photos of a hide-away in the basement of a home where a wanted suspect was found last week, thanks to the help of their K-9 Vito.

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Belmont Recreation plans two Boston trips

BELMONT — Belmont Parks and Recreation invites you to join them on their annual Boston theatre and shopping trip on Saturday, Dec. 8. The trip to Boston gives you the choice of three fabulous holiday performances along with time for shopping, sightseeing and dining. They also offer a shopping and sightseeing only option if you prefer to spend the day on your

own searching for that perfect gift or enjoying all the beautiful holiday decorations. They will travel to Boston via a luxury motor coach with restroom facilities. This is an active trip and does require walking from central drop off points to the various venues. Patrons can choose from the following shows: Dr. Seuss' How the Grinch Stole Christmas! The Musical, Cirque Dreams

Holidaze or Boston Pops Holiday Concert. They will depart the Belmont Park and Ride on Route 106 at 8:15 a.m., stopping at the Prudential Center with nearby shopping at Copley Place and Newbury Street and lunch on your own. Additional stops at Downtown Crossing and matinee performance of your show of choice. The last stop will be at Faneuil Hall Marketplace where

they will be just a short walk to all the fabulous North End restaurants as well as the ones located at Faneuil Hall. They return to Belmont approximately 9:30PM.

On Wednesday, Feb. 27, they will be traveling to the TD Boston Garden for an evening Celtics game. This year's Boston Celtics team is loaded with talent and is expected to make another run for the champion-

ship, as Kyrie Irving and Gordon Hayward return from injuries to join Jayson Tatum and Al Horford. Join in as they take on Western Conference contenders, the Portland Trailblazers led by Damian Lillard and C.J. McCollum in an exciting match-up. The trip departs from the Belmont Park and Ride-share (Route 106) at 5:15 p.m. Sit back and relax in the fully equipped motor

coach. Seats are available in balcony sideline section 329 or balcony corner section 325. They will depart Boston following the game and anticipate arriving in Belmont around 11:45 p.m.

Space for both trips is limited call before sending in your registration form. Additional information is available at belmontnh.org or by calling the recreation office at 267-1865.

Spaulding Youth Center honors its employees

ORTHFIELD — Spaulding Youth Center recently held its annual Employee Appreciation Day in the community center of its Northfield campus. The fun-filled day included refreshments, door prizes and longevity recognition, which was all designed to demonstrate appreciation of the hard work and dedication of the organization's faculty and staff.

The highlight of the day was the public recognition and acknowledgement of Spaulding Youth Center's employees celebrating longevity milestones of five years, 10 years, 15 years, 20 years and 35 years. This year, the following staff joined esteemed colleagues who have previously celebrated important milestones.

Five years
Karen Desmarais,

Michael Folsom, Arthur Greenwood, Jason Harriman, Andre Jackson, Melissa McEvoy, Cait McKay, Pedro Sosa Perez, Seval Vincevic, Russ Wiles.

Ten years
Jen Cole, Thomas Poirier.
Fifteen years
Chrisy Benoit, Donnelle Combs, Pat Seaward-Salvati.
Twenty years
Karen Adams, Cheryl

Consoletti, Tara Eastman.

Thirty-five years
Doris Theberge

"I am thrilled to honor our incredible team members," said Susan C. Ryan, CEO & President of Spaulding Youth Center. "Our staff is comprised of highly-trained, experienced, compassionate and kind individuals who absolutely deserve to be recognized and rewarded for their

continuous hard work and dedication to our organization."

Spaulding is proud to employ 34 five-year, 27 10-year, 21 20-year, three 30-year, and two 40-year tenured staff members.

Spaulding Youth Center is a leading provider of services for children and youth with neurological, emotional, behavioral, learning and/or developmental challenges, including

Autism Spectrum Disorder and those who have experienced significant trauma, abuse or neglect. Services include academic, behavioral health, residential, foster care, health and wellness and family support. Spaulding Youth Center is a tax-exempt 501(c)(3) non-profit. For information about Spaulding Youth Center, visit www.spauldingyouthcenter.org.

SANBORNTON POLICE LOG

SANBORNTON — The Sanbornton Police Department responded to 36 calls for service, for the week ending Oct. 20. The breakdown is as follows:

Three alarms, two all others, one animal involved incidents, two



assist another department, one civil standby, one conduct after an accident, one directed patrol, one disabled vehicle, one domestic, one fraud (phone scam), four money relays, two motorist assists, three motor vehicle accidents,

three motor vehicle warnings, one neighborhood dispute, two police information, one property, two sex offender registration, one theft of a motor vehicle, one unruly juvenile and two VIN verification.



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articles on lighthouse history and other maritime topics, will focus primarily on the colorful and dramatic stories of lighthouse keepers and their families.

The event, made possible by support from New Hampshire Humanities, is open to the public. Admission is free.

Contact NHVH Program Information Officer Len Stuart at 527-4425 for additional

Lighthouse tales at NH Veterans Home Friday

TILTON — Lighthouse historian and author Jeremy D'Entremont will tell some tales of the history of New England's historic and picturesque lighthouses when he presents "New England Lighthouses and the People Who Kept Them," at 2 p.m. Friday, Oct. 26, at the New Hampshire Veterans Home.

D'Entremont, the author of more than a dozen books and 300

articles on lighthouse history and other maritime topics, will focus primarily on the colorful and dramatic stories of lighthouse keepers and their families.

The event, made possible by support from New Hampshire Humanities, is open to the public. Admission is free.

Contact NHVH Program Information Officer Len Stuart at 527-4425 for additional

2018 Salmon Press Holiday Gift Guide

Published Thursday,
November 15th

Gift Guide West
in the Meredith News,
Plymouth Record Enterprise,
Newfound Landing,
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Gift Guide
Spirit of the Holidays



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LRGH Auxiliary Craft Fair benefits breast cancer survivors

BY ERIN PLUMMER

mnews@salmonpress.news

LACONIA – Visitors could find an array of homemade crafts and raffle items all benefitting breast cancer survivors at the 17th annual Lakes Region General Hospital Auxiliary Craft Fair.

Crafters set up tables inside the Laconia High School gym and the adjacent hallway all day Saturday offering their many different creations. Visitors could buy baked goods and take part in a raffle. All proceeds will go toward comfort bags for patients who have undergone a mastectomy.

Craft fair organizer Barbara Tuttle said 17 years ago, Ginny Witkin, who is now the Breast Health Coordinator at LRGHealthcare, approached the auxiliary about making comfort bags, which cost around \$40-\$50 per bag. The fair started as a way to raise money for those bags.

The bags now cost more as they also include a camisole with a prosthesis as well as a teddy bear, a handbook, a stress ball, and other items. Thanks to this event, the LRGH Auxiliary provides 100 tote-bags a year to patients.

Tuttle said they will receive thank you notes from those who have received these bags.

"All it takes is one to make it worthwhile," Tuttle said.

A number of vendors are breast cancer survivors themselves or they are close to someone who has battled the disease.

Tuttle said turnout



was really good overall.

"Many of our vendors have been here for 10, 12, 15 years," Tuttle said.

Jason Paltanavich of Gilford is a blacksmith who makes metal items for his company Paltanavich Metal Works in his home forge.

"I'd say I'm mainly inspired by nature," Paltanavich said. "I love dragonflies, I love flowers."

He said he also likes to put a whimsical style in his pieces.

Paltanavich has been doing blacksmithing for the past three years.

"I was interested in making knives, instead I kind of went towards more ornamental work," Paltanavich said.

Paltanavich is a stay-at-home dad and blacksmithing is a way to be creative. He said he hopes his daughter will get interested in blacksmithing too.

This was his first year at the LRGHealthcare Auxiliary Fair and said he had a good time with it.

Susan Merritt of Laconia does watercolor

paintings for her business Susan Merritt Watercolors.

"Painting has helped me to just relax and give me something creative to do," Merritt said.

She said she has taken classes from many different artists.

"I am definitely a flower person," Merritt said. "I love anything outside, nature."

cards with Merritt's artwork can be found at Moulton Farm in Meredith where she works as well as Sunflower Natural Foods and New Leaf in Laconia, and the Lakes Region Art Association Gallery in Tilton. She also sells her cards and prints on her Etsy site, SMerrittWatercolors.etsy.com.

Selling at a craft fair is a new experience for her. She said her kids have gone to Laconia schools so she was already familiar with the school.

Merritt herself is a 10-year breast cancer survivor and received treatment at LRGH. She said the proceeds from this fair go to a good cause.



ERIN PLUMMER

(Top Right) Crafters and shoppers came together at Laconia High School for the LRGH Auxiliary Craft Fair benefitting special comfort bags for breast cancer survivors.

ERIN PLUMMER

(Top Right) Jason Paltanavich with his metal creations from his company Paltanavich Metal Works.

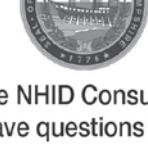
ERIN PLUMMER

(Bottom Right) Susan Merritt sold prints and cards from her watercolor paintings during the LRGH Auxiliary Craft Fair.



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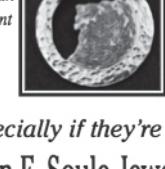
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BREAST AND CERVICAL CANCER PROGRAM

Opinion

A4 Thursday, October 25, 2018

WINNISQUAM ECHO

STRATEGIES FOR LIVING

Good sports

Life in the Lakes Region can be a tough and tricky thing. Some of our summer, spring and winter months have been known to deliver a lot of misery, with endless rain, snow, ice, and summer heat. Those seasons are definitely challenging. But there is an argument to be made that October is the hardest month....for a non-sports fan.

October hosts a "perfect storm" of post-season major league baseball, pre-season NBA basketball, and the promising early weeks of the National Hockey League and of course NFL Sundays (...and Mondays. And Thursdays.) And everywhere you go, people are talking about sports. The talk at the office and in line at the store is all about the Red Sox, Patriots and eventually the Celtics. How will Kyrie do with the Celtics this year? Can the Sox make it all the way? How long will Brady be able to make it happen? How about those Bruins? October is a buffet line filled with the best of professional sports and we are ready to dig in!

But what if you're the one person in town who doesn't know Tom Brady from Alex Cora? What if Monday morning finds you mumbling a sheepish hello to co-workers who can't stop high-fiving each other about the Patriots easy win and you think it's a Revolutionary War reference? How does a non-sports fan survive the month of October in a region steeped in professional sports greatness?

