



THURSDAY, OCTOBER 31, 2019

GILFORD, N.H.

“School of Rock” getting an ‘epic’ set

BY ERIN PLUMMER
mnews@salmonpress.news

Work is progressing on the set of the upcoming Gilford High School production of “School of Rock,” which will have the most elaborate lighting and sound elements in any GHS production.

Members of the GHS tech crew under the guidance of auditorium director Scott Piddington are working on the set of “School of Rock,” about a rock singer turned substitute teacher who forms a rock band with students.

Students designed the sets in a CAD program after reading the script and watching a performance of the musical.

“We based our designs off of it, so we weren't starting from



Kaleena Dyer, Landon Lewis, and Lacey Houle do some painting on the set of “School of Rock.” Dyer also helped design the set.

as a movie where there are no clear set changes, the play accounts for smooth set changes that the audience won't even notice.

Sophomore Kaleena Dyer also helped with the CAD design as well as creating different elements of the set, including the paint colors. She made decisions based on the story and the characters, such as giving the main character Dewey a purple bedroom. Dyer also used her experiences attending private schools as inspiration got some of the school colors, incorporating the colors she has seen in the schools she has attended

“It was hard to come up with ideas, but we work together really well,” Dyer said.

Piddington said one of the biggest challenges is the rock concert set, which opens and closes the show.

The set has multiple lights, sound considerations, risers for musicians, and others.

“School of Rock” will have the most

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Selectmen receive good and bad news on budget

BY ERIN PLUMMER
mnews@salmonpress.news

Due to some new information, the selectmen's recommended budget increased around \$122,000. An increase in the town's assessment, however, might mean lead to a reduction in the 2020 municipal tax rate.

During the Oct. 9 selectmen's meeting, the board approved a recommended budget of \$15,122,379 to go

forward to the Budget Committee. On Wednesday, Town Administrator Scott Dunn said since the recommended figures were put forth the town received some new information that would result in those numbers getting changed, most of it good news.

Dunn said they learned insurance would cumulatively go down by \$8,291. Dues for the New

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scratch,” said freshman Aydyn Berube.

A few elements did start from scratch, including a set of restaurant benches in a bar scene.

Berube did most of the CAD work, creating the plan with all

the different elements that was used to create the set. He said there were some set pieces that looked like they would be hard to construct based on the design, but they put them together.

Piddington said

while the pieces haven't been that hard to construct, “there's just a lot of them.”

Action will be in 17 different locations on the stage with many of those locations being used repeatedly. Since the show began

Potter Hill Road sidewalk ready for use

BY ERIN PLUMMER
mnews@salmonpress.news

The sidewalk down Potter Hill Road is now ready for use, and will receive landscaping thanks to donations collected by residents

of Gilford Village Knolls.

Town Administrator Scott Dunn announced during last Wednesday's selectmen's meeting that the Potter Hill Road



The curb alongside the newly built sidewalk on Potter Hill Road thanks those who donated to make the project happen, including Gilford citizens who made contributions.

Work session on wetlands walk set for Saturday

The Fallen Foliage Finale work session at the Wetlands Walk boardwalk will be Nov. 2, Saturday, 9:30 a.m.-1 p.m. If the weather is severe, it will be Nov. 3, Sunday, 1-4:30 p.m.

The difficult jobs were completed this summer by local volunteers, Laconia Rotary, the United Way's Day of Caring participants, and by the Student Conservation Association. Tasks include installing signs (both directional and interpretive), disassembling the ten supports that were removed because they heaved the boardwalk up, removing leaves from the surface



Day of Caring participants in blue and Gunstock Mt. Resort staff raised a “drowned” bridge on the Red Pine loop off the Wetlands Walk boardwalk. L to R: Jeff Thibeault, Brandon Pratt, Patrick O'Brien, Alex Fries.

and around the wooden birdhouses, native plantings, and installing bike rack(s). Since the weather is chilling down we will serve

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sidewalk could now be walked on and “looks really nice.”

Gilford Village Knolls residents started the fundraising effort to build a sidewalk from Gilford Village Knolls down Potter Hill Road to go to the area of the Gilford Public Library, Gilford Community Church,

Gilford Youth Center. For the past few years, the town has also put away money in the Sidewalk Capital Reserve Fund to help build this sidewalk. The fundraising effort brought in \$50,000, and the town had put away \$98,000 into the fund, combined with the

SEE **SIDEWALK** PAGE A10

ALMANAC

Notes from the Gilford Public Library

BY MARK THOMAS
Library Correspondent

Behind you, right before you, passing through you, ghosts can be anywhere, and take any form. The idea of ghosts is so flexible, ghost stories can be hauntingly clever. Suspend your disbelief this week, and have fun with a ghost story. From the 14-year old murder victim in Alice Sebold’s celebrated “The Lovely Bones” to Toni Morrison’s classic about the lasting horrors of slavery “Be-loved,” ghost stories, when well written, will send shivers up

your spine. So, suspend your disbelief for this week, at least, and read about an incorporeal metaphor for the aftermath of trauma. Jennifer McMahon’s new ghost story, “The Invited,” takes the reader to rural Vermont where a cute couple build their dream house on land where, unbeknownst to the couple, generations of women have died amid suspicion. These women were, and perhaps still are, looking for something on that picturesque land. “The Summoning”

by Heather Graham is a lighter, but nonetheless dangerous read about a woman and the purportedly haunted property in Savannah she inherits. She doesn’t believe in ghosts, but when an ancestor of hers appears and a local starts to investigate missing people, she’s forced to reconsider her skepticism. “Ghost Wall” by Sarah Moss is a story that creeps up on you. A family takes an anthropology course to learn what it was like to live as ancient Britons from the Iron Age in northern England. Roughing it away from modern civilization, they learn how to survive through ancient technique and ritual, forming a bond with the natural, and supernatural world. In just a couple weeks, they start to feel compelled to participate in some of the darker practices of the time. You don’t need to believe in ghosts to have a bit of fun once a year. Come by the library for a spooky recommendation, or your regret will haunt you. If you’re more into true events, come by the library next Thursday from 6:30-7:30 p.m. to hear J. Dennis Robinson’s presentation “Case Closed on the 1873 Smuttynose Ax Murders!”

Classes & Special Events
October 31st-November 7th
Thursday, October 24th
Geri Fit, 9am-10am
Children’s Halloween Party, 10:30am-11:30am
Come dressed in your costumes for a special story time, parade through library, and enjoy some snacks and games!
Homeschool Game Club, 12:15pm-2:15pm
Conversational French, 4pm-5pm

Friday, November 1st
Social Bridge, 10:30am-12:30pm
Knit Wits, 1:30-2:30pm
Advanced Conversational German, 2:30-3:30pm

Monday, November 4th
Baby/Toddler Story Time, 10:30am-11:30am
Mahjong, 12:30pm-3pm

Tuesday, November 5th
Geri Fit, 9am-10am
Hook Nook, 10am-11am
Bridge, 10:30am-12:30pm
Preschool Story Time, 10:30am-11:30am
Board Game Night, 5:30pm-7:30pm
Celebrate International Games Week at the library with great board games, video games, and snacks! Open to all ages.
Nightly Knitting, 6pm-8pm

Wednesday, November 6th
Line Dancing, 9-10:30am
Check Out an Expert, 10am-12pm
Lakes Region Fiber Artists and Crafters, 10am-12pm
The InbeTween: Library Teen/Tween Club, 2:30pm-3:30pm
Chess Club, 3:30pm-4:30pm

Thursday, November 7th
Geri Fit, 9am-10am
Playgroup, 10:30am-11:30am
You and your little one will enjoy an introduction to a preschool setting without the added expense. You and your child have the opportunity to make and play with new friends. There will be songs, crafts, games, and coffee will be served.
Homeschool Game Club, 12:15pm-2:15pm
Conversational French, 4pm-5pm
Case Closed on the 1873 Smuttynose Ax Murders, 6:30pm-7:30pm
For almost 150 years the moonlight ax murders of two Norwegian women on the rocky Isles of Shoals has haunted New England. Popular historian and lecturer J. Dennis Robinson cuts through the hoaxes, lies, rumors, and fiction surrounding the arrest, trial, and execution of 28-year old Louis Wagner, who claimed his innocence to the end. This is a NH Humanities Program, and is free and open to the public.

Gilford Public Library Top Ten Requests

1. “Blue Moon: A Jack Reacher Novel” by Lee Child
2. “The 19th Christmas” by James Patterson
3. “The Shape of Night” by Tess Gerritsen
4. “Olive, Again” by Elizabeth Strout
5. “The Guardians” by John Grisham
6. “Summer of ’69” by Elin Hildebrand
7. “The Night Fire” by Michael Connelly
8. “The Water Dancer” by Ta-Nehisi Coates
9. “Where the Crawdads Sing” by Delia Owens
10. “The Crossover” by Kwame Alexander

2019 Salmon Press Holiday Gift Guide

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Discover Girl Scouts Nov. 6

GILMANTON IRON WORKS — Come discover what makes Girl Scouts the leading expert on girls! Girl Scouts of the Green and White Mountains will host a free information table for girls and parents on Wednesday, Nov. 6, from 6 to 7 p.m. at the Gilmanton School library, 1386 NH Route 140, Gilmanton Iron Works.

Girls and their families can meet local Girl Scouts and volunteers; learn about expanded STEM and outdoor programs; enjoy fun, girl-led activities; explore programs; learn about volunteer opportunities; enjoy girl-led activities, and register to become a Girl Scout. Plus, girls will receive a free Discover Girl Scouts embroidered patch.

Girl Scouting provides skills today for success tomorrow. Girl Scouts of the Green and White Mountains serves over 10,000 girls throughout New Hampshire and Vermont. Offering hands-on, girl-led, girl-centered activities in STEM, the outdoors, and entrepreneurship, and abundant opportunities to develop invaluable life skills, Girl Scouts helps all girls take the lead early and often.

For further information, please contact Girl Scouts of the Green and White Mountains Customer Care at 888-474-9686 or customer@girlscoutsgwm.org.

