

# Gilford Steamer

THURSDAY, NOVEMBER 3, 2016

GILFORD, N.H. - FREE

## Gilford Halloween bash brings out families

BY ERIN PLUMMER  
eplummer@salmonpress.com

Cupcake decorating, pillow fights, games, and a special Halloween “jail” were some of the activities that awaited costumed kids and their families during the Gilford Parks and Recreation Department’s annual Halloween Bash.

Gilford Middle School was filled with colorful costumes and decorations for the Halloween Bash on Friday night.

In the gym, kids could play a number of different games including a big pillow fight.

In the cafeteria families did Halloween-themed crafts and decorate cupcakes. There was also a fortuneteller on hand.

Parks and Recreation Director Herb Greene said by the middle of the party they were seeing a pretty good turnout.

“It’s one of the more popular annual events,” Greene said. “We’ve got a great group of volunteers from the middle school and high school. We wouldn’t be able to put this on without their assistance.”

A large number of local businesses provided donations for the party.

“I think it shows great community spirit,” Greene said. “People appreciate the holiday, they like to see good quality events for the kids.”

Members of Gilford High School’s Interact Club hosted the Halloween Jail. For 50 cents the “jailers” could find someone at the party and put them in their cobweb-covered “jail.” The prisoners could stay in for a certain amount of time or could pay 50 cents to get out. All proceeds went to the Interact



Brianna Fraser, Laurel Gingrich, Natalie Fraser, and Michelle Gallant put people in Halloween Jail to raise money for Gilford High School’s Interact Club.

Club, a community service organization sponsored by the Gilford Rotary Club.

Interact Club member Michelle Gallant said it was especially fun to help out with the party and help out with the little kids.

“They all seem like they really enjoy the party even if they stop to go into jail,” said Interact Club member Laurel Gingrich.

Members of the Carsen family have been coming to the party for the past three years. “They look forward to it every year,” SEE HALLOWEEN PAGE A12

## Tax rate to drop two cents from last year

The New Hampshire Department of Revenue Administration has set the 2016 tax rate for the town of Gilford at \$17.95 per \$1,000 of assessed valuation. This represents a two cent decrease (less than one percent) from the 2015 rate of \$17.97.

The rate is comprised of four factors as follows: Local Education \$8.98 (a decrease of two cents, or less than one percent, from 2015); State Education \$2.30 (a decrease of 15 cents, or 6.1 percent, from 2015); Town \$5.34 (an increase of 20 cents, or 3.7 percent, from 2015); and County \$1.33 (a decrease of five cents, or 3.6 percent, from 2015).

It is anticipated that tax bills will be in the

mail on or before the first week of November, with a due date projected to be around Dec. 8.

## Streetcar tackles the issues raised by Matthew Shepard case in “The Laramie Project”

BY ERIN PLUMMER  
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The many and varied voices from people in Laramie, Wyo. following Matthew Shepard’s brutal murder echo through Streetcar Company’s coming production of “The Laramie Project.”

In 1998, Matthew Shepard, a gay student at the University of Wyoming, was beaten to death by two men. The tragedy brought worldwide attention to gay rights and hate crimes legislation with Laramie, Wyoming,

right at the center. Playwright Moises Kaufman and the Tectonic Players traveled to Laramie to interview locals, students, and anyone with connection to Shepard and his case. The interviews and journal entries by company members were compiled into “The Laramie

Project.”

“Laramie’s a pretty small town, and it’s pretty unbelievable to them they had, in essence, raised killers,” said director J Alward. The result was a series of varied views on homosexuality, hate crimes,

SEE LARAMIRE PAGE A12



Elaine Morrison presents the Helen Holbrook Leadership and Service Award to Jaqui Abikoff.

Pierce. At the time mental healthcare was not a popular topic. Barbara Harris said her late husband went to the area towns in March asking for money for the center and had little luck.

“They thought people should just pull them-

selves up by their bootstraps,” Barbara Harris said.

Laconia schools did give the center \$20,000.

“Carol and her group had worked long and hard to get some kind of psychiatric help for their students,” Barbara Harris said.

They used this money to hire a psychologist for \$12,000 and Helen Holbrook as their secretary for \$4,000; the rest rented rooms on Church Street and paid for the phone.

The Laconia Mental Health Center on July 6, 1966. Since then, the organization has greatly evolved, as has support for mental healthcare.

Genesis Executive Director Maggie Pritchard outlined some of the new programs going on now.

Right now, 170 clients are enrolled in the One Health program, which is running 20 weekly wellness groups and three mentors are working with clients.

SEE GENESIS PAGE A12

Don't forget to vote!

Polls will be open for the 2016 Presidential and state office elections Tuesday, Nov. 8 from 7 a.m. to 7 p.m. at the Gilford Community Church Youth Center, located at 19 Potter Hill Rd.



### A long time coming

The second-seeded Gilford field hockey team capped off an outstanding season with a 1-0 victory over Pelham in double overtime on Sunday to capture the NHIAA Division III state championship at Bedford High School. Junior Kellie Ryan scored the game-winner with 4:48 remaining in double OT to send the Eagles to their first title since winning back to back crowns in 1997 and 1998. Gilford finished with a 15-1-1 overall record.

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## Notes from the Gilford Public Library

**BOY MARK THOMAS**  
Library Correspondent

Remember, remember the 5th of November, the gunpowder treason... no, nobody thinks about Guy Fawkes anymore. Oh! Nov. 4 is King Tut Day! Yeah, pretty lame, I know. Why does King Tut need an annual day? I'm sure there are other historical whatsits to mention, but noting a historical event with a verse or a 'Day' doesn't carry the same weight as book—even an eBook.

History is being written as we speak. Literally, new histories are being published constantly to supplement or replace the

histories the collection already has. A book on the history of the computer from 1995 doesn't quite cover everything a contemporary reader is looking for. Some of the books from 2015 are out of date.

We update the collection carefully, with all the fervor tea-addled bookworms can muster. They are not all general histories—many are so niche readers won't know they want to read them until a title or cover catches their eye. We recently added "The Perfect Horse" by Elizabeth Letts, for example, with the subtitle "the daring U.S. mission to rescue the priceless stallions kidnapped by

the Nazis." The story is amazing, but you might not realize the story exists until you see it on the 'New' shelf. Some other new war stories include: "Finding Phil: lost in war and silence" by Paul Levy (from Concord), "The Morning They Came For Us: Dispatches from Syria" by Janine Di Giovanni, "Pumpkinflowers: a soldier's story of a forgotten war" by Matti Friedman, and "Red Platoon: a true story of American valor" by Clinton Romesha.

There has been a lot of talk about Tilar J. Mazzeo's "Irena's Children: the extraordinary story of the woman who saved 2,500 children from the Warsaw Ghetto," as it is reminiscent of Oskar Schindler's famous effort and because Irena took on enormous risk for thousands of strangers. The means that she used to rescue children from the ghetto were as creative as they were dangerous. Most of the children's families died in the ghetto or in camps like it.

If American history is of interest, there have

been several recent additions pertaining to American founding fathers and presidents. Julie Fenster wrote "Jefferson's America: the President, the purchase, and the explorers who transformed a nation." Nathaniel Philbrick's new book "Valiant ambition: George Washington, Benedict Arnold, and the fate of the American Revolution" has been popular for several reasons. Philbrick is an established author and historian, the book challenges some long held notions about the inevitability of the American Revolution, and his writing is smooth and engaging even when it is packed with detail. Bill O'Reilly has also been prolific with two new books so far this year.

But what if I don't want to read about wars or American history...? Fair question. We get piles of nonfiction covering subjects of all kinds. There are new global histories, biographies, cookbooks, travel books, books on parenting, self improvement, animals (Ted Levin,

author of "America's Snake," is coming to the library), physics, standardized tests... [Mark proceeded to list unendingly, and has been restrained]

### Classes & Special Events Nov. 3 to Nov. 9

**Thursday, Nov. 3**  
Music and Movement, 10:30–11:30 a.m.

Songs, instruments, movement, and fun for ages newborn to five with caregiver!

Magic the Gathering Club, 2:30-3:30 p.m.

Conversational French, 3:30-4:30 p.m.

**Friday, Nov. 4**  
Social Bridge, 10:30 a.m.–12:30 p.m.

Storytime, 10:30-11 a.m.

Songs, stories, rhymes, and a craft. For three- to five year olds with caregiver. Sign up required.

Lapsit Storytime, 10:30-11 a.m.

Songs, lap bounces, rhymes, and playtime for babies. Ages newborn to 18 months with caregiver.

Knit Wits, 1:30–2:30 p.m.

Conversational German, 2:30–3:30 p.m.

**Monday, Nov. 7**  
Mahjong, 12:30-3 p.m.  
Evening Line Dancing, 4-5 p.m.

**Tuesday, Nov. 8**  
Fiber Friends, 10 a.m.-12:30 p.m.

Come to Fiber Friends for a chance to work on your fiber crafts! Rug hooking, latch hooking, quilting, needle felting, and any other fiber crafts are welcome to join in!

Social Bridge, 10:30 a.m.–12:30 p.m.

Toddler Time, 10:30–11 a.m.

Stories, songs, rhymes, and imagination games. Ages 18 months – two years with caregiver

Storytime, 11:15 a.m.–11:45 p.m.

Stories, songs, and a craft for children ages three to five. Independent.

Gilford Clickers Photography Club, 6:30-7:30 p.m.

**Wednesday, Nov. 9**  
Line Dancing, 9-10:30 a.m.

Check Out an Expert, 10 a.m.-noon

## Gilford Public Library Top Ten Requests

1. "Small Great Things" by Jodi Picoult
2. "The Underground Railroad" by Colson Whitehead
3. "The Whistler" by John Grisham
4. "Killing the Rising Sun" by Bill O'Reilly
5. "The Girl on the Train" by Paula Hawkins
6. "A Man Called Ove" by Fredrik Backman
7. "Hillbilly Elegy" by J. D. Vance
8. "Order to Kill" by Vince Flynn
9. "Woman of God" by James Patterson
10. "All the Light We Cannot See" by Anthony Doerr



# National Alzheimer's Disease Month



Everyone forgets things from time to time. Periodically forgetting where you left your keys is likely not indicative of a bad memory. But some people find themselves forgetting things more frequently, a troubling development for those who can't explain their sudden loss of memory.

Memory loss is often considered to go hand-in-hand with aging. As a person ages, conventional wisdom suggests memory will begin to fade. But sometimes memory loss has nothing to do with aging, and a lot to do with a brain that isn't sharp because of an unhealthy lifestyle. The following are a few ways men and women can improve their memory.

\* Get some sleep. Men and women who aren't getting enough sleep can almost certainly blame that lack of shut-eye for at least some of their memory loss. When you don't get enough sleep, your brain's ability to think critically, solve problems and even be creative is compromised considerably. In addition, research has shown that memory-enhancing activities occur during the deepest stages of sleep, further highlighting the importance of getting a full night of interrup-



tion-free rest.

\* Hit the gym. Exercise is another activity that can improve memory. Daily physical exercise increases the amount of oxygen that gets to your brain while reducing the risk for certain disorders, including diabetes and cardiovascular disease, both of which can lead to memory loss.

\* Manage stress effectively. Stress has a host of negative side effects, not the least of which is its impact on your memory. Chronic stress that goes untreated can destroy brain cells and damage the region of

the brain that deals with the formation of new memories as well as the retrieval of older memories. Numerous studies have shown that men and women cite their career as their primary source of stress. Since quitting your job is likely not an option, find ways to manage your stress more effectively. This may mean finding a way to make the most of your time, be it working more efficiently, emphasizing planning ahead or even vowing to stop procrastinating. Other ways to manage stress include making time to relax and rec-

ognizing that you have limits while seeking the help of others.

\* Make some dietary changes. Diet can also have an impact on memory. What you eat is fuel for both your body and your brain, and a poor diet can have a negative impact on your memory. Be sure to include omega-3 fatty acids, sources of which include salmon, tuna and other cold water fatty fish, in your diet. Research has shown that omega-3 fatty acids, which can also be found in walnuts, can boost brain power and possibly reduce your risk for Alzheimer's dis-

ease. Foods with antioxidants, including fruits and vegetables, can also protect your brain cells from damage, which can have a positive impact on your memory. Leafy green vegetables like spinach, romaine lettuce and arugula as well as fruits like apricots, mangoes and cantaloupe are good sources of antioxidants.

A diet high in saturated fat, which is found in red meat, whole milk, butter

and cheese, has been found to have a negative impact on memory. Research has shown that such a diet increases a person's risk of developing dementia while impairing an individual's ability to concentrate and remember things.

Loss of memory is often a momentary lapse, but those who find themselves becoming more and more forgetful can take steps to improve their memory and their quality of life.



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# Gilford Parks and Recreation news

BY HERB GREENE

Director

Gilford Parks and Recreation

## Youth Basketball registration deadline is Nov. 9

The Gilford Parks and Recreation Department is currently accepting registrations for the Youth Basketball Program for Gilford children in grades one through six. The early registration fee is available through Nov. 4 and the final registration deadline for all divisions is Wednesday, Nov. 9. Any registration submitted after Nov. 9 will be accepted on an availability basis only.

For more information, please contact Parks and Recreation Director, Herb Greene at 527-4722.

## Senior Moment-um programs

### Senior Moment-um Ocean State Job Lot/Hart's Turkey Farm Trip - Nov. 7

The Gilford Parks and Recreation is sponsoring a Senior Moment-um Trip to Ocean State Job Lots and Hart's Turkey Farm on Monday, Nov. 7. We will meet at the Gilford Town Hall at 9 a.m. to carpool to Ocean State Job Lots in Meredith to get a jump on the holiday shopping season! We will then head to Hart's Turkey Farm restaurant for lunch at 11:30 a.m. Each participant is responsible for the cost of their own shopping purchases and meal. Participants are

asked to please RSVP by Friday, Nov. 4.

### Senior Moment-um Dinner and Theatre Night, Nov. 17!

Gilford Parks and Recreation in conjunction with the GHS Interact Club and GHS Performing Arts, is sponsoring a Dinner and Theatre evening for participants of the Senior Moment-um Program. This activity is scheduled for Thursday, Nov. 17. Participants will meet in the Gilford High School Lobby at 5 p.m. to enjoy a nice dinner put on courtesy of the High School Interact Club. Following dinner, we will head into the Auditorium to watch the High School's performance of "The Secret Garden."

There is no fee for this program, but space is limited and reservations will be accepted on a first come basis. RSVP no later than noon on Friday, Nov. 11.

For more information or to RSVP, please call the Parks and Recreation Office at 527-4722.

### Gunstock Ski/Snowboard program registration deadline Nov. 14!

The Gilford Parks and Recreation Department is sponsoring a five-week learn to ski/snowboard program to be held at Gunstock Ski Area for Gilford children in grades K-6. This program will be running from 4:30 - 8 p.m. every Tuesday from Jan. 3 - Jan. 31,

2017. There is also rental equipment available to those who need it. Registration deadline is Monday, Nov. 14. Any registrations submitted after this date are subject to a \$25 late fee!

For more information please contact Parks and Recreation Director, Herb Greene at 527-4722.

### Boston Celtics bus trip scheduled for March 15

The Gilford and Belmont Parks and Recreation Departments are co-sponsoring a Bus Trip to Boston to see the Celtics take on the Minnesota Timberwolves on Wednesday, March 15. Cost of the trip is \$137 for lower level Loge seats and \$92 upper level bal-

cony seats and includes round trip motor coach from Gilford or Belmont and tickets to the game. Our deluxe motor coach will depart from Gilford High School at 5 p.m., and the Belmont Park & Ride-share (Route 106) at 5:15 p.m. You will have time to visit the pro-shop and get dinner on your own prior to the game. Our seats are in section #19 (Loge) and 329 (Balcony) for the 7:30 p.m. game. Seats are limited; a registration form must be completed accompanied by payment and tickets are non-refundable.