Well, first of all, take comfort: there's pumpkin spice and maple flavor – lots of it. There are also hayrides and harvest festivals, flannel shirts and cozy sweatshirts. There are craft fairs, warm cider, and cold crunchy leaves. There are football games - the fun high school type, complete with marching bands and drum battles. There's Halloween and trick-or-treat and spooky inflatable ghosts, pumpkins and spiders.

If Red SOX don't do it for you, how about the red leaves of the sugar maples? There isn't a more beautiful and colorful region in the country than the Lakes Region in October. The lakes and woods and mountains that surround us might not offer many "Bruin" sightings but they have their share of coyotes, bats, squirrels, raccoons, wild turkey and moose.

Taking nothing away from our friends and neighbors who spend October glued to any device that will live-stream the MLB playoffs, it is nevertheless great to remember that this region is our playground and it's there to be enjoyed all year long, in every season. But the colorful, magical, pumpkin-spice-scented month of October just seems to – well – hit a grand slam.



DONNA RHODES

First snow

Residents in the Newfound, Pemi-Baker and Waterville Valley regions awoke to a reminder of things to come last Thursday morning when the first glimpse of snow mixed with autumn leaves. While the valleys for the most part had only a dusting of the "white stuff" on the ground, some higher elevations saw an inch or more of snow, causing black ice conditions on a few local roads.

Blood drives coming in next few weeks

ALTON — As influenza activity picks up, the American Red Cross is urging healthy donors of all blood types to give blood or platelets to ensure a strong blood supply for patients in need.

Blood and platelets can only be given by donors who are feeling well. One way to maintain health is to get a flu vaccine each fall.

There is no waiting period to give blood or platelets after receiving a flu shot as long as the donor is symptom-free and fever-free.

Stay healthy this flu season and make an appointment to donate blood by downloading the free American Red Cross Blood Donor App, visiting RedCross-Blood.org or calling 1-800-RED CROSS (1-

800-733-2767).

Donors of all blood types, especially type O, are needed this fall after Hurricane Michael and Florence forced the cancellation of about 200 blood drives, causing approximately 7,000 units of blood and platelets to go uncollected.

There will be a couple of local blood drives in the coming weeks. On Nov. 2, there will be

a drive at New Hampton School on Nov. 2 from 2 to 7 p.m. On Nov. 3, there will be a blood drive at the Tanger Outlet Center from 10 a.m. to 3 p.m. There will be two blood drives in Laconia, on Nov. 8 at Viant, 45 Lexington Drive from 10 a.m. to 3 p.m. and on Nov. 15 from 12:30 to 5:30 p.m. at Woodside Building at 227 Ledges Drive.

LETTERS TO THE EDITOR

Supporting Tim Lang

To the Editor:

I have known Tim Lang for over 10 years. As a teacher to three of his children, I found him very much involved in their education. He would always have the time to stop by and ask me for an update on their progress. Tim, as a parent, was caring and supportive of his children.

Now as a state representative, he is the same way with his constituents. I find him easily accessible and always willing to listen. He makes a point

to keep the residents of his district well informed of what is going on throughout the state. I appreciate how Tim not only posts how he votes but also will explain the reasoning behind his vote.

He has proven to be a strong leader and a good communicator, which is exactly what the citizens of Tilton and Sanbornton need, on Nov. 6, please vote for Tim Lang.

John Cormier
Tilton

Support Bill Bolton for State Senate

To the Editor:

I am proud to support Bill Bolton for NH State Senate/District 2. Bill supports public education and the continuation of Medicaid expansion. Bill has also been a longtime and active opponent against Northern Pass.

As a state representative, I have worked hard against legislation that would take our property tax dollars, designated for public education, and allocate a portion to subsidize tuition for families who wish to send their children to private and religious schools. Bill Bolton supports public education, from pre-K through our community colleges and university system. Bill is opposed to any voucher scheme, which will take funding from New Hampshire public schools.

Medicaid expansion, which NH first approved in 2014, provides quality, affordable healthcare to over 3,000 people in Senate District 2. Bill Bolton strongly supports Medicaid expansion, which provides needed supports to low income workers, those who struggle with opioid and substance abuse, and those in need of mental or behavioral health counseling. New Hampshire's unique and bipartisan effort to implement Medicaid expansion has not resulted in an increase in taxpayer funding for the program.

When he is in the State Senate, Bill will work with colleagues on both sides of the aisle to keep this program running efficiently.

As a legislator who has fought against the Northern Pass project for eight years, I cannot speak highly enough of Plymouth Selectman Bill Bolton and the town of Plymouth for their efforts to stop this project. The Site Evaluation Committee denied Northern Pass its certificate of operation in part, because of the negative effect the project would have on Plymouth's Main Street businesses. If the selectboard had not voted to participate in the process as intervenors, the outcome could have been much different.

As State Senator, Bill Bolton will be assigned to committees where he, along with his Senate colleagues, will study hundreds of pieces of legislation. Working with colleagues to find common ground and take the needs of the people of New Hampshire into consideration is challenging and sometimes frustrating. But as I have observed the energy which Bill Bolton has put into the volunteer positions he has undertaken, selectboard, Pemigawasset River Local Advisory Committee, and Educational Theatre Collaborative producer among others, I know Bill Bolton will be a hard-working senator for the citizens of Senate District 2. I urge you to vote for Bill Bolton on Nov. 6,

State. Rep. Suzanne Smith
Grafton &
Plymouth, Hebron, Holderness

Send your letters!

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and phone number.



STRATEGIES FOR LIVING

The Knock at the Door

BY LARRY SCOTT

"The knock at the door startled Irene Adkins. The 79-year-old great-grandmother wasn't expecting any visitors. A cautious peek through the peephole revealed a well-dressed silver-haired gentleman with a kind face that struck her as vaguely familiar." So writes Robert Morris in his book, *The God I Never Knew*, a book I wholeheartedly recommend.

"It would take her a while to realize that the man's face indeed bore an uncanny resemblance to one she knew better than any other – her own. Irene's 73-year-old brother, Terry, had come for a surprise visit. It was quite surprising because Irene never knew she had a brother."

"Back in 1932, in the depths of the Great Depression, a desperate and confused young English couple unhitched their tattered camper trailer on the side of the road and drove away. Police later found three small, hungry children inside. Irene, at 10 months of age, was the youngest. The three were placed in separate foster homes and grew up unaware of the others' existence. Meanwhile, the young couple eventually achieved some stability a few years later and had another child – their son, Terry.

"When Terry was 14, his parents revealed their shameful secret. They told him of the desperate straits in which they'd found themselves and of the wrenching decision to abandon the trio of hungry mouths they could not feed. Shortly thereafter Terry began a lifelong quest to find his siblings. ... He searched in vain for almost 60 years. Then came a breakthrough. He learned the name of the agency that had placed Irene and her siblings in foster homes. Not long thereafter came the day – April 3, 2010 – when Irene Adkins discovered the wonderful brother she never knew. In the discovery the rootless orphan found

a source of answers to questions she had carried around in her heart all her life" (Chapter 1).

This, to me, is the perfect picture of where God stands in his desire to have a relationship with you and me. He knows how empty life can be without him, and he has encouraged our

search. To him, we are "family," and it is only as we welcome him into our lives that we will finally realize, "We're home! This is where we belong!"

Jesus, in one of his parables, referred to himself as "the Good Shepherd," one who would leave "the 99"

to themselves as he searched for "the one lost sheep." No one of us, in God's view, is good enough to cause God to love us any more, and none of us is evil enough to cause God to love us any less. Regardless of our station in life, God is anxious to make the acquaintance.

In the New Testament book of Revelation, Jesus is quoted as having said, "Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in."

The great truth of the Gospel is that we have access to God. He is, indeed, anxious to "meet"

us, but he will never force the issue. He responds only by invitation.

I cannot tell you how he will reveal himself to you; I just know, from experience, that he is as good as his word.

You want to talk about it? Hit me up at rlarryscott@gmail.com.

Laconia Police donate to WOW Trail

REGION — Members of the Laconia Police Department, on behalf of the Laconia Police Relief Association, contributed \$500 to the WOW Trail prior to the start of the Runaway Pumpkin 5K/10K race this past week. "We're proud to support the continued expansion of the WOW Trail," said LPD Chief Matt Canfield. "It's an exciting project for our city and something I personally enjoy using frequently."

"We're so grateful for the support of LPD and the relief association," said WOW Trail Executive Director Bob Champlin. "Our WOW Trail Ambassadors will continue to work closely with LPD to help maintain a safe and enjoyable experience for all users."

The WOW Trail and the Lake Winnisquam



COURTESY
WOW Trail Executive Director Bob Champlin, with Laconia Police Sgt. Gary Hubbard, Lt. Mike Finagle, Chief Matt Canfield and Runaway Pumpkin Event Director Jennifer Beetle.

Scenic Trail in Belmont combine to offer 4.5 miles of trail to enjoy

and are part of the regional effort to connect Weirs Beach to Frank-

lin.

For more information on the WOW Trail, visit

www.wowtrail.org or e-mail info@wowtrail.org.

Locals on Saint Anselm Dean's List

MANCHESTER — Saint Anselm College has released the Dean's List of high academic achievers for the second semester of the 2017-2018 school year. To be eligible for this honor, a student must have achieved a grade point average of 3.1 or better in the semester with at least 12 credits of study which award a letter grade. A total of 729 students representing 22 states received this honor.

Mark W. Cronin, Dean of the College, announced that the following students have been named to the Dean's List for the spring 2018 semester at Saint Anselm College, Manchester:

Bridget Henss and Jenna Morrison of Ashland, Courtney Pelletier of Belmont, Drew Collins of Brookfield and Kelsey Hammond of Wolfeboro. Founded in 1889, Saint Anselm College is a four-year liberal arts college providing a 21st century education in the Catholic, Benedictine tradi-

tion. Located in southern New Hampshire near Boston and the seacoast, Saint Anselm is well known for its strong liberal arts curriculum, the New Hampshire Institute of Politics, a highly successful nursing program, a legacy of community service and a commitment to the arts.

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Edward Jones: Financial Focus

Pension Buyout Offer: Annuity or Lump Sum?

If you participate in a pension plan at work, you might be offered a buyout at some point. This could happen if your employer wants to shrink its future pension obligations or if your company has been bought, and your new employer decides to terminate your existing pension plan. In either case, you will likely have two main options: You can take your pension as a lump sum of your accrued benefits, or you can convert it to an annuity, which can be structured to provide you with a lifetime income stream. Which choice is best?

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

other sources – such as Social Security and your investment portfolio – to meet your essential living expenses during retirement, you may want to consider taking your pension funds as a lifetime annuity. (Keep in mind that the lifetime income payments from an annuity are subject to the issuer's ability to meet its commitments.) Conversely, if you think your retirement income will be more than sufficient to meet your living expenses, you could take the lump sum and put it in a mix of investments, some of which could offer long-term growth potential.