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TO PRINT AN OBITUARY: E-MAIL: er@salmonpress.news	TO SUBMIT A LETTER TO THE EDITOR: E-MAIL: brendan@salmonpress.news	OPERATIONS DIRECTOR JIM DINICOLA (508) 764-4325	PRODUCTION MANAGER JULIE CLARKE (603) 677-9092 julie@salmonpress.news
TO SUBMIT CALENDAR ITEMS: E-MAIL: brendan@salmonpress.news		DISTRIBUTION MANAGER JIM HINCKLEY (603) 279-4516	

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ARTISTIC ROOTS

Laconia Public Library team takes top honors at LRSF Spelling Bee

LACONIA — After a marathon battle lasting more than three hours, the Laconia Public Library spelling team took first place honors in the 2019 Lakes Region Scholarship Foundation Annual Spelling Bee held Thursday evening, Oct. 26 at the Laconia High School Auditorium. The team, consisting of Randy Brough, Caleb Kneuer and Natalie Moser, took the title when they were able to correctly spell the word “prospicience” in a sudden death finale in the 10th round. Second place honors went to Ruth Gill, Bob Hunt and Jean Clarke, “The Followers of the Word,” from the Congregational Church of Laconia, who were in a dead heat with the Laconia Public Library team in the final two rounds of the competition.

This is the third time the Laconia Public Library has won first place in the Community Spelling Bee. The team also took first place in 2014 and 2016. The Laconia Library has fielded a team in the LRSF Spelling Bee since its inception in 2000 and, each year, the team has been sponsored



Gilford High School “Bounty Hunters”- Best Adult Costume. L to R: Jessica Bishop, Anthony Sperazzo (GHS principal), Louise Jagusch, and LRSF President Donna Hennessey.

by Bob Merwin, State Farm Insurance. Mr. Merwin is a former trustee of the Scholarship Foundation and one of the organizers of the first bee in 2000. LRSF Board President, Donna Hennessey said that “This year, 24 teams vied for the coveted ‘Bee Trophy’ including teams from local businesses and professional

groups, civic organizations, administrators and staff teams from Laconia and Gilford schools and student teams from Laconia, Gilford and Belmont High School as well as Holy Trinity School in Laconia. There was even a family team, ‘The Beetles,’ consisting of two middle school students and a high school freshman,

all members of the Mousseau family.” Hennessey added that “Pat Kelly, from 107.7, the Pulse kept the evening flowing as the emcee with Rick Crockford, LHS Humanities Chair serving as the pronouncer for the evening. Pamela Hayes and Kathy Gilman served as judges, listening to the spellers as they spelled the words and determining if the words were spelled correctly.”

In addition to the prizes awarded for the best spellers, there is a costume contest held each year with separate categories for students and adults. Each of the teams were invited to the stage individually the first round so that they could pose for the costume contest. There was quite a variety of costumes with a number of the teams featuring insects in their team names. There were the Buzy Bees and the Bee Keepers, the Beetles and the Book Worms. There were Cross Word spellers, Snakes, citizens of Oz, angels, Wonder Women and even some blind mice. Paulette Loughlin, LRSF Executive Director, commented that “All of the team members help to make the evening fun and we are so pleased each year to see the effort that goes into choosing team names and into the costume choices. We had an interesting

addition this year. The Westcott Law Wonder Women, who were new to the Bee this year, not only came in costume, but brought their own special cheering section with them...complete with costumes!” The winners of the costume contest in the adult category was the Bounty Hunters team from Gilford High School led by their principal, Anthony Sperazzo with two staff members-Jessica Bishop and Louise Jagusch. Second and third place went to the Laconia City Hall team: the Civil Servants of Oz and the LHS staff team, the Buzy Bees. For the young people, first place went to: the Holy Trinity Team “Rock, Paper, Scissors” consisting of Samantha Armstrong, Emily Hansen and Ashley Holland with

second and third place going to the Mousseau family Beetles and the Naturally Heavenly Spellers from the LHS National Honor Society. The Community Spelling Bee is the major fundraiser for the scholarship foundation’s “Friends of the Foundation” operating fund. This year, the spelling bee raised over \$14,000 through the generosity of local donors who have purchased ads in our programs, sponsored teams and donated prizes for our door prize awards between each round. The Foundation reported that this year they had over \$1,700 in donated prizes to be awarded throughout the evening. Karen Switzer, Assistant Director of the foundation said “these funds help us to cover our operating costs. The Foundation, which started in 1956 with just a handful of donors and scholarship awards totaling just over \$2,600 to 17 students has grown significantly. This past year, we were able to award over \$400,000 to close to 300 students. With this growth, our operational costs have also grown. We are now a clearinghouse for over 250 scholarship awards of varying amounts and the management of the awards, applications, donor contacts, etc. is a demanding year-round job-but a labor of love for our very small staff. We are grateful to all of the donors, teams and other members of the community, and our board members and staff for helping to make this year’s bee our most successful to date.”

Unitarian Universalist Society seeks Green Sanctuary certification

LACONIA — The congregation of the Universalist Unitarian Society of Laconia (UUSL) on Pleasant Street in Laconia, has initiated an effort to earn certification as a Green Sanctuary. The UUSL Green Sanctuary vision is to work for a world that is environmentally sustainable, and just for humanity and for the whole of interconnected life, including present and future generations. The certification requirements include an environmental evaluation of the sanctuary and organization, and activities in four areas:

1. Environmental Justice. Activities in solidarity with Front Line (Vulnerable) Communities, which may be most affected by Climate Change
2. Worship and Celebration. Activities enabling us to stay connected to each other and other government and non-government organizations working for environmental sustainability and justice
3. Religious Education. Activities to inform and educate, while inspiring us to keep working toward our goal of just and sustainable practices



The Unitarian Universalist Society of Laconia has initiated a Green Sanctuary program to achieve Green Sanctuary Certification from the national Unitarian Universalist Association.

4. Sustainable Living. Activities to treat the world more gently by using fewer resources, and being mindful of the choices we make, and those that are made by our community and government leaders. The Unitarian Universalist Association Green Sanctuary certification provides a path for congregations to address climate change and environ-

mental justice. Congregations that complete the program are accredited as Green Sanctuaries in recognition of their service and dedication to the earth and future generations. Additional information can be obtained by visiting the UUSL Web site (uusl.org) or UUSL Facebook page (facebook.com//UULa-conia).

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OPINION

MARK ON THE MARKETS

Cash is a position



BY MARK PATTERSON
Couple of weeks back, I was speaking about little-known fees inside mutual funds. This cash left inside of mutual funds is not for tactical purposes but for mutual fund outflows. This cash creates “cash drag” that adds to the overall expense of mutual funds. As an advisor who manages money and would never use an expensive broker sold fund, I do often have cash in my client’s accounts. The key difference is that, this is not cash left aside for outflows, but it is or can be used for tactical and profit to my client, purposes.

I was recently at a conference for money managers where one of the presenters spoke of his advisory that primarily sells option premium. Selling option premium is something that I do inside my client’s accounts where appropriate, and this is a tactic within a strategy that gains revenue for the account, because I’m selling premium and collecting money. The other reason that I do it is to build positions of stocks or ETF’s using this option strategy to improve the price for my client. But getting back to the advisor whose objective is to sell options premium. He stated that through much of the year he is in cash, typically in times of low volatility the premium available when selling an option contract is low, so this advisor waits for volatility to rise to maximize the premium that is collected on behalf of his clients. So, you could see that the cash in the client accounts is not just sitting there

unproductive, but if used sporadically and tactically, returns can be very good, double digits in his case (YTD). Another tactical use for the cash in your account may be simply waiting for certain situations within the markets to become available.

As I’ve stated in the past, a well-constructed portfolio according to modern portfolio theory will have low-correlated asset classes which typically do not all do well or poorly at the same time. Over time you will enhance the yield and mitigate the risk with this method. Studies have also shown that the average investor will buy near the top and sell near the bottom. Having cash in the account allows us to scale into asset classes that are undervalued and scale out or rebalance those asset classes where we are overinvested.

A well-constructed portfolio is likely to not see the gains that a portfolio of stocks would have in a bull market for stocks, but it will also not have the losses of a bear market it stocks. The objective is to move ahead and be able to quantify the gains and losses using statistical analysis and a standard deviation from the mean, a.k.a. average.

Your portfolio should reflect goals, objectives and risk tolerance that pertains to you. It is my opinion you cannot just buy a family of mutual funds and achieve a well-diversified portfolio of investments that return maximum performance/ mitigate risk and have low fees. Active management is just that, active!

Please visit my web site, MHP-Asset.com, then risk analysis. You are welcome to take the Riskalyze profile to measure your risk tolerance using real dollars as an example.

Mark Patterson is an advisor with MHP asset management and can be reached at 447-1979 or Mark@MHP-asset.com.

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COURTESY

Pumpkin painting 101

Gilford Elementary School’s learners got creative with pumpkins in anticipation of Pumpkin Fest. Every learner Kindergarten through Fourth Grade carved and embellished pumpkins of all shapes and sizes.

NORTH COUNTRY NOTEBOOK

There is no “right” of trespass, but there is a delicate tradition



By JOHN HARRIGAN
COLUMNIST

Under our laws and in our culture, hunting is not a right, but a privilege—as opposed to First Nations cultures in the Far North, where hunting is without doubt a right.

There is such a difference in the two scenarios, and we haven’t even touched on the most delicate part of all here in New Hampshire and so much in the rest of New England, which is access to the land.

I have a remote, hike-in camp, and a partner in the venture. We have been together for so long that conversation is often unnecessary, especially with chores at hand. Going in and opening up camp is like that. So is breaking camp, a sad thing scarcely mentioned.

We do talk, however, and some of our best conversations come when we’re poking around in the truck. This happened the other day, when we concluded that the presumed privilege of trespass was about as hard for a neophyte to understand as the notion of hunting itself.

+++++

In a delicate balancing act that goes all the way back to the first European landings, New England’s approach to land ownership has included a caveat that others are welcome on your land unless you specifically say no.

