



THURSDAY, OCTOBER 10, 2019

GILFORD, N.H.

GHS theater presents "School of Rock" this November

BY ERIN PLUMMER
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The "School of Rock" will be in session at Gilford High School in November when the popular musical comes to the stage.

GHS theater is working on the musical "School of Rock" for November, based on the 2003 film starring Jack Black and Joan Cusack.

In "School of Rock," Dewey finds himself out of his band and working as a substitute teacher at a prestigious school to pay the bills, then encourages his students to enter the schools Battle of the Bands.

Director Matt Demko said he saw the show four times in New York City, where he was struck by the message of the posi-



Blake Bolduc and Jon Buttrick rock out during rehearsals for Gilford High School's coming production of "School of Rock."

like they've gotten a lot done in that time. Demko said the kids have come in prepared and are clearly engaged.

"We have so much talent at this school," Demko said. "All the kids are amazing to work with; they're passionate, they're dedicated to their craft."

He said he had a moment looking over what they needed to do and noticed how far they've come, suddenly realizing it was only the end of September.

Demko said this is a familiar show for many of these students.

A number of the students will be playing their own instruments in the show for the band scenes.

The set will also be a huge part of the production.

"This is probably the most ambitious set we're going to be doing in a long time," Demko said.

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Eagle project would build a gear rack by tennis courts

BY ERIN PLUMMER
mnews@salmonpress.news

Players on the town tennis court will soon get a place to put their gear thanks to a proposed Eagle Scout project.

Neil Miller is a Life Scout in Boy Scout Troop 243 in Gilford and is pursuing his Eagle badge. On Sept. 25, he asked the selectmen for permissions to construct the bag holder at the Gilford tennis courts.

Miller plays tennis and said the courts have no real storage space for any bags or equipment. It usually results in 30 members of both tennis teams packing their gear on a small space on the ground.

"I've personally had stuff lost, broken by accident, just somebody stepping on my tennis racket and breaking the

SEE **EAGLE** PAGE A8

tive impact the arts can have on students.

"I kind of love the message it sends," Demko said. "Music, dance, theater...can really impact children's lives."

Demko said he wanted to put on the show at the school.

He said so far, they had a great three weeks of rehearsals and he said it feels

Gilford's Katie Dobbins to perform at Belknap Mill

LACONIA — This year's journey around the sun has been an incredible adventure for singer-songwriters Katie Dobbins and Olivia Frances. Both released full-length albums this past Spring, with positive messaging and melodies that will dance through your mind for days.

Dobbins and Frances are collaborating with their fall tour Sunshine in November, which will hit The Belknap Mill stage on Sunday, Nov. 3. The female musicians are no strangers to this beautiful NH venue, and both performed there together for Dobbins' 2017 "Post It Notes" music video release show. The venue provides an intimate and beautiful space where listeners can come enjoy live music, bring their own food and drinks, and leave with happy hearts!

Released in March, Dobbins' sophomore album, "There Is Light," hit the airwaves on prominent stations like The River, The Hawk, and Granite State of Mind. After celebrating its release with a tour through Massachusetts, New Hampshire, and Vermont, "There Is Light" was nominated for Album of the Year at the 2019 New England Music Awards. Award-winning songwriter and

friend Amanda McCarthy describes the album as "so beautiful, heartbreaking, uplifting, and fierce all at once." Full of remarkably honest songs that capture seasons of both hardship and joy, "There Is Light" holds onto the hope that light will always illuminate and overpower darkness. Dobbins celebrated her NH album release show at The Belknap Mill in April and made her debut on The Bank of NH Pavilion Magic Hat Stage shortly after. She is excited to return to The Belknap Mill and will be performing as a trio, accompanied by incredible local musicians Jarrod Taylor and Mike Moran.

When Olivia Frances walks on stage, her infectious positive energy and powerful stage presence captures a room. After winning four distinguished awards in 2018 alone, this pop/folk artist released her full-length, fan-funded, third album, "Orchid in June," described by the Worcester Telegram & Gazette as "irrepressibly sweet — and eminently likable." Blending nature-inspired lyrics with ethereal vocals and organic guitar picking, Frances' unique "sunshine-story-pop" sound is a flowery mix of Colbie Caillat's catchy

SEE **DOBBINS** PAGE A8

Quilt show draws a crowd

BY ERIN PLUMMER
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Everyone from veteran quilters to prospective quilters to people just curious about quilts could get a good view of many different quilted creations and come away with supplies and knowledge to create them during the annual Belknap Mill Quilter's Guild's Quilt Show.

Hundreds of quilts were mounted around the gym at the Gilford Youth Center for the show that ran from Saturday through Sunday. Visitors could walk around and look at the array of quilts from king sized blankets to wall hangings and many more creations.

Many different quilt shops from across the state and beyond set up stands for people to



Lynne Tyler ran a class called "Birds, Birds, Birds!" on creating quilted birds.

browse their collections of fabrics, kits, supplies, and more.

There was also homemade food in a special

cafe.

Lynne Tyler ran a class called "Birds, Birds, Birds!" on creating quilted birds.

The event's co-chairs said this was their biggest year.

Co-chair Ila Mattila credited the publicity

team led by Micci Freyenhagen for the big turnout.

"Our publicity team

SEE **QUILT** PAGE A8

ALMANAC

Notes from the Gilford Public Library

BY MARK THOMAS

Library Correspondent

That's it, we can stop the discussion. It's unanimous. Fall is the best season, bar none. The weather is so pleasant, it blows the mind. You can walk outside without sunblock, without sunglasses, no coats, no muck boots, just jeans and a T-shirt and a satisfied smile. The food is fresh and delicious from the harvest. Hiking? Sport? There is literally (correct use) no better time of year to enjoy it. This season rocks!

With it being so wonderful out, what could make you want

to come inside the library? How about a rock art display with unassuming beauty to rival nature. Grace Howe's has graced us with her incredible hand-crafted minimalist rock art scenes using choice stones and ink on fine paper. When asked what her favorite thing about her art is, she just said, "I'lknmt's simple." Her art is an accomplishment at any age, but all the more impressive knowing that she is just 10 years old. Both Grace and her art are simply wonderful.

Being the best season to rock out in our mountain ranges, it is

also the best time to check out the hiking books and maps. Many of the hiking books come with detailed maps and descriptions to help optimize your next venture. Most of the staff are hikers ourselves and we would love to talk about local trails! We can help you find your next favorite.

Whether on your way to the mountain or on the way back, stop in the library to take in the art, plan your next trip, or pick up a stimulating read. Keeping on theme, I'd recommend Richard Macfarlane's style of nature writing. In both his earlier work 'Old Ways' and the brand new "Underland: A deep time journey," Richard ruminates on the natural world and the feeling we get when we travel a time-worn path. His descriptive style is one-of-a-kind, and will set the mood for adventure!

Classes & Special Events
October 10th-17th
Thursday,
October 10th
Geri Fit, 9am-10am

Yoga Fun, 10:30am-11:30am

Homeschool Game Club, 12:15pm-2:15pm
Conversational French, 4pm-5pm

Loons, 6:30pm-7:30pm

Have you ever wondered why a loon's eyes are red? Why loon chicks ride on their parents' backs? What loons are saying with those eerie calls in the night? Join biologist Caroline Hughes as she talks about this unique symbol of New Hampshire's wild lakes and its special place in the hearts of New Hampshire residents. Caroline will talk about loons, challenges facing loons, and the Loon Preservation

Committee's work to safeguard New Hampshire's threatened loon population.

Friday, October 11th
Social Bridge, 10:30am-12:30pm

Crafty Preschool Story Time, 10:30am-11:30am

Knit Wits, 1:30-2:30pm

Advanced Conversational German, 2:30-3:30pm

Monday, October 14th

CLOSED (Columbus/Indigenous Peoples Day)

Tuesday, October 15th

Geri Fit, 9am-10am
Hook Nook, 10am-

11am
Bridge, 10:30am-12:30pm

Preschool Story Time, 10:30am-11:30am

Read, sing, dance, and make a craft! Ages 2.5-5. Sign up required.

Little MDs, 3:30pm-4:30pm

The Weirs: A Stroll Through Time with K. Peddler Bridges, 6:30pm-7:30pm

If you've recently taken a stroll through the Weirs boardwalk, you may have noticed the new historical markers, Highlighting The Mount Washington Cruise Ship, Laconia Bike Week, and more. These signs come from a book being written by Poet
SEE LIBRARY PAGE A8

Gilford Public Library Top Ten Requests

1. "The Shape of Night" by Tess Gerritsen
2. "A Better Man" by Louise Penny
3. "Where the Crawdads Sing" by
4. "A Mrs. Miracle Christmas" by Debbie Macomber
5. "Educated" by Tara Westover
6. "Summer of '69" by Elin Hilderbrand
7. "The Institute" by Stephen King
8. "Nothing Ventured" by Jerffrey Archer
9. "The Inn" by James Patterson
10. "Bloody Genius: A Virgil Flowers Novel" By John Sandford

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GILFORD POLICE LOG

The Gilford Police Department reported the following arrests from Sept. 17 to Oct. 7.

Craig S. Johns, age 48, no known address, was arrested on Sept. 18 for Driving After Revocation or Suspension.

Patricia N. Lefebvre, age 36, of Laconia was arrested on Sept. 20 for Driving After Revocation or Suspension (Subsequent).

Tawnya L. Hobart, age 41, of Ashland was arrested on Sept. 24 in connection with a bench warrant, and for Operating with an Expired License.

A 48-year-old female from Concord was taken into protective custody for intoxication on Sept. 25.

Lucia A. Gillen, age 36, of Laconia was arrested on Sept. 25 for Conduct After an Accident and Driving After Revocation or Suspension (subsequent).