Other sources of retirement income – If you don't think you will have enough money from

Projected longevity – If you come from a long-living family and you are in good health at the time of your pension buyout, you may want to annuitize your pension to provide a source of income you can't outlive. However, if you anticipate a shorter life span, possibly due to your family's medical history, you might be better off by taking the lump sum.

Wealth transfer goals – You might not be able to transfer a pension's annuity payments to your children or grandchildren. On the other hand, by taking the lump sum and investing it,

you might have assets remaining at the time of your death – and you can include these assets in your estate plans.

Taxes – If you take your pension buyout as a lump sum, it will be taxable as ordinary income, unless you roll it over to an IRA or an employer's qualified retirement plan. A direct rollover from your employer's pension plan to your IRA provider won't incur immediate taxes and can allow your investment to grow on a tax-deferred basis. Consult with your tax advisor before making this rollover. (Eventually, you will be taxed on the withdrawals, and withdrawals made before you reach 59 ½ may be subject to a 10% tax penalty.)

It's worth noting that some pension plans may allow you to split your benefit between an annuity and a lump sum, although these plans seem to be in the minority.

Clearly, you'll have much to consider if you're offered a buyout of your pension. So, take your time, evaluate all the factors, and work with your tax, legal and financial professionals to reach the decision that makes the most sense for you.

monthly newsletter, contact your local Financial Advisor.



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OBITUARY

Margaret Louise Griffiths, 83

LACONIA — Margaret Louise (Elliott) Griffiths, 83, of Belknap County Nursing Home, Laconia, went home to be with the Lord on Oct. 15.

She was born in Laconia, Sept. 30, 1935, daughter of the late Perley and Arzelia Elliott. Peggy, as she was affectionately known by family and friends, spent her early years in Laconia and attended local schools. After her father's death, she moved with her mother to Rumney, where she attended Plymouth High School, graduating in 1953. She also attended Providence Bible College. She was a resident of Laconia for many years.

Peggy worked for many years as a medical transcriptionist. She met many wonderful people through her various stints at Concord Hospital, NH Veterans Home and the LRGHealthcare communities. Peggy retired at 62, and enjoyed volunteering in various community endeavors. She returned to work part-time and eventually retired – for good, at the age of 72.

Peggy was very involved with her church family at Laconia Christian Fellowship. She was known as a devoted prayer warrior. She also played violin, sometimes participating with the worship team. She was passionate about her cats, spending her later years with White Cat, Sammy, and Buddy, who faithfully kept her company. She was a devoted Red Sox fan and groupie of Big Papi.

Peggy deeply loved her family and made sure that all knew of her support to achieve their highest potential. She never stopped pray-



ing for and believing in them. She enjoyed many summers camping with her family at Hermit Island and eventually Prince Edward Island. Peggy relished the times spent around the kitchen table sharing food, wonderful memories, and wildly embellished stories with family near and far.

In addition to her mother and father, Peggy was predeceased by her former husband, Urban Griffiths, whom she remained friends with until he passed away in 1988, a daughter, Debbie (Griffiths) Redmond, and her beloved sister, Virginia (Ginnie) Elliott Davis Mountfort.

Peggy is survived by her children, daughter Linda (Griffiths) Trask and husband, Rory of Belmont, son David Griffiths and wife Bonnie (Tivey-Carbone) Griffiths of Barnstead, and daughter Pam Griffiths, of Massachusetts. She also leaves 11 grandchildren, Kevin and Kelly (Madigan) Trask of Gilford, Kelly (Trask) and Daniel Turan of Belmont, Shauna (Carbone) Gunther of Barnstead, Jay Carbone of Concord, Tefani Nicole Blake of Plymouth, Micah McCullough of Canaan, Seth Bayer of Concord, David, Daniel, Stephen and Cory Griffiths of Vancouver, BC, Canada, 14 great-grandchildren, as well as nieces and

nephews.

Peggy was a devoted woman of faith, and all who knew her knew that her greatest desire was for them to know Jesus Christ as their Savior and Lord. Her life verse was Proverbs 3:5-6, "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge Him, and He shall direct your paths."

Her family wishes to express their sincere gratitude and thanks to the amazing nursing staff of the west wing at BCBH. The love and care shown to our mom in her last years gave her family great comfort. As well, a special thank you to Central NH VNA and Hospice for the care and support Peggy and her family received in her final days.

There will be no calling hours per family wishes.

A private graveside ceremony is scheduled for a later date.

In lieu of flowers, memorial donations may be made in Peggy's name to Aspire Women's Center, 506 Union Ave., Laconia NH 03246, where Peggy served as a board member for several years, Belknap County Nursing Home's music therapy program, 30 County Drive, Laconia NH 03246 or Central NH VNA & Hospice, 780 North Main Street, Laconia NH 03246.

Wilkinson-Beane-Simoneau-Paguette Funeral and Cremation Services, 164 Pleasant St., Laconia, is assisting the family with arrangements. For more information and to view an online memorial, go to www.wilkinsonbeane.com.

Wolf on MCPHS Dean's List

BOSTON, Mass. — MCPHS University is pleased to announce that Margaret Wolf has been named to the Dean's List for the Summer 2018 semester. Wolf is a native of Tilton and is pursuing a Bachelor of Science in Nursing. She will graduate from the Manchester campus in 2018.

The Dean's List recognizes those students with a full-time course load who have achieved

outstanding scholarship with a 3.5 GPA or higher for the academic term.

The mission of MCPHS University is to prepare their graduates to advance health and serve communities worldwide through excellence, innovation and collaboration in teaching, practice, scholarship, and research. Founded in 1823, MCPHS University is the oldest institution of higher

education in the city of Boston. In addition to the original Boston campus, the University has branch campuses in Worcester, Mass., and Manchester. The university currently offers more than 100 unique baccalaureate, masters and doctoral degree programs and certificates in a variety of health-related disciplines and professions on its three campuses and online.



COURTESY

Senator Maggie Hassan visited Milpower Source in Belmont last week.

Senator Hassan visits Milpower Source

BELMONT — Milpower Source, Inc. was pleased to host U.S. Senator Maggie Hassan (D-NH) at the company's corporate headquarters on Oct. 18.

The Senator expressed a high level of interest in Milpower Source's notable ongoing growth and efforts to increase the workforce in the Lakes Region. The Senator shared insights into means by which her office can support Milpower Source's economic objectives, in particular as it relates to workforce development. In response to this workforce shortage, I have been focused on passing legislation that will close the skills gap and help more hard-working Granite Staters get the support they need to enter – and remain – in the workforce."

"Job-creating businesses, such as Milpower Source, are struggling to fill positions that require highly skilled workers. In response to this workforce shortage, I have been focused on passing legislation that will close the skills gap and help more hard-working Granite Staters get the support they need to enter – and remain – in the workforce."

Tomer Eshed, General Manager at Milpower Source, stated, "We were pleased to host Senator Hassan at the Milpower Source design and manufacturing facility today. Our collective discussion, focusing on the economic opportunities of the Lakes Region and broader New Hampshire community, were both informative and encouraging. As a

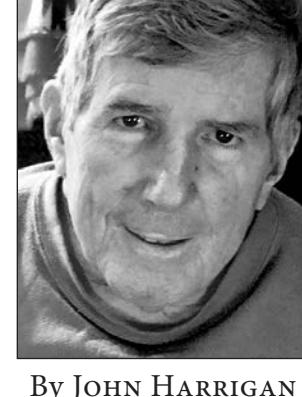
growing business concern with an expanding workforce, we welcome the Senator's focus on the issues of workforce development and interest in engagement with Milpower Source on this crucial topic."

Milpower Source Inc. is a leading designer/manufacturer of custom military power supplies, converters, inverters, UPS and VPX/VME for defense and aerospace applications. Milpower Source offers a wide range of field-proven power conversion solutions, confirming and qualified to military standards (MIL-STD-704, MIL-STD-461, MIL-STD-810, MIL-STD-1275 and MIL-STD-1399). Milpower Source is an AS9100 certified company. Visit www.milpower.com for more information or call 267-8865.



North Country Notebook

No rest for the weary, especially on high, as the cold and winds of winter draw nigh



By JOHN HARRIGAN
COLUMNIST

John Harrigan is off this week. This column originally ran on Oct. 16, 2014.

We have been spoiled by unseasonably warm days and clear skies, a dozen or so almost back to back, perhaps to make up for monsoon-like spring weather and a wet summer that would have meant a hard time haying, if we were still having.

In moving last week from one computer to another, from the one that died in my office at home to the old computer I still had at the News and Sentinel office in town, I came across an old photo that reminded

me of what's just around the corner, as if I needed a reminder. I took it at mid-winter a few years ago, probably on the first day of the New Year, when I mark the occasion by shutting down my wood furnace to clean out the ashes, which are in ultimately reduced form, like flour.

But even though the photo shows mid-winter, winter is only just about getting serious. January and the first half of February are merciless, slamming sub-zero winds into the house and ell and barns and almost shaking the ground in their velocity.

Many times I've seen 30 below and much lower, and that's not even taking wind chill into consideration, an aberration lapsed into by too many radio and TV announcers as if it's the real temperature. The real number please, and then if you must, the wind chill factor.

When I was a kid in Colebrook we lived on Park Street, about half

me of what's just around the corner, as if I needed a reminder. I took it at mid-winter a few years ago, probably on the first day of the New Year, when I mark the occasion by shutting down my wood furnace to clean out the ashes, which are in ultimately reduced form, like flour.

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Many times I've seen 30 below and much lower, and that's not even taking wind chill into consideration, an aberration lapsed into by too many radio and TV announcers as if it's the real temperature. The real number please, and then if you must, the wind chill factor.

The winter after I bought the Coös County Democrat, the winter of 1978-79, I think, we had back-to-back early morning readings of 48 and 50 below, in a flat calm, no wind. I was driving an old International Scout, and as usual had taken

the precaution of taking the battery inside for the night.

At first, the next morning, it was all for naught, one wrench and then another snapped clean in two as I tried to tighten the battery terminals. But inside I went for a third, and finally, the old girl coughed to life.

But that too was all for naught, because the grease in the wheels had congealed to the consistency of frozen peanut butter. And so I donned my Arctic-class goose-

THE EARLY-SETTING New Year sun casts long shadows of house, ell and outbuildings, as the furnace at far left chuffs away against the mid-winter chill.

the precaution of taking the battery inside for the night.