This is the ballyhooed “privilege of trespass” we inevitably get down to talking and writing about. And it is about as flimsy



JOHN HARRIGAN

In bird-hunting season, a trip into camp—here resting after the hike in with Millie—has always included hunting with old friends.



JOHN HARRIGAN

In northern New Hampshire, posting against trespass is unusual to the point of public comment, and the tradition of open land is jealously guarded.

sy as a piece of burnt paper floating on the wind.

To new owners of land unaware of tradition and law, the notion of presumed privilege of trespass is anathema. It goes completely against the grain of the oft-cited “My piece of God’s Country.” It is as un-American as black-bird pie.

+++++

I used to think (and sometimes, I’m humbled to admit, write) that our attitude about other people crossing or recreating on or somehow using our land—picking berries, for instance, or fishing, or gathering wild apples or honey—came from the Mayflower Compact.

I’d heard, and even read, that while the people on the Mayflower were riding at anchor off Cape Cod, contemplating a landing, they decided that in the New World things would not be like the Old. In their former homes, the common people had to keep to the common path. The paths themselves, across land owned by nobles and gentry, constituted a jealously guarded right of passage that enabled everyday people to get from point A to point B.

If the nobility happened by, the common folk—that would be you and me, I’d surmise—were supposed to step aside, doff their caps, and tug their forelocks as a sign of fealty. Imagine! What

a scene!

Well, not in the New World, nosiree bub. No stepping aside and tugging of forelocks here, no way José.

Then, a few years ago, I got around to seeking out the Mayflower Compact and actually reading it. There was no mention of the entire access to land topic. Not even a noble or ignoble murmur.

+++++

But then there were the Indians, which we are supposed to call First Nations people these days, although I still prefer the larger tribal names, which feedback says they do too. So here, where the sun comes up, it’s what the first people

LRSO concert to feature concerto competition winner

MEREDITH — The Lakes Region Symphony Orchestra (LRSO) invites you to its season-opening concert on Saturday, Nov. 2 at 7:30 p.m. at Inter-Lakes Auditorium in Meredith.

After a well-deserved summer off, LRSO is back in the saddle fervently preparing for the season opening concert. We are honored to feature the winner of our 2019 Student Concerto and Scholarship Competition, pianist Brigham Parker. Brigham will be performing Tchaikovsky’s “Piano Concerto No. 1 in Bb minor, Op. 23,” a stunning and instantly recognizable piece many of us will know as one of Liberace’s signature works.



The program begins with Gioachino Rossini’s illustrious “Overture to the Barber of Seville,” which for many of us was the musical star in a Bugs Bunny / Elmer Fudd cartoon collaboration. The Nov. 2 concert concludes with Tchaikovsky’s “Symphony No. 2 – Little Russian,” one of his most joyful and energetic symphonies.

The LRSO concerto competition, now entering its 11th year, has been an exciting and successful journey since its inception. Over the years more than 130 incredibly talented middle- and high-school students have auditioned, each competing for scholarships and the opportunity to perform with the LRSO.

This year’s winner is remarkable young pianist Brigham Parker. Brigham placed third in last year’s competition, so we are particularly thrilled to

see his persistence and practice pay off, ushering in Brigham with a well-deserved first place finish. Brigham has been studying piano for nine years and grows his passion for music every day. He was awarded Distinction on the Royal School of Music’s highest piano exam and took honors at the New Hampshire Music Teachers Association Solo Competition. Brigham recently completed his second year with the Young Organist Collaborative where he studied with Barb Flocco (organist and instructor at Phillips Exeter Academy), and Eric Bermani (Director of Music at Saint Anselm College).

Brigham is homeschooled in Merrimack and enjoys soccer, his church youth group, and playing music in his family’s ensemble The Parker Players.

The Nov. 2 concert is just the first in the LRSO’s 2019-2020 exciting season. Reserve

the other dates now: Holiday POPS on Dec. 14 and 15 featuring again your all-time favorite crooner Michael Gallagan performing an all-new program of holiday favorites including hits by Seth McFarlane (“Man with a Bag”), Donny Hathaway (“This Christmas”), Harry Connick, Jr. (“Must’ve Been Ol’ Santa Claus”), and Michael Buble (“Santa Claus is Coming to Town, Jingle Bells”). His continued collaborations with the LRSO are the marshmallows in your cocoa – a perfect holiday treat. Buy tickets early – these performances sell out.

On March 28, 2020, we feature one of New Hampshire’s outstanding guitarists, Mr. David Newsam, performing the famously enchanting “Concerto No. 1 in D minor for Guitar and Orchestra” by Mario Castelnuovo-Tedesco. David is a renowned New England guitarist and instructor at Berkeley College of Music, Dart-

mouth College, and St. Anselm’s College. David has performed with legends Jim Hall, Bucky Pizzarelli, Dave McKenna, James Williams, Louis Bellson, Alan Dawson, Clark Terry, Joe Williams, Milt Jackson, Mitzi Gaynor, Dianne Carroll, Carol Channing, and The Fifth Dimension. The March program also features Debussy’s “Prelude to the Afternoon of a Faun,” Berlioz’s “Rakoczy March,” and Beethoven’s form-defying “Symphony No. 6 ‘Pastoral Symphony.’”

“Broadway – Then and Now” is the theme for our fabulous season-ending POPS concerts on May 16 and 17, 2020. Returning this year is our feature performer from last May, outstanding entertainer, singer, dancer, and actress Ashley Whalley. If you missed her stunning “Streisand” performance with us this past spring you may know Ashley from her starring role this summer as Velma in the Winnepesaukee Playhouse production of “Chicago.” She has held dynamic star-

ring roles in multiple Inter-Lakes Summer Theatre productions including Cassie in “Chorus Line,” Mor-ticia in “The Addams Family,” and as Evita in “Evita.” Whalley is an impeccably professional performer and outstanding talent. We invite you join Ashley on her journey of timeless classics like “Maybe This Time” (“Cabaret”) and “If My Friends Could See Me Now” (“Sweet Charity”) through modern Broadway classics “She Used to

SEE LRSO PAGE A9

STRATEGIES FOR LIVING

An encounter with Jesus Christ

BY LARRY SCOTT

Bob, an acquaintance with whom I worked, was clear in his convictions. “The most liberating day of my life,” he told me, “was the day I finally concluded there was no God.”

Coming from a Christian family, the graduate of the Bible Institute of Los Angeles, and a one-time Minister of Education at a Los Angeles church, that was quite a statement. And tragic. He had renounced his faith in Jesus Christ and rejected God. In effect, he became a god unto himself.

And Bob was correct. For him, there was no God. He was convinced that if there is such a thing as life after death, he would face it on the basis of his own integrity. Bob was at peace, comfortable with his point of view; he didn’t need God.

It saddens me that Bob wasn’t all that different from many of the people I know, friends I appreciate and respect. They aren’t so blatant about it, but in effect, they, too, have rejected God. They don’t deny his existence; they just ignore him. God is the furthest thing from their minds. They are at peace, happy and free.

Must one be a Christian to find happiness, prosperity, and peace of mind? Apparently not. The Apostle Paul, the writer of much of our New Testament, is a classic case in point.

Prior to his conversion, the Apostle, known then as Saul of Tarsus, was rabidly anti-Christian. The Osama Bin Laden of the early Church, he was committed to putting it out of existence. The man was sincere, self-disciplined, and respectable. And he was very religious. He claimed that, as a man dedicated to his Jewish faith, he was “a Hebrew of the Hebrews; concerning zeal, persecuting the church; concerning the righteousness which is of the law, blameless.” Blameless? I don’t disagree. He was a good man.

It is telling that without a personal encounter with Jesus Christ, the Apostle would never have changed. He had it all together, a man of strong faith. But as he was on his way to Damascus, to put more Christians in prison, he heard from heaven. Whether in person or in a vision, Jesus appeared to him in a way he thought real and valid. It changed the course of his life.

The transformation of his faith did not come easy. He had to reframe the training he had re-

ceived, verify everything he was being told, and adjust his lifestyle to a new reality.

This is a critical issue with me. A majority of the people with whom I have talked about my faith have never given Jesus serious thought. They have never read the record of his life, evaluated his theology, or considered his gift of eternal life. I respect the right of a man to evaluate and then reject my faith; what I cannot accept is willful ignorance.

Read the record. Consider the life of Jesus Christ. The principles he taught, the life he lived, and the relationship with God he offers, taken seriously, will revolutionize your life.

Note the change in the Apostle’s attitude. “I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me.”

That is what happens when a man has an encounter with Jesus Christ. It changes everything.

For more thoughts like these, follow me at indefenseoftruth.net.

International Film Series continues with “Twelve”

LACONIA — The Laconia Human Relations Committee, in cooperation with the Laconia Public Library, offers the film, “Twelve,” as the November selection for the International Film Series. It will be shown at 6:15 p.m. on Nov. 4. This series offers a monthly selection of international films shown from September through June at the Laconia Public Library.

“Twelve” is based on the well-known Henry Fonda film, “Twelve Angry Men.” This time, we have a Russian jury grappling with a crime from the Russian/Chechen war. In this 2007 film Vladimir Putin has not solidified his hold on Russia as he has today. Surprisingly, democratic values are struggling to emerge

in this 2007 film.

A young man is on trial for the murder of his step-father. The jurors are divided by their own racism and prejudice in trying to come to consensus. The Russian/Chechen war is brought center stage through flashbacks. The different life experiences of the jurors highlight how they view the youth who is charged with murder, how Chechen is seen as a country, and how jurors look at their future in Russia.

Please check the many films available on the International Film shelf at the library that have been shown over the past 6 years. The Laconia Human Relations Committee is a committee of the mayor of Laconia dedicated to expanding our horizons for the appreci-

ation of the diversity found among us and in the wider world. For more information, contact Len Campbell at Lsoup03@gmail.com.


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Please contact Executive Editor
Brendan Berube at (603) 279-4516, ext. 101
with any questions regarding the submission process.

Francis D. Drzewiecki, 90

LACONIA — Francis “Frank” D. Drzewiecki, 90, longtime resident of Laconia, died Friday, Oct. 25, 2019 at his home.