For more information, please contact the Gilford Parks and Recreation Department at 527-4722 or visit their Web site at [www.gilfordrec.com](http://www.gilfordrec.com).

### Senior Strides Weekly Walking program on Wednesday mornings

The Gilford Parks and Recreation Department and Gilford Youth Center are co-sponsoring a weekly walking program for senior adults on Wednesday mornings from 9-10 a.m. at the Gilford Youth Center. Participants can track their progress or just walk for fun and socialize with friends. There will be plenty of chairs available to take a break as you wish and coffee, tea and water will be provided. A \$2 donation is suggested and fees will go towards monthly raffles and prizes.

For more information, please contact the Parks and Recreation Department at 527-4722.

## Local florist to share holiday decorating tips at next Garden Club meeting

GILFORD — On Monday, Nov. 7, Opechee Garden Club is very pleased to present a timely program, "Trans-Seasonal Décor, Two Seasons With One Look," by Susan Brown, owner of the Lakes Region Floral Studio in Laconia.

This presentation using flowers, greens, and other materials, will demonstrate how to more easily transition home décor from fall to winter. The program will begin immediately following the club's regular Business Meeting, at 1 p.m., at the Gilford

Community Church, 19 Potter Hill Rd., in Gilford.

Susan Brown is a native of this area, growing up in Laconia, graduating from Laconia High School in 1988, and attending Rivier University in Nashua. After marrying her husband, Steve, the couple moved to Florida where Susan met a woman who owned a flower shop in Winter Park. Intrigued, Susan began working in the shop, for free, but soon, as she learned about the care of flowers, and floral design, she became a fulltime paid employee.

Another move to Cincinnati, Ohio, provided Susan with more floral design experience as she worked at two more flower shops.

Upon returning to the Lakes Region in 2000, Susan and her business partner, Jeff Craigie, began a retail florist shop in Laconia. Five years later, Jeff decided to relocate to pursue a different career, but Susan maintained the retail shop for about eight more years.

Three years ago, wanting to spend more time with her children, now of high school age,

she decided to change the focus of her career. Susan ended her full-time retail business, and chose to concentrate on floral designs for weddings, and special events. She hired retired, experienced floral designers to assist with the many floral preparations for these often large occasions. While Susan is not a "wedding planner," she is often called upon for suggestions, or advice, in staging and planning the floral parts of these events, too. Since this new business is very successful, averaging 90-100 weddings a year, the wedding season brings long weeks of constant work. However, Susan

has found that this type of business is a good fit with her desire for more family time, as the off-season is a great time to catch-up with her children. Opechee Garden Club is very much looking forward to her presentation.

Hospitality Chairs, Jessie Lacombe and Colleen Hartigan, and their Committee, Cindy Anderson, Sally Bussiere, Helen Donley, Elaine Denis, Sally Doten, Becky Gage, Mary Lou John, Laurie Johnson, Pati Litchfield, Barbara O'Shea, and Joni Stover will provide seasonal refreshments and table decorations. Members and their guests are en-

SEE GARDENING PAGE A13

## First United Methodist Church Friendly Village Street Fair Nov. 19

Come and visit the Friendly Village Street Fair at the First United Methodist Church in Gilford on Saturday, Nov. 19 from 9 a.m. - 2 p.m. Once here you can begin your holiday planning and shopping; there will be holiday decorations, hand-made knits and woven items, hand sewn kitchen items, many types of ornaments jewelry, plants, books, puzzles and games, cat toys, and so much more.

Tables will be set up in the village square (Fellowship Hall) where you can enjoy lunch or a snack from our lunch counter - chili, soups, and hot dogs, donuts, coffee, tea and cold drinks will

be served. Santa will be here as well! Christmas music will be played by Phil Breton, and the Girl Scouts will be singing along from time to time.

Continue your shopping with candy and baked goods (Thanksgiving is only a few days after the fair!). Cookies, rolls, quick breads and more will be available along with delicious chocolates, fudge and chocolate covered pretzels.

There will be a small silent auction this year as part of the festivities. The silent auction will run from 9 a.m. - noon, and will have some gift certificates from local businesses as well as some

lovely gifts. Crafters can enjoy some great prices on a variety of fabrics and crafting supplies as well as some unfinished arts and crafts. Scrapbooking kits will also be available.

Vendors this year will feature some great gifts—Denutte's Delights will have soy candles and lotions. There will be knit and crocheted items, Christmas stockings and ornaments from Beth Sears. Shepherd's Hut Market will have lots of beautiful printed pot-holders, oven mitts, mug rugs, recycle bag holders, hand spun yarn, nesting balls and much more. There will also be hand-made baskets of all sizes from kitchen baskets to

pack baskets, made by the incomparable Paula Asselin. Kar-A-Mar Authentic Sweets will be here with homemade Baklava and other treats as well as overall bibs for babes, adult bibs, drink coasters and more.

The Friendly Village Street Fair is on Nov. 19 from 9 a.m. - 2 p.m. at the First United Methodist Church in Gilford, 18 Wesley Way (off Route 11A near the 3/11 bypass). For questions you may call the church at 524-3289 from 8:30 a.m. - noon (Monday - Friday).

## Kids' flights rescheduled

GILFORD — Last weekend's rain and fog created low ceilings and visibility at the Laconia Airport forcing the cancellation of the planned free orientation flights for kids. The organizer, John Seeler, is pleased to announce that the flights have been rescheduled for Saturday, Nov. 5, with registration starting at the airport terminal at 9 a.m.

Seeler is the national Experimental Aircraft Association (EAA) Chapter 1516 President and the flights are being offered as part of the EAA's Young Eagles Program designed to interest youth in aviation. The flights are provided at no cost to the youth participating. The EAA is the World's largest private pilots association and its Young Eagles Program pairs youth ages 8-17 with pilot members for these "hands-on" flights.



COURTESY John Seeler, EAA Chapter 1516 President, is shown loading his Piper Seneca which is one of the aircraft used for the Young Eagles Flight Program re-scheduled for Saturday, Nov. 5 at the Laconia Airport. Seeler, who holds dual licenses from the FAA, is also President of ATS Precision Manufacturing of New Hampton.

Several certified and safety trained pilots are donating their time and aircraft to provide the flights locally. Seeler will be flying his own Piper Seneca as part of the event. He is also a member of the board for WinnAero, the STEM-oriented non-profit based at the Laconia Airport. WinnAero members are assisting Seeler with registra-

tions and administrative support. Kids interested in these free flights are urged to come to the Laconia Airport with a parent on Nov. 5 between 9 a.m. and 1 p.m. for the opportunity of a lifetime.

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## Pet of the Week: Hank



It's a name that just makes you smile when you hear it and say it out loud. A fun name that immediately imbues you with the sense of strength and wellbeing.

Our dog Hank, a sturdy terrier mix, he's just hoping masculine good looks will carry him forward into a new fur-ever home. Hank's incredibly outgoing and energetic, truly folks, in a balanced, active family, we can't imagine why you'd be anything less than thrilled to call this handsome boy part of your family. Hank is only 9 months

old. A family with children who are in the third grade or higher, will be delighted with this debonair dog. "He might chase cats for fun," says our doggie behaviorist, but he has the propensity to make many friends, both two and four legged alike. Come and see him at New Hampshire Humane Society. Don't forget to support the Subaru Loves Pets charity campaign. Post an image on social media of your pet being adorable using #SNELOvespets as the tag! It'll support New Hampshire Humane Society.

## NORTH COUNTRY NOTEBOOK

*Some horses were loose, all right, but this time they weren't mine*



By JOHN HARRIGAN  
COLUMNIST



JOHN HARRIGAN

On Thursday morning, I got a call from my daughter Karen, who had apparently received a call from someone else, informing me that my horses were loose.

"I don't have any horses," I replied, almost gleefully, and she said "I guess that means it's someone else's problem," and I said (and here I admit the glee part), "Right."

I then quickly called the friends who pasture their horses and cows on my place, just to make sure they had not sneaked their horses back onto my pastures, which they use during the time of green grass, roughly late May to late

October. There's not much green grass left in the pasture across the road, and what's there is capped by snow.

And it was late October, and there was still a smidgen of green grass that hadn't quite been chewed down, so I called Linda and Paul to make sure they hadn't slipped their horses back under cover of darkness or something--which they have been known to do--for one last nibble.

So I asked Linda if, by some chance, they had re-installed Stealth Horses on my property without my knowledge. "Nope, no Stealth Horses," she said quickly, meaning that their horses were not loose on South Hill, galloping

up and down the road, but were over on West Road right where they belonged, chewing on round-bale hay.

Four of the more dreaded words for anyone dealing with livestock are "Your animals are loose," especially at this time of year. It also perhaps bears mentioning that I'm on crutches, which would make chasing livestock around a bit more difficult.

This little episode somehow reminded me of the place in the woods where Bob Vashaw and I sometimes put things that are just best left to

rot, slowly, over a very long time. We call it the SEP Pile--Someone Else's Problem. Most of it will gradually melt into the soil, and the rest can just await the next scrap drive.

*(This column runs in weekly newspapers covering two-thirds of New Hampshire from Concord to Lower Quebec and parts of western Maine and northeastern Vermont. Letters must include the writer's telephone numbers and town. Write to campguy-hooligan@gmail.com or Box 39, Colebrook, NH 03576.)*

## FROM OUR READERS

### Help my fellow candidates and I restore the NH Advantage

To the Editor:

I am running for one of the four seats in the New Hampshire House of Representatives from Meredith & Gilford, and I ask your readers and their friends and acquaintances for their vote on Nov. 8.

I am running for the House together with Marc Abear, Herb Vadney and Glen Aldrich, for whom I also ask you to vote. All four of us have also been endorsed by the New Hampshire Liberty Alliance, so please Vote for All Four!

It has been reported that all four of our opponents have promised to try to expand state government and to raise our taxes; and at least two of our opponents have even tried to convince a prospective voter (who knew better!) that we need expanded gun laws to close the non-existent "gun show loophole."

In less than two weeks from now, we in New Hampshire will face choices crucial for the future of our state and country. The worst thing any of us can do is to stay home and fail to vote, no matter how difficult the choices may be. One of my favorite quotes, attributed to Edmund Burke, is "The Only Thing Necessary for the Triumph of Evil is that Good Men [and Women] Do Nothing."

I refuse to do nothing.

My campaign slogan is "Restore The New Hampshire Advantage!" We do not hear much talk these days about The New Hampshire Advantage, because it no longer exists! Why? Insufficient jobs, high business regulation and taxes, very high utility costs, a faltering economy, and our hidden personal income tax in the form of the tax on interest and dividends (which falls mostly on seniors and savers), among other factors.

There is much work to be done (or perhaps undone) in Concord. Following is a summary setting forth some of my goals if elected.

I always make myself available by phone and/or email, and try to respond as quickly as possible. If elected, I promise to continue to do so.

I generally have an opinion on most everything and I am not afraid to voice it and to try to

stand up for what is right.

Again, I ask you to vote for me and to encourage your family, neighbors and friends in Meredith & Gilford to vote for me. I would be honored to represent and serve you in the General Court.

Please feel free to contact me at any time. Email me for a detailed list of my qualifications in addition to the positions I have set forth below.

My positions:

**Maintain no personal income tax**

**Maintain no general sales tax**

**Repeal the tax on interest & dividends (a stealth five percent state income tax that penalizes savers & seniors)**

**Cut taxes and reduce the size & scope of government & government regulations to create more jobs & a better economy for New Hampshire!**

**The lifeblood of government is your tax money & the only way to shrink government is to cut taxes and government programs.**

**Protect our Second Amendment rights!**

**Promote & expand school choice!**

**Enact Right to Work!**

**Protect local control of government functions!**

**Fight for lower energy costs!**

**Protect, respect & honor our first responders!**

**Return to biennial legislative sessions!**

"No man's life, liberty, or property is safe while the legislature is in session." — Mark Twain

Norman Silber  
Gilford

## Send us your letters!

We seek your input! Tax rate got you down? Glendale too congested for your liking? Do you approve of a recent selectmen decision? Hate the paper? Love the paper? Let us know!

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5 Water Street • Meredith, NH, 03253

Our fax number is 279 3331.  
E-mail us at [steamer@salmonpress.com](mailto:steamer@salmonpress.com).  
We're looking forward to hearing from you!



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# FROM OUR READERS

## I support Lisa DiMartino

To the Editor:

Lisa DiMartino is seeking re-election to the New Hampshire House of Representatives for Gilford and Meredith, and I support her.

Since leaving the House of Representatives in 2014, Lisa has volunteered many hours as an advocate in Concord on issues related to New Hampshire's health care

system and developmental disabilities. Lisa currently serves on several action groups, including, but not limited to, the Governor's Commission on Health Care Workforce, the Medical Care Advisory Committee, and the Governor's Commission on Disability.

Lisa worked on and testified before several legislative committees

relating to House Bill 484 (rule changes to long-term care), House Bill 564 (prior authorization for medications through Managed Care companies), and Senate Bill 491 (rule changes to extend in-home services outside the home).

In addition to Lisa's commitment to and expertise in the health care field, she is a small

business owner. She understands the challenges small business owners face and the importance of creating an environ-

ment which supports and promotes our local businesses.

Please re-elect Lisa DiMartino to the House

of Representatives on Nov. 8.

*Susan Michaelis  
Gunther  
Gilford*

## The voting records of our Republican House candidates explain their reluctance to debate

To the Editor:

The League of Women Voters recently invited all Republican and Democratic candidates for the New Hampshire House from the Gilford-Meredith district to participate in a debate. The entire Republican slate turned down the invitation. Finding that rather strange, I checked the voting records of the two Republican incumbents heading the Republic ticket, Glen Aldrich and Herb Vadney. If the voting records of these two men speak for the ticket, there is little wonder that the slate wanted to avoid public discussion of the issues.

Our Belknap County Representatives vote in Concord on state-wide issues, and in their capacity as the County Convention, they vote on issues specific to Belknap County. In particular, they vote on the county budget every year.

With regard to votes in Concord, a crucial area of legislation in the past year has been attempts to address the drug crisis, with four major pieces of legislation passed by overwhelming bipartisan vote. And how did these two Belknap County Representatives vote on the four bills? Rep. Aldrich voted against all four, and Rep. Vadney voted against three of the four. Together, they showed a complete indifference to solving the drug problems affecting New Hampshire. Did they think the epidemic has not come to Belknap County? Do they not care?

With regard to votes at the County level, Representatives Aldrich and Vadney voted to reduce the recommended funding to Community Action Program, which funds Meals-on-Wheels,

medical transportation to needy seniors, companionship to shut-ins, family planning and prenatal care. They voted to reduce recommended funding to the Cooperative Extension, which provides assistance in agriculture, forestry and wildlife and supports the 4-H clubs. Mr. Aldrich and Mr. Vadney voted to reduce recommended funding to the Conservation District, which helps Belknap County communities conserve natural resources for the benefit of all. They voted to reduce the recommended funding for Genesis, which provides mental health treatment. They also voted to reduce funding to the Economic Development Council, which works to develop our local workforce, attract new business, provide business advice and financing, and support entrepreneurs. They even voted against a bill sponsored by Jeanie Forrester to implement a system of care for children with behavioral issues, to address these problems before they reach the crisis stage. In view of the fact that over 70 percent of the Belknap County jail inmates suffer from substance abuse and/or mental health problems, these supposedly fiscally responsible Representatives will cost the county taxpayers a lot more in the long run by pushing the problems down the road.

These votes in both Concord and Belknap County have in common a failure to address the needs of our county and our state, whether in addressing the drug crisis or in providing crucial services to Belknap County citizens. These votes also share a short-sighted

view of cost, sometimes known as penny-wise, pound-foolish. Representatives Aldrich and Vadney fail to recognize that spending some money on solutions to the drug problem will save money in the long run that would otherwise be spent on increased police and incarceration needs, added burden to the health care system, and lost productivity. They fail to recognize that providing services such as Meals-on-Wheels will keep seniors in their homes longer, which is both preferable to these seniors and a cost-saving measure to the county in the long run. They fail to recognize that preserving the natural resources of this Lakes Region will improve not only the quality of life here, but also the tourism trade.