A 27-year-old male from Gonic was taken into protective custody for intoxication on Sept. 27.

Ryan E. Thurston, age 38, of Gilford was arrested on Sept. 27 in connection with a bench warrant for Disobeying an Officer, Reckless Conduct with a Deadly Weapon, Resisting Arrest or Detention, and multiple counts of Reckless Conduct and Conduct After an Accident.

Joshua E. Ripley, age 26, of Gilmanton was arrested on Sept. 28 in connection with a bench warrant.

Leory H. Boynton III, age 51, of Laconia was arrested on Sept. 28 for Possession of a Controlled Drug.

Shawn L. Ranlett, age 22, of Hampstead and Kacey Elizabeth McLeod, age 19, of Londonderry were arrested on Sept. 30 for Criminal Trespassing.

Michael J. Flack, age 50, of Gilford was arrested on Oct. 2 in connection with a bench warrant. Edward James Matthews, age 73, of Gilford was arrested during the same incident for Hindering Apprehension or Prosecution and Simple Assault-Physical Contact or Bodily Injury.

Deborah Lee Mullen, age 60, of Gilford was arrested on Oct. 3 for Domestic Violence-Simple Assault-Bodily Injury.

A 31-year-old male was taken into protective custody for intoxication on Oct. 4.

Eric Joseph Alfred Peters, age 39, of Laconia was arrested on Oct. 5 in connection with a bench warrant.

Benjamin D. Rourke, age 35, of Gilford was arrested on Oct. 6 for Driving While Intoxicated.

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Sandwich Fair returns this weekend

BY ERIN PLUMMER
mnews@salmonpress.news

SANDWICH — The Sandwich Fairgrounds will be bustling with life for the 109th year of the Sandwich Fair, bringing tens of thousands of visitors to Sandwich from across the region.

The fair and its events start on Saturday, though visitors can get a taste of the fair at the midway preview on Friday night. The fair will run through the weekend and end on Columbus Day.

The fair unofficially starts with the Midway Preview on Friday night. From 4-10 p.m. people can get into the fairgrounds for free ride all the rides for \$20. People entering in any of the non-animal categories can submit their entries to their respective departments from 3-8 p.m.

The fair officially begins on Saturday, of “Children's Day.” There is a Pay One Price Ride Special from 9 a.m.-2 p.m. Competitions begin at 9 a.m. and shows on the Fairgrounds Stage start at 9:30 a.m.

The antique auto show next to the fire station starts at 8 a.m.

The Antique Auto Parade starts at 1 p.m. in the parking lot in front of the midway and goes down Route 109, onto Route 113, and through the fair entrance at Squam Lake Road. The parade will go through the fairgrounds and end back at the parking lot in front of the midway.

Sunday, Oct. 13 is “Family Day:” competitions start at 8:30 a.m. and performances start at 9:30 a.m.

The Grand Street Parade starts on Route 113 at 1 p.m. The theme for this year's parade is “Women of Sandwich's Past.” The parade will start at the Quim-



FILE PHOTO

The 109th annual Sandwich Fair will run this weekend.

by School grounds on Maple Street, go down Route 113, turn onto Route 109, enter the fair gate by Quimby Field, go through the fairgrounds, exit onto Squam Lake Road, and go back down Route 113 back to the Quimby School grounds.

The last day of the fair is Monday, Oct. 14 which is “Senior and 4-H Day.” It is also “Military Appreciation Day” and all military personnel will have free admission with ID. Competitions start at 9 a.m. and performances start at 10 a.m.

The Women's Skillet Toss will be at 10:30 a.m. and the Gentleman's Keg Toss will be at 12 p.m., both in the

Show Ring. The Baked Goods Auction will start at 3:30 p.m. outside the Baked Goods Building. On all days gates, midway, farmer's market, craft building, and concessions open at 8 a.m. and rides and exhibit halls open at 9 a.m. Exhibit halls close Saturday and Sunday at 6 p.m. and Monday at 5 p.m.

Admission all weekend is \$12 for adults and free for children under 12. Seniors can get in for \$6 on Monday, military personnel are free with ID on Monday for Military Appreciation Day.

For more information on this year's Sandwich Fair, visit thesandwichfair.com.

Local resident graduates from Wentworth Institute of Technology

BOSTON, Mass. — The following local students have graduated from Wentworth Institute of Technology in Boston, Mass.

* Noelle Benavides of Gilford

The university held its summer commencement on August 18, 2019.

Founded in 1904, Wentworth Institute of Technology stresses

project-based, hands-on learning, with an emphasis on cooperative education and careers, community enrichment, and contributing to the economic vitality of the Greater Boston region. The nationally ranked school is recognized as a leader in engineering, technology, design and science.

Wentworth has some

19 Bachelor's degree programs in areas such as architecture; construction management; mechanical, biomedical and civil engineering; and computer science. It offers master's degrees in in applied computer science, architecture, civil engineering, construction management, facility management, and technology management.

Shaker Regional School District Serving the Communities of Belmont & Canterbury

CHILDFIND CLINIC

Are you concerned about your child's development? Do you suspect that your child may have a disability? We will be holding a “Child Find Clinic” on Tuesday, October 15, 2019 at Belmont Elementary School from 1:00 – 3:00 pm for children age birth through 6 years old. Certified staff will screen students for possible learning disabilities, speech and language disabilities, motor skills, and overall developmental functioning. The clinic is open to any resident of Belmont or Canterbury, but **APPOINTMENTS ARE REQUIRED**.

Please contact the SAU office at 267-9223 ext.5306 for additional information or to make an appointment.



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OPINION

Staying young

Over the past week, the national news stage has been filled with stories and broadcasts regarding the impeachment inquiry into the actions of President Donald Trump. While it is important to stay in touch with what's happening on a larger scale around us, many of us can oftentimes feel inundated by it. We ourselves perusing news outlets when a sudden urge to return to a time of innocence came upon us with the thought, 'I just want to be young again, and eat chocolate and ride bikes all day with my friends.' The thought then occurred that this was actually still possible. Where there is a will, there is a way, and we can indeed still take a day every now and then to eat chocolate all day and ride our bikes with friends — although perhaps the chocolate should be enjoyed in moderation.

As a result, a discussion in the office began about what we do to stay young, and whether it's actually possible to feel young again. Good news, it is. Below are some of the things we found helpful that are scientifically proven to make you feel young again.

Tip number one is not to cancel on hanging out with friends. As we get older, it becomes pure joy to go home and get cozy for a night in. While this is all good, it's more important to maintain your connections with your people. Having strong friendships has been proven to help you live longer and feel that way as well. People who are more social tend to have lower blood pressure as well as cholesterol.

The next tip is to go hiking or spend some time outdoors. Spending time outdoors can make you feel energized and boost your happy meter ten fold.

Experts say that smiling can make you feel younger. Those who smile more are perceived as younger. An added bonus is that smiling reduces stress and can improve your mood.

We've all heard that exercise is key. One study showed that people who do high levels of exercise have cells that age more slowly than their counterparts.

Taking classes can make you feel years younger. This doesn't mean go back to school and suffer any more time under those florescent lights. It means, take a spinning class, guitar or pottery class. Learning something new is a brain booster.

Drinking wine will give you a good dose of resveratrol, which has been shown to slow brain aging. Keep this in moderation, as the flip side can actually kill brain cells and lead to other health problems, we are all aware of.

Apparently, people who wear a citrus scent are said to be perceived as younger and feel younger as well.

"Water, water, water... 'nuff said," as we heard a camp counselor lecture us in the early 1990's. Staying hydrated boosts energy and is just an all around smart thing to keep in mind.

Eating sugar is a big no-no. We're not sure how this will affect the 'eat chocolate, ride bikes all day' plan. Getting rid of sugar can reduce the risk of high blood pressure, diabetes and other diseases that can slow you down.

Weight lifting boosts energy levels and creates muscles which in turn make you stronger and feel more youthful.

Staying optimistic about aging has been proven to make you feel younger and boost cognition. Those with a negative outlook, tend to age faster and we don't want that.

Go on an adventure. Doing something that is new and exciting is an easy way to feel alive and make you feel young again.

Make sure your posture is in good form. It's been proven that standing and sitting up straight can boost confidence and make you feel young.

Listen to music from when you were younger. The tunes will bring you right back to when you were young, and if you liked a song once, chances are you'll like it again. Unless it's anything from the Titanic soundtrack.

There are more tips involving volunteering, stretching, taking a multi-vitamin, eating more fruits and vegetables, going to concerts and so on and so forth. The point is, your well being is in your hands.

In the words of George Bernard Shaw, "We don't stop playing because we grow old; we grow old because we stop playing."

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We're looking forward to hearing from you!



COURTESY

GHS graduate completes basic training

U.S. Air Force Airman Mathieu C. Sherburne graduated from basic military training at Joint Base San Antonio-Lackland, San Antonio, Texas. The airman completed an intensive, eight-week program that included training in military discipline and studies, Air Force core values, physical fitness, and basic warfare principles and skills. Airmen who complete basic training also earn four credits toward an associate in applied science degree through the Community College of the Air Force. Sherburne is the son of Denise Sherburne of Gilmanton. He is a 2019 graduate of Gilford High School, Gilford.

NORTH COUNTRY NOTEBOOK

On a last trip to Labrador, big changes in the winds



By JOHN HARRIGAN
COLUMNIST

On a last trip to Labrador, big changes in the winds

Today, I cleaned house---not in the normal sense, but in the world of computers, meaning my desktop. I like to leave a photo or two hanging around to remind me to write something or other, and pretty quick my screen is a crowded mess.

It's a bad habit, because before long, you have a screen full of weird stuff you can scarcely remember. And a computer with a lot of stuff on its screen borders on the agonizing to boot up.