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How to Submit Obituaries & Announcements To Salmon Press Publications

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Photos are also welcome, but must be submitted in jpeg format.

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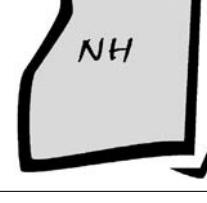
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Franklin Savings Bank supports Belknap EDC efforts

FRANKLIN — Franklin Savings Bank (FSB) recently purchased New Hampshire tax credits, which will help support Belknap EDC's economic development initiatives in the county for 2019. Upon receiving the generous donation, Justin Slattery, Executive Director of Belknap EDC, appreciated and acknowledged Franklin Savings Bank's commitment to their local community and generous support of Belknap EDC and its mission.

Ron Magoon, CEO of Franklin Savings Bank, said, "We enjoy our strong partnership with Belknap EDC and appreciate the great work they do in our communities on important economic development initiatives. Having an organiza-

tion like Belknap EDC is critical to the economic health and vitality of Belknap County and beyond."

Franklin Savings Bank is one of central New Hampshire's leading banks, they have been a true community partner for over 100 years. It's local initiatives like this that continue to build the economic development and opportunities of Belknap County and the Lakes Region. More information and be found at <https://www.fsbnh.bank>.

Belknap EDC is a non-profit regional development corporation. Its main focuses are resources on workforce development programming, developing strategies to retain and attract young talent to the region, supporting entrepreneurs, and



COURTESY

Left to right, Ron Magoon, FSB CEO, Chris Kelly, Chair, Board of Directors of Belknap EDC, Brian Bozak, FSB CFO, with Justin Slattery, Executive Director of Belknap EDC.

development opportunities in Belknap County including the

redevelopment of the Colonial Theater block in Laconia. More de-

tails can be found at belknapedc.org. More information on the NH Tax Credit program is available at nhcdfa.org.

Chrysler Cars 4 Classrooms raises funds for Winnisquam Regional Middle School

TILTON — On Sept. 21, Autoserv of Tilton Chrysler-Jeep-Dodge partnered with Winnisquam Regional Middle School to raise \$2,200 during the Chrysler Cars 4 Classrooms fundraising initiative. Through Chrysler's Cars for Classrooms fundraiser, the Chrysler brand contributes up to \$3,000, toward the school on behalf of every test drive participant.

"The Autoserv of Tilton Chrysler-Jeep-Dodge enjoyed raising funds for a great cause with families and the local community. We always look forward to giving back to the community and the Chrysler Cars 4 Classrooms initiative is a great way to do it," said Jeff Strickland, Northeast Business Center Regional Director. "On behalf of the Chrysler brand and the dealership, I would like to personally thank everyone who took the time to participate in this test drive to help us raise money for such a deserving group of students."

In 2018, the Chrysler brand celebrated more than 25 years of supporting schools and families.

Since 1993, the brand had helped to raise more than seven million dollars through fundraising test drives. For more information, visit www.cars4classrooms.com.

The Chrysler brand has delighted customers with distinctive designs, craftsmanship, intuitive innovation and technology all at an extraordinary value since the company was founded in 1925.

Beyond just exceptionally designed vehicles, the Chrysler brand has incorporated class-leading, high-tech features into its products, including the plug-in hybrid powertrain in the Pacifica Hybrid, the industry-exclusive Stow 'n Go seating and storage system on the Chrysler Pacifica, and the Chrysler 300's Uconnect 4 system with Apple CarPlay and Android Auto with improved features and an award-winning interface.

and achieves 84 MPGe in electric-only mode and 33 miles of all-electric range. The 2018 Chrysler 300 lineup delivers on the brand's promise of iconic and elegant design executed with world-class performance, efficiency and quality – all at an attainable value.

They are honored to feature the winner of the 2018 Student Concerto and Scholarship Competition, pianist Penny Brant. She will be performing the first movement of Edvard Grieg's "Piano Concerto No. 1 in A minor".

Also on the November program are Grieg's "Peer Gynt Suite No. 1", Sibelius' "Finlandia," "Variations on a Theme by Haydn" by Brahms, and Georges Bizet's "L'Arlesienne Suite No. 1."

MEREDITH — The Lakes Region Symphony Orchestra (LRSO) invites the public to its season-opening concert on Saturday, Nov. 3, at 7:30 p.m. at Inter-Lakes Auditorium in Meredith.

They are honored to feature the winner of the 2018 Student Concerto and Scholarship Competition, pianist Penny Brant. She will be performing the first movement of Edvard Grieg's "Piano Concerto No. 1 in A minor".

Also on the November program are Grieg's "Peer Gynt Suite No. 1", Sibelius' "Finlandia," "Variations on a Theme by Haydn" by Brahms, and Georges Bizet's "L'Arlesienne Suite No. 1."

The LRSO concert

competition is now entering its 10th year. This year's winner, Brant, is a remarkable young pianist. Born in 2002 in Beijing, China, she moved to the U.S. at age 12 and studied piano with Gregg Pauley. Thus far Brant has been practicing and performing piano for more than 10 years, including many recent performances in China.

Tickets are \$20 for adults and \$10 for students and are available online at www.lrsosymphony.org/tickets, by phone at 800-838-3006, and at Innisfree Bookshop in Meredith and Greenlaw's Music in Laconia.

Save 25 percent with discount season tickets, available now through the Nov. 3 concert. You

may purchase season tickets online at www.lrsosymphony.org/tickets or by phone at 800-838-3006.

The Lakes Region Symphony Orchestra is a Meredith-based, non-profit orchestra that performs throughout the fall, winter, and spring. Orchestra members range in age from teens through retired seniors, representing more than 30 communities in the Lakes Region.

For more than 40 years the orchestra has been focused on showcasing young talent and providing a venue for local musicians to perform orchestral music ranging from classics to contemporary, all in the valued community setting of the Lakes Region of New Hampshire.

Concerto competition winner to perform on Nov. 3

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The LRSO concert



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HALLOWEEN

CONTINUED FROM PAGE A1

flashlight and be alert while out on their travels.

On Sunday, Oct. 28, there is a lot of fun to be had in Sanbornton, courtesy of the Recreation Department and Sanbornton Fire and Rescue. The celebration begins with a Halloween pancake decorating event at the Sanbornton Fire Department starting at 4 p.m. From there the action moves on to the Sanbornton Central School parking lot on Hunkins Pond Road for a fun night of Trunk or Treat from 4:30 to 6 p.m. Trunk or Treat participants will have their cars decorated with all types of fun or spooky themes, with plenty of treats available for all to safely move about the area and enjoy a night out.

In Tilton, festivities kick off on Friday, Oct. 26, with the annual Downtown Halloween Event and Children's Costume Parade. Main Street will be closed to traffic that day from 3 to 6 p.m. to allow a Trunk or Treat event from the Tilton-Northfield Rotary to set up along Main Street as part of the activities. Detours up School Street and over to the lights at Prospect Street will be in place and residents are asked to consider alternate routes until the activities are over at 6 p.m.

Besides the Trunk or Treat, where prizes in several categories will be awarded for participants, there will be music in the streets and downtown businesses will also be decked out from 4 to 6 p.m. with lots

of candy for all the little Trick or Treaters.

The fun doesn't end there though. After making the rounds of all the businesses, boys and girls are encouraged to take part in the annual Halloween costume parade where judges will be assessing their costumes for prizes. Each business will also be judged on their costumes and decorations with some really great prizes available for them as well.

After the parade, the public is invited to stroll through nearby Riverfront Park to enjoy the scarecrows and autumn displays that will be set up throughout the park. Each of those entries will be judged that evening for \$100 in prize money, courtesy of the Tilton Parks Commission.

Just down the road that same evening, Tanger Outlet Center will celebrate Trick or Treat, too. Participating stores along the covered walkways will have candy available for the costumed children beginning at 5:30 p.m., lasting until supplies run out.

In Northfield on Friday, Oct. 26, Pines Community Center will also host a free Halloween party from 6 to 7:30 p.m. There will be goody bags for the first 50 children to arrive, along with crafts, games, cookie decorating, concessions and prizes for the best costume. Finally, on Oct. 31, Trick or Treating in Northfield is scheduled for 5 to 8 p.m. and drivers are asked to be on the lookout for children as they walk through the neighborhoods.

PLAYGROUND

CONTINUED FROM PAGE A1

though is that they get to be creative, too."

Volunteers from both stores were scheduled to spend a week working on the playground. During that time they helped to spruce up previous structures and built a new shade structure for those hot summer days. They also added a hopscotch game along with a creative flower box shaped like a caterpillar. Another addition was the fun new Music Wall where buckets, metal garbage can lids, pots and pans and other household items have been installed on the fence. Wooden paint stirring sticks will allow the boys and girls to tap out their own rhythms, much like a Recycled Percussion-style band.

When that is all done, the volunteers will then add fresh mulch to keep the area safe but in the near future they have one more surprise.

"Down the road we'll be bringing in a new climbing feature for the kids, but we're not revealing just what that's going to be right now," said Heyman.

As if that wasn't enough to help a non-profit group, it wasn't the end of the

company's generosity however. Another team of volunteers also signed on to help the church with a second project.

"We bought the 'Pink House' next door in April and took possession of it in June," Pastor Andy explained, "so we'll be starting a food pantry and thrift shop there either by Christmas or the first of the year."

To do that however, the building needs handicap access, new doors and shelving units, so Lowe's agreed to help make that part of this year's Heroes Project, too.

Pastor Andy was thrilled with all the help they are receiving from Lowe's and said it's not often a church gets a team of volunteers like that which they have provided.

"We've been offering up-in-kind donations towards this project and all of that help really helps free up our budget for other things now," he said.

There were smiles all around as the church and school staff watched the projects come together. Heavenly Sonshine Preschool



While making several improvements to the playground for Heavenly Sonshine Preschool at the First Baptist Church of Belmont, a group of volunteers from Lowe's Home Improvement stores in Gilford and Tilton created a Sun Shine Music feature on the fence. Joining the volunteers for a photo was school director Shannon Dyer (far left) and Pastor Andy Barnes (far right).



DONNA RHODES

As part of the annual Lowe's Heroes Project, volunteers from both the Gilford and Tilton Lowe's Home Improvement stores have been using some of their time off to make additions and improvements to the Heavenly Sonshine Preschool playground, located at the First Baptist Church of Belmont.

is celebrating their 30th

ing. "I can't wait for the children to come outside and see it all on Friday," she said.

for whitewater events, Parichand said his proposal would encourage them to also explore recreational places like Highland Mt. Bike Park, the Winnipesaukee River Trail and other nearby trail systems, as well as the many inns, restaurants and businesses in the three towns. It would also promote healthy, active, outdoor lifestyles and bring a strong socio-economic boost to an area where he said there are now many boarded up storefronts and people lacking passion for their community.