So it is easy to see why the Meredith Republican slate (which is running as a slate, and thus must be seen as supporting the votes of the two incumbents), chose not to face the public in an open debate with their Democratic opponents. They might have been asked some tough questions about their votes in Concord, and they might also have been asked some tough questions about their votes in Belknap County. Some people might attack these votes for a lack of compassion, which they clearly demonstrate. My own criticism of the votes is that they show an inability to deal with the present and plan for the future of Belknap County in any meaningful and rational way. I will be voting for Lisa DiMartino, Johan Anderson, Nancy Frost and Dorothy Piquado on Nov. 8.

Sincerely,

*Joe Wernig  
Gilford*

To the Editor:

As the election draws near, I respectfully ask the citizens of Gilford and Meredith for your support and the privilege to serve as your State Representative.

We live in a wonderful community, with people who share a deep appreciation for our beautiful Lakes Region, and I was honored to serve as your State Representative from 2012-2014. During my term in the House, I served on the Health, Human Services and Elderly Affairs Committee as well as the Suicide Prevention Council and Long Term Care Committee.

I first decided to run for public office because I wanted to serve our community and make positive changes for New Hampshire and our future. I've always put people above politics and ideology, and I'm able to work together to find common ground to solve problems.

As a disability rights and health care advocate, I spend a lot of time in Concord working on health issues that affect all of our citizens. As you know, health challenges and disabilities affect us all, regardless of age, race, gender, or party affiliation.

I currently serve on several committees, including the recently formed Governor's Commission on Health Care

Workforce, NH Medical Care Advisory Committee, Governor's Commission on Disability, Council for Youths with Chronic Conditions, and the Disability Rights Center Board of Directors.

On these committees, I work with many dedicated, caring people, and understand the importance bringing many voices to the table in order to solve problems such as the opioid crisis, and the health issues that face our families, seniors, veterans, and those with special needs.

On the economic front, it's important to work together to make the Lakes Region a thriving, economically viable community for our families, seasonal residents and tourists. I believe this can be accomplished by investing in quality, affordable education, including job skill training, and providing incentives for our young people to stay and work in New Hampshire.

Another important piece to our economic success is to maintain and upgrade our infrastructure, and to protect the natural resources and environment we all enjoy, especially here in the Lakes Region. I'm also a strong supporter of local businesses, and I'm aware of the challenges facing small business owners, since our family has been involved in

starting new businesses in New Hampshire.

If elected, I look forward to working with our county commissioners and town officials from Gilford and Meredith, and to bring their concerns and needs to Concord. I know an important issue that must be addressed is the downshifting of costs from the State to our county and towns, which impacts our local budgets and property taxes.

During the campaign, I've been knocking on doors, attending meetings and engaging in discussions about issues facing New Hampshire. Most importantly, I've been listening to your concerns and what issues are important to you and your family.

I respectfully ask for your support and vote on Nov. 8. It's important that you have a committed and sensible representative that can work across the aisle, and that puts people above politics and ideology.

Also, please consider voting for Johan Andersen, Nancy Frost and Dorothy Piquado for state rep.

For more information, you can contact me via email: [ldimartino@tpadvocates.com](mailto:ldimartino@tpadvocates.com)

Thank you for your consideration.

Respectfully,

*Lisa DiMartino  
Gilford*

## Vote Lisa DiMartino for a better district and state

To the Editor:

We are asking our friends, neighbors, and voters in Gilford and Meredith to cast your ballots for Lisa DiMartino, a candidate for state representative.

We feel that Lisa is the best candidate based on her dedication to family, her district, and the

state of New Hampshire. She is an experienced legislator, community servant, and wonderful mom. She is especially knowledgeable in the field of children's needs and what state programs work best to develop the state's future citizens. She has a great understanding of state govern-

ment and how it should act in the best interests of our local municipalities.

When you go to the polls on Nov. 8, please vote for a better Gilford, Meredith, and the state by electing Lisa DiMartino. Thank you.

*Bill & Erika Johnson  
Gilford*

## Joe Casey will make a great senator

To the Editor:

I am excited about this election from the top of the ballot all the way down. We have such amazing candidates running in Belknap and Strafford Counties. The towns of Alton, Barnstead, Gilmanton, New Durham, and Farmington, along with the City of Rochester, have a chance to elect one of those amazing candidates as their new State Senator. Joe Casey has my total support in this election. Joe will make a great State Senator because he is a serious leader who does not mistake self service for public service.

Joe has been a working class leader for most of his life, he has worked to create hundreds of good paying jobs, thus improving the lives of NH workers and their families. He wants to protect those jobs and create more good paying jobs for New Hampshire citizens. Joe also will

work to improve our public schools for New Hampshire children. As a father of four he has volunteered his time as a sports coach, and as a life long New Hampshire resident, he has a deep feeling for helping his community.

Joe is extremely passionate about fighting the opioid epidemic, and he knows that we can not just handcuff our way out of it. The vicious cycle that this crisis thrives upon must be stopped in its tracks and that is exactly what Joe will work

to do. Because of Joe's passion about a comprehensive approach using prevention, treatment, and help with recovery, he has received the endorsement of First Responders from the New Hampshire Troopers Association and the Professional Fire Fighters of New Hampshire, along with many other groups and all three Strafford County Commissioners. I hope you will join me in voting for Joe Casey for State Senate on Nov. 8.

*Lew Henry  
Gilmanton Iron Works*

## Candidacy announcement

To the Editor:

Marc Abear is running for State Representative from Belknap County District 2, Gilford and Meredith. Please vote for Marc Abear on Nov. 8.

A State Representative's job is to represent the best interests of the people of the district

in the New Hampshire House of Representatives. In order to better understand the district's voters I am attempting to knock all of the doors in the district.

If we have not met and there questions, comments or concerns that you wish me to

SEE LETTER PAGE A6

**VOTE NOVEMBER 8<sup>TH</sup>**

**Lisa DiMartino**  
FOR STATE REPRESENTATIVE  
Gilford/Meredith District 2

As a Disability Rights Advocate and former State Rep. Lisa knows how to get things done in Concord.

**FOCUSED ON PUTTING PEOPLE ABOVE POLITICS**

**MY PRIORITIES INCLUDE:**

- Ending the devastating opioid crisis.
- Supporting quality, affordable education and community services.
- A strong economy with robust job growth.
- Fiscal responsibility - Low taxes through wise investing and effective budgeting.
- Caring for the elderly and disabled and advocating for all citizens.

PAID FOR BY LISA DIMARTINO FOR STATE REP DOROTHY PIQUADO FISCAL AGENT

## William Victor Montembeault, 35

LACONIA — William Victor Montembeault, 35, of Gilford Avenue, passed away at home on Tuesday, Oct. 18, 2016.

William was born on Aug. 13, 1981 in Concord, the son of Steven R. and Tammy J. (Sanders) Montembeault. He worked at Kingswood Regional High School in the Agricultural Program. He most recently was employed by DC Beane doing construction work. His favorite passion was photography.

William never met anyone that stayed a stranger, he was great with kids, young and old.

William is survived by his parents, Steven and Tammy Montembeault, of Laconia; his paternal grandparents, Richard Montembeault and companion Brenda Wing-Clarke, of Lochmere and Linda Montembeault, of Wakefield, R.I.; his maternal grandmother, Elaine Sanders, of Jasper, Texas; three brothers, Avery Montembeault, and his wife, Kate Cronen of



Niskayuna, N.Y., Evan Montembeault of Burlingame, Calif. and Benjamin Montembeault of Laconia; a sister, Adria Montembeault-Ramsay, and her husband, Daniel; two nieces, Elizabeth and Madison Ramsay of Loudon; five aunts, Beth Ann, Wanda, Kathy, Jennifer and Kimberly as well as five uncles (Mike, Peter, Jerry, Richard, Jr. and Andrew). He had numerous cousins all over the world. William was blessed to have "extra" grandmothers Norine Weston of Seattle, Wash. and Georgia Yarbrough of Northfield. He was also thought of as a brother to Aaron Phillips, of New York, N.Y. and Ethan Wolfe, of Hopkinton. His faithful hiking companion, Wicket, will also

miss his master.

William was predeceased by his maternal grandfather, Jerry Sanders, and by his uncle, M.K. Atwood.

Calling hours were held on Saturday, Oct. 29, 2016 from 4 to 6 p.m. at the Wilkinson-Beane-Simoneau-Paquette Funeral Home, 164 Pleasant St., Laconia, using the Carriage House entrance.

A Funeral Service followed the calling hours at 6 p.m., also at the Funeral Home.

For those who wish, the family suggests that memorial donations may be made to Got Lunch Laconia, 18 Veterans Square, Laconia NH 03246.

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

## James W. Rathbun, 65



LACONIA — Brother James W. Rathbun, 65, of 103 Blueberry Lane, died Sunday, Oct. 23, 2016 at Concord Hospital.

He was born on Sept. 29, 1951 in Providence, R.I., the son of the late Charles and Ora (Denocour) Rathbun. James was an ordained Brother of the Sacred Heart Order, dedicating his life to the Lord. Known as a kind and generous person, he would constantly help neighbors and friends in a number of ways, such as bringing them to appointments or helping neighbors get to the food pantry. James was an unsung hero to many family and friends.

He is survived by his four sisters (Deborah Etchell and her husband

Raymond of Belmont, Pamela Tavares and her husband Joseph of Cranston, R.I., Diana Woodruff, and her husband, George, of Belmont and Virginia Dechene and her husband Hank of Laconia); many nieces, nephews, grand nieces and grand nephews.

In addition to his parents, he was predeceased by his brother, Charles W. Rathbun.

Calling hours were held from 4 to 8 p.m. on

Thursday, Oct. 27, 2016 at the Wilkinson-Beane-Simoneau-Paquette Funeral Home, 164 Pleasant St., Laconia, using the Carriage House entrance.

Funeral services will be held at a later date in Rhode Island.

For those who wish, memorial contributions may be made to the New Hampshire Humane Society, PO BOX 572, Laconia, NH 03247.

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

## The Belknap Mill Society welcomes André Paquette to the Raise the Roof Community

LACONIA — The Belknap Mill Society gratefully acknowledges André Paquette for his generous contribution to the \$25,000 Karagianis Matching Gift Challenge. The Karagianis family presented the challenge in honor of Peter S. Karagianis to support the Society's work to raise a new roof over the Belknap Mill.

"During urban renewal, Peter Karagianis, Sr. led the fight to save one of the most unique buildings from the early days of the Industrial Revolution," said Mr. Paquette. "If not for his wholehearted commitment, the Belknap Mill would no longer be here. Instead, we'd have a parking lot for fourteen cars. This year, almost 50 years later, Peter Karagianis, Jr. and his family are leading the effort to save the Belknap Mill again, by raising a new roof on this historic landmark of the Lakes Region."

This community inspires great caring and investment among its citizens. No matter

what the cause – be it the Lakes Region Boys and Girls Club, Lakes Region United Way or the redevelopment of the Colonial Theater block – the community comes together again and again to support people and places that matter. Like all of these organizations, the Belknap Mill is an important part of the landscape. It, also, defines the community. It is a reminder of the past and a testament to the future.

Like a great many local residents, Mr. Paquette is grateful to have an opportunity to contribute to the continued growth of the community. "It is an honor," he commented, "to follow the lead of the Karagianis family and to help make the Lakes Region a place I am proud to call home."

There is a time to lead and a time to follow, and the Society recognizes Mr. Paquette for his own community leadership. Said Allison Ambrose, President of the Belknap Mill Society, "Throughout the years,

André Paquette has graciously shared his time, expertise and institutional knowledge in support of the Belknap Mill. It is thanks to his continued commitment – and the dedication of many others who are likewise inspired – that the Mill continues to evolve as a robust center for the Lakes Region community. We are extremely grateful for his support."

Preserving the historic Belknap Mill is the work of the entire community. To make a donation to raise a new roof over the Mill, email [development@belknapmill.org](mailto:development@belknapmill.org) or call 524-8813.

The Belknap Mill Society is a 501(c)(3) nonprofit organization whose mission is to preserve the Belknap Mill as the Lakes Region's unique historic gathering place and the community's center for award-winning cultural and educational programs. Built in 1823, the Belknap Mill is the oldest unaltered textile mill in the United States and is recognized on the National Register of Historic Places as a site worthy of preservation. The Society relies on the continued support of donors and its members. To learn more about the Belknap Mill Society, to make a general donation or to learn about becoming a member, visit [www.belknapmill.org](http://www.belknapmill.org).

November marks the fifth anniversary for a local pet care business in the Lakes Region. Homeward Bound Professional Animal Care, LLC, a local dog walking and vacation cat care business, is kicking off a month of celebrations to thank current clients and welcome new clients, including discounts and Facebook contests. With more than 15,000 walks under their "collar" you know your pet is in good hands.

"Homeward Bound provides pet parents with peace of mind knowing they can leave their dogs and cats with a knowledgeable, trustworthy and dependable team of pet care professionals when they are not able to be there themselves. Our clients love the Pet Care Journal updates with pictures that we send with each visit. They know our employees are held to the highest standards and that their furry family member will be treated like members of our own family with loving, consistent and reliable care," says Homeward Bound's owner, Alix Marcoux DiLorenzo.

According to one client, "We've worked with Alix and her team for five years now, and we can't say enough about how wonderful the experience has been. The dogs love their walker. We love the dependability, flexibility, and ease-of-mind Homeward Bound offers. From a simple mid-day walk to watching the animals and home while you go

away, this business does it all and well. We never worry, and that's a very good thing."

To learn more about Homeward Bound's dog walking programs, you can find them at [www.hbpets.com](http://www.hbpets.com) or call 998-0954.

**About Homeward Bound Professional Animal Care, LLC**  
Homeward Bound specializes in dog walking services for busy pet parents in the Lakes Region.



COURTESY

Homeward Bound Professional Animal Care, LLC, a local dog walking and vacation cat care business, is kicking off a month of celebrations to thank current clients and welcome new clients, including discounts and Facebook contests.

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### About Homeward Bound Professional Animal Care, LLC

Homeward Bound specializes in dog walking services for busy pet parents in the Lakes Region.

### LETTER

(Continued from Page A5)

respond to or to consider please contact me at [VoteAbear@gmail.com](mailto:VoteAbear@gmail.com). So far, I have knocked on about 4,500 doors. Thank you for welcoming me and sharing your concerns.

You should understand how I make will make decisions on your behalf when casting votes in Concord, assuming you vote Abear on Nov. 8. To me the deciding question is: Does this legislation make us more free or does it make us less free? If the answer

is more free the measure gets my support.

Thank you for participating in the process of selecting State Representatives. It is my hope that I have worked hard enough to have earned your vote. Thank you for your consideration of my candidacy. Thank you for voting on November 8th. Please vote Marc Abear for State Representative for Belknap County District 2.

Respectfully,  
Marc Abear  
Meredith

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# GES puts Halloween fun on parade

BY ERIN PLUMMER  
eplummer@salmonpress.com

The doors of Gilford Elementary School opened on Halloween morning and unleashed a horde of superheroes, witches, fairies, emojis, and many more down Belknap Mountain Road

for the school's annual Halloween parade.

At 9 a.m. on Monday morning, students, teachers, and staff members in an array of costumes paraded to the other end of Belknap Mountain Road and came back to school. The Halloween parade

is a longtime tradition at GES. Principal Danielle Bolduc said every year the parade takes place first thing in the morning.

"We just do it right away, some come in costume off the bus," Bolduc said.