Done with the duster, I decided to leave one photo up there because it was both beautiful and poignant, and so directly and compellingly connected to things that are happening right where I live, in a wonderful piece of land that the glaciers sliced and diced and dropped between New Hampshire's White Mountains and Lower Quebec.

+++++

A few years ago, I made what I knew would be my last trip to Labrador. Literally, this harsh land's name means laborer, or farmer, or even, by inference, a place of hard work, hard to even be there, and it's oh so true.

In fact, I consider it a minor miracle that I and we (the size of our groups ranged from four to thirteen) managed to make 14 trips to this rugged land



COURTESY

Climbers and trekkers in the world's highest places are faced with drastic changes in their normal routes, and where to make their camps.

without a major mishap. There's no sense in tempting fate. I'm not going back.

+++++

That summer, it was so hot in the Far North in early September that the fish congregated in the very coldest places---the confluences of major rivers (especially those emanating from lands toward the Arctic Circle), spring-holes, and heavily shaded pools. And they were "off their feed," meaning that they didn't follow their usual feeding patterns and you couldn't be sure that the flies and lures you'd always used at this time of year would be any good.

Typically, we waded out into rivers as far as we could to position ourselves upstream where we knew the fishing had always been good, and where, for those of us throwing flies instead of metal, there was enough room for backcasts. This is why, for example, we often see people who've waded far out into the Connecticut or Androscoggin rivers to fish. Fly-fishing often gets fish when nothing else is working, but it requires more room.

+++++

Two of the friends who made that trip are now gone, the first time death has kissed our long-running and inexplicably diverse group. People from all over the country have come along on our trips to Labrador. Many said that the experience in some ways changed their outlook or their lives. The knowledge that there will be no more such adventures does not diminish the memories a bit.

During that trip, warmth records were broken all across the Far North. We constantly wiped sweat off our brows. Simple chores required a lot of effort. Light clothing, of which we traditionally packed little, was derigueur for the daytime wear. Guides who kept our "keepers" cleaned and frozen for the trip home were anxious about our ability to get them there.

Far more than usual, camp talk dwelled on the weather. We all knew about melting glaciers and the rise of the seas. But 75F in northern Labrdor3, at the end of August? Was this the new normal?

+++++

All over northern Vermont, New Hampshire, and Maine,

ponds that in all their known history had weeds only in small sunlit shallows are now nearly choked with them, making trolling impossible and even casting almost unmanageable. It is the most visible of the many stages of a process called "eutrophication"---a natural process in which sun-seeking vegetation turns a pond into a swamp.

There's nothing inherently wrong with that, of course---it's the why of it that's the killer.

+++++

I look all around, at a way of life we take not just as a convenience, but almost as an inalienable right. If ever there was whistling in the dark, this is it, and Mother Nature, in all her vagaries and power, is calling the tune.

And more and more, I'm finding myself saying what so many friends and compatriots are saying, as they see one facet of life after another begin to crumble, which is that I'm damned glad I saw it the way it was.

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

The 2019 Parade of Homes - A real life HGTV experience

BY ROY SANBORN
Realtor, Distinctive Homes Group
Lakes Region Builders & Remodelers Association

REGION — If you love real estate and enjoy watching all the real estate related shows on TV than the 2019 Lakes Region Parade of Homes is something that you simply cannot miss!

If you love watching the “Property Brothers” Drew Scott finding his clients a home and having brother Jonathan Scott remodel it completely in an hour even though they ran into expensive unforeseen problems that would stop any other contractor in his tracks...you are going to love the Lakes Region Parade of Homes.

If you love watching “Fixer Uppers” Chip Gaines demo a home, deal with rotten sub-floors and asbestos issues and still get it rebuilt at bargain price and then have Joanna Gaines stay up all night to artfully stage



COURTESY

The annual Lakes Region Parade of Homes is coming up on Columbus Day weekend, Oct 12,13, and 14 and once again will highlight some of the finest homes and best builders in the Lakes Region.

the home and knock the socks off the homeowners, you are going to love the Lakes Region Parade of Homes.

And if you love watching “Love It or List It’s” designer Hilary Farr going crazy to give the owners of the home she is remodeling everything they ever asked for while agent David Visen-

ton tries to lure those same homes owners into a better home elsewhere...then you are probably going to fall in love at the Parade of Homes and either hire one of the show’s premiere builders to remodel your home or build you a new one.

While you are not able to talk to Chip Gaines or Drew Scott

about their construction best practices or Joanna or Hilary about their design choices, the Parade of Homes gives you the opportunity to talk with the builders, product suppliers, homeowners, and even a designer or two about their particular project. You’ll get the true inside scoop on building your own dream home or remodeling the one you already have. What better way is there to see some truly fabulous homes, get some ideas, and meet some builders that are every bit as talented as their television counterparts. I think they are probably even better!

The annual Lakes Region Parade of Homes is coming up on Columbus Day week-

end, Oct 12,13, and 14 and once again will highlight some of the finest homes and best builders in the Lakes Region. This year there are eleven properties being featured in eight communities! There are seven new construction, seven waterfront homes, four remodeled homes! Hey, you’ve got forty-five bedrooms and forty-eight baths to look at! If you can’t get ideas here...where can you?

This tour is run by the Lakes Region Builders and Remodelers Association, which is a non-profit, professional trade association and part of the National Association of Home Builders. It is self-guided but that’s OK because we have a

Parade Craze App that you can download from the Apple App Store or the Google Play Store. It has pictures of all the houses, info about the builders, and directions to get you to all the homes. Of course, there are paper maps available in case you don’t have a Smart Phone.

The cost to go on the tour is just \$20 per person with children under 18 free! That, my friend, is a real deal for two days’ worth of entertainment and a wealth of knowledge to be gained. You can get tickets on the Parade Craze App or at the first house you go to. You will also receive a Swag Bag full of goodies and a comprehensive Parade Guidebook! Wear some comfortable clothes and shoes and prepare to be amazed...

So, whether you are a “Property Virgin” or a “Rehab Addict” looking for a house with “Good Bones” and “Hidden Potential” or you just want to go on a “Lakefront Bargain Hunt,” join the other House Hunters on this Lakes Region Parade of Homes Tour. We are not “Selling New York” or “Selling LA,” these are great homes right here in the Lakes Region. Don’t “Flip or Flop,” we want to see you on the tour! Lakes-regionparadeofhomes.com

Annual Harvest Supper tickets on sale now

On Saturday, Oct. 19, the First United Methodist Church of Gilford will continue their long tradition of serving the best bean-hole beans in the region as part of their Harvest Supper.

For 47 years, the church has been cooking bean hole beans in huge iron pots placed in holes dug behind the church and lined with red-hot stones. The beans are then buried and cooked overnight until perfectly done. Besides the beans, the



COURTESY

Jeff Keyser & Pastor Jim Shook dishing out the bean hole beans.

dinner also serves a meal family style with all-you-can-eat corned

beef, cabbage, boiled potatoes, carrots, rolls and apple or pumpkin pie for dessert.

Tickets are available for both the 5 and the 6:30 p.m. seating and cost \$15 for adults and \$7 for children under 12. Tickets are available in the church office. To make a reservation, please call the church office at 524-3289. Best time to call is 8:30 AM - Noon, Monday – Friday. If leaving a message, please leave name, # of tickets and a phone number for us to call you back.

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Sunday
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Edward Jones: Financial Focus

Consider Some Year-end Investment Tax Moves

It may be hard to believe, but we're getting close to wrapping up 2019. And if you have a year-end to-do list, here's one more item you might want to add: Lower your investment-related taxes. To help meet this goal, consider these moves you could make before year-end:

- **Increase your 401(k) contributions.** If your employer allows it, add some money to your 401(k) before the year is out. (You can put up to \$19,000 in your 401(k) or similar plan for 2019, or \$25,000 if you're 50 or older.) If you fund your 401(k) with pre-tax dollars, the more you put in, the lower your taxable income. After-tax contributions, such as those for a Roth 401(k), won't result in tax savings for 2019 (but should reduce taxes in future years).
- **Add to your IRA.** You've got until the April tax filing deadline to contribute

to your IRA for 2019, but why wait until the last minute? You can put up to \$6,000 in your IRA for the year, or \$7,000 if you're 50 or older. With a traditional IRA, your contributions may be deductible, depending on your income; with a Roth IRA, contributions aren't deductible, but your earnings can grow tax-free, provided you meet certain conditions.

• **Donate some investments.** Recent tax law changes have resulted in far fewer people itemizing their deductions. However, if itemizing still makes sense in your situation, you might want to consider donating an investment that has gained value since you purchased it to one of the charitable groups you support. You will generally be able to deduct the fair market value of the investment, and you can avoid paying capital gains taxes on the appreciation.

• **Consider selling investments to realize capital losses.** You may have taxable capital gains, either from selling investments that have increased in value or simply from owning mutual funds (mutual fund managers constantly buy and sell individual investments within the funds). These capital gains could increase the amount of taxes you owe. If you own some investments that have lost value since you purchased them, selling them would generate capital losses that could be used to offset capital gains. Further, if you have more losses than gains, you can use up to \$3,000 of your losses to offset ordinary income. Keep in mind that selling an investment may change the allocation and performance of your portfolio. Also, just because an investment is down in value is not necessarily a reason to sell. And once you sell an investment to gen-

erate a capital loss, you need to wait at least 31 days to repurchase it to avoid incurring what's known as a "wash sale." Your financial professional can help you determine if selling any investments makes sense for your situation.

Before making any of these moves, you'll also want to consult with your tax professional. And remember that while taxes are a consideration, they should not necessarily drive your investment decisions. When investing, you need to build a portfolio that's appropriate for your risk tolerance and time horizon and that can help you achieve your goals, such as a comfortable retirement. Still, if you can make some tax-smart investment moves before the year is out, you may well reap the benefits next April.