Frank was born and raised in Bristol, Conn., the son of the late Frank and Teresa (Kuczmarski) Drzewiecki. He attended St. Stanislaus grammar school, and was a graduate of Bristol High School. Frank served in the US Army from 1951-1953. Frank worked many years as a furniture salesman.

Frank enjoyed collecting stamps and coins, traveling, and camping with his family and friends. As a young man he played many sports—baseball, basketball, and football. He truly loved baseball. He was always cheering for the Boston Red Sox and New England Patriots. In his younger years, he played baseball for a farm team. He was also a big supporter of his grandsons playing Little League and School baseball as well as soccer and football attending all of their games.

Frank is survived by his wife of 64 years, Marjorie (Wallace) Drzewiecki; two daughters, Cynthia Beede and Ann Cenamo; his son, Steve Drzewiecki; and two granddaughters, Talia and Leah; two grandsons, Christian and



Steven; his sister Arlene Zaleski; and a very special family friend that was like a daughter, Lu-Ann.

In addition to his parents, he was predeceased by his three brothers, Thomas, Robert, and Richard.

With respect to Frank’s wishes, there will be no calling hours.

A private burial will be held in the Trinity Cemetery in Holderness.

For those who wish memorial contributions in Frank’s name may be made to the Concord Regional VNA, 30 Pillsbury St., Concord, NH 03301 or to the American Cancer Society, 2 Commerce Dr., Suite 210 Bedford, NH 03110.

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

Taylor Community donates to St. Vincent de Paul

LACONIA — Taylor Community residents and staff made a big impact Oct. 24, when they delivered donations to St. Vincent de Paul in Laconia. The myriad bags overflowing with food and other necessities filled the food pantry warehouse. Additionally, more than \$1,200 – more than twice what Taylor gave last year – was donated for the pantry to make bulk food purchases.

Maureen Ballester, an administrative assistant at Taylor, has been coordinating the “Taylor CARES” holiday food drive for the past five years. “I love this event because it gives us the chance to show the greater community the collective kindness of our community,” she said. “Our residents are a really special group of people and I love them!”

“The holiday season is always a fulfilling and exciting time at



COURTESY

Maureen Ballester presents a monetary donation to McKee Jack, of the St. Vincent de Paul Food Pantry, from Taylor Community residents and staff. By the look on his face, he is quite pleased! More than 160 grocery bags of food and other necessities were also donated, which can be seen filling the boxes and pallets behind them.

Taylor Community but our staff and residents continually amaze me at how generous they are with efforts such as this,” said Michael Flaherty, Taylor President/CEO. “All of us

at Taylor were thrilled to be able to help St. Vincent’s as they do a remarkable job supporting so many in our community.”

Ballester said she is especially fond of

St. Vincent de Paul’s mission, after trying to help a young lady who really needed a boost.

“I was bowled over by the kindness extended to her and the tenderness literally brought me to tears on my ride home,” she said. “A significant problem was quickly resolved, and the people at St. Vincent’s sought nothing in return; they were just pleased to have helped.”

“Thanks so much to everyone who helped with our Taylor CARES food drive,” she said. “It goes to show when we all do a little, it can be huge!”

Taylor Community is the premiere not-for-profit Continuing Care Retirement Community in the Lakes Region. Keep up with all our free, public events on Facebook. For more information about active senior living, visit our website at www.taylorcommunity.org, or call 366-1400.

Comfort Keepers
Assisting persons with Alzheimer’s and other chronic conditions

The Community Church of Alton’s

Joyful Footsteps PreSchool and Extended Care is looking for an afternoon Teacher from 2:30-5:30, Monday -Friday. Our schedule follows the Alton Central School calendar and observes the same snow days.

Applicants should have 9 ECE Credits, or 1500 hours in a licensed daycare setting, willing to become CPR / First aid certified and able to pass background check.

All interested should email resume and cover letter to: ccoa.joyfulfootsteps@gmail.com, with pre-k teacher in subject line. Or, inquire to: (603) 875-5561 or 875-5561.

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

More than 5 million Americans 65 and older now have Alzheimer’s Disease (AD) according to the Alzheimer’s Association. Alzheimer’s disease destroys brain cells, causing problems with memory, thinking, and behavior severe enough to affect work, family and

social relationships, and, eventually, the most basic activities of daily living. It also can affect their ability to make healthy decisions when dealing with chronic conditions and diseases and their symptoms.

Common Chronic Conditions and Diseases in Alzheimer’s Patients

People with AD can have the same medical problems as many older adults. Almost all people with dementia (95 percent) have at least one other chronic disease or health condition. Research suggests that some of

these medical problems may be related to AD. Some of these include heart disease, diabetes, stroke, and arthritis. Diseases caused by infections also are common. There also is a possibility that they may suffer from Parkinson’s disease, COPD, anemia, chronic skin ulcers, osteoporosis, thyroid disease, retinal disorders, insomnia, and anxiety and neurosis.

Care Management

Because of their impaired memory, judgment, and reasoning ability, people with dementia cannot man-

age or direct their own care. They cannot follow the medication instructions or nutritional regimes their doctors give them. They cannot recognize symptoms that their condition may be getting out of control. Thus, self-management—a key concept of care for persons with chronic illness—cannot work for a person with dementia.

Look for health problems, just as you would for any senior under your care. Know that the greater the number and severity of the problems, the more difficult it is for the person to compensate for any one problem.

Actions Caregivers Can Take to Help Minimize Risks

As a caregiver of someone who may be suffering from Alzheimer’s or other dementias, there are steps you can take to help minimize the dangers and various discomforts due to chronic conditions. Keeping a watchful eye for changes, and looking after a client’s safety, diet, and making sure he or she gets proper exercise and sleep are all ways you can help.

• Help make the living area safe. Falls are common for persons affected by Alzheimer’s and other dementias. Consider grab bars in the bathroom, a shower bench, carpeting rather than hard flooring, and eliminating anything with sharp edges.

TRACIE CORBETT



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Hundreds join the fight against breast cancer at Lakes Region Making Strides walk

LACONIA — More than 400 residents joined together at the American Cancer Society Making Strides Against Breast Cancer® 3 mile walk on Sunday, Oct. 6 to help the Society do the most for people with breast cancer today to end the disease tomorrow. This noncompetitive event united the entire community to honor breast cancer survivors, educate people about how to reduce their breast cancer risk or find the disease early and raise funds to end breast cancer. The event and the dollars raised from it help the Society provide free resources and support to the one in two women newly diagnosed with breast cancer who turn to the Society for help and support. Dollars raised also fund groundbreaking research to find, prevent, treat and cure breast cancer, as well as help the Society ensure access to mammograms for women who need them.

Six Making Strides Against Breast Cancer walks were held across New Hampshire in October, drawing together thousands of people in the fight against breast cancer raising over \$855,000 collectively.

Walkers at Opechee Park enjoyed a pink out station, Avon tent, silent auction, face painting, refreshments and survivor recognition. The Plymouth State Dance team performed, and the children enjoyed both a craft station hosted by Home Depot Tilton as well as an obstacle course hosted by Downtown Gym. Nazyzy from 105.5 JYY was the event host and DJ. Participants took an inspirational, uplifting walk through Laconia.

The top fundraising team was The 'Di'-Namics, raising \$10,736. Second highest team was Moultonborough Women's Club at \$7,963, and the third highest fundraising team was team Di's Angels, raising \$3,726. More than 35 teams and 30 individual walkers participated. The teams represented area businesses, clubs, and organizations as well as friends and families.

The highest individual fundraiser was Diane Skilling of



More than 400 residents joined together at the American Cancer Society Making Strides Against Breast Cancer® 3 mile walk on Sunday, Oct. 6 to help the Society do the most for people with breast cancer today to end the disease tomorrow.

team The "Di'-Namics, raising \$2,846. Diane reached Pacesetter status. Pacesetters are committed to achieving extraordinary fundraising results for the Making Strides Against Breast Cancer walk and are truly setting the fundraising pace by raising more than \$2,500. More than a dozen other walkers are members of the Grand Club raising \$1,000 or more for the cause. They include Teri Higgins, The 'Di'-Namics -\$1,862, Donna Robillard, Moultonborough Woman's Club -\$1,823, Teresa Forbes, Bayside Believes -\$1,710, Mary Dominguez, Moultonborough Woman's Club- \$1,421, Linda Murray, The 'Di'-Namics -\$1,280, Veronica Steinsky, The 'Di'-Namics -\$1,240, Cheryl Lingard, The 'Di'-Namics -\$1,200, Deb Wiacek, Moultonborough Woman's Club -\$1,165, Cheryl Durand, Belmont Middle School- \$1,145, Tara Dickey, Di's Angels -\$1,121, Anna Gagnon, Di's Angels -\$1,104, Saragene Davis, We Are Survivors!- \$1,063, and JoAnn Cavallaro, Di's Angels -\$1,050.

"The event was a moving example how - united - we can make huge progress toward a world without breast cancer," said Kathy Metz, of the American Cancer Society. "Our Making Strides Against Breast Cancer walk helps the American Cancer Society fund groundbreaking research into causes, prevention, and treat-

ments for breast cancer, provide free rides to chemo and places to stay near hospitals, a live 24/7 cancer helpline, and so much more."

Making Strides participants can be proud that we've seen a 39 percent drop in breast

cancer death rates since 1989, but we still have much more to do. Excluding cancers of the skin, breast cancer is the most frequently diagnosed cancer in women and is the second-leading cause of cancer death in women. According to the



Artists of the Month

When your Lakes Region Art Association/Gallery fellow members vote your artwork and/or photography as 'The Best,' you get to display your creativity in local banks and libraries. These winners will have their work on display for the month of November at (L-R): Kat Morgan-Gilford Village, Bank of NH, Martha AuCoin-Franklin Village Bank, Franklin, Jay Fitzpatrick-Northway Bank, Meredith, Barbara McClintock-Northway Bank, Tilton, Christa Faller-Northway Bank, Laconia, not pictured: Edna Greenfield-Meredith Village Savings Bank, Meredith, Marlene Witham-Franklin Savings Bank, Gilford, and Susan Merritt, Laconia Library. The LRAA/Gallery is located at the Tanger Outlet Mall, suite 132, 120 Laconia Rd. Tilton. It's open Thursday-Sunday, 10 a.m.-5 p.m. There, hundreds of fine art paintings and photographs are on display.