"It's the last upside down covered bridge to be found in the country, so I think things like that would be great to showcase along there," he said.

His PowerPoint presentation was well received by the Rotarians who, like Parichand, are local business owners, too.

"I think it's a great idea to also include the mills and all that used to be there," said Denise Duford.

Scott Haskin of Northfield agreed but asked about parking for all the kayakers who would attend the white water events since the current drop-off location on Cross Mill Road in Northfield can only accommodate six vehicles.

"This is all about re-thinking the river and looking at how to benefit from it," said Parichand. "Fortunately we have a great canvas to work with."

Parichand said that at parks such as this, event organizers use

Town of Northfield PLANNING BOARD

**Northfield Town Hall
Monday, November 5, 2018 7:00 p.m.**

AGENDA

- Minutes - October 1, 2018
- Monique Cormier Family Trust – Application for a Major Site Plan Review for Big Oak Enterprises LLC, to construct a warehouse and office for Premier Pump & Supply Inc, to be located on 14.67 acres at Riverside Business Park, (Map R14 Lot 8-2) in the Commercial/Industrial Zone.
- Article 11 – Rules of Procedure & Checklist
- Review Warrant Article 2 – to Amend Article 6 of the Zoning Ordinance
- Review Warrant Article 3 – to Amend the ADU definition in the Zoning Ordinance
- Other Business

Respectfully,
Jason Durgin, Chairman

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Whole Village energy makeover brings everyone to the table

PLYMOUTH — A one-of-a-kind partnership is saving thousands in energy costs and putting food on the table — literally — at a Plymouth area homeless shelter.

Extensive upgrades of the energy infrastructure at Whole Village Family Resource Center and the neighboring Bridge House shelter is projected to save up to \$25,000 annually in propane and electricity costs, some of which has already been repurposed to start a nightly family-style meal for Bridge House residents and staff.

"It's done wonders for the cohesiveness of the group," said Susan Amburg, Director of the Whole Village Family Resource Center. "You have a different relationship after you've sat across the table from someone."

It's the culmination of a two-and-a-half year project that involved nearly as many partners as the number of solar panels installed on the roof of the two buildings. Local and

state organizations, from the Granite United Way and NH Charitable Foundation to New Hampshire Electric Cooperative (NHEC) and Plymouth Area Renewable Energy Initiative (PAREI), joined forces to identify energy-saving opportunities and create a detailed project schedule. The result has been an overall 80 percent reduction in annual electricity consumption.

Sandra Jones, Director of PAREI and de facto project manager, said the Whole Village project was guided by a simple mantra: "Reduce Before You Produce."



A new 33 KW solar PV array is the centerpiece of energy efficiency improvements at the Whole Village Family Resource Center.

Initial efforts focused on improving the energy efficiency of the buildings by retrofitting indoor and outdoor lighting with LED fixtures and timers, installing a new central air conditioning unit, reducing standby power loss, adjusting HVAC controls, and educating building occupants on behavioral changes that make more efficient use of energy.

With an efficient

building shell and energy systems in place, construction was completed in May 2018 on a new 33 kilowatt (kW) solar photovoltaic (PV) array capable of producing enough power for eight typical homes.

The new array on the roof of the Whole Village building joins a 25 kW solar PV array at the Bridge House, which was one of the project's first undertakings. At Whole Village the combination of the occupant's energy conservation, the new ener-

gy efficiency upgrades and two month old solar PV array, have resulted in an annual electricity consumption drop from 122,610 kilowatt-hours (kWh) to 47,537 kWh in July of 2018.

"And once the solar PV is on line for a year we expect to see their electric load at Whole Village drop to 22,200 kWh annually. That's an 82 percent drop," said Jones. "The directors of both Whole Village and Bridge House came to PAREI asking for ways to re-

duce their energy and their costs. We made it happen one meeting, one step and one building at a time."

The majority of funding for the project came from the generosity of local and statewide businesses who purchased \$321,875 in NH tax credits provided by the New Hampshire Community Development Finance Authority (CDFA).

Businesses that donate to local projects that have received a CDFA business tax credit grant can get at

least 75 percent of that contribution back in the form of a state business tax credit. A roster of local and statewide businesses stepped up to purchase the tax credits and donate to the project.

Also taking a lead role in the project was NHEC, which provided technical advice and incentives totaling more than \$20,000.

"The amount of staff time the Co-op dedicated to this project was so appreciated," Amburg said.

Indrika Arnold joins Spaulding Board of Directors

NORTHFIELD — Spaulding Youth Center is pleased to announce Indrika Arnold has joined its board of directors. Arnold is a financial professional and brings more than 15 years of experience in the wealth management industry to her new role.

Arnold currently serves as a Family Wealth Advisor at Harvest Capital Management, located in Concord. In this role, she provides financial planning services to individuals and multigenerational families and has a special interest in helping and educating the next generation to be responsible stewards of wealth. Prior to working at Harvest, Arnold was a Family Office Advisor at Daintree Advisors LLC in Boston, Mass.

Arnold joins Spaulding's board of directors with hopes of becoming involved in a broad range of activities and initiatives that will ultimately help strengthen the

organization. She first heard about Spaulding Youth Center from current board member Hali Dearborn. After a recent tour of the organization's campus and meeting students and staff, Arnold accepted the offer to join the board. She attributes her decision to the remarkable and lasting impression from this campus tour.

"I am thrilled to welcome Indrika Arnold to our board of directors," said Mike Ventura, board of directors chair for Spaulding Youth Center. "Ms. Arnold's experience in the financial

sector and enthusiasm she brings to serving our organization make her a welcome addition to our diverse board."

Arnold earned a Bachelor of Science in Applied Computer Science from Keene State College and a Master of Science in Financial Planning and Certificate in Taxation from Bentley University. She earned the Certified Financial Planner™ certification in 2009. She also serves on the board of directors of the Northern New England Chapter of the Financial Planning Association as well as the New Hampshire

Children's Trust. In her spare time, Arnold enjoys spending time with her husband and eight-year-old daughter.

The Spaulding Youth Center Board of Directors is comprised of volunteers from the human services, corporate, investment, and philanthropic sectors of our state. To learn more about the Spaulding Youth Center board of directors, visit <https://www.spauldingyouthcenter.org/about-us/leadership/>.

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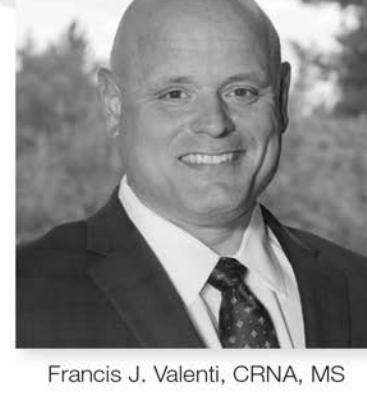
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Breast Cancer Awareness 2018



Breast cancer survival rates soar

A breast cancer diagnosis can be a devastating blow. Upon receiving such a diagnosis, people may begin to ask questions about treatment and the impact cancer may have on their personal lives. Many people who are diagnosed with cancer also begin to wonder about their mortality.

An estimated 266,120 new cases of invasive breast cancer and 63,960 new cases of non-invasive, or *in situ*, breast cancer are expected to be diagnosed among women in the United States this year, according to Breast-cancer.org. According to the latest statistics presented by the Canadian Breast Cancer foundation, 26,300 women and 230 men had been diagnosed with breast cancer in Canada in 2017.

The good news is that breast cancer incidence rates began decreasing in 2000 after increasing for the previous two decades. In addition, death rates from breast cancer have been decreasing steadily since 1989.



Early detection and better treatment options are improving the chances of surviving breast cancer.

cator of the progress being made in the fight against breast cancer. The most recent SEER Cancer Statistics Review released in April 2018 indicates cancer death rates among women decreased by 1.4 percent per year between the years of 2006 and 2015. That progress is attributed

Society says that decreasing death rates among major cancer types, including prostate, colorectal, lung, and breast cancers, are driving the overall shift in survival. The ACS says breast cancer death rates among women declined by 39 percent from 1989 to 2015. That progress is attributed

to improvements in percent, down from 21.8 percent in 2011, states data from the For anyone doing the math, over the last 25 years or so, the five-year survival rate for breast cancer among Canadians is 87 percent, and the five-year net survival in the United States is 85 percent.

A similar scenario has unfolded in Canada. Breast cancer mortality rates in Canada recently decreased to 21.4 to improvements in percent, down from 21.8 percent in 2011, states data from the For anyone doing the math, over the last 25 years or so, the five-year survival rate for breast cancer among Canadians is 87 percent, and the five-year net survival in the United States is 85 percent.

While the vast majority of breast cancer diagnoses involve women, men are not immune to the disease. According to the American Cancer Society, the lifetime risk of getting breast cancer is about one in 1,000 among men in the United States. By comparison, the risk for women in the United States is one in eight. While a man's risk for breast cancer is considerably lower than a woman's, the ACS still estimates that roughly 480 men will die from breast cancer in 2018, when more than 2,500 new cases of invasive breast cancer will be diagnosed in men. In addition, the ACS notes that black men diagnosed with breast cancer tend to have a worse prognosis than white men. Though breast cancer may be a disease widely associated with women, men should not hesitate to report any discomfort to their physicians, as the National Cancer Institute notes that men are often diagnosed with breast cancer at a later stage than women. The ACS suggests that men may be less likely to report symptoms, thereby leading to delays in diagnosis. The more advanced the cancer is at the time of diagnosis, the lower the patient's survival rate. Men are urged to report any discomfort or abnormalities in their chests to their physicians immediately.

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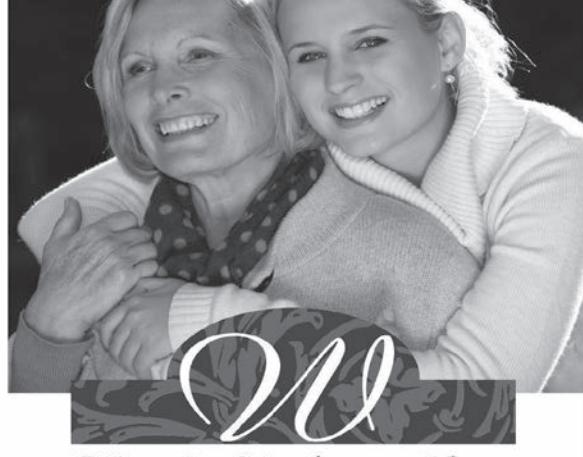
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Breast Cancer Awareness 2018

Speare Memorial Hospital

Expands Breast Health Services

(Plymouth, NH, October 1, 2018) — Speare Memorial Hospital is now working with Southern New Hampshire Radiology Consultants (SNHRC) to provide more breast health services to the women of Central New Hampshire.