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

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OBITUARY

Carole Gosselin Hopper, 84

GILFORD—Carole Gosselin Hopper, age 84, went home to be with Jesus Wednesday afternoon, Sept. 18, 2019 from St Francis Rehabilitation and Nursing Center in Laconia.

Carole was born Jan. 23, 1935 to Henry and Alvina Gosselin in Lowell, Mass. She grew up in Everett, Mass., and graduated from Everett High School in 1953. Carole played clarinet in the school band and was a member of the civil air patrol, as well as participating in cheerleading. She married Richard S. Hopper Sr. in 1957, later living in Clifton Park and Mechanicsville, N.Y., where she worked for the Shenendehowa Central School District. Carole was a Pinkerton Security Guard for jockeys and the women’s house at Saratoga Race Course and a Fire Policewoman for the Riverside, N.Y. Fire Department.

To be closer to family, Carole moved to the Lakes Region of New Hampshire in 1987. She was house mother for a shelter for abused women; a front desk clerk at the Gunstock Inn; and a tour guide at Castle in the Clouds. For many years Carole worked at the Alton Bay Christian Conference Center as an administrative assistant, as well as registrar for Camp Advenchur (Summer Camp) where she was beloved among the campers and staff and known as “Aunt Bunny.” Carole also worked at Twin Rivers Community Action



Program in Tilton and ended her work career as an administrative assistant at the Community Action Program of Laconia.

Carole truly loved the Lakes Region and enjoyed taking day trips with family and friends to a variety of places, such as cruising on the M/S Mount Washington on Lake Winnepesaukee and taking day trips to Castle in the Clouds, and Ellacoya State Park. Carole enjoyed playing Scrabble and Phase 10 with her grandchildren and bingo with her friends at Village Knolls 2. Carole also enjoyed helping her son and daughter-in-law with bridal shows and events for their business, Lakes Region Bride.

Carole was a member of the Gilford Historic Commission and a volunteer for the Gilford Police Department, where she recently completed her second Gilford Police Citizen’s Academy. She had a natural curiosity and interest in other cultures and people, and was an active member of the New Hampshire

Inter-Tribal Native American Council and participated in area Pow Wows.

Carole is survived by her son, Richard Hopper, and his wife, Kathi Caldwell-Hopper of West Alton, and her daughter, Cathy Hopper Court, and her husband John Court of Littleton, Mass., as well as a sister, Jacquelyn Flynn, of Winchendon, Mass. She also is survived by grandchildren Daniel Hopper of Durham, Megan Hopper of West Roxbury, Mass., Kevin Court of La Jolla, Calif., Julia Court of Bozeman, Mont. and David Court of Littleton, Mass.; and many nieces and nephews.

Carole was blessed to have the support of friends, as well as family, during recent years. The family would like to say a special thank-you to Carole’s neighbors at Village Knolls 2, where she lived from its opening in 2006 to 2019, as well as her friend, Belinda Cotton, and the staff at St. Francis Rehabilitation in Laconia, who provided exceptional care, giving the family peace of mind.

Calling hours will be held on Thursday, Oct. 10, 2019 from 4 to 7 p.m. at Wilkinson Beane Funeral Home, 164 Pleasant St., Laconia, using the Carriage House Entrance.

A celebration of Carole’s life will be held on Friday, Oct. 11, 2019 at 11:00am at Gilford Community Church, Potter Hill Road, Gilford.

Interment will be in the adjacent Wixson Memorial Garden after the celebration. A reception will follow in the church Fellowship Hall.

In lieu of flowers, donation can be made to the New Hampshire Intertribal Native American Council (NHINAC), PO Box 7216, Gilford, NH 03247 memo: College Book Fund.

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

PARKS AND RECREATION NEWS

BY HERB GREENE
Director
Gilford Parks and Recreation

The Gilford Parks and Recreation Department is sponsoring some fall hikes for any adults looking for fresh air, fun, exercise and beautiful foliage on Tuesday mornings this fall. The next hike will be held on Tuesday, Oct. 15 at Weeks Woods in Gilford. Participants will gather each morning at 9:15 a.m. in the Gilford Town Hall Lobby before departing for the hike. All interested participants must RSVP at least one day in advance to each trip.

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

Boston Celtics bus trip scheduled for March 18, 2020

The Gilford and Belmont Parks and Recreation Departments are co-sponsoring a Bus Trip to Boston to see the Celtics take on the New York Knicks on Wednesday, March 18, 2020. Cost of the trip is \$80 per person and includes round trip motor coach from Gilford or Belmont and

your ticket (section 311 of the balcony) to the game. Our deluxe motor coach will depart from Gilford High School at 4:45 p.m. and the Tioga Pavilion in Belmont at 5:00PM for the 7:30PM game. You will have time to visit the pro-shop and get dinner on your own prior to the 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.

Senior Moment-um Breakfast and Movie - Monday, Oct. 21

The Gilford Parks and Recreation Department will be sponsoring a Senior Moment-um program on Monday, Oct. 21st. We will meet at the Community Church, Fellowship Hall at 9:30 a.m. for breakfast and a movie! We will be watching "Hocus Pocus," a Halloween themed comedy starring Bette Midler, Sarah Jessica Parker and Kathy Najimy. The

movie and coffee are free of charge. We will also have breakfast available for anyone interested at \$3 per person featuring breakfast burritos, hash brown patties and juice. So please join us to watch this modern classic! Participants are asked to RSVP by Thursday, Oct. 17!

For more information or to RSVP, please contact the Gilford Parks and Rec. Department at 527-4722.

Coed Adult Volleyball Continues on Tuesday evenings

The Gilford Parks and Recreation Department is sponsoring a pick-up co-ed volleyball program for adults ages 18 and up, to be held every Tuesday evening from 7 - 9 p.m. in the Gilford Middle School Gymnasium. This program runs each Tuesday through the spring. There is a \$2 fee per participant, per evening. No pre-registration is required.

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

Ben & Jerry's Supports the New Hampshire Humane Society

MEREDITH – Ben & Jerry’s of Meredith has donated over \$350 to the New Hampshire Humane Society (NHHS) in Laconia. A portion of the proceeds of each “Doggie Delight,” a special ice cream treat for dogs, goes to NHHS.

“The New Hampshire Humane Society is grateful for the long-standing partnership with Ben & Jerry’s of Meredith,” stated Brooke Pearsall, NHHS Director of Development. “We encourage dog owners to bring their dogs down to Ben & Jerry’s at Mill Falls Marketplace so they can enjoy a Doggie Delight and support NHHS at the same time.”

Dogs are delighted with this special ice cream treat created just for them. A scoop of delicious Ben & Jerry’s vanilla ice cream

is topped with two dog biscuits to make this dog loving treat. Create

ation of this ice cream treat is an example of SEE BEN & JERRYS PAGE A9

Taylor Community hosting Colonial Theater update


LACONIA — The Colonial Theater project is comprised of three distinct mixed-used developments: renovation of the historic theater, renovation of former apartment units into marketable residential use and four storefront commercial units. The entire property totals approximately 39,000 square feet.

The theater will be built with modern technology, accessibility upgrades, extensive historic rehabilitation and have a 750-seat capacity. It will be used to host various cultural arts activities, including live stage performances and musical acts. The City of Laconia will be the master tenant

of the theater and manage the operations.

This project is one of the largest historic preservation projects in state history. Join us Thursday, Oct. 17 at 6:30 in Taylor Community’s Woodside Building for an update on the Colonial Theater Project, presented by Justin Slattery. This free event is open to the public.

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



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Newly signed budget supports developmental and mental health services

LACONIA — Gov. Chris Sununu signed the state budget into law to go into effect immediately. For the New Hampshire Developmental and Mental Health Services, this budget includes a Medicaid reimbursement rate increase beginning Jan. 1, 2020 – the first increase since 2006. This new budget means local non-profits such as Lakes Region Community Services and Lakes Region Mental Health Center can begin to address the significant workforce challenges that impact their ability to hire and retain qualified staff to support those they serve.

In addition, for Developmental Services, the budget also provides full funding for the Developmental Disability and Acquired Brain Disorder waitlists, and Commu-



Pictured from left to right Maggie Pritchard, CEO Lakes Region Mental Health Center, Gov. Chris Sununu, and Rebecca Bryant, President and CEO of Lakes Region Community Services.

nity Centered Early Supports and Services will receive \$250,000 for each year of the biennium.

LRSO concert to feature concerto competition winner

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

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

The program begins with Gioachino Rossini’s illustrious “Overture to the Barber of Seville,” which for many of us was the musical star in a Bugs Bunny

/ Elmer Fudd cartoon collaboration. The Nov. 2 concert concludes with Tchaikovsky’s “Symphony No. 2 – Little Russian,” one of his most joyful and energetic symphonies.

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

This year’s winner is remarkable young pianist Brigham Parker. Brigham placed third in last year’s competition, so we are particularly thrilled to see his persistence and practice pay off, ushering in Brigham with a well-deserved first place finish. Brigham has been studying piano for

nine years and grows his passion for music every day. He was awarded Distinction on the Royal School of Music’s highest piano exam and took honors at the New Hampshire Music Teachers Association Solo Competition. Brigham recently completed his second year with the Young Organist Collaborative where he studied with Barb Flocco (organist and instructor at Phillips Exeter Academy), and Eric Bermani (Director of Music at Saint Anselm College).

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

The Nov. 2 concert is just the first in the LRSO’s 2019-2020 exciting season. Reserve the other dates now: Holiday POPS on Dec.