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American Cancer Society Cancer Facts & Figures 2019, more than 268,000 women in the United States will be diagnosed with breast cancer and more than 41,760 will die from the disease this year.

Since 1993, 15 million Making Strides supporters have raised more than \$935 million nationwide. This is the second year Making Strides partnered with Avon as the National Presenting Sponsor. Locally, the 2019 Greater Lakes walk was made possible in part by the generous support of Meredith Village Savings Bank, ReMax Bayside, Belknap Subaru, Irwin Automotive Group, Cupples Car Company,

Ippolito's Furniture, and statewide media sponsors The Union Leader, WMUR and 105.5/107.3 JYY.

It's not too late to donate to the Making Strides Against Breast Cancer walk of the Greater Lakes. Visit MakingStridesWalk.org/GreaterLakesNH to help the American Cancer Society continue saving lives. For free breast cancer information and resources, visit the American Cancer Society, anytime day or night, at cancer.org or call 1-800-227-2345. To become involved with Making Strides of the Greater Lakes 2020, please contact Kathy Metz at Kathy.Metz@cancer.org or 512-490-8787.

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SKYT presents “A Christmas Carol” by way of Dr. Seuss

LACONIA — Rehearsals are underway for SKYT’s winter show, “A Seussified Christmas Carol.” Twenty-three children from Belmont, Gilford, Gilmanton, Laconia and Plymouth were cast to play the large ensemble of characters in this re-invented Charles Dickens classic. Written by Peter Bloedel, this show is told in rhyming couplets that are reminiscent of those by Dr. Seuss.

Throughout the show you’ll meet beloved characters, The Scrooge, is played by seventh grader Luc Martin of Gilmanton.

Luc said, “A Christmas Carol just happens to be one of my favorite Christmas movies.”

He enjoys acting and is excited to bring this iconic character to life.

Kallie Trudeau, a

third grader from Belmont, plays a Sailor & Ensemble parts said that this is her sixth show. She too likes acting and hanging out with her friends at rehearsals.

Performing as Younger Scrooge in his second show with SKYT is Connor Hodgdon, a fourth grader from Gilford.

Connor stated, “I am excited that I got a bigger part. I really like acting and being someone else. I like meeting new friends.”

Appearing in her very first show, portraying the role of Narrator 2 is Julie Pugh, a seventh grader from Gilmanton. Julie loves acting and making people laugh.

She says, “I am so excited, we are going to have lots of costume changes, I can’t wait to get out there on stage



and perform for the audience and say my lines.”

Other cast members include Isabella Cottrell, Kelsey Trudeau, Tanner Olson, Keenan Wilcox, Kayla Kender, Athena Booth, Kilean Fredette, Jaime Waldron, Tristyn Fleury, Siera Kender, Maia Heller, Natalie Martin, Damon Cottrell, Conner Nugent, Cooper Plourde, Aria Corum, Bridget Wilcox, Evelyn Smith and Dani Ruiter.

Ring in the Holiday Season with a whimsical show that is wonderful for the whole family. “A Seussified Christmas Carol” is being co-produced and co-directed by Raelyn Cottrell and Becky Fredette. Performances will be at the Laconia High School Auditorium, Dec. 6 & 7 at 7 p.m. and Dec. 8 at 2 p.m. Visit Streetcar Company’s website for more information, visit www.streetcarcompany.com.

Catch some laughs on LRPA this weekend

LACONIA — Join Lakes Region Public Access Television at 10:30 p.m. this Friday and Saturday night (Nov. 1 & 2) for our LRPA After Dark presentation of 1951’s musical comedy “At War With the Army,” starring

the classic comedy team of Dean Martin and Jerry Lewis.

Sergeant Victor Puccinelli and Private First Class Alvin Korwin serve in the U.S. Army during WWII. Before enlisting, they were best friends

and partners in a nightclub song-and-dance act. Since enlisting and serving on the same base, they tend to get on each other’s nerves. Puccinelli (Martin), a suave ladies’ man, is good at his boring, paper-pushing desk job, but dreams of being transferred to active duty overseas. His CO has no intentions of letting him leave, planning instead to commission him as the company’s Warrant Officer. Korwin (Lewis) is a lovable goofball who works in the mess hall but can’t do anything right. Everything he touches turns to disaster. He’s on K.P. duty as a result of his incompetence. Korwin begs for a weekend pass to visit his wife, but can’t seem to catch a break. Things are further complicated by Puccinelli’s love life, which is in a constant whirlwind, plus the fact that Korwin wants his old partner to rehearse for a USO show and also to record a song they have co-written and, much to Puccinelli’s chagrin. Will Puccinelli get to see active duty? Will Korwin get to see his wife back home? Most importantly, will the guys get together and put on the show?

Dean Martin and Jerry Lewis made 16 movies together over the span of their careers. “At War With the Army” was their third movie, but their first starring vehicle. Their roles in this film, as in all of their movies, follow typecasting: Martin as the handsome Romeo, Lewis as the luckless joker. “At War With the Army” has everything that you’d expect from a Martin and Lewis movie: loads of wonderful slapstick moments, as well as songs, shtick, crazy mix-ups and zany antics, and even a spoof of Bing Crosby and Barry Fitzgerald in “Going My Way.” This was vintage Martin and Lewis, before egos and jealousy got in the way. If it sounds like fun, then grab your popcorn and meet us after dark for this wacky send-up of Army bureaucracy.

You can’t find television like this it anywhere but LRPA TV, Atlantic Broadband Channel 25. Not a subscriber? Then log onto Live Stream through our Web site (www.lrpa.org) or live. lrpa.org) where you can catch all the fun.

Lakes Region Public Access Television (LRPA) is a nonprofit, noncommercial public access TV station and community media center located on the Laconia High School campus in Laconia, NH. LRPA cablecasts locally on Atlantic Broadband Channel 24 (educational programming and public bulletin board), Channel 25 (information and entertainment) and Channel 26 (government meetings) to more than 12,000 viewers in our member communities of Belmont, Gilford, Laconia, Meredith and Northwood. Programming is produced by and for the people of the greater Lakes Region. LRPA’s mission is to empower our community members to produce content that

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

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



COURTESY

Community garden cleanups continue

Members of the Gilford Field Hockey Team, along with their coach, Dave Rogacki, assisted Opeechee Garden Club members in the fall clean up at the Rowe House in Gilford. Other Community Gardens undergoing fall clean up include; Belknap County Courthouse, the WOW Trail in Lakeport, the Laconia Public Library, the Goss Reading Room and the Laconia Post Office. If you are interested in joining the Opeechee Garden Club, please send an email to Opeecheegardenclub2012@gmail.com.

Halloween Coloring Contest WE HAVE A WINNER!

Congratulations to:
Liam Butler
Age 10
from Gilford, NH



Thank you to ALL those that entered. It was so difficult to choose from!



BUDGET

(Continued from Page A1)

Hampshire Municipal Association would go down by \$589 and dues for Lakes Region Mutual Fire Aid would go down \$267.

The bad news was that the Winnepesaukee River Basin Project made a calculation error, and as a result, the town's sewer budget would need to go up by \$131,015. Dunn said the good news for this is that the sewer budget is not paid for by property taxes, however it will have an impact on the sewer

users. All of the money goes to the Winnepesaukee River Basin project for capital projects.

With these changes, the selectmen's recommended budget went up another \$121,867. The new recommended budget for 2020 is \$15,244,246, an overall increase of \$492,165, or around 3.3 percent, from 2019.

Dunn said it appears this budget will result in the same projected tax rate for this year, if not a little less. He said

the rate might drop because the town saw a 14 percent increase in its overall appraisal.

Board Chair Richard Grenier said a lot of people were concerned their tax rate would go up because of the appraisal increase, but it looks like the opposite might happen.

The selectmen unanimously approved the new recommended budget of \$15,244,246.

“It was nice that those things went down,” said Selectman Chan Eddy.

WETLANDS

(Continued from Page A1)

warm lunch to full participants, and have snacks for all who help.

For planning food and materials, please email wetlandswalk@myfairpoint by noon on Friday, Nov. 1 with the times and number of people you are bringing. Students under 18 must have a responsible adult with them. Community Service Certificates are available.

Since many people will be at Gunstock Mt. Resort's events that day (Muddy Puppy, the Ski Club Sale, and their new shop opening) it is also possible to stop by and see the improvements at the boardwalk. Just follow the volunteer signs to find

it, otherwise you can walk in from the parking lot just off Route 11A any time. Belknap County Conservation District will be busy writing grant proposals this winter for more improvements next summer. For more information, call the office at 527-5880 or Jan, volunteer, at 707-9760.

LRSO

(Continued from Page A5)

Be Mine” (“Waitress”) and “Defying Gravity” (“Wicked”).

POPS concerts sell out so please buy your tickets early. Full concert details are at www.LRSO.org.

Tickets are \$20 for adults and \$10 for students college-age and under with ID, are available online at www.LRSO.org/tickets, by phone at 800-838-3006, and at our ticket partners Innisfree Bookshop in Meredith and Greenlaw's Music in Laconia.

Save 25 percent with our Discount Season Tickets, available now through the November 2nd concert. You may purchase season

tickets online at www.LRSO.org/tickets or by phone at 800-838-3006. Any unsold tickets will be available at the door starting one hour before each performance. More information is available at www.LRSO.org where we encourage you to sign up for our mailing list. And find us on Facebook at /LRSO1.

LRSO performs with a home-town flair that is comfortable, familiar, and uplifting. We invite you to give us a try. Live orchestral music is an amazing experience!