ERIN PLUMMER

Kids and staff from Gilford Elementary School paraded through Gilford Village during the school's annual Halloween Parade.

staff will do for their costumes is a big secret. McGonagle said a lot of kids were coming up to her asking, "What are you going to be, Nurse Jen?" She said she kept telling them it was a secret,

Both said dressing up and doing this kind of activity is essential for kids. McGonagle said it lets them be creative.

"That's part of childhood, that beautiful imagination," McGonagle said.

Families of the kids and other community members gathered on the side of the road to watch the parade.

"It gives you a chance to see the kids' costumes in the daylight," McGonagle said.

Bolduc said people enjoyed seeing the kids in costume.

"I think they really love seeing their faces," Bolduc said.

Bolduc thanked the Gilford Police Department for closing off Belknap Mountain Road during the parade.

# Fun, sweet rewards for GHS pumpkin contest

BY ERIN PLUMMER  
eplummer@salmonpress.com

A lot of pumpkins combined with some art supplies and other props made for some Halloween fun and bonding time for Gilford High School students during their annual pumpkin decorating contest.

A few days before Halloween, the front lobby of the school was lined in an array of uniquely decorated pumpkins. Each of the pumpkins were decorated by students in each of the 51 advisories and entered for a chance to win some Dunkin Donuts for the class.

The annual event is put on by Student Council. Student Council advisor Sally Sessler said each of the advisories, which contain between nine and 13 students, received a pumpkin to decorate. Pumpkins could not be carved and all materials had to have been brought in by the students and not come from the classrooms.

Student Council sought pumpkin donations from local businesses. Sessler said pumpkin donations were a little harder to come by this year because many pumpkins went to the New Hampshire Pumpkin Festival. Walmart donated \$75 worth of pumpkins and pumpkins were also donated by Shaw's and Hannaford. Some pumpkins did have to be purchased for the activity.

The pumpkins were due at 1 p.m. and set up on tables in the front lobby.

"Everybody was



ERIN PLUMMER

"The Neverending Pumpkin" display created by Leaman Antone's advisory won for the junior class.

down here in the front hallway, it's all for fun," Sessler said.

The pumpkins were judged and the winners were announced.

The overall winner was Janice Stowell's sophomore advisory. Students took small pumpkins and decorated them to look like a dozen doughnuts from Dunkin Donuts. This was paired with a pumpkin painted like a coffee cup with each student's name written as the order specials.

The winning advisory will win a real box of

a dozen doughnuts from Dunkin Donuts.

The freshman class winner was the owl done by Louise Jagusch's advisory. The junior class winner was the "Neverending Pumpkin" by Leaman Antone's advisory. This pumpkin was put in a box with mirrors that reflected the pumpkin to look like many. The senior class winner was from Jessica Bishop's advisory with a pumpkin made to look like Cinderella's carriage.

Each of the other classes with winning pumpkins will receive a box of Munchkins. Sessler said in addition to being a contest it has some more advantages.

"It helps build school spirit and helps the advisories come together as a group," Sessler said.

Sessler said the students loved decorating the pumpkins.

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Apart from death and taxes, few events in our world are consistently predictable – and investment returns are definitely not one of them. What can you, as an individual investor, do to cope with the ups and downs of the financial markets and make progress toward your long-term goals?

To begin with, you should be aware that the financial markets have fluctuated greatly – daily, monthly and yearly – over the past three decades. Overall, though, the financial markets trended upward, as measured by major indexes such as the Dow Jones Industrial Average and the S & P 500. Of course, as you've no doubt heard, past performance can't guarantee future results.

What was responsible for this long upturn? Most experts cite several factors: sharp declines in inflation and interest rates, vastly improved worker productivity (largely brought on, for at least a few years, by more advanced and efficient information technology), growth in emerging markets and a long run of strong corporate profits.

Can a generally positive investment environment continue in the years ahead? As mentioned above, it's pretty hard to forecast the performance of the financial markets. And you can be fairly certain that the market volatility we've seen – those large price swings – will not disappear any time soon. So to help position yourself to better withstand these sharp movements, consider the following:

- Modify your expectations.** Don't count on high or even positive returns throughout all your years of investing. Try to "bake in" reasonable return expectations to your long-term investment strategy. A financial professional may be able to help you with this.
- Don't make rash moves to "beat the market."** If the market doesn't consistently yield double-digit returns, you might think that you need to take drastic actions, such as investing much more aggressively than your risk tolerance would normally allow. For example, you might be tempted to pursue some "hot" stocks that you heard about through a friend, co-worker, or one of the so-called experts on the cable television shows devoted to investing. But by the time you hear about these stocks, they may not be so "hot" anymore – and they may never have been so hot for you, given your individual needs, goals and risk tolerance. So, instead of ratcheting up the aggressiveness with which you invest, look for other investment techniques

to help yourself advance toward your financial objectives.

- Boost your investments in your retirement plans.** Contribute as much as you can afford to your 401(k), IRA and other retirement accounts. The earlier you start, the more years you'll be giving your investments to potentially grow.
- Be open to working longer.** If you like your job, and you're prepared to be flexible, you could gain some key benefits by working just a few more years than you had planned. Specifically, you can keep contributing to your 401(k) and IRA, and you also might be able to delay taking Social Security, thereby earning bigger monthly payments when you do start collecting your benefits.

Investing would be simple if you could always count on earning big returns. However, that's not the case. And if the markets are indeed going to be somewhat unpredictable, then you'll want to take a page out of the Boy Scouts' handbook and "be prepared."

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.



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For more information or to sign up for their monthly newsletter, contact **Jacqueline Taylor**, Financial Advisor, at **279-3161** or email Jacki at [Jacqueline.Taylor@edwardjones.com](mailto:Jacqueline.Taylor@edwardjones.com). Her office is located at 14 Main Street, Downtown Meredith.

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# Genesis awards local leader and advocate

MEREDITH — Genesis Behavioral Health awarded the winners of the Dr. Pete Harris Community Service Award and the Helen Holbrook Leadership and Service Award on Tuesday, Oct. 25 at their Annual Meeting and Fundraising Dinner celebrating 50 years of service as the Community Mental Health Center for Belknap and southern Grafton Counties.

Each year, Genesis recognizes an individual or organization with the Dr. Pete Harris Community Service Award as a champion who promotes increased awareness, sensitivity, understanding and acceptance of mental health, such as Dr. Harris, the agency's founder, did himself. It is awarded to someone whose actions speak louder than words to promote respect and quality care for the necessary services for those in need.

This year's recipient, Kristen Welch, Director of Advancement at Community Action Partnership of Strafford County and former Director of Development and Communications at Genesis Behavioral Health, was honored for her steadfast efforts to educate the public on issues directly affecting individuals and families living with and recovering from mental illness.

"Her efforts have helped improve community regard, and township support, for the ne-

cessity of timely access to emergency clinical and medical service supports that are often unfunded in service contracts," wrote Marshall Hatch, who nominated Welch. "She has conducted herself tirelessly, with brightness, humor and hopefulness, for the improvement of services and respectful regard within the communities of New Hampshire for all those living with mental illness and emotional distress."

The Helen Holbrook Leadership and Service Award is an annual award presented by Genesis to an individual who leads by example and gives of themselves, such as Genesis's first staff member, Helen Holbrook, did. Helen was a tireless advocate who strengthened the cause of mental health in the Lakes Region and remained active with the organization right up until her passing in September of 2015.

This year's recipient, Jacqui Abikoff, the Executive Director at Horizons Counseling Center, was honored for her service as an advocate, supporter and collaborator toward furthering awareness of mental health issues.

"She has created and expanded services for those with substance use disorders and co-occurring disorders; has been integral in the success of Belknap County's Drug Court; and continues to serve as a resource for



Left to right Martha Dolben (in yellow), daughter of Dr. Pete Harris; Kristen Welch, Dr. Pete Harris Award recipient; Dr. Kelley White, presenter; and Anne Onion, daughter of Dr. Pete Harris.

other professionals on important topics that include domestic and sexual violence, criminal justice, crisis intervention, and suicide prevention," wrote Maggie Pritchard, Executive Director of Genesis Behavioral Health, in describing Jacqui's service and efforts. "Jacqui has become part of the landscape of the Lakes Region and a leader and a champion for both those with substance use disorders and those with psychiatric and other behavioral disorders. She is an integral part of all our community collaborations and holds hope for a brighter tomorrow."

"It is very special that on our 50th Anniversary we honor former employees of Genesis Behavioral Health who have contributed to and continue to champion the success of behavioral health services," said Pritchard.

Each awardee was presented with a certi-

cate of appreciation and mountain picture from local photographer J. Se-cord Photography during

the Annual Meeting and 50th Anniversary Celebration of the agency held at Mill Falls at the

Lake, Church Landing in Meredith.

Genesis Behavioral Health is designated by the State of New Hampshire as the community mental health center serving Belknap and southern Grafton Counties. A private, non-profit corporation, Genesis serves nearly 4,000 children, families, adults and older adults each year. For more information or to schedule an appointment, call 524-1100 or visit the website at [www.genesisbh.org](http://www.genesisbh.org). Find Genesis Behavioral Health on Facebook and follow us on Twitter for updates and information.

## Central NH VNA & Hospice to offer "Grief During the Holidays" information & support meeting

Central New Hampshire VNA & Hospice is offering a 60 minute information & support meeting regarding grief during the holidays at the following locations and times: Nov. 17 from 10:30 – 11:30 a.m. and Dec. 20 from 6 – 7 p.m. at the First Congregational Church in Wolfeboro. Dec. 1 from 4 – 5 p.m. at Central New Hampshire VNA & Hospice, 780 N. Main St. in Laconia. The purpose of the meeting is to help individuals who have lost a loved one find ways to cope with their grief during the holidays.

When you've lost a loved one, the holiday season can be a painful reminder of the terrible loss you are feeling – instead of bringing warmth, love, and excitement into your life. The first few years are perhaps the

most difficult, but even years later, the holidays may lack the joy they once had for you. You are surrounded by symbols and events that encourage you to celebrate on the outside while you are grieving within. While others can't wait for their special holiday to arrive, you can't wait for it to be over.

There is no cost to attend and no pre-registration is required. All are welcome to attend. For more information contact James Miller, Bereavement Coordinator: 569-2729 or 524-8444 or email: [jmiller@centralvna.org](mailto:jmiller@centralvna.org).

### About Central New Hampshire VNA & Hospice

The Mission of Central New Hampshire VNA & Hospice is "Promoting

dignity, independence, and well-being through the delivery of quality home health, hospice and community-based care services." Central New Hampshire VNA & Hospice has served Lakes Region communities since 1918 and provides Home Care (nursing and rehabilitation services in the home); Pediatric Care (direct health care, education and support services for children and families); and a comprehensive, team-based Hospice program. Central New Hampshire VNA & Hospice is a not-for-profit, Medicare-certified provider of home care and hospice services, licensed by the State of New Hampshire. The agency is governed by a volunteer Board of Trustees and supported by private and corporate donations.

## Learn strategies for sleeping well at Wesley Woods

On Wednesday, Nov. 9 at noon, Wesley Woods welcomes Dr. Alissa Dimos DC, as she discusses "Sleep Well Strategies." Learn tips and techniques for obtaining those precious ZZZs.

This presentation is geared to giving natural health tips to help improve quality and quantity of sleep. Additionally she does a brief review of supplements that may be appropriate

to help achieve better rest. Dr. Alissa Dimos earned her B.A. in Biology from Saint Anselm College and her Doctor of Chiropractic degree at Life University College of Chiropractic, earning cum laude distinction. She has over five years of clinical experience and is highly regarded in the greater Manchester area as a leading Chiropractor working with a wide range of con-

ditions and patients. She managed and ran a very successful family practice and has been named as one of the states "Top Chiropractors" by New Hampshire Magazine in both 2014 as well as 2015. A light lunch will be served, before the presentation at 11:30 a.m. Please contact Stace to RSVP or for more information at 528-2555 or [sdhendricks@wesleywoods-nh.org](mailto:sdhendricks@wesleywoods-nh.org).

## Re-elect Joe Kenney for Executive Councilor District 1 Tuesday November 8th



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### Experience

- As Executive Councilor travelled over 120, 000 the past two years to represent the 108 towns and four cities
- 100% Attendance at all G & C meetings and Judicial Hearings
- 14-year Legislator (8 in the NH House; 6 in the NH State Senate) – Received numerous awards from the NH Medical Society, NH Association of Counties, National Humane Society, and Veteran Groups as Legislator of the Year.
- 37 year active and reserve Marine
- Endorsed by the National Federation of Independent Business

### Priorities

- Fight the Drug Opioid Crisis – supported over \$26 million in drug prevention, treatment and recovery programs
- Support our Higher Education and Community College System in the creation of job training opportunities to develop our new workforce
- Support our Travel and Tourism Industry
- Advocate for better road and infrastructure improvements
- Reduce business regulation to assist small businesses
- Support our natural quality of life in and around the lakes region



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"People's Choice" winner - Getty Construction, Meredith (House Number 3 on the tour).



Winners Recognized at Awards of Excellence Breakfast at the Chase House in Meredith. Hayden McLaughlin from Belknap Landscape, Kurt Clason from K.A. Clason Fine Woodworking, Liam Cargill from Cargill Construction and Kevin Getty from Getty Construction.



New board members sworn in for the Lakes Region Builders & Remodelers Association. Left to right: Sitting, Kurt Clason incoming President, Julie Hayward - immediate past president, Steve Custance - Local Director, Sandy Curtis-VP of Associate Members, Randy Hancock - Local Director, Patti Phelps, Secretary, Ray Boelig, incoming Vice President, Conor Hayes - Local Director, Bruce Hamel - Local Director, Marie Degulis - Local Director, Duncan Simons - Local Director, Bob Glassett - Treasurer, Presenter Anna Satterfield from NAHB.

# Lakes Region Parade of Homes winners announced!

Getty Construction's home "Gateway to Fish Cove in Meredith" was the visitors' overall favorite home on the tour and voted Lakes Region Parade of Home's "People's Choice" Winner. This is Getty Construction's first time on the tour and it was a spectacular home to showcase his craftsmanship. Getty Construction, Inc., owned and operated by Kevin Getty, has been in business for more than 30 years. Getty has built many custom homes and several commercial projects.

Parade-goers at this year's Parade of Homes held during Columbus Day weekend were once again treated to some beautiful homes scattered throughout five communities including Meredith, Center Harbor, Moultonborough, Alton and Tilton.

Upon entry of their first home, they received a guidebook with a map and home descriptions, "Swag" bags filled with supporting industry information, give-aways and an official ticket. As the visitors toured the homes they were asked to choose their favorite home and cast their ballot at the completion of visiting their last home on the tour.

Visitors had no special criteria to judge on but to pick the home that resonated as the best out of the eight homes. Some people picked the one with the best overall amenities, size, flow of the house, energy efficiency and most innovative technologies, while others just picked their favorite home that they would most likely like to live in.

The voting was very close between several

of the homes but after all the entries were tallied it was clear that the visitors were impressed with Home #3 in Meredith built by Getty Construction.

"Client satisfaction is our top priority-we thrive on bringing clients ideas to reality," said Kevin Getty, owner of Getty Construction. "Start to finish, we see it through."

The 7,200 square foot expansive, custom home was designed to be reminiscent of an antique estate beach/lake house and featured six bedrooms and six baths. The IPE iron wood decking, Maine-style mahogany lattice, raised granite fire pit, perch beach and granite steps leading to the water all have created interest and beauty to the outside living space. Inside, expansive custom cove moldings with

lots of attention to detail, then wide open, bright spaces feature planked walls and bead board ceilings, custom finished oak flooring and tile welcome you to family living at its best. Three Stone fireplaces, radiant heat and high velocity heating and cooling systems were part of the Energy Management System that ensures comfort year round.