Chief of radiology at Speare, Dr. Kevin Rivera, is leading the expansion of services. Technological updates will be completed by the end of the month.

In addition to state-of-the-art 3D screening mammography, services include:

BREAST BIOPSY PROCEDURES

1. Ultrasound guided breast biopsy uses sound waves to help locate a lump or abnormality and remove a tissue sample for examination under a microscope.

2. Ultrasound guided cyst aspiration to identify if a lump is a fluid-filled cyst or a



Facts and figures about cancer

- A global concern in every way, cancer affects people from all walks of life. But as prevalent as cancer is, some facts and figures may still surprise you.

- 8.8 million: The number of people, according to the World Health Organization, who died from cancer in 2015, making it the second leading cause of death across the globe.
- 70: Percentage of cancer deaths that occur in low- and middle-income countries. (Source: WHO)
- 22: Percentage of cancer deaths across the globe that can be traced to tobacco use. (Source: Global Burden of Disease Study 2015)

- 90: Percentage of high-income countries in which treatment services are available to citizens afflicted with cancer. (Source: WHO)
- <30: Percentage of low-income countries in which treatment services are available to citizens afflicted with cancer. (Source: WHO)
- 25: Percentage of cancer cases in low- and middle-income countries caused by infections such as hepatitis and the human papilloma virus, or HPV. (Source: WHO)
- 12: Percentage of cancers worldwide linked to

- viruses. (Source: National Toxicology Program, National Institute of Environmental Health Sciences)

- 1.69 million: The number of deaths attributed to lung cancer across the globe in 2015, making it the most deadly cancer in the world. Liver cancer (788,000 deaths), colorectal cancer (774,000), stomach cancer (754,000), and breast cancer (571,000) were the other most common causes of cancer deaths in 2015. (Source: WHO)
- 1.16 trillion: Economic cost, in American dollars, of cancer in 2010. (Source: International Agency for Research on Cancer)

- 33: Percentage of cancer deaths that can be linked to five leading behavioral and dietary risks: high body mass index, low fruit and vegetable intake, lack of physical activity, tobacco use, and alcohol consumption. (Source: WHO)
- solid lump. If it is fluid, the aspiration will remove the fluid from inside the lump.



VACUUM ASSISTED STEREOTACTIC BREAST BIOPSY

1. Stereotactic core breast biopsy is a minimally invasive procedure to remove a sample of tissue from the breast for examination. This procedure will help determine whether you have breast cancer or any other abnormalities in your breast to be concerned about.

Speare Memorial Hospital has a dedicated and experienced team of mammography staff. Appointments can be made from 8am to 4 pm Monday through Fri-

day. Late afternoon appointments are also available. Appointments can be made by calling 603-238-2232.

Speare Memorial Hospital is a 24-hour, acute care, non-profit critical access com-

munity hospital and health care provider serving Plymouth and the communities of Central New Hampshire. Visit online at <http://www.spearehospital.com> and join us on Facebook and Twitter.

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Q&A with Jessica Ryan, MD

Medical Director and Breast Surgeon at the CMC Breast Care Center

CMC, a member of GraniteOne Health, is pleased to welcome Jessica Ryan, MD, the new medical director and breast surgeon at the CMC Breast Care Center. Dr. Ryan is a board-certified, fellowship-trained surgeon with special interests in nipple-sparing mastectomy, breast conservation, and oncoplastic surgery. CMC is excited for you to get to know Dr. Ryan and asked her a few questions to get the conversation started.



What are some of the misconceptions you hear from women about breast screening and/or breast cancer?

One of the most confusing aspects of breast health today is the debate surrounding mammogram screening guidelines. The disagreements over recommendations can be frustrating to women and providers alike. I remain confidently in-line with the ACR, ACS and ASBrS in recommending an annual mammogram, for most women, beginning at age 40. With the use of 3D tomosynthesis mammography, we are able to evaluate dense breasts even more thoroughly, leading to a decrease in false positive findings and call-backs.

Other common misconceptions?

Underwire bras do not cause cancer (wear whatever fits comfortably), but alcohol intake can increase cancer risk. I advise my patients have fewer than 7 alcoholic drinks per week. We have good evidence showing that, in addition to smoking and obesity, there is an association between excessive alcohol consumption and breast cancer.

How would you describe your approach to patient care, especially when giving a tough diagnosis?

Receiving a cancer diagnosis is an emotionally traumatic experience. One of my first steps with a woman is to provide support and education in order to help her understand her diagnosis rather than fear it. My goal is to guide her in making decisions that are uniquely her own. Just as each woman is unique, so too is her cancer. This first step helps develop a plan that is right for her – both in the throes of the initial diagnosis and in years to come.

The next step is to encourage a woman to make herself the most important person in her life. This may sound simple, but a woman will almost always name many others (children, spouses, partners) before ever considering herself. In order to survive treatments and thrive as a healthy woman afterwards, she has to make herself her first priority. This helps her gain control of therapy and provides the motivation needed to get through it all.

What breast health technologies are you most excited about?

One of the largest changes in the treatment of breast cancer is oncoplastic breast conservation. Oncoplasty refers to the use of plastic surgery techniques to allow the surgeon to remove the tumor more completely and reshape the breast to create a superior cosmetic outcome. We have growing evidence suggesting breast conservation, when feasible, is the most ideal pathway for a woman. This allows her to return to her daily life more quickly, while feeling more comfortable and confident with her body image.

3D tomosynthesis mammography is still relatively new and is becoming the standard of care in breast screening because our radiologists can evaluate the breast tissue more thoroughly, finding very early cancers, and providing women with added peace of mind.

Targeted chemotherapy is also making a positive impact on patient care, as is the emerging treatment of intraoperative radiation therapy. I'm hopeful that this will prove to be a very beneficial tool for some women.

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Meet local Democratic candidates tonight

TILTON — Stan Robinson and Chuck Mitchell are hosting a house party to meet local Democratic candidates at Lochmere Country Club today, Thursday, Oct. 25. Stop in between 5 and 8 p.m. to chat informally with NH House candidates hoping to represent

sent Sanbornton and Tilton. dates will also be able to attend.

In addition to your hosts Robinson and Mitchell, other Democratic candidates attending are Mike Cryans (Executive Council) and Bill Whalen (County Commissioner). They hope other Democratic candi-

NOTEBOOK

CONTINUED FROM PAGE A6

down parka, flipped and zippered the hood into snorkel position, donned my best Arctic mitts, which I had once worn atop Mount Washington in a February gale, and hoofed it the mile or so to the Democrat office.

The photo brought this all back to me while I was taking a little time out from working with right-hand man Bob Vashaw to winterizing house, garden, out-

buildings and vehicles, preparing for winter's worst.

Or, winter's best. I still revel in a good snowstorm, not having to go anywhere in a hurry anyway, and between the outdoor furnace and a wood stove and two fireplaces in the house, and plenty of wood from the shed, can keep the deepest deep-freeze at bay.

But those kinds of winters, the sub-for-yet-below variety, may be a thing of the past. There are little things here and there, like the northerly creep of wood ticks, that seem to mean milder winters to come, snow coming a little bit later, melting a little bit

earlier.

Whatever the case, we'll keep hauling wood and laying on the plastic siding around the house, and bank snow up against it when it comes, as it surely will, any day now, the non-sticking variety at first, and then, around Thanksgiving, the permanent kind, the kind showing that Old Man Winter means busi-

This column runs in a dozen weekly papers covering the northern two-thirds of New Hampshire, from Concord to Lower Quebec. Write John Harrigan at campguyhooligan@gmail.com or Box 39, Colebrook NH 03576.

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SPORTS



Shannon Goodwin celebrated 500 digs with her mother and father, Sean and Heather, as well as her brother Brendan. She also has a brother Patrick who was at a soccer game and couldn't attend.

Goodwin reaches 500 digs in win over Panthers

BY BOB MARTIN

Bob@Salmonpress.news

M O U L T O N B O R - O U G H — In what could be a preview of an upcoming playoff game, the undefeated Winnisquam Bears volleyball team traveled to Moultonborough Academy on Oct. 17. While the Panthers hung tough with the top ranked Winnisquam squad, the Bears came out on top 3-1.

The game was also a celebratory event on both sides, as Moultonborough setter Jess Lear reached the 1,000-assist milestone and Winnisquam outside hitter Shannon Goodwin achieved 500 digs.

Winnisquam came out sluggish in the first set, but managed to stay within reach until the Panthers started to pull away with an 18-12 lead. This is where the Bears woke up and battled back into contention slowly but surely. On a Gabby Isabelle spike, Winnisquam tied the game up at 24-24. The team went on to seemingly win 26-24, but a late call for a net violation put the score at 25-25.

The Bears didn't get discouraged and had two strong points on slams by Isabelle, preceded by a nice dig by Goodwin on the 26th point to save going down by one. The

Bears won the first set 27-25.

During this set, at the 13th point Lear achieved the 1,000-assist mark with her sixth assist of the night. When the assist happened, fans threw streamers onto the floor and the Moultonborough Panther mascot came out in celebration. Lear was given flowers and congratulated by friends, family and teammates on the floor.

Lear, a three-year starter, explained that the week prior she started to wonder where she stood as far as assists. She inquired to her teammates and meanwhile behind the scenes



Olivia Dill sets the ball for Winnisquam against Moultonborough



Shannon Goodwin goes up for a spike in the win over the Panthers



Gabby Isabelle used her hard slam all night against the Panthers to propel the team to victory.

a celebration was being put together. The night before the Winnisquam game she was told by coach Lindsay Bliznik she was only six away, with her last two games of her senior season ahead of her.

"I've been setting for the past three years and

I've been playing with Maddie and Abi the whole time on varsity," said Lear. "It's nice to have them as my hitters and to have them actually give me the glory here."