About The Lakes Region Symphony Orchestra

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

COMFORT

(Continued from Page A6)

- Promote a healthy diet. Eating healthy foods is even more important for people with AD, especially if they have special diets for certain conditions such as diabetes, or high blood pressure or cholesterol. Here are some tips for healthy eating: buy healthy foods such as vegetables, fruits, and whole-grain products. Be sure to buy foods that the person likes and can eat and are easy to prepare, such as pre-made salads and single food portions. Prepare the food yourself, or have someone else make meals, if possible.
- Encourage daily movement and exercise. Some people with AD may not be able to get around well, due to arthritis, partial paralysis, and other conditions. This is another problem that becomes more challenging to deal with as the disease gets worse. For a time, they may be able to use a stationary bike, soft rubber exercise balls or balloons for stretching or throwing back and forth, and stretching bands found in sporting goods stores. Even taking a walk with you can help, if they are able.
- Take steps to help eliminate sleep problems. Sleeping can be difficult for seniors with AD. To create an inviting sleeping environment and promote rest, maintain regular times for meals, going to bed, and getting up. Seek morning sunlight exposure and encourage regular daily exercise but no later than four hours before bedtime and make sure the bedroom temperature is comfortable. If the person awakens, discourage staying in bed while awake. Make sure he or she uses the bed only for sleep, and discourage watching television during periods of wakefulness. Also, check with the doctor or family to find out if any prescribed medications should not be

taken just before bedtime.

Additional Considerations

Remember that the person with AD may not be able to tell you that something is physically wrong with them. Watch the person's face to see if it looks like he or she is in pain or feeling ill. Have the person point to where they are feeling discomfort, if they cannot speak or clearly communicate. Also, notice sudden changes in behavior, such as an increase in outbursts or striking out.

You can't rely on someone with AD to recall things or give accurate details about symptoms, taking medications, or past behaviors that could provide clues about a present condition. They usually have no concept of time, and this worsens as AD progresses.

Also try to remember that you are not a clinician, and feel free to ask questions that need answered.

Rely on and connect with the person's doctors and specialists for information and help—and talk to family members on a regular basis. When coping with a person who suffers from Alzheimer's and has other chronic conditions or diseases, you should never feel alone.

About Comfort Keepers

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Eventually, when the common laws were written to govern the warp and woof of life in the New World, the architects stuck to their English-Scotch-Irish common laws of old, but flipped things upside down when it came to the topic of trespass. In most of the colonies, land not settled was considered open for all.

Things have certainly changed. In upstate New York, vast tracts of woodlands are managed by hunting and fishing clubs and open only to members. In major parts of southern New England, trespass is by permission only.

Creator. You were just passing through, and, incidentally, by way of reminder, you owed some respect on the way by.

Indians, traveling afar to trade—and they sure did, to the Mississippi Valley and beyond—used other tribes' and nations' lands on their way to and fro. Back home, they hunted and fished and gathered nuts, roots and berries wherever their wanderings and preferences took them. They were, with great confidence, on common ground.

To the settlers, their tight little villages were often places to escape, to the land of the wild and free. Even as settlers and speculators bought up and surveyed vast tracts of land, others crossed and used the land to fight Indians, and to hunt, trap, explore, and scout new sites for water power, tillable land, and new settlements. In the brains of the day, any notion of “trespass” was little more than the size of a pea.

+++++

I'm not recovered enough from foot and hip problems to hunt into camp, as I once did with Brad Brooks and Donald Dickson, both now passed on, but I can hunt a favorite strip of mixed woods, interspersed with apple trees, just across the road from my house. I'm won't be after deer, but partridges, a.k.a. grouse. They're a lot easier to drag.

My route takes me across ancestral lands but also the lands of others, neighbors that are more like family than neighbors. Along my route, which I will sneak-hunt with all the quiet I can muster, I'll collect a wild apple or two, in case I get a bird or two, for the dressing.

I'm most likely to encounter my neighbors in, of all places, not woods or field but the grocery store, and when I do, I'll mouth the word always understated, “Thanks.”

(Please address mail, with phone numbers in case of questions, to campguyhooligan@gmail.com or 386 South Hill Road, Colebrook, NH 03576.)



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Edward Jones: Financial Focus

Today, more and more people want their investment dollars to do some good in the world. Should you, too, consider sustainable investing? And if you do, must you accept weaker returns from your investments?

To answer these questions, you may want to have some background on sustainable investing. Sustainable investing is generally understood to include any investment process that uses environmental, social, and governance (ESG) criteria to evaluate investment merit or to assess the societal or environmental impact of investments. Below are four ways to differentiate sustainable investing funds.

ESG Aware – ESG criteria is one of many factors considered when selecting the individual stocks and bonds that make up a funds portfolio. In these strategies, investments that are poor performers on ESG criteria may still make it into the portfolio if other criteria, such as profitability or growth prospects, outweigh the risks associated with the poor ESG scores.

ESG Integration – These funds fully integrate ESG criteria into the investment selection process, favoring companies that are addressing the sustainability challenges facing their businesses and industries and/or avoiding companies that are not. There are many ways ESG integration can be implemented, from investing only in ESG best-in-class companies to companies that are making the greatest improvements in their ESG profiles.

Impact Investing – As the name suggests, impact funds are those that seek to deliver societal or environmental impact as a primary objective alongside financial return. So, for example, an impact fund may focus on investing in companies making measurable progress in key areas of impact, such as those outlined by the UN's Sustainable Development Goals, which include clean water or reduced inequality.

Thematic Investing – Strategies in this category invest in companies involved in green industries, such as water, renewable energy and environmental services. These funds are more niche because of the thematic focus and typically have narrowly defined investment guidelines, which can reduce diversification and may not fit neatly into a traditional asset allocation framework.

Given the above categories, you can probably find many investment options that align with your own values and interests. But what about the performance? Should you be prepared to accept lower returns in exchange for exercising your preference?

Studies have shown that sustainable investments can perform just as well as their peers in the general investment arena. Of course, each investment is different, and when you invest, you can expect that prices will fluctuate, and you could lose some of the value of your investment. But this is true of all investments, regardless of whether they are considered sustainable.

Furthermore, you don't have to operate in the dark about how well sustainable investments are doing, as several indexes track the performance of securities considered by the index provider to be sustainable. A financial professional can help you evaluate these types of investments to determine which ones might be suitable for your needs.

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SIDEWALK

(Continued from Page A1)

donations that would make \$148,000 available for the project. Due to a scheduling conflict following the hard winter the town's usual paving contractor wasn't available for the project this year. Over the summer the Gilford Village Knolls Trustees solicited a proposal from Belknap Landscaping to do the project for \$147,750 this year. Belknap Landscaping Principal Hayden McLaughlin is a resident of the Knolls. The sidewalk is

ROCK

(Continued from Page A1)



Aydyn Berube cuts a piece on a set he helped design.

ERIN PLUMMER

elaborate electronic elements of any show the school has put on. Piddington said they rented eight moving lights and will be using a whole different lighting system than the usually do. As there will be two live rock bands onstage, there will also be one in the orchestra pit comprised of a group of professional musicians and educators. With the combination of different instruments and sound elements there will be 32 different pieces of audio to mix. Berube said it's surprising to see how the set has evolved from a computer plan to reality. Berube has been doing tech work since he was in sixth grade. Now a freshman he said doing tech at the high school is similar to what it was at the middle school only it's more complex with a new crew and new building to get used to. Dyer came to Gilford in seventh grade after spending time homeschooled and in private schools. She learned about tech in her freshman year and joined. She said she loves doing it and is backstage almost every day. "It's really cool learning how to do different stuff," Dyer said. "School of Rock" will be performed at the GHS auditorium Nov. 15 and 16 and Nov. 22 and 23, all performances at 7 p.m.



ERIN PLUMMER

The new sidewalk runs down Potter Hill Road providing access between Gilford Village Knolls, the library and Gilford Community Church complex, and Belknap Mountain Road.

black asphalt stamped with a brick texture. On the sidewalk beside the library and Gilford Community church are marble curbs with the names of donors: The Penny Pitou and Milo Pike Charitable Fund, Friends of the Gilford Public Library, Ruth and Hayden McLaughlin, Gilford Community Church, Gilford Village Knolls, and Gilford citizens who contributed. During Wednesday's meeting the selectmen held a public hearing to approve receiving unanticipated funds in the form of another \$10,000 donation from Gilford Village Knolls toward the sidewalk. No one commented at the hearing and the selectmen unanimously approved accepting the funds. Dunn then presented a change order for \$10,000 for landscaping along the sidewalk. He said initially the project didn't include landscaping to save money, though they could use that donation to do the landscaping. The selectmen unanimously approved a motion to use the \$10,000 in donations for the landscaping along the sidewalk. Sidewalk construction did hit one snag regarding a group of mailboxes that resulted in a small conflict with the post office. Dunn said they found out the previous Thursday that they had to move a stand with four mailboxes. The contractor asked the mail carrier where the boxes should be located and moved them to the location she suggested. The next day the post office delivered a notice to the owners of those mailboxes saying they would not deliver mail to those boxes unless they were moved. Dunn said he spoke with the post office supervisor, who said he would visit the site Friday morning. Dunn said he never heard back from that supervisor, though did send a crew out to move those mailboxes. Dunn said he heard the people who use those boxes are once again getting their mail.

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SPORTS

Gilford finishes undefeated regular season



RC GREENWOOD

Reagan McIntire puts down a big spike kill against Plymouth last week.

BY BOB MARTIN
Bob@Salmonpress.news

GILFORD – For the second straight year, the Gilford High School volleyball team finished the regular season undefeated, with the Golden Eagles finishing off the last week with a pair of big wins over Plymouth and Manchester West.

On Oct. 22, the Golden Eagles traveled to Plymouth High School in what was an exciting match complete with plenty of hitting and blocking. Gilford got the

3-1 win.

“We were very excited for this game as Plymouth had been on a 10-game winning streak and we knew they would be good,” said coach Amy Tripp.

Leading the defense was libero Sam Holland who had 20 defensive digs, as well as Abby Warren with 12 digs. Warren had six kills in the game. Riley McDonough and Lindsey Sanderson each had 11 digs, as well. McDonough was not only excellent on defense, but

during a game where she split time between setting and outside hitting she had seven huge kills and 13 assists.