A separate "Awards of Excellence" program took place, recognizing builders in a variety of categories. The judges included Scott Palmer, Business Development Director for New Hampshire Home Builders Association, Greg Page, Construction Loan Specialist with Meredith Village Savings Bank and Kath Blake, MBA, Regional Manager, Berkshire Hathaway Home Services Verani Real-

ty. The judges were required to rate each home on eight separate categories. Each of the eight categories had five specific points for judges to rate on a scale of 1-5 for a possible high score of 25 points in each category. Some of the specifics that the judges looked at were overall layout, use of natural lighting, originality, trim work, curb appeal, effective land use, creative use of space to name a few. The winners were announced at a general monthly meeting held at the Chase House in Meredith. Winners included Getty Construction recognized for Best Kitchen, Best Floor Plan, Best Interior Design as well as Most Unique Feature & Product. Cargill Construction won Best Bath, Best Exterior Finish as well as the Best In Class - New Construction Award. K.A. Clason Fine Woodworking took home the Best Interior Finish award and Belknap Landscape was recognized with Best Landscape on the tour.

The Lakes Region Parade of Homes is a long-standing community event showcasing beautifully crafted homes. More than 1,000 visitors toured the homes over the three days of Columbus day weekend and the money raised through the ticket sales goes towards the Greater Lakes Region Children's Auction, funding of educational scholarships and tool belt scholarships as well as this year's "Tiny House" - Workforce development outreach to get students involved with the trades as a profession. For more information, visit [www.lakesregionparadeofhomes.com](http://www.lakesregionparadeofhomes.com).

The Parade of Homes is brought to you by Lakes Region Builders and Remodelers ([www.lakesregionbuilders.com](http://www.lakesregionbuilders.com)), a nonprofit organization with a mission of providing quality-housing opportunities through education, vision, and advocacy for the betterment of our communities.

# A mom's wish list letter to Santa...

*A guide to what moms really, really want this holiday season!*

Kids...move over! Busy moms have holiday wish lists too! With the help of the region's largest tourism resource, this is a guide to one mom's perfect holiday season. The season isn't just about gifts; it's about the experience and the fun of this magical season. But, it doesn't come without some planning, courtesy of Santa's Helpers at the Lakes Region Tourism Association.

is a must-do! Every mom loves a great deal, which is why the tax-free Lakes Region of New Hampshire is on this smart mom's list! The Tanger Outlet mall in Tilton, NH is perfect for a gal-pal holiday shopping afternoon, with over 50 outlets including many famous brands like Brooks Brothers, Coach, Jockey, Old Navy, GAP, Tommy Hilfger, and Polo Ralph Lauren.

shows, and you can even make Christmas cards, decorate gingerbread cookies, and Christmas tree ornaments on Dec. 3 and 10 from 3 to 8 p.m. This is a classic family holiday event.

What holiday is completed without viewing a beautiful light display? Spanning over two miles at the New Hampshire Motor Speedway, the Gift of Lights features over 60 holiday scenes and over 400 light displays. The course winds around the outside of the track's grandstands and some of the NHMS Road Course. This event runs daily from November 25th through Saturday, Dec. 31 from 4:30 to 9 p.m. The entire family will love it, and it will get everyone in the holiday spirit.

us two! Nothing is more romantic than dinner and a play...right? The Winnepesaukee Playhouse, Franklin Opera House, Rochester Opera House, and Interlakes Summer Theatre feature a wide variety of quality theatre performances that will be the perfect date night escape. Dinner for two? How about a country inn twinkling with holiday décor? Chefs at the Inn on Newfound, Lakehouse at Church Landing, Inn at Pleasant Lake or Squam Lake Inn really know how to make the season an experience. And, for a real home-style cooking experience, Hart's Turkey Farm, has been serving a traditional Thanksgiving style dinner every day since 1954! It is nice to enjoy the pretty lights with a stroll around the holiday decorated quaint villages all throughout the area. We also like to take a romantic horse and buggy ride at the Mill Falls. Or we might,

**Mom's Wish #1- Holiday Girl Time**  
During the holidays, it is good to reconnect with girlfriends. Planning a girl-time weekend getaway can be a combination of relaxing, shopping for holiday gifts and taking the time to savor the season. The perfect day of holiday girl-time activities may include some or all of these great hot spots:

**Mom's Wish #2- Meaningful Family Time**  
Making memories. Isn't that what makes this time of the year so special? Taking the time to pick the perfect holiday experience many times leads to family traditions that are enjoyed and remembered year after year. The iconic New Hampshire Lakes Region features holiday events and experiences that draw people from all over the world to enjoy. Bundle up and hop on board the 'Santa Express' Winnepesaukee Scenic Trains with Santa and his elves. And, if you haven't been to Santa's Village, this is the year! Every day is Christmas at Santa's Village, but during the holiday season, it will bring a joyful tear to any mom!

**Mom's Wish #3- Romantic Moments with Hubby**  
Nothing is better than making the holiday season a time to create some special moments...just

Kellerhaus in Weirs Beach features traditional ribbon candy (the only place in the country that still makes ribbon candy by hand!) and everyone has someone on their gift list that loves chocolate! They will love you if you wrap up a chocolate homemade delight from this landmark specialty shop! The ice cream's not bad either! Quaint shops are filled with holiday décor throughout the region so a stop Mill Falls Marketplace in Meredith or Cottage Place at Squam

If you and your family enjoy a vintage style experience, then a visit to Castle in the Clouds for their annual 'Christmas at the Castle' tours combine a historic atmosphere and includes a delicious holiday meal. Experience the delight of the Canterbury Shaker Village Christmas inside the historic Shaker buildings feature old-time 19th Century magic

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**Come Check Out Our New Look!**

# The exotic beauty of Hedy Lamarr shines in "Algiers" on LRPA this weekend

LACONIA—Join Lakes Region Public Access Television at 10:30 p.m. this Friday and Saturday night (Nov. 4 & 5) for our "LRPA After Dark" special encore presentation of 1938's glamorous melodrama "Algiers," starring Charles Boyer and Hedy Lamarr.

"Algiers" was the first American film for Lamarr -- considered by many to be the most beautiful woman to have ever appeared on screen -- and the one that made her an international star. The film is also known for Boyer's often repeated and much imitated line, "Come with me

to the Casbah," a line that he never actually spoke in the movie! Finally, Boyer's character in the film, "Pepe le Moko," was the inspiration for the Warner Brother's cartoon character "Pepe le Pew." How many of you baby boomer out there remember him? Need we say more? Grab your popcorn and join LRPA after dark for this gorgeous, exotic thriller.

You can't find television like this it anywhere but LRPA TV, MetroCast Channel 25.

Not a subscriber? Then log onto Live Stream through our website ([www.lrpa.org](http://www.lrpa.org)) where you can catch all the fun.

### About Lakes Region Public Access Television (LRPA)

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

Channel 24 (educational programming and public bulletin board), Channel 25 (information and entertainment) and Channel 26 (government meetings) to nearly 12,000 viewers in our member communities of Belmont, Gilford, Laconia, Meredith and Northwood. Programming is produced by and for the people of the greater Lakes Region. LRPA's mission is to empower our community members to produce content that

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

LRPA's slogan: Community empowered by media. Visit us on the Web at [www.lrpa.org](http://www.lrpa.org).

## Pitman's welcomes Professor Harp Blues Band

LACONIA — Pitman's Freight Room is pleased to announce the following event for this weekend:

Thursday, Nov. 4, 8 p.m., \$15: Professor Harp Blues Band

Although born and raised as Hugh Holmes of Boston, the emanations from his harmonica and vocals make it clear that Professor Harp has the blues of Texas and the whole wide Delta coursing through his veins.

Primarily playing a sparse, yet full-sounding brand of no-nonsense, no-frills Texas style blues, Professor Harp specializes in what he calls, 'roots music.' Under the influence of many diverse blues greats, Professor Harp has developed a robust playing style where he alternately and simultaneously em-

plays the standard or traditional 'electrified' blues harp. The Professor tops this off by singing the blues with an infectious fervor, supported at his strictest insistence by only top-flight musicians on guitar, bass, and drums.

Professor Harp performed with various bands throughout the Northeast including legends Solomon Burke and Luther 'Guitar Jr.' Johnson and played live on NBC's Today Show. One of his most memorable was when his harp helped to swell the room, in a spontaneous jam with his old mentor, the inimitable bluesman Muddy Waters. Professor Harp will perform with Howard Randall and his band.

Doors open at 7 p.m., and we are a BYO Venue. For reservations, call 527-0043.

## Renowned saxophonist Matt Langley jams with the Tom Robinson Trio in Laconia at 4 p.m

LACONIA — The Tom Robinson Trio is joined by Matt Langley (saxophone) for an afternoon concert of jazz music at the Unitarian Universalist Society of Laconia, 172 Pleasant St., Laconia.

Matt Langley is a saxophonist and has studied with Lou Marini of "Saturday Night Live," David Baker, Ted Dunbar, and Stan Strickland. Since 1988 he has been a member of the Charlie Kohlhase Quintet (CKQ), recording three CDs, touring the United States, and performing in jazz festivals from The Boston Globe Festival to the Rutabega Jazz Jam. CKQ's fourth CD, Dancing on My Bedpost, made the top-10 lists of many jazz critics in 1999. Langley has recorded with

Ron Carter, John Medeski, Billy Martin, Chris Wood, Roswell Rudd, and others.

The Tom Robinson Trio comprises jazz pianist Tom Robinson, drummer/percussionist Tim Gilmore, and bassist Scott Kiefner. Robinson performs frequently throughout New England as a soloist, sideman, leads his own groups, and has been a featured artist at the Cat-

amount Arts Center and Mountaintop Music Center. Gilmore is an active clinician with Adventures with Jazz, playing Canopus drums and Bosphorus cymbals, and has recorded with nationally-known artists on television and film projects. Kiefner studied with Fraser Hollins and Chris McCann. In the summer of 2013, he was selected to attend the School for Improvisational Music

Intensive workshop in New York City and now plays throughout New England with a variety of artists.

Tickets are on sale at Greenlows Music (downtown Laconia), at Innisfree Book Store (downtown Meredith) or by calling 848-2469. Tickets are \$10 in advance and \$12 at the door. Beverages, homemade pies and cobblers will be served at intermission.

## International Film Series continues with "No"

LACONIA — The Laconia Human Relations Committee, in cooperation with the Laconia Public Library, will show the film, "No," on Monday, Nov. 7 at 6:15 p.m. This is another in the International Film

Series shown monthly from September through June at the Library.

In 1988, after 15 years of military dictatorship, the Chilean government, with heavy international pressure, asked the public to vote in a national plebiscite on whether the dictatorship of Au-

gusto Pinochet should stay in power for another eight years. The alternative would be an open democratic presidential election. The plebiscite would consist of a simple Yes or No on the ballot. 'Yes' meant keeping Pinochet. "No" meant

SEE NO PAGE A11

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### WISH LIST (Continued from Page A9)

head to the beautiful tour at Christmas at the Castle.

That's it. The perfect way to make the holiday season a perfect 10 for Mom! All it takes is a little planning with the help of the free guides and itineraries available from the Lakes Region Tourism Association team of helpful elves! There are too many activities and special hol-

iday season attractions to mention here, but according to Amy Landers, Executive Director of the LRTA "There is literally something for every member of the family to enjoy...and we'll help you find it!" Those who want to receive free information on Lakes Region activities can sign up for the LRTA Ripples e-newsletter at [www.LakesRegion.org](http://www.LakesRegion.org).

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# Belknap House Pumpkin Masquerade Ball a major success

LACONIA — Belknap House held its first annual masquerade ball on Friday, Oct. 21 at the St. Andre Bessette Parish Hall. With 150 revelers in attendance, the Ball was a great success, raising funds and community spirit at the same time. Major sponsors were Meredith Village Savings Bank, Franklin Savings Bank, and Laconia UPS Contributing sponsors were DGM Innovations and St. Andre Bessette Parish. The organization plans to open in late December, providing cold weather shelter for homeless families with children in Belknap County.

Many local businesses supported the Ball with donations, program advertising, and silent auction items, including Rist-Frost-Shumway Engineering, Misiaszek Turpin PLLC, Aqua Greens, Dappler Dimples Photography, Divine Inspirations, Meredith Village Savings Bank, Belknap Landscaping, Franklin Savings Bank, Pamela Gallant, Psy.D., DGM Innovations Group, Boston Bruins, Hermit Woods Winery, Hilltop Restaurant at Steele Hill, Marian Keifer, Lawson,

Persson & Chisholm, PC, Lyons Den Restaurant, Merrill Fay Ice Arena, Margate, Mill Falls at the Lake, Minor Realty, Nancy Meier, Ogelthorpe, Prescott Flowers, Soda Shoppe, The Studio, and Wood & Clay. Local artists Dick Smith and Elaine Morrison contributed seven paintings, prints, and a photograph; Alfred Columb donated an oil painting.

The Masquerade Ball Committee, chaired by Edie Gault with members Gloria Thorington, Tammy Emery, and Debbie Frawley Drake, spent many months planning and executing the event. Ginger Wells-Kay, Belknap House Publicity Chair, attended to the ongoing multi-media publicity. Don House, Belknap House Vice President and Volunteer Coordinator recruited volunteers. Nine local artists, Jeri Bothamly, Matthew Gault, Heather Hilton Gault, Joseph Kildune, Elaine Morrison and Andrew Thorington, directed by event designer Marlene Makowski, transformed the parish hall into an elegant ballroom. Judith Buswell assisted with the ball



Meredith Village Savings Bank representative Cynthia Hemeon-Plessner receives award plaque from Ball Chairperson Edie Gault and Belknap House President Colleen Garrity.

program; Ernie Gault built the sets. Anne-Marie Lamarre and Erika Thorsell Photography, Ginger Wells-Kay, and Debbie Frawley Drake served as photographers for the evening. Nicole Malloy oversaw the many volunteers on the night of the event, assuring a well-organized evening.

Edie Gault remarked, "To see everyone having such a good time

made all the effort that was put into this event so worthwhile. So many people commented on how great it was to be part of something that will help our local families with children be safe during the winter and also help them find homes."

President Colleen Garrity added, "The dedication of many volunteers with such time and talent put this

event together. Lots of energy and sacrifice of time made it happen. And of course we could not have presented this Ball without the financial backing of Meredith Village Savings Bank, Franklin Savings Bank, and UPS."

The evening began with Benjamin O'Brien playing keyboard to set a festive mood. The New Hampshire Food Bank's Recipe for Success culinary trainees passed hot and cold hors d'oeuvres during the cocktail hour. A dinner of cinnamon encrusted pork and chutney, award-winning mac and cheese with smoked veggies, a vegetarian pasta dish, and three desserts was offered at serving stations. The silent auction table held thoughtful gifts, restaurant certificates, and art works. A brief awards ceremony honored the three major Masquerade

Ball sponsors and Ball Chairperson Gault. DJ Chris Ialuna hosted the evening, kicking things off with an icebreaker; the winner received a \$100.00 gift certificate to the Canoe restaurant. Ball-goers then danced the night away, most going home around 11 p.m.

Colleen Garrity, who attended the Ball with her husband and several adult children, enthused "It was an amazing event that showed wonderful support from the local community and their belief in our mission. So many people told me that they really enjoyed the evening and had a wonderful time. This is community building at its best. Check out our Facebook page to see what fun we had."

Belknap House encourages and welcomes volunteers. To view the current list of volunteer opportunities, please visit [www.facebook.com/belknaphouse/Fundraisers](http://www.facebook.com/belknaphouse/Fundraisers) and donations from generous area residents, businesses, and community and religious organizations support the shelter. To donate, please go to [www.belknaphouse.org](http://www.belknaphouse.org).

## Belknap County Republicans meet Wednesday

BELMONT — The Belknap County Republican Committee has announced that their next monthly meeting is scheduled for Wednesday, Nov. 9 at 6:30 p.m. at the Top of the Town Restaurant, 88 Ladd Hill Rd. in Belmont.

The focus of this month's meeting, scheduled for the day after the general election, will be to discuss the results of the election and the impact of those results. Members and guests will have a lot to discuss!