SEE VOLLEYBALL, PAGE B3

Introducing Dr. Jon Kremser



Dr. Jon Kremser
Pediatric Dentist

American Academy of Pediatric Dentistry

Dr. Jon grew up in central Pennsylvania playing football, baseball, and enjoying the great outdoors along the Susquehanna River. He attended Millersville University for his undergraduate studies where he graduated Magna Cum Laude with a B.S. in Biology, and was the team captain for the Marauders baseball team. After his undergraduate studies he attended Virginia Commonwealth University's dental school in Richmond, VA. Following dental school he accepted a residency at St. Christopher's Hospital for Children in Philadelphia, PA where he specialized in treating children and adolescents. Dr. Jon is a Board Certified Pediatric Dentist who loves working with families to improve children's dental well-being.

Dr. Jon is a welcomed addition to our Dental Team. He and our team share the same philosophy that seeing the dentist can be a fun and positive experience. Dr. Jon is excited to join our practice and provide the highest standard of dental care for our patients.

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Raider girls close season with two wins

BY BOB MARTIN

Bob@Salmonpress.news

BELMONT — The Belmont girls' soccer team had a pair of wins to end the season on a high note with six straight wins.

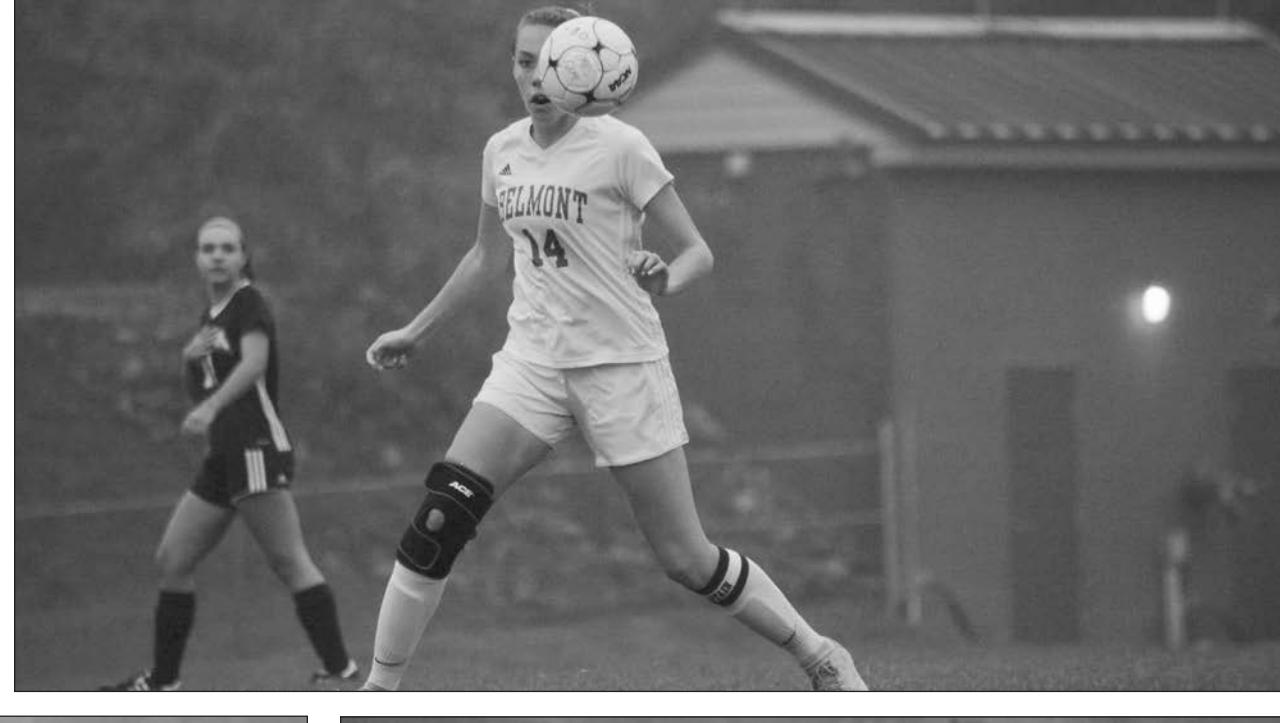
Belmont played Prospect Mountain at Oct. 15 and came away with a 2-1 win over Prospect Mountain on Oct. 15. Katie Gagnon and Julianna Estremera were the goal scorers in the win.

On Oct. 18, the Red Raiders shut out rival Laconia 3-0. Deanna Bourque scored half-way through the second half, followed by a pair of goals by Estremera. Katie Gagnon had two assists and Kailey Gerbig had one, as well. It was the 10th shutout of the year for Belmont.

The Red Raiders ended 13-2-1 and secured the number one seat for the playoffs.

"It has been a really good season so far and we've had a great overall team effort," said coach Mark Dawalga.

(Right) Katie Gagnon handles a ball for first place Belmont last week.



JOSHUA SPAULDING

Belmont played to a 2-1 win over Prospect Mountain in the rain last week.



JOSHUA SPAULDING

Julianna Estremera charges in on net during action against Prospect Mountain.

Learn to skate at Laconia rink

LACONIA — The 2018-19 Learn to Skate Program at the Merrill Fay Arena in Laconia has been officially announced.

LTS is a "learn to skate" program with an emphasis on skating skills. Each session includes one hour of on-ice instruction per week, games and fun activities including skating skills, stride development, fun-filled drills to encourage the child's love of the ice. Required equipment includes hockey skates with nylon laces, helmet (HECC approved helmet and face mask with side and chin straps). Players seeking equipment, check out the Lakes Region Lakers equipment page.

Program is divided up into two sessions on Saturday mornings. Session 1: Nov. 10 to Dec. 15. Session 2: Jan. 5 to Feb. 9. Program runs for six weeks and will be held on Saturdays from 10:50 to 11:50 a.m. Coaches include members of the Lakes Region Lakers coaching staff, Andrew Trimble of the New England Wolves Junior Program and current New England Wolves hockey players. Costs is \$75 - when signing up for one session or \$100 total for two sessions. For more info, visit The Lakes Region Lakers web site at <https://www.lryha.org>.



COURTESY PHOTO

Pemigewasset Chapter of Trout Unlimited recently won the Silver Trout award for its work on the Beebe watershed.

Trout Unlimited wins Silver Trout award

PLYMOUTH — Trout

Unlimited awarded the

Pemigewasset Chapter

the Silver Trout award

for its work restoring

the Beebe River watershed

in Campton. The

Silver Trout award rec-

ognized the chapter's dedi-

cation to conserve,

protect and restore

cold-water fisheries

and watersheds. Dave

Pushee, Pemigewasset

Chapter's project man-

ager, accepted the Silver

Trout award from Mick

McCormle, Chair of the

Trout Unlimited Na-

tional Leadership Coun-

cil in Redding, Calif.

The Conservation

Fund purchased the

Beebe property in 2014.

The Pemigewasset

Chapter, NH Fish and

Game and Plymouth

State University began

to monitor the brook

trout population in the

Beebe River and its

tributaries. The stream

habitat was found to

be in fairly good condi-

tion. But high summer

temperatures in the

mainstem plus perched

culverts blocking brook

trout from reaching

their spawning areas

in the cooler tributary

streams were problems.

The Pemigewasset

Chapter built a powerful

partnership with oth-

er agencies to resolve

some of the problems.

Funds were raised, and

work began. Thanks to

a lot of volunteers, cul-

verts were replaced with

bridges and tributary

crossings contributed to the Beebe project.



JOSHUA SPAULDING

Dutton Cup battle

Winnisquam's Trevor Gray handles a ball against Newfound last week. Newfound picked up the 4-0 win in the battle for the Dutton Cup during the regular season's final week.

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Raiders, Bears run at Capital Area Championships

BY BOB MARTIN

Bob@Salmonpress.news

CONCORD- Area schools competed in the Capital Area Cross Country Championship on Thursday with local runners getting the chance to show where they stack up against some of the fastest athletes in the state.

Gilford

The boys' team was led by Jonas Bilodeau who placed 31st with a time of 18:21. Charles Townsend placed 57th with a time of 19:42. Harrison Laflamme placed 67th with a time of 20:32. Matthew McDonough placed 76th with a time of 20:49. Jordan Witham was 104th with a time of 24:30.

The girls' team was

led by Catherine Stow, who placed 10th with a time of 20:31. Bethany Tanner was 54th with a time of 24:20. Chloe Schwartz was 60th with a time of 25:34.

Winnisquam

The boys' team was led by Kyle Mann who was 16th with a time of 17:43. Rick Fournier was 17th with a time of 17:45. Dylan Robert was 24th with a time of 18:00. Evan Griffin had a time of 19:29 for 52nd place. Jack Richard had a time of 20:53, good for 77th place.

The girls' team was led by Faith Gosselin who was 12th with a time of 20:44. Jasmine Piper was 26th with a time of 22:06. Daisy Burns was 53rd with a

time of 24:14. Madison Knopka was 72nd with a time of 30:52.

Inter-Lakes

Steven Bean was 44th with a time of 18:58. Ben Baker was 78th with a time of 20:57. Clayton Hornkohl was 81st with a time of 21:10. Kyle Gabble was 95th with a time of 21:59.

Maya Weil-Cooley was fifth in the girls' race with a time of 19:36.

Belmont

The boys' team was led by Aidan Rupp, who was 47th with a time of 19:01. Jared Whitcomb was 62nd with a time of 19:54. Micah Edgren was 65th with a time of 20:23. Chris Pare was 66th with a time



BOB MARTIN

Kyle Mann was the top runner for the Winnisquam track team at the Capital Area Championship meet.



BOB MARTIN

Aidan Rupp was the lead runner for the Belmont High School cross country team at the Capital Area Championship.

of 20:28. Nick Miles was 93rd with a time of 21:49. Brandon Robichaud was 96th with a time of 22:09.

The girls' were led by Alice Riley with a third place finish and a time

of 19:26. Makayla Palmer was 32nd with a time of 22:22. Aurora Couto was 57th with a time of 24:48. Mercede McIntyre had a time of 24:50 and a 58th place finish. Hannah Leclair was 68th with a

time of 26:54.

Tilton School

Patrick Guinee had an eighth place finish and a time of 16:47. Molly Dexter placed 71st with a time of 28:31.

VOLLEYBALL

CONTINUED FROM PAGE B1

Set two was a back-and-forth, high energy match that was close early before giving way to Winnisquam leading 19-11. However, the Panthers were determined to get back into the game and battled back to tie up the game 24-24 on a Madison Perrotti kill. Perrotti had a nice string of serves between points 16 and 22.

The cost to attend the Halloween party is \$20 per person, which includes hors d'oeuvres, music, and a chance to participate in the costume and other Halloween themed competitions. Tickets can be purchased at the door on Oct. 27 from 4 to 9 p.m.

22 win.