Abby O'Connor was the offensive leader, with the middle blocker posting eight kills and two blocks. Fellow middle blocker Kate Sullivan was solid with five kills and six blocks. Sullivan also had a big night serving as she had 11 points in a row with two aces in the second set. Setter Naomi Eldridge rounded out the offensive attack



COURTESY

Gilford High School had its senior night for volleyball last week. Seniors include Sam Holland, Naomi Eldridge, Elena Uicker, Reagan McIntire, Abby Warren, Abby O'Connor and Michelle Gallant. The senior manager was Karin Desrosiers.

with 11 assists.

The match against Manchester West was senior night where the team's eight seniors were honored with gifts, photos, balloons and kind words. Seniors include Holland, Eldridge, Elena Uicker, Reagan McIntire, Warren,

O'Connor and Michelle Gallant. The senior manager was Karin Desrosiers.

Gilford followed with a convincing three-set win of 25-9, 25-7 and 25-4. Strong serving and passing was the name of the game in this victory. In set three, El-

dridge served points one through 13 and had seven aces. Sanderson had points 15-25 with a pair of aces. Leading the offensive attack was O'Connor with 12 spike kills. Seniors Elena Uicker and Reagan

SEE VOLLEYBALL PAGE B3

Field hockey Golden Eagles win opening round



BOB MARTIN

Jenna Delucca makes a diving save in the opening round play-off win over Conant.

BY BOB MARTIN
Bob@Salmonpress.news

GILFORD – The Gilford High School field hockey team kicked off the Division 3 state tournament with a win against Conant, but the season for the surging Golden Eagles was cut short with a tough 1-0 loss to Bishop Brady.

SEE FIELD HOCKEY PAGE B3



BOB MARTIN

Reece Clark battles for a ball against Conant last week.

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Gilford knocks off Trinity, Berlin to close season

BY BOB MARTIN
Bob@Salmonpress.news

GILFORD – The Gilford boys’ soccer team put together yet another outstanding regular season, finishing 14-1-1 and clinching a second seed and home field advantage in the state tournament.

On Oct. 22, the Golden Eagles shut out Trinity 2-0. There was no score at halftime but four minutes into the second half,

Sam Sawyer scored on a rebound shot with an assist by Daegan Boucher. Six minutes later, Boucher scored on a cross by Alex Berube.

“This was a big win for the players against a team that came into the game with a 12-2 record, looking to move into the second spot in the standings with a win,” said coach Dave Pinkham. “We played very well both offensively and de-

fensively. Thomas Donnelly only had one save in the game while the Gilford offense generated 12 shots forcing the Trinity goalkeeper to make six saves.”

On Oct. 25, Gilford faced Berlin on the road and came away with a 4-1 victory. At the 35-minute mark in the first half, Boucher scored the first of two goals, with assists credited to Berube and Sawyer. It was 1-0 going

into halftime and then two minutes into the second half Sawyer scored with an assist by Berube. It was the 25th goal of the season for Sawyer.

Six minutes into the second half, Anthony Aguiar scored on an assist by Sawyer and Burnham to go up 3-0. Boucher scored eight minutes later, which was his 11th goal of the season. Burnham had his 25th assists of the season on the

play. It took until the final minute for Berlin to score, which was too little too late and the game ended with a 4-1 Gilford win.

“For the second consecutive game, Gilford played very well generating numerous opportunities to score and allowing very few for Berlin,” said Pinkham. “Our passing and overall skill level allowed us to move the ball con-

sistently, which can be very difficult on a small field, with this being the smallest field we have played on this season.”

It was an incredible regular season for Gilford, which had 11 shut-outs and had a goal differential of 61-8.

Gilford hosted a first round playoff game on Wednesday after deadline.

Golden Eagles shut out Sanborn to get to .500

BY BOB MARTIN
Bob@Salmonpress.news

GILFORD – The Gilford/Belmont football team evened its record at 4-4 with only one

game left in the regular season, after the Golden Eagles took it to Sanborn for a 22-0 shutout victory.

VOLLEY BALL (Continued from Page B1)

McIntire had four kills.

“I am very happy with how the season has gone,” said Tripp. “The girls have worked very hard to follow our ‘Stay In The Moment’ motto. We have been challenged with some very close four and five set matches and I am thankful for that. My team is committed, hardworking, dedicated and love the sport of volleyball. We are excited for the postseason and to keep training hard and playing our game.”

JV tournament

Gilford hosted the Division 2 JV state tournament on Saturday and Gilford lost to eventual winner Milford in the semifinals. The team is coached by Audra Warren and standout players included freshman setter Ashley Sanderson, sophomore middle blocker Maggie Shute and sophomore hitters Sophia Lehr, Alexa Leonard and Maddie Spaulding.

The first score of the game came on a long drive by Gilford/Belmont with good speed by Blake Descoteaux and power by John Mitchell. Descoteaux was able to punch the ball in from three yards out to make it 6-0.

The defense then made consecutive stops to keep the score at 6-0. In the second half, the defense continued to play strong and made a stop deep in their own territory to thwart the lone scoring chance by Sanborn. Malik Reese was praised by coach Josh Marzahl, who said he was incredible on the outside making plays.

Gilford/Belmont scored for the second time with a powerful run up the gut by Mitchell. He scored his second touchdown of the day

on a two-yard run to put the Golden Eagles up by three scores.

It was a huge day for running back Descoteaux, who had 17 carries for 163 yards and a touchdown. He also had a pair of two-point conversions.

Quarterback Alex Cheek was 9/14 throwing with 140 yards on the day. Curtis Nelson had three catches for 42 yards; Jackson Ruelke had three catches for 56 yards; Jacob Cress had two catches for 28 yards and Logan Hughes had a catch for 14 yards.

Defensively, Mitchell had another big game with 18 tackles including one for a loss. He also had a sack. Logan Hughes had nine tackles; Malik Reese had six tackles and one for a loss and Cooper Brown had

five tackles and a sack.

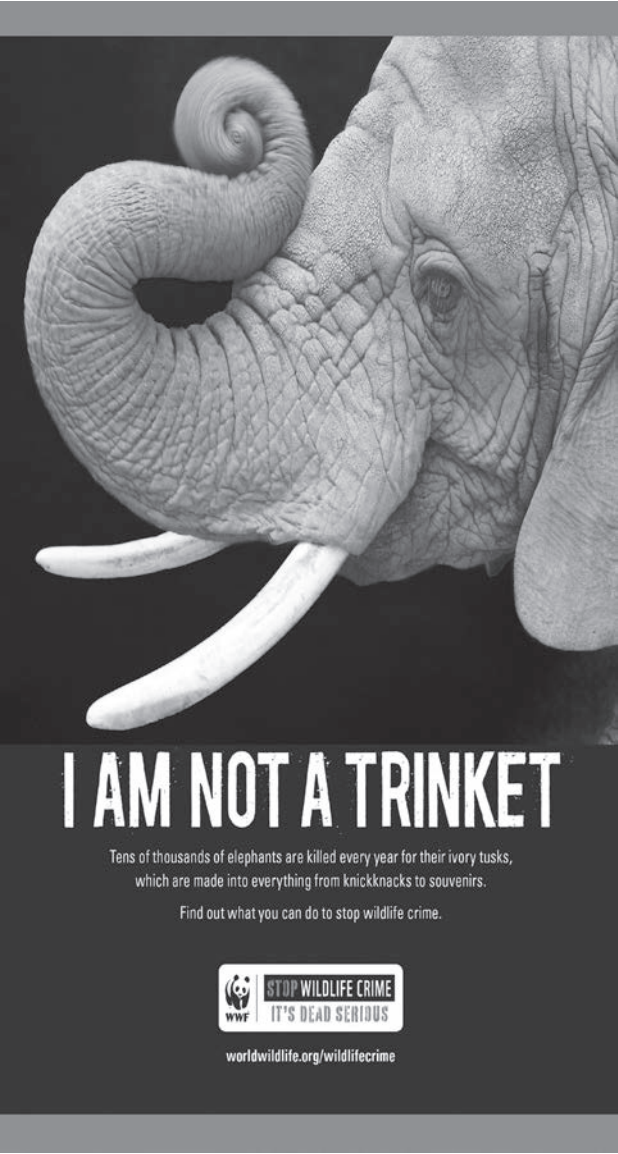
“Gilford/Belmont’s defense was excellent all day, giving up only 125 yards to the Sanborn offense,” said Marzahl. “The defense set the tone early rallying to the ball and great tackling. John Mitchell and Logan Hughes led the defensive effort consistently getting the Golden Eagles the ball back. Mitchell was everywhere you looked making big hits.”

Marzahl was happy to get the win for the seniors in the final home game of the season, which includes linemen Jackson Cozzens-Forgione, Michael Schwartzkopf, Hunter Bean and Hughes.

“It was fitting that the offense counted on the offensive line opening running lanes up all night, seeing as three of the

four seniors are offensive linemen,” said Marzahl. “Logan, our fourth senior, played great at the safety position all day. The defense worked hard this week on tackling drills and rallying to the ball and it showed. The tackling was great and the defense put the team on their back. The offense did enough to get the job done in a low scoring game and grind out some long drives. We did a much better not letting mistakes stick with us for longer than one play today. I am proud of the growth of the team.”

It was the second shutout victory of the season for the Golden Eagles, who last did so against Pembroke in a 40-0 win to open the season on Sept. 7. Next up is John Stark on the road on Nov. 2 at 2 p.m.



FIELD HOCKEY (Continued from Page B1)

On Oct. 23, the sixth-ranked Golden Eagles hosted the opening round against 11th-seeded Conant and took a 4-1 victory. The Golden Eagles got on the board first early in the first half and the game was very tightly contested. Conant evened things up at 1-1 with 6:26 left in the half after a good goal with several shot opportunities in front of the Gilford net.