SEE LRSO PAGE A9

LRPA’s “Shocktoberfest” kicks off with “Planet of the Vampires”

LACONIA— Be very afraid! It’s October on LRPA After Dark, and that means we’re celebrating the Scary Season with our fourth Annual “Shocktoberfest,” a month devoted to vintage horror films. This weekend (October 11 & 12 at 10:30 PM), the chills continue with 1965’s eerie sci-fi-alien gem “Planet of the Vampires,” directed by Italian horror master Mario Bava and starring an international cast that features American film actor Barry Sullivan (a familiar face to horror fans for his small but memorable role as the Overlook Hotel’s manager in Stanley Kubrick’s “The Shining”).

In “Planet of the Vampires,” two spaceships – the Argos and the Galliot – are sent on a mission to the uncharted planet of Aura. As the crew of

the Galliot enters the planet’s murky atmosphere, the crew inexplicably begins to violently attack one another. Only Captain Mark Markary (Sullivan) can resist this murderous urge, and he keeps the crew from killing each other. Upon leaving the ship, the crew finds the remains of the Argo, only to discover that the entire crew is dead, having apparently killed one another! Markary and his crew bury some of the dead, but most seem to be locked in the Argos’ control room. When the Galliot’s crew returns with tools to unlock the doors, the dead bodies have disappeared. As the realization that not all is well begins to set in, the crew of the Galliot tries to leave, but their ship has some damage that must first be repaired. One by one, the crew begins to be found dead. Will Markary and the rest of the crew get back

to civilization? Or will the mysterious planet Aura keep them all from returning home?

Many film critics and sci-fi writers agree that Ridley Scott, director of the classic horror movie “Alien,” was greatly influenced by “Planet of the Vampires.” Some of the plot points share similarities. It is also interesting to note that, as the cast was international, each actor spoke his or her own native language – Italian, Spanish, Portuguese and English – often with no way of understanding what the other actor was saying. The film was then dubbed for individual markets. “Planet of the Vampires” was made with a very low budget, so Bava used miniatures, forced perspectives, colored lights, leftover props, etc. to achieve the look and atmosphere of the film. Sci-fi and horror fans love it, and you will too. Grab your candy

SEE VAMPIRES PAGE A9

Music of Chicago comes to the stage at Pitman’s this weekend

LACONIA — Pitman’s Freight Room on New Salem Street in Laconia is excited to announce the following events scheduled for this weekend.

Friday, Oct. 11, 8 p.m., \$20: Introduction: The Chicago Experience.

Introduction was the name of the first song on the first album and the beginning of a musical legacy that spans five decades. Our project was born of a deep admiration and respect for Chicago’s artists and their early music. What we hope Introduction will bring to our audience is not only the tremendous catalogue of Chicago’s music but a reminder of the times and events that shaped their lives and

their writing.

Fans have compared Introduction’s musical replication and energy level to the early days of Terry Kath and the now infamous albums Chicago I through X. Introduction - The Chicago Experience, pays very careful attention to every musical and vocal nuance, to deliver what is the most memorable Chicago show of ANY Chicago tribute band in the United States and Canada!

Saturday, Oct. 12, 8 p.m., \$20: Comedy featuring Dave Andrews

Funny Musician Dave Andrews draws on an interesting background to showcase his ample

SEE PITMANS PAGE A9

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BEN & JERRYS

(Continued from Page A6)

an innovative way to improve the quality of life locally, nationally and internally which Ben & Jerry’s holds as part of its mission. “Ben & Jerry’s believes in giving back to the community,” stated Ms. Breton. “We are

happy to share our delicious and popular ice cream to support worthy local causes, such as the NH Humane Society.” Ms. Breton went on to state that they also donate ice cream for nonprofits’ fundraisers

and other events. In addition to NHHS, examples of causes that Ben & Jerry’s-Meredith supports include Interlakes Community Caregivers, The Loon Preservation Society, and the Make a Wish Foundation

VAMPIRES

(Continued from Page A7)

corn and join LRPA after dark for this rarely screened gem from the past. **Mark your calendars for Shocktoberfest’s Halloween treats:** Oct. 11 & 12: 1965’s “Planet of the Vam-

pires” Oct. 18 & 19: 1962’s “The Brain That Wouldn’t Die” Oct. 25 & 26: 1962’s “Carnival of Souls”

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

About Lakes Region Public Access Television (LRPA) Lakes Region Public Access Television (LRPA) is a nonprofit, noncommercial public access TV station and community media center located on the Laconia High School campus in Laconia, NH. LRPA cablecasts locally on Atlantic Broadband Channel 24 (educational programming and public bulletin board), Channel 25 (in-

formation 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.

LRSO

(Continued from Page A7)

14 and 15 featuring again your all-time favorite crooner Michael Gallagan performing an all-new program of holiday favorites including hits by Seth McFarlane (“Man with a Bag”), Donny Hathaway (“This Christmas”), Harry Connick, Jr. (“Must’ve Been Ol’ Santa Claus”), and Michael Buble (“Santa Claus is Coming to Town, Jingle Bells”). His continued collaborations with the LRSO are the marshmallows in your cocoa – a perfect holiday treat. Buy tickets early – these performances sell out. On March 28, 2020, we feature one of New Hampshire’s outstanding guitarists, Mr. David Newsam, performing the famously enchanting “Concerto No. 1 in D minor for Guitar and Orchestra” by Mario Castelnuovo-Tedesco. David is a renowned New England guitarist and instructor at Berkeley College of Music, Dartmouth College, and St. Anselm’s College. David has performed with legends Jim Hall, Bucky Pizzarelli, Dave McKenna, James Williams, Louis Bellson, Alan Dawson,

Clark Terry, Joe Williams, Milt Jackson, Mitzi Gaynor, Dianne Carroll, Carol Channing, and The Fifth Dimension. The March program also features Debussy’s “Prelude to the Afternoon of a Faun,” Berlioz’s “Rakoczy March,” and Beethoven’s form-defying “Symphony No. 6 ‘Pastoral Symphony.’” “Broadway – Then and Now” is the theme for our fabulous season-ending POPS concerts on May 16 and 17, 2020. Returning this year is our feature performer from last May, outstanding entertainer, singer, dancer, and actress Ashley Whalley. If you missed her stunning “Streisand” performance with us this past spring you may know Ashley from her starring role this summer as Velma in the Winnepesaukee Playhouse production of “Chicago.” She has held dynamic starring roles in multiple Inter-Lakes Summer Theatre productions including Cassie in “Chorus Line,” Morticia in “The Addams Family,” and as Evita in “Evita.” Whalley is an impeccably profes-

sional performer and outstanding talent. We invite you join Ashley on her journey of timeless classics like “Maybe This Time” (“Cabaret”) and “If My Friends Could See Me Now” (“Sweet Charity”) through modern Broadway classics “She Used to Be Mine” (“Waitress”) and “Defying Gravity” (“Wicked”). POPS concerts sell out so please buy your tickets early. Full concert details are at www.LRSO.org. Tickets are \$20 for adults and \$10 for students college-age and under with ID, are available online at www.LRSO.org/tickets, by phone at 800-838-3006, and at our ticket partners Innisfree Bookshop in Meredith and Greenlaw’s Music in Laconia. Save 25 percent with our Discount Season Tickets, available now through the November 2nd concert. You may purchase season tickets online at www.LRSO.org/tickets or by phone at 800-838-3006. Any unsold tickets will be available at the door starting one hour before each per-


formance. More information is available at www.LRSO.org where we encourage you to sign up for our mailing list. And find us on Facebook at /LRSO1. LRPO performs with a home-town flair that is comfortable, familiar, and uplifting. We invite you to give us a try. Live orchestral music is an amazing experience! **About The Lakes Region Symphony Orchestra** The Lakes Region Symphony Orchestra is a Meredith-based, non-profit orchestra that performs throughout the fall, winter, and spring months. Orchestra members range in age from teens through retired seniors, representing over 30 communities in the Lakes Region and beyond. For over 40 years the Orchestra has been focused on showcasing young talent and providing a venue for local musicians to perform orchestral music ranging from classics to contemporary, all in the valued community setting of the Lakes Region of New Hampshire.

PITMANS

(Continued from Page A7)

talents. A classically trained vocalist with jazz guitar chops and a love of the blues harmonica, his act is his own blend of humor, music and nostalgia. With his signature hat and guitar, comedian Dave Andrews hits the stage running with an arsenal of impressions and one-liners delivered with impeccable timing and ease. Audiences are consistently buckled over! With over 30 years performing experience he is a repeat performer for Carnival Cruise Lines and Caesar’s Pocomo Resorts. Dave has been the opening act for

rock ‘n rollers like Huey Lewis and the News, Aaron Neville Gladys Knight, and KC and the Sunshine Band. He possesses a special gift of communication and connects with his audience on a personal level almost immediately- Boston Comedy Company. I’ve been working here for nearly 20 years and have seen thousands of comedians and every big name in comedy. There are only a handful of performers that get the volume of laughter and crowd response Dave Andrews gets!