Belknap County GOP meetings are open to all Republicans and like-minded Independents. Per their usual meeting format, if you're interested in having dinner (at your option) and/or wish to socialize before the meeting, plan to arrive as early as 5 p.m.

The Committee thanks its members for continuing to bring food pantry donations to the meetings, and again reminds them to bring a non-perishable food item to this month's meeting.

For more information, please check the Committee's Web site at [www.BelknapCountyGOP.org](http://www.BelknapCountyGOP.org) or send an email to [alan.glassman@gmail.com](mailto:alan.glassman@gmail.com).

**NO** (Continued from Page A11)

changing to a democratic government.

The question was, with years of disappearances and known torture, could the public be persuaded that it is safe for them, individually and as a nation, to vote for change. After all, many have found their standard of living improved. They have become better off economically during Pinochet's time. Would they risk change?

Rene Saavedra (actor Gael Garcia Bernal) has just returned to Chile, and is an in-demand advertising man who believes that the right advertising campaign would bring a "No" vote. This puts his boss in the position of risking the firm's demise politically. Enticed with the marketing challenge and his own loathing of Pinochet's tyranny, Rene suggests against all odds a lighthearted, upbeat approach of "happiness." He knew this would bring personal risk from the regime.

This 2012 film tells the true story of an historic campaign. The regime has limited it to 27 nights of television advertisements, in which each side has 15 minutes to present its point of view. High risks of intimidation and torture are taken on by all involved in the "No" campaign.

Make sure that you check the International Film Shelf at the Laconia Library for this and other films shown over the past several years. You can always order films from the International Film Series through your own library if you do not live in Laconia!

The Laconia Human Relations Committee is a committee of the mayor of Laconia dedicated

to expanding our horizons for the appreciation of the diversity found among us and in the wider world. For more information, contact Len Campbell at [lcampbell@nh-cc.org](mailto:lcampbell@nh-cc.org) or Carol Pierce at [newdynam@aol.com](mailto:newdynam@aol.com).

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**HALLOWEEN**

(Continued from Page A1)



Christina and Spiros Athanasopoulos, ages seven and four, enjoy their decorated cupcakes during the Gilford Parks and Recreation Department's Halloween Bash.

they've been talking about it most of the day," said Dan Carsen. "The kids who volunteer are really good with kids." Matthew Carsen, age 6, said his favorite part of the party was the pillow fight.

Joanne Athanasopoulos brought her grandchildren Christina and Spiros Athanasopoulos, ages seven and four. Athanas said she started coming to the party 28 years ago with her own children.

"It's nice to get to see the people, just to get there and see your neighbors," Athanas said. She said the Parks and Recreation Department, especially program assistant Sue King, does an awesome job.



Kids got in the ring for some pillow fighting during the Halloween Bash.

**GENESIS**

(Continued from Page A1)

With as many as 30 patients waiting for beds at the state hospital, Genesis has partnered with LRGHealthcare to offer onsite psychiatric services to treat patients in the ER.

Genesis has been working to offer more help for people with co-occurring substance abuse and mental health issues. They established a collaboration with Horizon's Counseling Center offering peer support as well as working with Target Recovery.

Services have also expanded for children and families as well as older adults.

They have also collaborated with the Laconia Alternative School to provide clinical services on site.

Genesis received a Safe Schools, Healthy Students grant from the Substance Abuse Mental Health Administration



Dr. Kelley White and members of the Harris family present the Dr. George "Pete" Harris Community Service Award to Kristin Welch.



Dr. Dror Ben-Zeev of Dartmouth College presents "Technology and the Future of Mental Health."

(SAMHSA) which continues school based mental health services at the

middle and high school levels.

New England College has become an educational cohort, offering masters level courses for Genesis clinicians.

Genesis now has the ongoing goal of building a new center to consolidate its four different locations into one. They have received \$300,000 in tax credits from the Community Development Financial Authority.

This year's guest speaker was Dr. Dror Ben-Zeev, Associate Professor of Psychiatry at Dartmouth College and director of Dartmouth's mHealth for Mental Health program. Ben-Zeev described the research in finding how mobile devices can be

SEE GENESIS PAGE A13



Matthew Carsen, six, shoots some golf at the Halloween Bash.

**LARAMIRE**

(Continued from Page A1)

and the whole tragedy from a wide variety of people.

Alward said Streetcar had been thinking about doing "The Laramie Project."

"If you're involved in community theater, there's a certain level of respect for the diversity of people," Alward said. "We've wanted to take a stand. It seemed like the social climate right now was in the right place."

The play will take place in the sanctuary of the First United Methodist Church of Gilford. Alward said with the Methodist Church in a state of turmoil over the issue of gay rights, Alward said this congregation wanted to make its own stand in support.

"We have a very brave pastor and a very brave congregation here who are willing to take a stand and offer their sanctuary for purpose of walking the walk and talking the talk," Alward said.

"The Laramie Project" is a series of monologues and vignettes in the style of a documentary. The players will sit in a circle and act out different people who were inter-



An image of Matthew Shepard appears in the background during one scene in "The Laramie Project," which focuses on the town where Shepard was murdered in 1998.



Performers with Streetcar Company bring "The Laramie Project" to the stage.

viewed, playing multiple characters with changes in costume and speaking style to reflect the new person of any age or gender.

Rehearsals have been going on for around eight weeks. Because the play is heavy in dialogue, Al-

ward said some people who took roles decided they could not continue due to the challenge and a few parts were recast.

"Everyone who is involved now is just monumentally committed to the message," Alward

SEE LARAMIRE PAGE A13

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**LARAMIRE**

said. Performer Hilary Ayers of Gilmanton plays eight different characters, including a 50-year-old Laramie resident, a Bangladeshi student, and the cyclist who found Shepard tied to a fence. Lynn Dadian of Meredith plays everyone from a Baptist minister to a store clerk.

"The monologues ended up being a lot easier than I thought," Ayers said.

Dadian said it was a little easier because they

do not depend on cues. Ayers said the vignettes were a little harder.

They wore multiple layers of clothing they took off to reflect the different character.

"You try to work some kind of a dialect change so you sound a little different from the previous one you play before," Dadian said.

Both said they try to keep in mind they are playing real people.

"You don't want to make a character of them," Ayers said. "You

wanted to present them in the realest way possible."

Alward said this is an important play for the community.

"They really need to see it and it's going to shock them and it's going to cause them to question a lot of things," Alward said.

Alward said this might make people more aware of their own attitudes and behaviors.

Dadian said she has been part of Streetcar since 1980 and cannot recall a play that has been

this thematically and emotionally heavy. She said some of the language might be hard to hear, but all of it is real.

"I think it'll open a few eyes," Dadian said.

Dadian and Ayers said with the passage of time a lot of people don't remember Shepard's murder and don't remember Laramie. Dadian said, however, that Orlando, San Bernardino, and Newtown, Conn., are communities that are etched in people's minds today for horrific tragedies.

"The Laramie Project" will be performed at the First United Methodist Church of Gilford Nov

3-5 at 7:30 p.m. Tickets are \$12. A talkback session will take place after Friday's show.

(Continued from Page A12)

**GENESIS**

(Continued from Page A12)

used in helping people manage their mental illness.

One program is having a patient and clinician interacting over text messages. In another program, the app FOCUS is available for people with schizophrenia to help manage their symptoms. The highest level of mobile monitoring is Cross Check, which uses the device's microphone, GPS, accelerometer, and other features to monitor a patient and help them avoid relapsing.

Ben-Zeev said these methods do not replace one-on-one interaction with a clinician. Also all monitoring is done with the patient's knowledge.

Barbara Harris said her husband would greatly appreciate this gathering.

"It's incredible to listen to you all on the work you're doing," Barbara Harris said. "He was never able to see this wonderful, amazing group."

Genesis honored outgoing board members Ed McFarland and Susan Stearns.

Kristin Welch, Director of Development and Communications with Genesis, received the Dr. George "Pete" Harris Community Service Award.

The Helen Holbrook Leadership and Service Award, named in honor of Genesis' first employee and a longtime mental health advocate, was given to Jaqui Abikoff. Abikoff is a Gilford-based clinician who works with people with substance abuse issues.

Abikoff said it has been exciting to see how mental healthcare has progressed.

"This was a population that was lost for so long," Abikoff said.

She said bringing these people into the light was not her work, but the work of others that was given to her.

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**EVERY VOTE COUNTS!!**

# Ryan's double OT winner lifts Gilford to state championship

## Eagles capture first title since 1998

BY JEFF LAJOIE

jlajoie@salmonpress.com

BEDFORD – There wasn't much gas left in the tank for Kellie Ryan by the end. But the Gilford High School junior had plenty left to get her team where it needed to go.

Ryan beat a pair of defenders and buried the only goal of the afternoon with just 4:48 remaining in double overtime, setting off a raucous celebration and lifting the second-seeded Golden Eagles to a 1-0 win over fourth-seeded Pelham in the NHIAA Division III state championship game on Sunday at Bedford High School.

"I needed to use all of my energy to get that," said Ryan after the teams played over 85 minutes of scoreless field hockey

before her game-winner. "That goal was all I had left."

The win sent a state title back to Gilford (15-1-1) for the third time ever and just the first time since the program won back-to-back Class M-S championships in 1997 and 1998. It was the first at Gilford for head coach Dave Rogacki after enjoying numerous titles coaching at Winnisquam. Since taking over in 2011, Rogacki has led the Eagles to four Final Four appearances.

"It's so great for the kids and especially for the school," said Rogacki of the title. "When (former athletic director) Dave (Pinkham) said, 'Can you build a program?' I told him I'll try and build a program for you six years ago

when he hired me. This one is really sweet. You always remember the first one, I can still remember that very first one and the ball hitting the back of the net but this one was really sweet for the kids."

Rogacki said the team's relative inexperience and youth were reasons he wasn't sure during preseason that this title was on the horizon, despite three consecutive Final Four appearances.

"I think this is the (championship) that I never thought was going to happen because I thought, 'Maybe we're a year away' because of the lack of experience," he offered. "We would've never thought this team would have done this. We only start two se-



JEFF LAJOIE

Gilford's Kellie Ryan is hugged by teammate Brianna Salanitro with Jillian Lachapelle charging to join the celebration after Ryan scored the state championship-winning goal with 4:48 left in double overtime to lift the Eagles over Pelham, 1-0, during Sunday's NHIAA Division III title game.



JEFF LAJOIE

Gilford head coach Dave Rogacki and captains (l to r, Jillian Lachapelle, Hannah Sullivan, Kellie Ryan and Kaitlyn VanBennekum) celebrate after being presented the NHIAA Division III state championship on Sunday in Bedford.

nors and two juniors, the rest are freshmen and sophomores. So to play at this level for this long was really good."

Gilford, which beat Pelham 3-1 during the regular season on Homecoming, held a 6-0 edge in penalty corners

during regulation, but the Eagles were unable to generate much offense against a stingy Pynthons defensive unit. The field opened up significantly during 7 on 7 overtime, with Pelham turning the tide and generating five corners to just one for Gilford.

"We've played overtimes before and I think what helped us was the two overtime games we did play were against

Newfound and Winnisquam – two really tough teams," Rogacki said. "At times you get frustrated because you want them to just make this one little better pass to make the whole change. We just couldn't convert that extra pass."

Rogacki subbed players in and out to keep his team fresh, but he credited assistant coach Sara Caveney with a resonant play were against

SEE CHAMPS PAGE B5

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# Lone tally sinks Eagles in quarterfinal loss to Belmont

BY JEFF LAJOIE

jlajoie@salmonpress.com

GILFORD – Add Sunday's NHIAA Division III quarterfinal to the long list of great games the Belmont-Gilford rivalry has yielded in boys' soccer history.

Red Raider senior forward Logan Wilder netted the only goal of the match, blasting an absolute rocket of a free kick from 20 yards out late in the first half to send sixth-seeded Belmont to its first Final Four since 2012 via a 1-0 victory over the third-seeded Golden Eagles.

"It feels good to get the goal that put it away," said Wilder, whose team last reached the Final Four when it lost in the state title game to Bow back in 2012. "With Gilford winning (the title) last year, the intensity was definitely there with this game."

Gilford (14-3-1) took a half to get into the game, falling behind before rebounding with a strong second half. The Eagles, which used a suffocating defense all year in allowing just 10 goals in 18 games, couldn't solve Belmont goalkeeper Jonny Leclair after going 1-0-1 against the Raiders in the regular season.

"I think Belmont came out harder than us, to be honest," said Gilford junior defender Tyler Hanf. "We didn't get going until the second half. Their aggressiveness... we weren't able to match it until they took the lead. We had a realization in the second half that we needed to get moving and we definitely had opportunities, but I'm disappointed we took so long to start playing our game."

Veteran head coach Dave Pinkham agreed.

"We were way too hesitant in that first half," Pinkham offered. "Instead of reacting to the ball, we were sitting back waiting for it to come to us and you can't do that against a team as talented as Belmont. Last year we got the breaks that you need to get in order to win a championship and we didn't get those breaks this time around."

The quarterfinal win was the first for Belmont's senior class, which dropped heart-breaking defeats in the same round the past two seasons to Campbell and Prospect Mountain.

"I think the team was focused all season long in getting to the semifinals," said Belmont head coach Mike Foley. "They've played in the quarterfinals and been on the short end for their entire careers. Gilford through everything they probably could at us the last 20 minutes but to the kids credit, they re-



Gilford freshman Ben Gardiner hops over the leg of Belmont's Doug Price with possession of the ball in Sunday's NHIAA Division III quarterfinal. The third-seeded Eagles saw their season come to an end with a 1-0 loss to sixth-seeded Belmont.

sponded and held on."

Leclair was a big reason for that, as he was aggressive off his line in snatching countless Gilford crosses. With

the large crowd on hand amping up the noise every time the Eagles moved close to the Raider goal in the second half, the senior keeper

said he tried his best to stay focused and in the moment.

"I did my best to not worry about anything else but playing

the ball," Leclair said. "Gilford's a good team so you're always a little worried they can come back on you."

Wilder said he saw an

opening for his free kick goal, and figured going with sheer pace on the ball was the best plan of action.

"Their wall was a little off from where I thought they'd be so I figured it I can put it as hard as I can on frame, there was a good chance for a goal," he explained.

Pinkham praised the goal, saying there was little his goalkeeper Ethan Warren could've done to make a save.

"The goal that Logan scored, it was a fantastic shot; college level goal," the Gilford coach explained. "If you lose a game, you want to lose to a shot like that. He buried it."

That sentiment was echoed by Foley.

"It was just a phenomenal hit," he lauded. "He hit the living daylight out of the ball. As Dave and I talked about after the game, if you win, you want the game to be decided by a goal of that caliber."

Belmont (15-3-1) advanced to the semifinals and a matchup with No. 2 Stevens after deadline on Nov. 2.

## Defending champs sweep Milford, back in Final Four

BY JEFF LAJOIE

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GILFORD – In what head coach Joan Forge called her team's best match of the season, the Gilford High School volleyball team returned to the NHIAA Division II Final Four thanks to a dominating 25-19, 25-12, 25-6 sweep of seventh-seeded Milford High School in the D-II quarterfinal on Saturday night.

The opening set was back and forth, with both teams switching leads until Maggie McNeil put down a kill to tie the score 18-18. Gilford then went on an offensive run to seal a 25-19 win. McNeil had two kills in the spree, while Cynthia Gagnon and Stevie Orton also put down kills in the 7-1 run that put the second-seeded Eagles on top. McNeil had six of Gilford's 14 kills in the opening frame.

In game two, senior Maddi Currier caught fire up front, as she put down five kills to lead the Eagles to a dominant 25-12 victory.

Gagnon took over in the third and final set, as she put down six kills, matching the point total for Milford (12-6) herself en route to a 25-6 win that sealed the deal and sent Gilford through to the semifinals. Currier recorded an ace on match point.