Taryn Fountain then scored with 2:14 left on what would be the eventual game winner. The goal came on a nice cross play that she was able to tap in for the score. Gilford had a 2-1 lead going into the half and just a minute into the next frame a goal was scored by Laurel Gingrich to go up 3-1. She also scored an insurance goal with 7:23 left on the clock and the Golden Eagles held on for the 4-1 win.

On Oct. 26, Gilford traveled to Bishop Brady and lost 1-0. Bishop Brady scored 10 minutes into the game for the lone goal.

“The Golden Eagles couldn’t sold the Brady defense and fell 1-0 in their quarterfinal game,” said coach Dave Rogacki. “Their defense withstood the Eagles passing attack to end Gilford’s season.”

The Golden Eagles finished the 2019 fall season with a record of 12-4.



BOB MARTIN
Above: Randi Byars played strong defense for the Golden Eagles last week against Conant.

At right: Natalie Fraser readies herself in a corner play for Gilford.



Laurel Gingrich handles a ball for Gilford against Conant.

BOB MARTIN

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The production of this steamer was supported by Grant PROCEEDS GO TO Home Aids Administration for Children and Families/Family Health Services Bureau. Its contents are using the responsibility of the National Domestic Violence Hotline and do not necessarily represent the official views of ACHS/FAH.

Gilford soccer girls break through against Hawks



Vanessa Flanders moves the ball around defenders in a game against Somersworth.

BY BOB MARTIN
Bob@Salmonpress.news

GILFORD – The Gilford girls’ soccer team finished off the regular season with a win over Hopkinton last week to give the team a 10-6 record and an eight seed heading into the playoffs.

On Oct. 25, the Golden Eagles hosted Hopkinton and won 2-0 in a game where the Golden Eagles were outshot 13-6. Gilford scored halfway through the first half to take the lead and then again in the middle of the second half.

Shelby Cole led the way with a goal and an assist. Maddi Rector had a goal while Callie Carpenter and Reece Sadler had an assist each. Jaylin Tully had four saves and five touches. Hannah Gannon had three saves and six touches.

This was the final regular season home game for seniors Cole, Rector, Tully, Gwen Knipping, Kyla Mercier and Promise Veroff.

“This was a great win for GHS,” said coach Rob Meyers. “In the last two years we have been able to beat every team we have played at least once, except Hopkinton. Hopkinton beat us twice last year and won the championship. After the loss to Somersworth on Wednesday, we really wanted to win this game to go into the post-season with a win. Hopkinton is a good team and controlled the ball for large portions of the game. The GHS girls did a great job of absorbing Hopkinton’s pressure and counter attacking.

Meyers said the difference in the game was the finishing touches. He said the team was

aggressive and efficient, when when they got chances they took them.

“Shelby Cole and Maddi Rector continue to cause problems for opposing teams up front, they put a lot of pressure on opposing defenses,” said Meyers. “Senior Jaylin Tully and freshman Hannah Gannon combined for the shutout. Hannah made a great save on an unusual indirect kick in the penalty area.”

Earlier in the week, on Oct. 23, Gilford lost a tight battle to Somersworth 3-2. This time Gilford outshot Somersworth 21-12 but couldn’t find a way to come out on top.

Gilford scored first and had a 1-0 lead going into halftime. Somersworth then took the lead in the second half, but Gilford tied things up late in the half.

Somersworth got the game winner in the second overtime period.

Cole had a goal and an assist while Carpenter scored on a penalty kick. Sadler had an assist and Tully had six saves in net.

“This was a tough game,” said Meyers. “We knew Somersworth was going to be an aggressive team that plays a physi-



Shelby Cole has had a strong season for Gilford High School.

cal game. We really dominated this game from a ball control and offensive pressure point of view. We just didn’t finish well. We were taking shots from too far out and not taking the space Somersworth was giving us. Once we scored to tie the game in the second half, it looked like it was just a matter of time before we scored to win

the game. We dominated possession and the ball rarely left the Somersworth end of the field. The girls put in a good effort, but we allowed a soft goal and the game got away from us.”

The Golden Eagles started up the playoffs against Inter-Lakes at home on Tuesday after deadline.



Jaiden McKenna weaves between defenders for the Golden Eagles.

Field hockey is elementary

Gilford field hockey teaches clinic for young players

GILFORD — The Gilford Elementary School field hockey day camp recently saw interested fourth grade girls participating in an introductory skills activity. This was probably the first time the girls had ever handled field hockey sticks, but they quickly acquired the basics. The girls had the opportunity to work on dribbling, passing and shooting techniques. Particularly enjoyable was the chance to try their newly acquired shooting skills against Gilford High School varsity field hockey members. Shooting lasers past the older girls and into the net brought broad smiles to the young ones. Participants included Lyllianna, Brynn, Madi, Leah, Amelia, Tess, Avah, Susanne, Madison and Clara. The girls were paired up with their older partners, including seniors Randi Byars, Reese Clark, Natalie Fraser, Sydni Lehr, Laurel Gingrich and Emily O’Connor; juniors Taryn Fountain and Ashley Hart and sophomore Shealagh Brown. The camp was directed by long-time Gilford varsity coach Dave Rogacki, who amused the girls with his famous (or infamous) witticisms. The conclusion of the camp was marked by a pizza party, and the presentation of Silver Hawks “Future ‘R Us” t-shirts and individual field hockey balls to all of the girls. Rumor is that the girls proudly wore the t-shirts to school the next day. The varsity girls likewise each received the coveted “Shayrees” Award, better known as the silver dollar. The field hockey season concluded with the varsity team reaching the state quarter-finals with an 12-4 record and the middle school team, ably coached by Alyssa Freeman, being the champions of the Winnisquam Middle School Invitational Tournament and having an undefeated record over two years. The team would like to thank Gilford Elementary School Principal Danielle Bolduc and her office staff, and the “Village” store for their support of this activity.



Players from Gilford crash the net on a loss ball near the goal.

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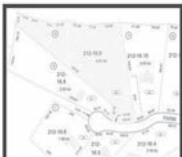
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Minimum Bid \$1600



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Map 212 -016-009
4.3 acres
Assessed Value - \$100,110
Minimum Bid - \$30,500



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SUBSTITUTE EVENING CUSTODIANS

Barnstead Elementary School is accepting applications for people willing to work as a fill-in/substitute evening custodian. Duties are to provide day-to-day custodial care of classrooms, offices and facilities at assigned locations according to established schedules. Will train.

For more information, please contact Mike Hatch at (603) 269-5161 ext. 312
EEO/AA

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(603) 269-5161

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He/She must have the ability to read basic operating instructions. Must be able to lift objects 5-60 lbs. Must be able to stand/walk for periods of time 2-7.5 hours. The position entails repetitive motions of the hands and requires the ability to be able to push, pull and reach objects that may be overhead. The position requires the ability to operate cleaning equipment.

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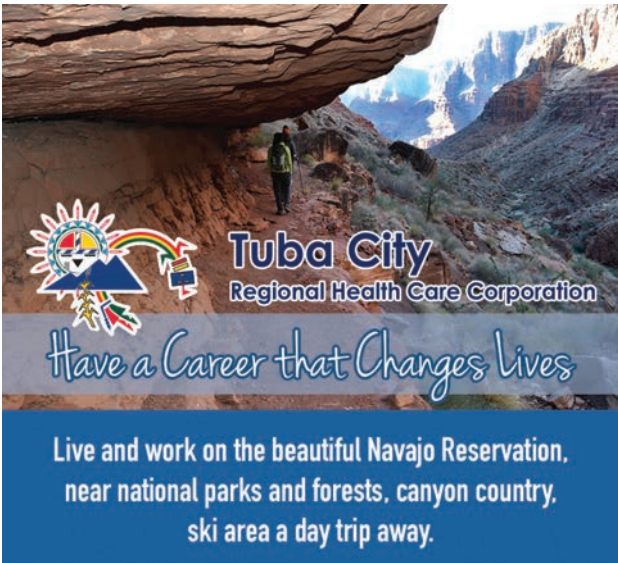
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EOE



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The Alton Central School is seeking applicants for the position of Technology Assistant II. The responsibilities include providing technical support for a school technology infrastructure. Knowledge of web-based management, Google, PowerSchool and Microsoft Office preferred. Will assist with monthly server and printer maintenance and basic server tasks. Candidate should be outgoing, have good organizational skills and be self-motivated. Full-time year round 40 hour per week position with competitive benefits. Apply online at <https://www.applitrack.com/altonk12/onlineapp/>

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EOE

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EOE







JOSHUA SPAULDING
Vanessa Genakos finished 32nd at the state finals last week in Manchester.



JOSHUA SPAULDING
Bethany Tanner and Catherine Stow run the course at Derryfield Park in the Division 3 state championship.



JOSHUA SPAULDING
Harry Laflamme makes his way through the course at the Division 3 meet.

Gandini finishes second in Division III championships

BY BOB MARTIN
Bob@Salmonpress.news

MANCHESTER – Last weekend was the Division 3 state cross country championship at Derryfield Park and while Gilford didn't rank high in team scores, there were several great individual efforts, including a second place finish by freshman Patrick Gandini.



In the boys' race, Gandini trailed only Landen Vaillancourt of Masconnet. Vaillancourt won with a time of 16:06.7 with Gandini clocking in at 16:26.8. The race qualified Gandini for the Meet of Champions, which puts the top finishers of each division into one race for a true state championship title.

Harry Laflamme had a 72nd place time of 19:57.8; Mitchell Townsend had a 79th place time of 20:05.5; Jordan Witham was 160th with a time of 22:56.3 and Dane DeHart was 165th with a time of 23:32.2. The boys' team ranked 18th out of 28 teams.

The girls' team was 12th out of 20 teams and led by Vanessa Genakos, who had a 32nd place time of 22:33.9. Tessa Tanner was 70th with a time of 24:24.3; Bethany Tanner was 71st with a time of 24:27.9; Catherine Stow was 73rd with a time of 24:28 and Alaina Osburn was 121st with a time of 29:15.2.




JOSHUA SPAULDING
Patrick Gandini has been nothing short of impressive all season for Gilford. The star freshman placed second in the state meet and earned a trip to the Meet of Champions.



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