The fourth set was a tight match to begin, with the teams tied 16-16. However, Winnisquam went on a 9-0 run to end the match 25-16 to secure the win. After the ninth point was won by Winnisquam, play was stopped on the court to congratulate Goodwin for her 500th dig.

Goodwin was last year's co-player of the year and is a member of the 500-kill club as well.

Coach Mike Livernois knows just how special of a player she is, and how much the star senior hitter has meant to the success of the Bears during her time.

Goodwin was all smiles after the win and reaching the milestone. She said she was happy about being recognized, but like Lear, she was humble and gave credit to those that she is sur-

rounded by on the court.

"I think this shows how great my team is because I don't think I would have reached either of those marks without them," Goodwin said.

The win put Winnisquam at 17-0 with only one game remaining. He didn't speak much on the potential achievement, but said he is happy with where the team stands as the playoffs approach.

"If we lose it doesn't change anything," said Livernois. "We still have a number one seed and that is what I want-

ed to secure. It puts us in a much better spot.

The four/five is much more favorable than the 2/3 spot in the playoffs. I wouldn't want to see Farmington or Inter-Lakes until the finals. Let one of them knock the other out."

As for Moultonborough, Bliznik said that she clearly would have liked a better outcome in this game, but that her team has played the top teams in Division 3 very hard all season. This shows that the Panthers are very capable of making a run in the playoffs.

"It was our second game recently that we came out of big deficits- we had done this before," said Bliznik. "To see the team have that much mental toughness was really impressive. Definitely not the outcome we wanted, though. There were some silly mental mistakes and getting sloppy, but overall it is nice to be peaking at this point. To play the number one team that closely was nice. I don't think our number nine status defines us, and that could be a really good thing for us. I'm excited for the tournament on Oct. 25."

"There are not a lot of players who have 500 for kills and digs," said Livernois.

The lead then changed hands four times before an Abi Iverson kill sealed the set for Moultonborough.

The third set was again very evenly matched. The Panthers led 16-13, but Winnisquam fought to get a 25-

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To Apply:

Applications are available on the Town's website at www.camptonnh.org and are to be returned to the Road Agent, Butch Bain or Town Administrator, Carina Park, 12 Gearty Way, Campton NH 03223.

The Town of Campton is an equal opportunity employer. Applications will be accepted until position is filled.

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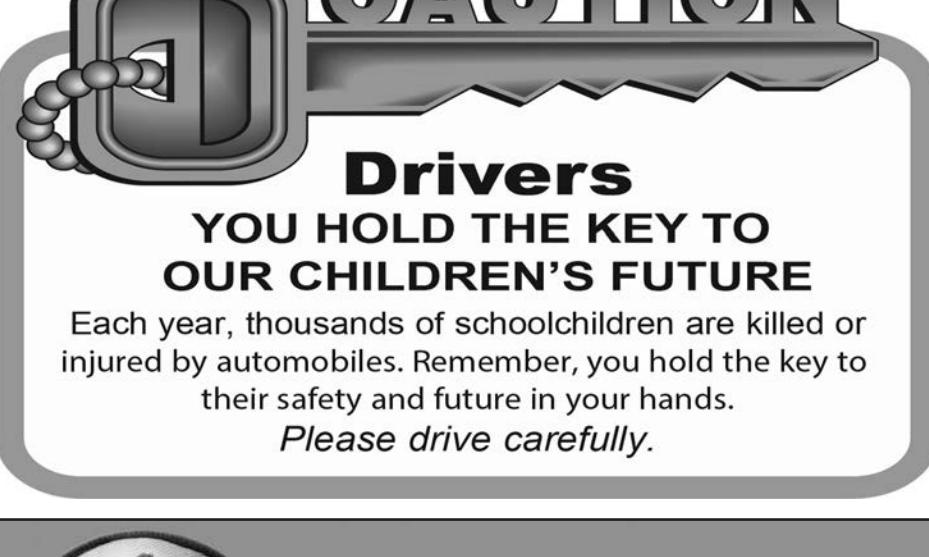
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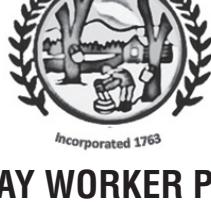
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Incorporated 1763

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32 HOURS PER WEEK

The Town of Thornton is seeking candidates for Winter Seasonal Plow Driver positions with the Town of Thornton Highway Department from December 2, 2018 through March 30, 2019. These positions will be 32 hours per week, with additional hours as may be necessary depending on the needs of the Town of Thornton. All hours worked over 40 hours per week will be paid at the overtime rate.

This position is a Labor Grade 5 with an hourly pay range of \$13.88 to \$19.59 depending on experience. This position is seasonal, part time and not eligible for benefits.

Applications are available on the Town of Thornton website at www.townofthornton.org or at Town Hall.

Please submit your completed application to:
Town of Thornton
Attn: Debra Shepard, Town Administrator
16 Merrill Access Road
Thornton, NH 03285

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ashley.dolloff@interlakes.org
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Resumes accepted through November 8, 2018

AUG 2011

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Please submit your letter of interest, resume, and application by October 25, 2018 (www.moultonboroughnh.gov Paid, Volunteer & Contract Opportunities) to Walter P. Johnson, Town Administrator, 6 Holland Street, PO Box 139, Moultonborough, NH 03254. Position(s) open until filled. EEO Employer.

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Belmont Middle School:

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- Academic Support Facilitator
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- Substitutes

For complete details for any of the above positions please visit the Human Resources pages of the District website, www.sau80.org, or contact Debbie Thompson, Business Administrator at 267-9223 ext 5303 or dthompson@sau80.org.

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Photo: Grant Delin

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Volunteers and racers alike had a good time at the annual Fall Foliage Foot Race in Waterville Valley.



COURTESY PHOTOS

Runners head to Waterville Valley for annual Fall Foliage Foot Race

WATERVILLE VALLEY

VALLEY — The 11th annual Fall Foliage Foot Race in Waterville Valley saw record participant numbers during a beautiful leaf peeping display. There were 133 in the 5K, 74 fun runners and 53 10-mile trail racers. Town Square was abuzz with a good crowd and excellent weather. Waterville Valley Recreation offered a thank you to WV Public Safety and all the wonderful volunteers and staff for making this a fun and safe event.

Overall winners

Fun Run: Boys – Tommy Casey, 12. Girls – Jaye Niskaren, 12
5K: Men – James Sullivan, 32 18:09. Women – Erica Labelle, 39,

21.38

10-mile trail: Men – Michael Day, 38 1:12:13. Women – Leah Peters, 25 1:21:51

Local highlights

Rene Schwartz got 5th overall in the 10-mile trail race with a 1:21:02. Ross and Riley Smith took second and third place, respectively in the boys' Fun Run. Dad, Tim Smith, took 5th in the men's 5K race. Eleven-year-old Mia Weglarz took seventh place in the women's 5K. Ava Gasowski (Rachel) took fifth place in the girls' Fun Run.

For the full results, go to <http://www.gsrs.com/results/3632>. Major sponsors this year included Mark Invernizzi Landscap-

ing, Roper Real Estate, Speare Memorial Hospital and Waterville Valley Foundation. Community Sponsors were WMAC and Waterville Valley Realty.

Each year race organizers from the town of Waterville Valley Recreation choose a charity to benefit from a portion of the race proceeds. This year a check for \$925 went to The Rey Center.

For more information about the race, or other year-round programs offered by the Waterville Valley Recreation Department (WVRD), please go to www.watervillevalley.org/recreation or contact Recreation Director Brooke Wakefield at 236-4695.



JOSHUA SPAULDING

KINGSWOOD COACH Mike Potenza (right) and Rev. Gina Finocchiaro (kneeling) join the Baldwin family (l to r), Alissa Jenny, Rich and Kate, in the unveiling of a framed jersey in honor of Ben Baldwin during Saturday action in the Ben Baldwin Memorial Hockey Tournament.

Hockey community gathers to remember Ben Baldwin

BY JOSHUA SPAULDING

Sports Editor

WOLFEBORO —

When a young person is taken way too early, there's going to be a quest to try and carry on his or her legacy, but knowing exactly how to do that isn't always easy.

However, with young Ben Baldwin, it was pretty obvious that carrying on that legacy would involve ice hockey.

Baldwin tragically passed away in a car accident earlier this year and Kingswood hockey coach Mike Potenza, who is active in the hockey community in Wolfeboro, knew the hockey community should honor the youngster.

This weekend at the Pop Whalen Arena, young hockey players from around the state gathered to pay tribute to Baldwin at the first Ben Baldwin Memorial Hockey Tournament.

"It's a perfect tribute to my son," said Rich Baldwin, who has been a coach with Back Bay Hockey and the Kingswood girls' hockey program for years. He noted that there were plenty of discussions about what to do to carry on Ben's legacy and this seemed like a natural fit.

"I knew I wanted to do something," Potenza said, noting that local

hockey players had been doing things for the family over the course of the last few months and this was a continuation of them supporting one of their own.

"It fits into everything we do to help our community," Potenza said.

The proceeds from the tournament will go to the Ben Baldwin Memorial Scholarship, which is in place to help local athletes with expenses that come with playing sports.

"It's to keep kinds involved in sports, it doesn't matter what sport it is," Potenza said, noting that the scholarship is open to kids of all ages from around the local area. "If you're an athlete and need a little assistance, this is what the fund is for."

The tournament, which featured eight mite level teams, had cross-ice games on Saturday, with each team getting three games. On Sunday, the teams returned and each team got a pair of full-ice games. During a break in the action on Saturday, Potenza took to the microphone to thank the players for coming out and also revealed a framed Back Bay jersey with the number six and the name Baldwin on the back, which will hang in the Pop Whalen Arena lobby.

He thanked Rich and Kate Baldwin, Tom Cayon, Dave Richard, Sue and Keith Rogers and Peter Kelly for all the work they did in helping to organize the tournament.

Rev. Gina Finocchiaro of the First Congregational Church of Wolfeboro did a blessing of the hockey sticks and said it was important to carry on Baldwin's legacy.

"This is a wonderful way for us to let his spirit carry on," she said.

The tournament was sponsored by the Yum Yum Shop, Peter and Grace Kelly, Carroll County Construction, Carroll County Cleaners, Baldwin Excavation, DF Richard Energy, T.W. Excavating, Image Awnings, Ken's All Season Maintenance, Avery Insurance, Mobility and More, Tracings Graphics and the First Congregational Church of Wolfeboro. In addition, there was a raffle with donations from a number of local businesses.

And as the players took to the ice again, surely young Ben Baldwin was somewhere smiling down on the action with a hockey stick in his hand.

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

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