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

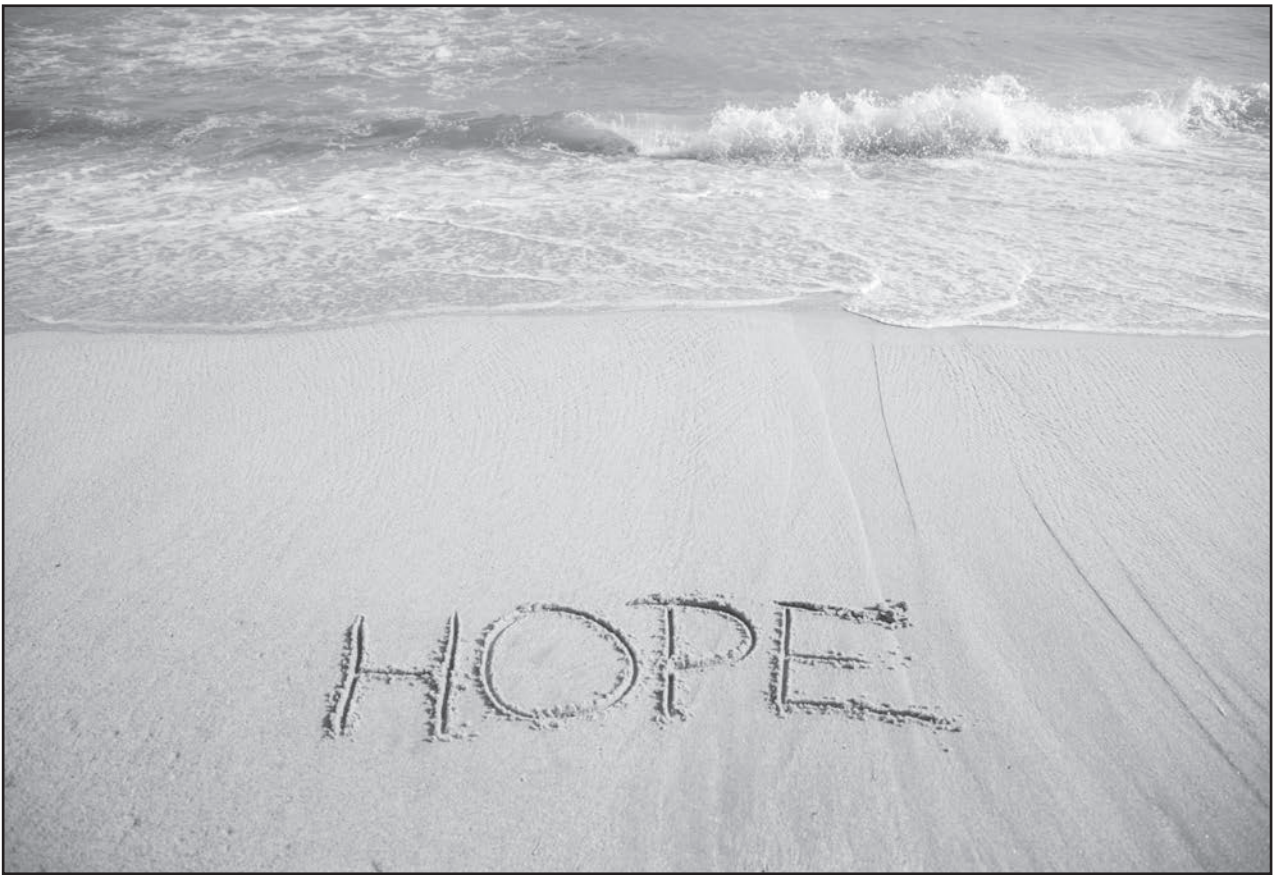
Exploring the different types of breast cancer.

Breast cancer is a universal term to describe several different cancers that form in and around the breasts. Breast cancer types are generally categorized based on where the illness begins, most often in the ducts or lobules, the parts of the female anatomy responsible for producing breast milk.

About 226,870 new cases of invasive breast cancer in American women will be diagnosed in 2012, while more than 22,000 Canadian women will be diagnosed with breast cancer over that same time period.

The National Breast Cancer Foundation lists seven different types of breast cancer. Here's a look at them.

- Ductal carcinoma in-situ (DCIS): This is an early form of breast cancer that refers to the presence of abnormal cells inside a milk



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duct in the breast. This type of cancer is generally found during mammograms and is considered non-invasive. This means it hasn't spread yet. This makes treatment for DCIS easier than for other forms of breast cancer.

- Infiltrating ductal carcinoma (IDC): Also known as invasive ductal carcinoma, this is the most common type of breast cancer. According to BreastCancer.org, roughly 80 percent of all breast cancer cases are IDC. This cancer starts in the ducts, but "infiltrating" means

that it spreads to the surrounding breast tissue. Over time, IDC can spread to the lymph nodes and possibly to other areas of the body.

- Medullary carcinoma: This is a less common form of breast cancer. It is a type of IDC, but it gets its name from the color of the tumors, which are close to the color of brain tissue, or medulla. Medullary carcinoma is quite visible during mammograms because the cancer cells are large and form a barrier between healthy tissue and tumors.
- Infiltrating lobular carcinoma (ILC): The American Cancer Society says that 1 in 10 women will be diagnosed with ILC,

which originates in the milk-producing glands of the breast. In ILC, abnormal cells inside the lobule begin to divide and break through the wall of the lobule to invade the surrounding connecting tissues.

- Tubular carcinoma: This is a common cancer for women ages 50 and older. When viewed under the microscope, tubular carcinoma cells have a distinctive tubular structure. There is a 95 percent survival rate for tubular carcinoma.
- Mucinous carcinoma (Colloid): This is a rare condition in which the breast cancer cells within the breast produce mucus. The mucus and the cancer cells join

together to form a jelly-like tumor. The tumors may feel like bumpy water balloons, but some are too small to detect with the fingers.

- Inflammatory breast cancer (IBC): This is a rare and very aggressive type of breast cancer that causes the lymph vessels in the skin around the breast to become blocked. The cancer gets its name from the appearance of a swollen, red and inflamed breast.
- Women are advised to get a baseline mammogram in their mid-30s and then annual mammograms starting at age 40. Early detection is generally vital for any form of cancer and is especially so for breast cancer.

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Think Pink

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

Foods that may help fight breast cancer

People concerned about their cancer risk may find that switching their diets can do a world of good. Certain foods may reduce cancer risk, according to various cancer experts, including the MD Anderson Cancer Center. In addition, some foods might increase a person's risk of developing cancer. Knowing what to put on the table come breakfast, lunch and dinner can go a long way toward reducing one's cancer risk.

Some foods show cancer-fighting properties, although it is impossible to currently say one food or another can actually stop cancer from developing. Studies have shown that diets filled with colorful fruits and vegetables can reduce the risk of developing cancer, heart disease and diabetes. Cancer Research UK points out that some foods, such as red meat and salt-preserved foods, can increase a person's risk of developing some cancers, while vegetables, fruits and foods high in fiber have the opposite effect.


A comprehensive review of thousands of studies on physical activity, diet and weight conducted for the World Cancer Research Fund and the American Institute for Cancer Research found that plant-based foods are the best at fighting cancer. Broccoli, berries and garlic showed some of the strongest tendencies to prevent cancer. According to research associates at Johns



erties are highest in raw or steamed broccoli.

• **Blueberries:** Blueberries are loaded with antioxidants. Antioxidants neutralize the unstable compounds, called free radicals, that can damage cells and lead to cancer.

• **Tomatoes:** The red, rich coloring of tomatoes comes from lycopene. In laboratory tests, lycopene has stopped cancer cells, including breast, lung, and endometrial cancers, from growing. Researchers speculate that lycopene protects cells from damage that could lead to cancer by boosting the immune system.



National Breast Cancer Awareness Month

Hopkins University School of Medicine, a variety of chemicals from plants known as phytochemicals protect cells from harmful compounds in food and in the environment. Phytochemicals prevent cell damage and mutations.

When making their grocery lists, people who want to eat healthy and lower their cancer risk can

include as many of these foods as possible.

• **Garlic:** Studies suggest that garlic can reduce the incidence of stomach cancer by attacking bacteria associated with some ulcers and belly cancers. Sulfur compounds in the food may stimulate the immune system's natural defenses against cancer and could reduce inflam-

mation and tumor growth.

• **Broccoli:** Broccoli and other cruciferous vegetables like cauliflower, cabbage and kale contain glucosinolates. These are phytochemicals that produce protective enzymes that activate in the intestines. One particular compound, sulforaphane, is strongest and found in broccoli. Protective prop-

Screening Saves Lives


Early detection is often the key to surviving breast cancer. Protect yourself and your loved ones by scheduling a mammogram during Breast Cancer Awareness Month.





As a survivor, I know the costs to families. Let's fight breast cancer.

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LRGH Auxiliary gearing up for 18th Annual Fall Craft Fair

LACONIA — The 18th Annual Lakes Region General Hospital Auxiliary Fall Craft Fair is happening on Saturday, Oct. 26 in the Laconia High School gymnasium from 9 a.m. to 3 p.m.

Shoppers can enjoy the works of juried and non-juried artisans and crafters from all over New England, boasting hand-crafted and specialty items. The event offers size-



(Left) LRGH Auxiliary board members, Sue Dalton, Nancy Paterno, and Craft Fair Chairman Barbara Tuttle announce the 18th Annual LRGH Auxiliary Craft Fair on Saturday, Oct. 26 from 9 a.m.-3 p.m. in the Laconia High School gymnasium.

able raffles, home-made baked goods, and everyone who attends has a chance to win a \$200 Tanger gift card door prize, compliments of the LRGH

Auxiliary. Refreshments from Annie's Café and Catering will also be available. Hosted every October, the event coincides with National Breast Cancer Awareness Month; proceeds benefit the LRGHealthcare Breast Health Program and other auxiliary projects. Admission is free, and donations are gladly accepted. For more information, please contact the LRGH Auxiliary at 524-3211, ext. 3663.

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Golden Eagle volleyball team remains undefeated

BY BOB MARTIN

Bob@Salmonpress.news

GILFORD – It has been nothing but wins this season for the Gilford High School volleyball team, and that trend continued last week with three victories.

The Golden Eagles continued to dominate Division 2 with a three set victory over Kingswood to start the week. Gilford won by scores of 25-21, 25-13 and 25-11.