The Gilford defense combined for 82 digs, with Stevie Orton leading the way with 17. Maggie McNeil and



Gilford senior Cynthia Gagnon rises at the net during Saturday night's NHIAA Division II quarterfinal sweep of seventh-seeded Milford.

Maddi Currier added 12 a piece, while Karly Sanborn and Cynthia Gagnon tossed in eight digs a piece. Sydney Holland, Lexi Boisvert, Kasey Moore, Bailey Hildreth, Isabella Mocerri and Naomi Eldridge combined for 25 digs while setter Karly Sanborn finished with 28 assists. Gagnon led the way with 15 kills, while McNeil and

SEE SWEEP, PAGE B5

## Salmon Sunday set for Nov. 13

TUFTONBORO — Bring the kids and explore the life cycle of landlocked salmon, fish prized by anglers on New Hampshire's big lakes, at the New Hampshire Fish and Game Department's annual "Salmon Sunday" event on Sunday, Nov. 13, from noon to 2 p.m. at Pope Dam in Melvin Village. Pope Dam is nine miles north of Wolfeboro on Route 109 in the town of Tuftonboro.

During the event, fisheries biologists will be busy harvesting, or "stripping," eggs and milt from adult salmon. Standing knee-deep in the cold water of the Melvin River, scientists expertly relieve the colorful adult female salmon of their eggs by stroking their stomachs. Milt from the male fish is obtained in the same

way, and mixed with the gold-colored eggs to fertilize them.

This activity is all part of the work the New Hampshire Fish and Game Department carries out each year, with support from the Federal Aid in Sport Fish Restoration Program, to maintain the landlocked salmon population in New Hampshire's big lakes.

Salmon used for the stripping demonstration are netted from Lake Winnepesaukee during October and early November. They are returned to the lake after their eggs and milt have been collected. The fertilized eggs are taken to Powder Mill Hatchery in New Durham, where they will hatch in three to four months. The salmon are raised in the hatchery for about

18 months, then stocked into Lake Winnepesaukee and other New Hampshire lakes.

Fish and Game staff will be on hand to answer questions about salmon, the egg-stripping process and the stocking program that ensures these beautiful fish continue to be available in the lakes for anglers to catch. Salmon Sunday is a "rain or shine" event. Dress warmly. If you have questions about Salmon Sunday, call 744-5470.

Learn more about fisheries management in New Hampshire, which is funded in part by the federal Sport Fish Registration Program (financed by your purchases of fishing equipment and motorboat fuel) at [www.fishnh.com/fishing/fisheries-mgt.html](http://www.fishnh.com/fishing/fisheries-mgt.html).

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# Valentine top finisher for Eagles at state championship

By JEFF LAJOIE  
jlajoie@salmonpress.com

MANCHESTER – The conditions held okay for the Gilford High School cross country teams on Saturday. The season culminated with the annual NHIAA Division III state championship, hosted by Derryfield Park.

Both teams finished in 12th place overall on the day, with the girls' team compiling 317 points compared to the boys' total of 306 points. Campbell won the girls' race with 100 points, edging runner-up White Mountains (121) and third-place Monadnock (138). Monadnock won the boys' race with 64 points, ahead of runner-up Kearsarge (94) and third-place Mascevic (136).

Sophomore Josh Valentine was the top Gilford runner overall in the state meet, as he cracked the top 25 with a 24th place finish in 17 minutes, 48 seconds.

Behind Valentine, Mark Young was a top 40 runner in his final state meet thanks to a 37th place performance. Junior Michael Wernig was the team's next scorer in 63rd position (19:08), followed by Matthew McDonough (87th, 19:32) and Ben Altmire (113th, 20:19).

Also competing for the Eagles were Anthony Eldridge (137th



Gilford's Elizabeth Relf moves through the course at Derryfield Park in Manchester during Saturday's NHIAA Division III state championship.

and Steven MacDonald (141st, 21:22).

Sophomore Madison Relf was the top Gilford runner for the girls' side, as she crossed in 41st overall with a time of

22:57. Behind Relf, Kaitlyn Callahan captured 58th overall in 23:37, while the rest of the scoring team for the Eagles included Chloe Schwartz (73rd, 24:21), Elizabeth

Relf (76th, 24:35) and Natalie Fraser (90th, 25:04).

The top 23 individual runners and top five teams qualified for this weekend's Meet of Champions.



Matthew McDonough of Gilford heads towards a slight downhill section of the course at Derryfield Park on Saturday.



Kaitlyn Callahan of Gilford was her team's number two scorer at the state meet on Saturday, finishing 58th overall.

## Defense dominates as Eagles blank Newfound, 2-0

By JEFF LAJOIE  
jlajoie@salmonpress.com

GILFORD – The formula that has worked so well for the Gilford High School boys' soccer team was on display in the opening round of the NHIAA Division III tournament.

The third-seeded Golden Eagles locked down defensively, keeping visiting Newfound off the board and limiting the scoring chances en route to a 2-0 victory in a rain-soaked affair on Oct. 27.

Gilford goalkeeper Ethan Warren touched the ball just twice in the win, one of those coming on a pass back from a teammate, as the defensive unit shut down the 14th-seeded Bears en route to the win.

Gilford broke through for the game's first tally in the sixth minute, as Branden Lemay rifled a shot to the top corner out of Newfound keeper Mike Doan's reach for an early 1-0 lead.

That advantage held until the second half, when the Eagles again scored early in the frame. Less than five minutes into the half, Connor Leggett settled the ball just inside the top of the Newfound box, ripping a shot low to Doan's right for a 2-0 advantage.

Newfound's best



Gilford goalkeeper Ethan Warren punts the ball in a rare situation during the Eagles' 2-0 victory over Newfound on Oct. 27.



Gilford's Cam Steenbeke gets his head to the ball with a Newfound player close by in the Eagles' 2-0 win.

scoring chance came with 21:40 to play, as the squad was awarded a penalty kick. But the at-

tempt was too high, sailing over Warren's head and enabling the Eagles to keep the 2-0 lead.



Gilford's Mark Young competed in his final state championship meet on Saturday in Manchester.

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JEFF LAJOIE  
Junior Kellie Ryan tracks down a loose ball for Gilford in action against Newfound on Oct.



JEFF LAJOIE  
Gilford's Jillian Lachapelle battles with Newfound's Savanna Bony for possession in the Eagles' 2-1 win during NHIAA Division III semifinal play.

# Salanitro's late tally sends Eagles past Newfound in semis

BY JEFF LAJOIE

jlajoie@salmonpress.com

EXETER — After splitting two regular season meetings, both games decided by one goal, it was a given that the Gilford-Newfound rubber match with a spot in the NHIAA Division III state championship game up for grabs was going to come down to the wire. But with overtime looming and a wild finish on the horizon, Gilford sophomore Brianna Salanitro took matters into her own hands.

The red-hot forward, who scored three goals in a quarterfinal win over Hopkinton, took a lead pass from Kellie Ryan and willed it through the pads of Newfound goalkeeper Montana Bassett for the game-winning goal with 7:07 remaining to lift the second-seeded Eagles to a 2-1 win over the third-seeded Bears in a semifinal matchup under the lights at Eustis Field on the campus of Exeter High School on Oct. 26.

"This is definitely the best I've been playing all year," said a smiling Salanitro afterwards. "I'm understanding my role and what the team needs from me."

It was a back and



JEFF LAJOIE  
Gilford senior Julia Normandin moves the ball up field in the first half of the second-seeded Eagles' 2-1 win over Newfound in the NHIAA Division III semifinals on Oct. 26 at Exeter High School.

forth affair, with Lakes Region powers trading scoring opportunities up and down the field. With the contest even at 1-1, the game-winner came as Ryan picked up a loose ball in the

midfield and took off for the Newfound goal. She played a lead pass right to the stick of a sprinting Salanitro, who hauled in possession in stride and charged at the goal area. Her initial shot was

saved by Bassett, but she stuck with the rebound and managed to poke it into the back of the net with 7:07 to play.

"We had our offensive players helping out on defense and that led to a

transition game, which we scored on there," said Gilford head coach Dave Rogacki. "Brianna's been playing well. We wanted to use her speed."

Gilford got off to just the start it needed in this one, as Salanitro scored the first of two goals on the night when she buried a goal with an assist from freshman Laurel Gingrich just 2:22 into the first half for a 1-0 lead.

"It was nice to see us get an early goal," admitted Rogacki. "We've always struggled to score here (in Exeter) so to get a quick lead was nice."

Newfound (13-2-1) responded quickly however, tilting the field and putting pressure on the Gilford goal. Junior Julianne Marchand sent a cross into traffic, and freshman Caroline Marchand one-timed a shot that went off the post and trickled in, tying the game 1-1 just 4:29 after the Eagles tallied.

From there, Newfound put the pressure on Gilford freshman goalkeeper Jenna Delucca. Junior Savanna Bony was the lynchpin, moving the Bears up in transition and sending the ball into dangerous spots on the field. Bony's cross with 12:32 left in the first half was nearly swept in by Caroline Marchand on the back post, but the ball deflected just over her

stick. Newfound also had a dangerous penalty corner with 55 seconds left, but the Gilford senior duo of Kaitlyn Van-Bennekum and Hannah Sullivan teamed to clear the zone, and the squads went into halftime still even at 1-1.

"These two teams know each other so much from playing over the years," explained Rogacki. "(Newfound) attacks so well that you have to weather their storm from time to time."

After Salanitro's second half goal put the Eagles on the brink of a state final appearance, the Bears pressed forward for the equalizer. They won back-to-back penalty corners with two minutes to play, leading to a near-goal with 1:30 remaining. Amanda Johnston's shot at point blank range was somehow blocked by a sprawling Delucca, and the ensuing scramble in traffic was finally cleared before Newfound could force OT.

"The first two games against (Newfound) were similar so we always expect a tight game," Rogacki said.

The Bears, which were looking to return to the state championship game for the first time since 2009 when it won its third Class M-S title in four years, graduate just three seniors in Johnston, Lauren Boisvert, and Hailie Clark.

## Turkey Trot set for Nov. 19 in Wolfeboro

WOLFEBORO — Wolfeboro will once again attract runners from throughout the region for the 25th annual "Gift of Sight and Hearing" Turkey Trot on Saturday, Nov. 19. A local hometown favorite, the annual race is held the Saturday before Thanksgiving each year. The event features a 1.2-mile kids race and an adult 3.2-mile race with cross country components for runners of all ages and abilities. There will be a division specifically for fast walkers. New this year they are having a Senior Turkey Trot located at Brewster in the Smith Center. It is geared towards seniors that want to participate,

but would need a more flat walking surface. The cost is \$10 and no shirts are available for that race.

The race is organized by the Wolfeboro Parks and Recreation Department in partnership with The Wolfeboro Lions Club and many local businesses.

Registration forms are already flowing in for this year's event, which will be held on Saturday Nov. 19. Each year the race features a competitive and fun field of entrants and a serious contingent of postseason high school cross country rivalries. The races start and end at the Wolfeboro Railroad Station. The kids'

1.2-mile course heads out the Bridge Falls Path to the end (Route 28) and then circles back past Foss Field and up the road just past the Lehner Street parking lot to the top of the hill and a right turn down to the railroad depot. The 3.2-mile course covers a road and cross country route that leaves the Bridge Falls Path via a left onto Route 28 and a left onto Route 109A, past Winnepesaukee Lumber and across the woods road that circles back to Filter Bed Road and a left onto Mill Street back to a left down the side walk on Main Street and a left onto Railroad Avenue for the finish. Maps and more information on

the race are available on the Parks and Recreation web site at <http://www.wolfeboronh.us/parks-recreation/pages/annual-turkey-trot-5k>.

Online registration is available at the Parks and Recreation web site. Just click on the blue link for "online registration." Registration forms are available at the Wolfeboro Area Chamber of Commerce, the Wolfeboro and Tuftonboro Town Halls and libraries and the Pop Whalen Arena. The registration fees are \$15 for 12 and under and \$25 for 13 and over. Race day registrations are \$20 for 12 and under, \$30 for 13 and over, and \$10 for senior race at Brewster Smith Hall. The kids' race starts at 10 a.m., the fast walkers 5K start at 10:15 a.m. and the 5K starts at 10:30 a.m. Brewster race is ongoing between 10 a.m. and 12 p.m.

## PMHS seeking JV girls' hoop coach

ALTON — Prospect Mountain High School in Alton is looking for a girls' JV basketball

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CHAMPS

(Continued from Page B1)



JEFF LAJOIE

Callie McGreevy keeps pace with a Pelham player in the second half of the Eagles' 1-0 win in Sunday's NHIAA Division III state championship game.

ing message during an OT timeout.

"Sara made a great comment during a timeout," began Rogacki. "She told the kids that they were playing 'not to lose.' We're here to 'play to win.' And I think that was what needed to be said."

After a scoreless first overtime session, the Eagles pushed for the game-winner in double

OT. Freshman goal-keeper Jenna Delucca came up with two big saves midway through, stoning Pelham's Sarah Morin and Abby Bevens to keep the Eagles alive. The ball eventually made its way down the other end, with Ryan receiving a pass from Brianna Salanitro. She beat one defender, and then another, looking up at just Pelham goal-

keeper Ryan Atkins. As Atkins prepared to make a play on the ball, Ryan slotted it to the side, slamming it into the back of the net for the 1-0 victory that sent the Gilford bench charging onto the field in celebration. It was just the second goal Pelham (15-3) allowed in the postseason.

"I know if I don't get this (goal), it's one

of our only chances to shoot so I knew it had to be good," recalled Ryan. "My freshman year we got out in the Final Four. Last year, we lost in the championship, which was tough. Getting back here and actually winning, getting that last step up that we had left, it means everything."

Rogacki praised his senior class, with de-

fenders Kaitlyn Van-Bennekum and Hannah Sullivan leading the charge, for helping blend in a talented and deep freshman class that contributed in a huge way immediately this fall.

"The seniors have really adopted the freshmen," Rogacki explained. "You bring in six freshmen with eight seniors, are they going

to fit together? And they do.

"You get to this time of season, it's a reward for you," he continued. "For freshmen, you wonder if the moment is going to be too big or bigger than it really is. And I think the seniors helped with that. We just did our regular practice leading up to this and went about our business."

SWEEP

(Continued from Page B2)

Currier combined for 18 kills and Orton tossed in seven kills. The Eagles served an impressive 96 percent.

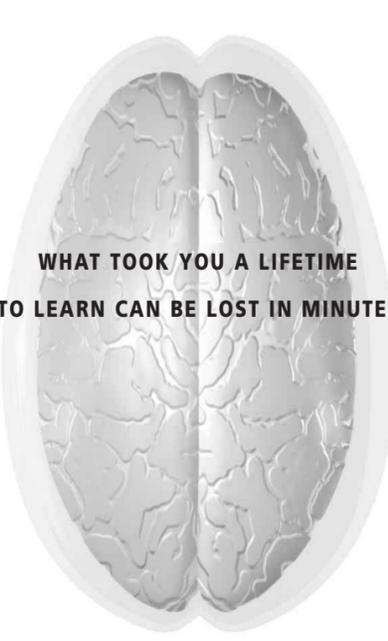
Gilford is set to return to its familiar home away from home at Pinkerton Academy for the D-II semifinals on Nov. 3 against third-seeded Somersworth (5 p.m.).

It's the 23rd consecutive trip to the semifinals for the program, an astonishing number for what has been a dominant team in New Hampshire volleyball. A win would send the Eagles through to their second consecutive state championship match on Saturday night.



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Maddi Currier totaled nine kills in second-seeded Gilford's 3-0 sweep of Milford on Saturday.