Coach Amy Tripp said it was “a good team win” for the Golden Eagles, who remained undefeated with the victory. Riley McDonough led the way with five kills, six defensive digs, 11 assists and a block. Tripp called her performance “dynamic and strong.” Other key players were Lindsey Sanderson with seven kills to go with five digs, as well as Sam Holland who had 10 digs to lead the defense.

The Gilford High



COURTESY

The Gilford High School volleyball team took part in the Lakes Region Making Strides Against Breast Cancer walk and raised \$2,314.

School volleyball team continued their unbeaten streak with wins over

St. Thomas Aquinas and Coe-Brown Northwood for Homecoming.

On Oct. 2, Gilford beat St. Thomas Aquinas in four sets. Gilford won

the first set 25-15 but fell in the second set 27-25 to bring it to an even score.

It was close the rest of the way but Gilford took SEE VOLLEYBALL PAGE B3

Strong second half gives Gilford-Belmont the win



JOSHUA SPAULDING

Kevin Basnar snags a touchdown pass for Gilford/Belmont.

BY BOB MARTIN

Bob@Salmonpress.news

GILFORD – The Gilford/Belmont football team won its second game of the season with a home win under the lights against Kingswood by a score of 39-14, in a matchup that was close to start but saw the Golden Eagles pull away in the second half.

In the first quarter, Kingswood scored on the first drive of the game, highlighted by a 36-yard touchdown run

and a good extra point to make it 7-0. The Golden Eagles responded with a score on their first drive as well, with Blake Descoteaux running the ball in from 10 yards out. The point after attempt was no good and it was a 7-6 game in favor of Kingswood.

The scoring continued with Kingswood scoring another touchdown on the next drive with 1:33 left in the first quarter. The point after was good and it was a 14-6 Kingswood lead af-

ter one quarter.

Gilford/Belmont scored on its next drive with Alex Cheek tossing a touchdown pass to Curtis Nelson with 10:25 to go in the second quarter. The PAT was good and it was a 14-13 game. On the next drive for Kingswood, Jackson Ruelke picked off a pass to get the ball back for the Golden Eagles. Cheek then connected with Kevin Basnar for a score

with 1:37 left in the half, and it was a 19-14 score at halftime.

While it was close to start, this would all change in the second half. After a missed field goal for the Golden Eagles, Kingswood fumbled and turned the ball over. The Golden Eagles responded beautifully with a touchdown by Descoteaux from four yards out and a good two point conversion to

make it 25-14.

After a Kingswood punt downfield, Cheek connected on another pass to Basnar for a 23-yard score with 1:30 left in the third quarter to make it 31-14. The Golden Eagles tacked on one more score with Descoteaux's third touchdown of the day from three yards out to make it 39-14.

Cheek was 6/13 with 78 yards and three touch-

downs in the win. He was the team's leading rusher with 13 carries for 156 yards, as well.

Descoteaux had his best game of the season running the ball, with 17 rushes for 154 yards and three touchdowns. Jack McLean also was very good running the ball, with coach Josh Marzahl saying he fought for every yard. He ran 12

SEE FOOTBALL PAGE B3



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Golden Eagle soccer boys edge Belmont

BY BOB MARTIN
Bob@Salmonpress.news

GILFORD – The Golden Eagle boys’ soccer team hosted Belmont for Homecoming last weekend and once again it was a close battle between the two rivals with Gilford winning 2-1 in front of the home crowd.

It was a scoreless game at halftime but at the 58-minute mark, Sam Sawyer broke the ice with a 25-yard bullet to the top corner of the net on an assist from Cameron Reardon. Just a minute later, Belmont responded with a goal by Kyle Whitcomb, when he took a rebounded shot and knocked it home to tie things up.

At the 69-minute mark Gilford took the lead on a goal from Ben Gardiner with assists from Colton Workman and Sawyer.

“This game was played with a tournament atmosphere in front of a large crowd,” said coach Dave Pinkham. “We continue



BOB MARTIN

Sam Sawyer had a pair of goals for the Golden Eagles last week.

to move the ball nicely well on defense.” Earlier in the week and played extremely

Gilford field hockey gets gritty Homecoming shutout



BOB MARTIN

Reece Clark battles for a ball for the Golden Eagles.

BY BOB MARTIN
Bob@Salmonpress.news

GILFORD – The Gilford field hockey team took a tough loss to start the week against a talented Newfound squad, but the Golden Eagles bounced back in front of the Homecoming crowd with a big shutout victory against Berlin.

On Oct. 1 against Newfound, the Golden Eagles held the Bears scoreless until eight minutes left in the game. Gilford couldn’t muster up a goal against the tough Newfound defense and fell 1-0.

“Both defenses and goalies held the offenses in check throughout the

game,” said coach Dave Rogacki. “Jenna DeLuca had a good game in goal with six saves and complemented the defense of Randi Byars, Ashley Hart and Natalie Fraser.”

The Golden Eagles then took on Berlin in front of a cheering Homecoming crowd, who were not left disappointed with a gritty 1-0 victory. Laurel Gingrich scored eight minutes into the game off passes from Allyson Carr and Taryn Fountain. The Eagle defense was once again on top of their game, holding Berlin scoreless. Rogacki praised strong play by

Riley Winward and Shea Brown for their front line attack and Sydney Lehr for her work on both offense and defense at the midfield position.

Coach Rogacki was pleased to see his defense hold these top tier Division 3 teams scoreless and said the Gilford squad has come on strong down the stretch.

“After going 3-0 last week the young Eagles continued to demonstrate growth going into the second half of the season,” Rogacki said.

Gilford played Laconia after deadline and next up is White Mountains on the road for a 4 p.m. game on Oct. 11.

Gilford faced Campbell in what was a battle of unbeaten teams, but the Golden Eagles fell 4-1. Campbell went up 1-0 six minutes into the game on a header. Gilford had several quality shots on target but Campbell’s goalkeeper played well to keep the Golden Eagles in check. Six min-

utes into the second half Campbell scored on a penalty kick to go up 2-0. Campbell added a pair of goals on defensive mistakes in the game.

Sawyer scored the lone goal, on an assist from Alex Burnham.

“Our passing was outstanding,” Pinkham said. “We made the mis-

takes on defense and hopefully will be able to make the adjustments and be much stronger in the defensive end.”

The Golden Eagles had Hopkinton after deadline and next up is Raymond on Oct. 10 at 4 p.m. at home.

Golden Eagles run in Belmont

BY BOB MARTIN
Bob@Salmonpress.news

BELMONT – The 38th annual Jeri Blair Cross Country Invitational was held last week at Belmont High School and Gilford runners did very well in the race involving runners from schools around the state.

The boys’ team was led by freshman Patrick Gandini, who posted a time of 16:58.9 for third place. Winning the race was Landen Vaillancourt of Mascenic, who posted the sixth best time on the course. Gandini’s time was just outside of the top 10 all-time on the course.

Harry Laflamme was 72nd with a time of 20:43.6; Mitchell Townsend was 81st with a time of 21:08.1; Jordan Witham was 135th with a time of 23:58.9 and Dane DeHart was 147th with a time of 25:10.4.

The girls’ team was led by Vanessa Genakos who came in 18th place with a time of 22:24.9. Cat Stow was 39th with



BOB MARTIN

Patrick Gandini continued to be one of the strongest runners in Division 3, with a third place finish at the Jeri Blair Invitational.



BOB MARTIN

Cat Stow races down the hill at the Jeri Blair Invitational last week.

a time of 24:02.6; Tessa Tanner was 41st with a time of 24:06; Bethany

Tanner was 54th with a time of 25:03.4 and Alaina Osburn was 84th with a time of 29:00.1.

Overall, Hanover won the boys’ race and Hopkinton was the winner for the girls’ race.

Strong finish for Gilford golfers

BY BOB MARTIN
Bob@Salmonpress.news

LEBANON – The Gilford High School golf team finished off a solid regular season with a big win over three teams at Lebanon.

Gilford had 68 points for the win, followed by Laconia with 54 points, Lebanon with 53 points and Conant with 50 points. Cody Boucher led the way for the Golden Eagles with 18 points, which was the

third best score of the day and earned him a medal.

Hunter Wilson and Brady Sullivan both had 17 points, while Connor Sullivan was close behind with 16 points. Anthony Flanders had 15 points, Joey Blake had 14 points and Austin Milligan had five points.

In Division 3 golf, schools use Stableford scoring during the regular season. This means that anything

above double bogey is zero points, a double bogey is a point, bogey is a point, par is three points, birdie is four points, eagle is five points and double eagle is six points. Therefore the highest score wins, which differs from stroke play where the low score wins. Four athletes on each team contribute to the score.

The Division 3 state tournament is on Oct. 15 at Mt. Washington Country Club. The top

10 teams in the division qualify for the state match. The match is done with stroke play, rather than Stableford scoring as done during the regular season.

Schools in Division 3 qualifying for the state tournament enter seven players, with the lowest four scores counting toward the team’s total score. The lowest 20 individual scores qualify for the individual championship match. Qualifying

golfers play 36 total holes and the combined score determines the state champion.

Gilford finished with a 20-10 record and is seventh in the division. Derryfield sits atop the division with a 27-0 record.

The state championship takes place on Oct. 15 beginning at 9 a.m. at Mt. Washington Country Club.





The Gilford girls' soccer team celebrates after its big win over Belmont at Homecoming.

BOB MARTIN

Tully, Cole pace Gilford girls to Homecoming win

BY BOB MARTIN
Bob@Salmonpress.news

GILFORD – The Gilford girls' soccer team was on fire last week with 14 goals and none allowed over the course of three wins to improve to 7-3 on the year.

On Oct. 1, Gilford shut out Berlin 7-0 in a game where Gilford outshot Berlin 28 to 6. The Golden Eagles controlled the game from the start and

scored five goals in the first half. Gilford had a busy week with four games in seven days, and coach Rob Meyers said the big win was the chance to get all his players on the field.