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<b>\$48,995</b> DOUBLE WIDES 44' 3 Bed 2 Bath	<b>\$55,995</b> 44' 3 Bed 2 Bath	<b>\$59,995</b> 48' 3 Bed 2 Bath	<b>\$64,995</b> 48' 3 Bed 2 Bath

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<b>\$106,995</b> 56'x28' Ranch Roman Spa Bathroom, Irresistible Kitchen!	<b>\$72,995</b> BEST SELLING CAPE IN NH! 38'x26' Sunny Cape	<b>\$109,995</b> 2,000 sqft, 2 Story
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**Great Location!**  
\$289,000

**CHARMING LOG HOME!** Located in South Wolfeboro with warm and inviting features. Large country kitchen and family room are joined by a double sided fireplace, beautiful exposed beams, large attached garage, 1st floor bedroom and office, full basement and large landscaped lot. Covered porch on the front and rear deck to enjoy the wooded outdoor surroundings. 5 Minutes to Downtown Wolfeboro, schools, trails and beaches.

**Beach on Wheel!**  
\$399,000

**WATER ACCESS LOG HOME!** State of the art luxury log home with shared Lake Winnepesaukee access features one level living, sleek radiant heated and stained concrete floors, fireplace, granite and stainless kitchen. Short 3 minute walk to a magnificent sandy beach, moorings and dock.

Check out Wolfeboro Bay at: [WWW.wolfecam.com](http://WWW.wolfecam.com)

## Sunny Contemporary In Ossipee FOR SALE BY OWNER



**PRICE REDUCED**

Ossipee Quiet country setting, walking & snowmobile trails from the backyard. Bird sanctuary & Ossipee Lake within walking distance. Relax on the new front deck as bald eagles fly overhead. Master deck perfect for star gazing. This 1526 sf modern contemporary sits on 1.24 acres offers open concept living, gas fireplace, 3 bedroom, 2 full baths. Custom oak cabinets in kitchen & bathrooms. Window seat is perfect for watching wildlife in your yard. Close to Rt. 16 but peaceful and quiet.



**Must be seen to be appreciated!**  
**\$179,900** Call Melissa  
(603) 356-0039 Days or (603) 986-8033 Nights

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<b>Sandwich:</b> 313' of pristine shoreline on Big Squam Lake. Private estate on 17 acres. The 4,886 sqft. residence offers 3 bedrooms & 5 baths, and expansive decks. The home was meticulously crafted to perfection by a premier NH builder. Outstanding features include a gourmet kitchen with island & double ovens, hardwood floors, multiple fireplaces, a wine room, indoor resistance pool, butler's pantry, & high end finishes throughout. Enjoy 313' of shoreline & 2 expansive docking systems. The charming lake side cottage has a screened sitting area for overlooking the lake and a stone fireplace for cool evenings. <b>\$2,795,000</b> MLS#4492954	<b>Moultonborough:</b> Beautiful post and beam cape in a commercial/residential zone. Lovingly cared for over the years, and updated with a barn for additional expansion. Close to Moultonborough village and near schools and deeded water access on Lee Pond. <b>\$325,000</b> MLS#4511601	<b>Alton:</b> Water access home in small community along the shores of Lake Winnepesaukee. 4 bedrooms, 4 baths, over 3,000 sqft. and best of all... a boat slip with enough room for a 38' boat with 4-way tie off. Home has been recently renovated to provide a contemporary open feel. <b>\$639,788</b> MLS# 4500598	<b>New Hampton:</b> 1,758' of frontage on the Pemigewasset River with 70+ acres and 2,000' of road frontage. Endless possibilities with this rare piece. Beautiful views near the shoreline, wooded areas and walking trails. Private location yet convenient to area amenities. <b>\$295,000</b> MLS#4490857
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**Featured PROPERTIES**

<b>TRADITIONAL</b> Wolfeboro home w/nice privacy. Exquisite blend of comfortable and formal living spaces, high ceilings, crown molding, hardwood floors, grand staircase. Beautifully landscaped. Walk to Carry Beach. <b>\$1,500,000</b> (4122716) Call 569-3128	<b>GORGEOUS</b> 122' waterfront and 1.48 acres on Lake Winnepesaukee. This 4 bedroom, 3.5 bath, 2415 sq ft contemporary is on one of the lake's prettiest points of land in Moultonborough. Private dock. <b>\$1,250,000</b> (4506309) Call 253-9360	<b>QUINTESSENTIAL</b> lakefront cottage in Tuftonboro. Charming SBR old time cottage, screen porch, FP, woodstove, Covered U-shape dock, studio/rec. bldg. 1.46 acres, 280' pristine lakefront. Winnepesaukee's finest. Enjoy as is or rebuild. <b>\$1,200,000</b> (4449879) Call 569-3128	<b>STUNNING</b> views of Lake Winnepesaukee in Laconia from this highly desirable 4 bedroom Meredith Bay home! This contemporary style home offers views from every room. <b>\$799,900</b> (4603851) Call 253-9360
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**NEW HAMPTON** // Beautiful Lake Winona WF located on a point for privacy! Gorgeous views. Perfect for boating, fishing & swimming yet close to shopping and commuting. Oversize balcony and deck. **\$349,900** (4604206) Call 253-9360

**ALTON** // Quiet, private Alton Bay well maintained home with access to Lake Winnepesaukee. Three bedrooms, 1Ba + 3/4 bath with great entertaining space on wrap around deck. Property includes a shared 20' dock. **\$299,900** (4504990) Call 875-3128

**NEW DURHAM** // Rustic cottage on the shore of Merrymeeting Lake. Brand new metal roof, 2 sheds for all your toys. Not many of these left for under \$300,000... this won't last long! **\$289,000** (4602711) Call 875-3128

**MEREDITH** // This two bedroom home on 1+ acres is such a GEM! Two kitchens, oak flooring, home theater system and so much more... A MUST SEE! **\$239,900** (4501497) Call 253-9360

**ALTON** // Totally renovated school house has been lovingly restored with new septic, roof, furnace and paint inside and out. Nice, bright home with rural setting. **\$136,900** (4510039) Call 875-3128

**LAND and ACREAGE**

<b>ASHLAND</b> // Squam Lake access: Building lot on Squam River with 100' shoreline. Town water and sewer available. Nice views and quiet area. Within 5 minutes to I-93. <b>\$149,900</b> (4485203) Call 253-9360	<b>MOULTONBOROUGH</b> // 3 acre level wooded lot abuts Kona Wildlife Area - over 300 acres of forest & 3,000' of lakefront. Nature viewing, fishing, hiking & snowmobiling from your back door! <b>\$92,000</b> (4514242) Call 253-9360	<b>ALTON</b> // 7.58-Acre wooded building lot with 784' on Class VI Sport Emery Road. Private setting. Close to all Lakes Region activities. Convenient commuting location. <b>\$79,900</b> (4429809) Call 875-3128	<b>NEW DURHAM</b> // Nice 3.9 acre country building lot in quiet subdivision, easy commute to town. Just minutes to lakes and mountains. <b>\$35,000</b> (4393960) Call 875-3128
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# TOWN•TO•TOWN CLASSIFIEDS



**CENTER HARBOR**

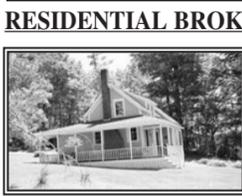
32 Whittier Hwy  
603-253-4345

CenterHarbor.NH@NEMoves.com

**LACONIA**

348 Court Street  
603-524-2255

LakesRegionInfo@NEMoves.com



**Gilford \$1,150,000 #4497802**  
Totally re-built cottage is on a fabulous lot with amazing views. 2 docks, an acre of land, town sewer, wrap around porch and more.

Susan Bradley 581-2810



**Alton \$660,000 #4447492**  
Big views from this year round waterfront cottage on Lake Winnepesaukee with a walk-in sandy beach with privacy fence & U-shaped dock. 2 story home with 2 BR's plus den.

Ellen Mulligan 603-387-0369



**Moultonboro, \$599,000 #4493668**  
Level lot and beautiful mountain views to build your dream home on! Large lot with shared driveway. Views of the Ossipee Mountain Range, quiet neighborhood. Bring your plans!

Ellen Mulligan 603-387-0369



**Meredith \$425,000 #4604047**  
New construction on desirable Meredith Neck. Close to Lake Winnepesaukee and 2 marinas. Contemporary Colonial. 2 car garage, farmers porch, open floor plan, 3 bedrooms, 2 1/2 bathrooms. Walk out basement.

Bob Williams 603-455-0275/Danielle McIntosh 603-393-9938



**Belmont, \$389,000 #4606143**  
Beautiful Contemporary home on over 50 acres for privacy and viewing wildlife, yet close to everything! Custom built features and double walled construction for efficiency. A must see!

Dave Malone 581-2837



**Gilford, \$379,000 #4605242**  
Gracious tree lined drive leads to the 2 single family homes joined at a corner. Main house has 3 BR, 2 1/2 baths and 2nd home has 2 BR, 1 BA. Nice landscaping and in ground pool!

Nancy LeRoy 581-2830



**Franklin, \$324,999 #4494658**  
Wonderful open concept one level home on 2.13 acres with 52' on beautiful Webster Lake. Private back deck and amazing detached 4 bay garage.

Robin Dionne 581-2867



**Belmont \$284,900 #4606070**  
Year round Winnisquam waterfront fun! 7 year young home, open concept living room, kitchen featuring plenty of storage and island seating. Windows span living room for wide views across the lake.

Linda Fields 603-244-6889



**Sandwich \$275,000 #4487402**  
See the possibilities of this mixed residential & comm. use property/Live onsite in the sunny 3BR/2BA apartment as owner/operator, OR invest in an established income property. A country store w eating & meeting space, and the No. Sandwich P.O.

Shirley Burns/Dana Burns 603-630-1410



**Sandwich \$230,000 #4514589**  
The home has been used for many years as a year round "camp". Originally built in the 1950's a total renovation was done in 1997. Located about a mile from town on a 20 acre parcel.

Ellen Karman 603-986-8556



**Belmont, \$189,000 #4606675**  
Lovely Ranch tucked away in a private and peaceful setting. Wood floors throughout and 2 spacious bedrooms. Lower level family room and full walkout to yard.

Judy McShane 581-2800



**Meredith, \$119,000 #4459825**  
Great opportunity to build on 3.67+/- acre lot in Meredith! The well is in, 5 bedroom septic system is installed, power at lot and partial foundation is in.

Bob Williams 603-455-0275/Danielle McIntosh 603-393-9938



**Belmont, \$112,000 #4604993**  
Exceptionally spacious with a separate living room and family room. Turn key condition with newer roof and a great private yard with shed.

Judy McShane 581-2800



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**Gilford, \$24,000 #4605672**  
Well maintained and cared for home. New carpet in living room and master. Spacious living room with vaulted ceilings. Generous eat in kitchen with lots of oak cupboard space.

Linda Fields 603-244-6889

www.NewEnglandMoves.com

## Encouraging news:

Central to this media campaign to eliminate underage drinking is the encouraging news that studies show parent disapproval is the **No. 1** reason children choose not to drink alcohol. Parents empowered can trump peer pressure.

The most effective parenting techniques are among the most simple, including:

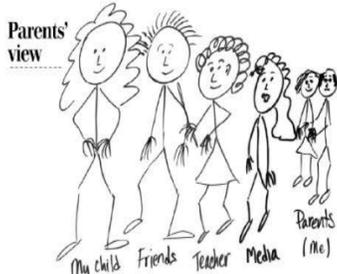
- Set clear rules about no underage drinking
- Know where your children are and whom they are with
- Know your children's friends
- Ensure your children's social environments are alcohol-free
- Have daily, positive communication and interaction with your children
- Eat dinner together

Research shows teens who regularly eat as a family (5-7 times per week) are **33 percent** less likely to use alcohol.

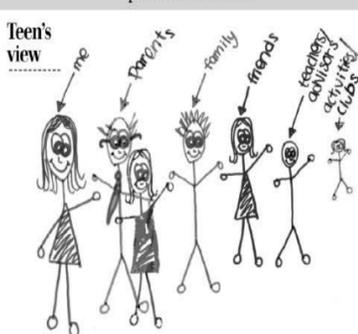


Most parents don't realize they are the **No. 1** influence in their children's lives.

When parents were asked to draw the greatest influences on their teens, they placed themselves last.



When teens were asked to draw the major influences in their lives, they placed their parents first, before peers and activities.



Partnership for drugfreeNH.org  
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Mount Prospect Academy is seeking individuals to work at our facility in Plymouth, NH. We are seeking candidates with experience working with adolescent youths, with in-depth knowledge and understanding of Individualized Education Program (IEP's). Teachers and Faculty work together as part of the educational team and collaborate with referring special education departments and other internal staff that provide services to our students. Essential Functions (not limited to): Responsible for creating and delivering lesson plans, assist in assessment of student's progress in accordance with IEP plans, Guide students in completion of classroom work. Develop strategies so that students are engaged in the classroom. Implement a Behavior Modification Program reinforcing positive behavior. Maintain a grade book, assessment instruments to fairly evaluate student performance. Attend faculty meetings as required. Complete monthly reports and progress reporting information on a timely basis. Ability follow school policies and procedures.

Possible employment for **Adult Living Teachers, Behavioral Specialists, Academic Case Managers** as well as leadership positions.

Benefits: We offer excellent benefits including Medical, Dental, Vision, 403(b), life insurance, short term disability, long term disability. Other benefits include paid time-off, mileage & expense reimbursement and professional development opportunities.

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or mail to:  
Mount Prospect Academy  
PO Box 1317  
Campton, NH 03223



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## Bear Down

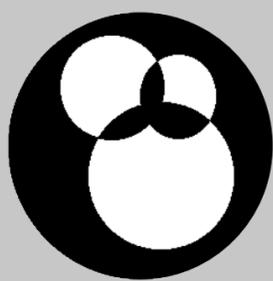
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**NFI NORTH is a leading nonprofit human service agency specializing in the treatment of children and adults with behavioral health challenges. The Agency is accredited by the Joint Commission as a Behavioral Health Care Organization.**

**Due to growth and expansion in our programs we have career opportunities in the following areas:**

**Jefferson and Bradford, NH** – Teenagers needing caring, positive role models

**Concord and Bethlehem, NH** – Adults working towards independence and employment skills

**Direct Care Counselors/Supervisors all sites (all shifts available)** – Base pay is \$13 an hour (negotiable based on experience) Supportive coaching, engage in activities and relationship building

**Social Worker – Jefferson** – Must have a Master's Degree in Social Work or Human Services (free clinical supervision provided for those seeking licensure). Base pay is \$45K (negotiable based on experience)

**Assistant Director – Jefferson and Concord** – Help lead a team of professionals and move the Agency mission forward. The position is a combination of management and guidance of direct support. Bachelor's Degree required. Base pay \$40K (negotiable based on experience)

**Drivers– Jefferson and Bradford** – Great opportunity for people that need a flexible schedule or only want to work a few hours a week to take consumers to appointments. Must have a driver's license. Base pay \$13 per hour (negotiable based on experience)

**Per Diem/Part Time Direct Care Counselor** – All sites (all shifts) Great opportunity for people that only want to work a few hours a week. Potential for more hours exists. Base pay \$12 an hour (negotiable based on experience)

Full background check is required for all positions.

We offer an excellent benefits package for 30plus hour employees with health and dental, tuition reimbursement and generous time off package (3 weeks' vacation, 7 sick days, 11 holidays and more).

For all of our employees we provide excellent training, career growth opportunities, a supportive work environment and access to an affordable higher education through our partnership with Southern New Hampshire University (see below). NFI North also pays for all Professional Development Trainings, CEU's and Licensure Renewals!

NFI North is a proud partner with Southern New Hampshire University's (SNHU) College for America, an accredited, nonprofit college designed to develop working adults through cost effective, competency based higher education. Not only do we offer our employees access at incredibly low and affordable rates but now you can also enroll your immediate family members. SNHU offers accredited bachelor and associate degree programs completely online at your own pace for only \$3,000 a year or less when eligible for our tuition reimbursement program.

**Please send cover letter and resume (please put location interested in subject line) to [nfinorthhr@nafi.com](mailto:nfinorthhr@nafi.com) EOE/AA**

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