"This was a team win," said Meyers. "We came off a lackluster performance against Belmont the previous Saturday and wanted to come out and play a good game. We did that

and had the game under control in the first half. This allowed a number of younger players to get some solid minutes to gain varsity experience as well as allow us to rest some players."

Meyers was happy with the play of Callie Carpenter, who scored a great opening goal when she dribbled the ball from deep in the Gilford end of the field, went through multiple players and sent a shot into the net from just outside the box. Meyers said this set the tone for the game. He also praised the play of sophomore Jaiden McKenna at center back.

Shelby Cole was the leader on offense with three goals and an assist. Carpenter had two goals and an assist. Molly McLean and Reece Sadler both had a goal and an assist each. Gwen Knipping, Eva Bondaz and Vanessa Flanders all had assists. Jaylin Tully had a save and four touches, while Hannah Gagnon had a save and two touches.

On Oct. 3, Gilford beat Hillsboro-Deering 6-0 in another game where the team dominated. While it was fairly even in the first half, Gilford went out to a 2-0 lead. The Golden Eagles opened up the game in the second half with four goals after creating more scoring chances.

Cole had four goals and an assist. Maddi Rector had two goals, Allie Kenyon had two assists, McLean had an assist, Marlow Mikulis had an assist and Tully had five saves.

"Another strong game by the team," said Meyers. "The defense and offense played really well. Seniors Gwen Knipping, Shelby Cole, and Maddi Rector really played well. Freshman Allie Kenyon played a good

game in the midfield. We still were not as strong as we need to be in the midfield and allowed H-D to gather in a number of uncontested long balls. This was a good warm up for a tough game on Saturday against Belmont."

Gilford then hosted the Red Raiders on Saturday for Homecoming and got their redemption with a gutsy 1-0 victory in an evenly matched team between the two rivals. Gilford had 10 shots while Belmont had 12, and the Red Raiders had the closest opportunity in the first half.

However, Tully was a wizard in net and made a diving save to left to keep

the game locked at 0-0. Halfway through the second half Cole knocked in a goal with an assist by Sadler. Tully had nine saves and 12 touches, with many coming in the final minutes of the game to fend off a surging Belmont squad.

"This was a great win for the girls," Meyers said. "They came out and hustled from the opening whistle to the end of the game, they really wanted this one. Senior Jaylin Tully played an exceptional game in net. She was tested on a number of high shots and did a great job deflecting them out of play."

He added that Sadler

and Knipping, both seniors, anchored the defense and played strong games all around. In the front seniors Rector and Cole kept four of the Belmont players on their half of the field for the whole game, he noted. Meyers said the midfield consisting of Kenyon, McKenna, McLean, Carpenter hustled and played well all game.

"We really had great support off the bench, everybody did their part when called on," said Meyers. "Next week we face Bishop Brady at home. We really needed this win to provide momentum to the last half of the season."

VOLLEYBALL

(Continued from Page B1)

the next two sets 25-23 and 25-21.

"The game was exciting and close with long rallies and hard hitting from both teams," said Coach Amy Tripp.

Tripp praised Kate Sullivan's play, saying she blocked and hit well all night. Sam Holland was the defensive star in the back court with 15 digs.

The game was also the "Dig Pink" game, which raised \$250 from a raffle and concessions for cancer research.

"GVT has a long tradition of community service and feel strongly about the cause," Tripp said.

On Saturday, Coe-Brown Northwood came to town for Homecoming where six alumni were recognized and the pep band was on hand for some tunes between sets. Gilford won in three sets by scores of 25-13, 25-20 and 25-18. The Golden Eagles missed only three serves the whole match. Defensively they were unstoppable with 51 digs and three defensive kills. Naomi Eldridge had a good night serving with her hard float serves that produced a couple long strings of consecutive serves at the line.

"The girls are really working on being 'in the moment' each point, each set, each match and not thinking too far ahead," Tripp said.

Gilford took on John Stark after deadline and next up is an away match against Souhegan on Oct. 10 at 5:45 p.m.

FOOTBALL

(Continued from Page B1)

times for 75 yards.

Liam Merriam had a pair of touchdown catches for 40 total yards receiving. Nelson had one five-yard touchdown catch. Brandon Gallagher had two catches for 28 yards. Descoteaux added a catch for 10 yards.

Defensively John Mitchell led the team with 16 tackles. Logan Hughes had 13 tackles while Descoteaux had seven tackles and a forced fumble.

Marzahl commended the offensive line consisting of Michael Swartzkopf, Hunter Bean, Michael Dandurand, Kenny MaCabee and Jackson Cozzens-Forgione for opening huge holes for the running backs all day.

Gilford/Belmont now has a 2-3 record and next up is an away game against Hanover on Friday at 7 p.m.

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HISTORY

- **1849:** POET AND WRITER EDGAR ALLEN POE DIES AT AGE 40.
- **1949:** THE GERMAN DEMOCRATIC REPUBLIC, COMMONLY REFERRED TO AS EAST GERMANY, IS FORMED.
- **1988:** THREE GRAY WHALES ARE FOUND TRAPPED UNDER THE ICE IN ALASKA, PROMPTING A MULTINATIONAL EFFORT TO FREE THEM.



WHEN LEAVES STOP PRODUCING
THIS GREEN SUBSTANCE IN
THE FALL, OTHER
COLORS SHOW THROUGH.

ANSWER: CHLOROPHYLL

How they
SAY that in...

ENGLISH: Autumn

SPANISH: Otoño

ITALIAN: Autunno

FRENCH: Automne

GERMAN: Herbst

Did you know?

A PUMPKIN IS A VARIETY OF SQUASH.
THEY ARE HARVESTED
IN THE FALL.



GET THE PICTURE?



Can you guess what the bigger picture is?

ANSWER: ACORNS

⦿ ** ☐ ☺ ~ ⬤ ☯ ✧ ✨ ✕ ✎ ✚ 🌀 ▲ ☾ ✱ ♀ ✴ ☵ ☶ ☷ ☸

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

CRYPTO FUN

☐ ☾ Ω ✱ ♂ ≍ ≈ ✱ +
Determine the code to reveal the answer!

Solve the code to discover words related to Halloween.
Each number corresponds to a letter.
(Hint: **10 = s**)

A. 10 6 16 11 18

Clue: Frightening

B. 6 1 10 4 12 24 20

Clue: Dress-up garb

C. 21 20 26 23 1 12 10

Clue: Uses underhanded tactics

D. 14 16 12 15 4

Clue: Spirit visiting

Answers: A. scary B. costume C. devious D. haunt

SUDOKU

				1				5
6	7	2				9		
						4	3	
					8		6	4
1				2	7			
		7	4					9
			2					
5					1			6
8	1						4	

Level: Intermediate

Here's How It Works:

Here's how it works: Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

8	1	9	3	7	6	5	4	2
5	2	4	8	9	1	3	7	6
7	6	3	2	5	4	1	9	8
3	8	7	4	6	5	2	1	9
1	4	6	9	2	7	8	5	3
2	9	5	1	3	8	7	6	4
9	5	1	6	8	2	4	3	7
6	7	2	5	4	3	9	8	1
4	3	8	7	1	9	6	2	5

ANSWER:

Learn to curl on Sunday at Pop Whalen

WOLFEBORO — Lakes Region Curling Association will offer a free learn-to-curl clinic for the public on Sunday, Oct. 13, from 5 to 6:30 p.m. at Pop Whalen Ice and Arts Arena in Wolfeboro.

Experienced curlers will offer instruction in the basics of the sport as well as instruction in the art of stone delivery and sweeping.

All equipment is provided, and participants are asked to bring a pair of clean-soled athletic shoes to put on at the rink.

For more information about the sport of curling and Lakes Region Curling Association in particular, visit the association’s web site at lakescurling-nh.org.



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TCHAIKOVSKY - Symphony No. 2
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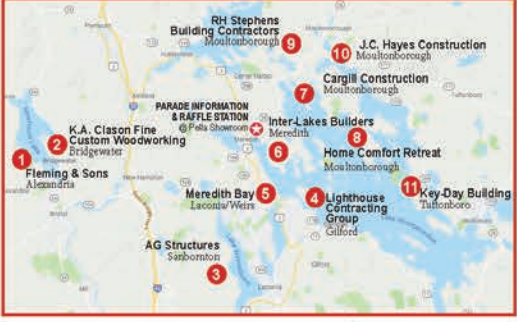
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BARTLETT FLOORING
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BRYANT PAVING
CENTER HARBOR DOCK & PIER
MIDDLETON LUMBER
QUALITY INSULATION
SECONDWIND WATER SYSTEMS

SWAG BAG: LAKE LIFE REALTY

ENJOY VIEWING THE LATEST IN HOME INNOVATIONS, STYLES AND DECORATING!
Chance to talk with premier builders about your build projects! Lakes Region Builders & Remodelers Association present: 11 New & Renovated Homes To Tour!



Stop at Parade Information & Raffle Station at Pella Window's Showroom at 71 NH-25, Meredith

TOURING TIPS: What to know Before You Go.

- Download Interactive **Parade Craze "App"** to view homes and purchase tickets! Or you can go to the website
- Plan your route in advance for the weekend. Visit a few each day as you weave this event into your weekend plans.
- Where comfortable shoes - you will be walking a lot. Sox or Booties required as a courtesy to the homeowners.
- Give yourself enough time at each home to take notes & ask questions.
- Parade homes do NOT offer public bathrooms, plan accordingly.
- When you are done with your last home, be sure to vote for your favorite home which will reflect "The 2019 People's Choice Winner"!
- Ticket sale proceeds go directly back into the community helping to inspire the next generation of building trade professionals through scholarship, mentorships, and workforce development!.