

Autopsy reveals that civilian involved in Belmont shooting died of self inflicted wounds

BY DONNA RHODES
dhrhodes@salmonpress.news

BELMONT — On Saturday, Sept. 30, the New Hampshire Attorney General’s Office launched an investigation into an officer-involved shooting at the Irving Service Station, located at the intersection of Plummer Hill Road and Route 106 in Belmont.

The civilian involved in the incident later died at the hospital, but an autopsy on Monday revealed that the gunshot wound which caused his death was self-inflicted, and did not originate with the officer’s firearm.

According to Attorney General Gordon J. MacDonald, a Belmont

police officer was performing a routine patrol when he pulled into the service area at approximately 2:50 p.m. on the 30th. While there, he recognized 46-year-old Joseph Mazzitelli, a man whom he believed was wanted for outstanding warrants. The officer received confirmation from police dispatch that there was a warrant out for his arrest and he then walked over to make contact with Mazzitelli.

MacDonald reported that an encounter between the two took place at the suspect’s vehicle, which was parked adjacent to the gas pumps. Mazzitelli displayed a firearm at one point during the altercation, SEE **SHOOTING**, PAGE A18



COURTESY

Belmont Rotary Club welcomes new members

Belmont Rotary had the pleasure of inducting and welcoming seven new members Sept. 20. Special guest was District Governor Jon Springer. Pictured, from left to right; Evan Boulanger, Sara Boulanger, Krystal Follansbee, Richy Bryant, Presenter Omer Ahern of Plymouth Rotary, District Governor Jon Springer, Craig Clairmont, Timothy Ellis and Alison Ellis.

Belmont Middle School honored with Blue Ribbon award

BY DONNA RHODES
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BELMONT — U.S. Congresswoman Carol Shea-Porter and Belmont Middle School Principal Aaron Pope were proud to announce last week that the school was selected by the U.S. Department of Education as one of two public schools in New Hampshire that were among the select few in the country to receive the honor of being named a Blue Ribbon School.

For results achieved in their educational endeavors over the past five years, only 342 schools across the United States are being awarded with the highly coveted 2017 Blue Ribbon distinction.

Each year, the National Blue Ribbon Schools Program honors elementary, middle and high schools, both public

and private, which have shown that students are achieving high learning standards through their overall educational process or are “making notable improvements in closing the achievement gap.”

“I’m proud to congratulate Riddle Brook School and Belmont Middle School on their much-deserved recognition as 2017 National Blue Ribbon Schools,” said Shea-Porter. “These awards are an impressive testament to the talent and dedication of Riddle Brook (Elementary School) and Belmont Middle faculty and staff, and the schools’ parents and communities should be very proud of the great learning environment they are providing for their kids.”

Secretary of Education Terrel H. Bell, who

named to the position by Pres. Ronald Reagan, created the National Blue Ribbon program in 1982 to bring attention to schools that were achieving success and help promote the sharing of best practices among all schools. For more than 30 years the U.S. Department of Education has since awarded Blue Ribbon status to more than 8,000 schools all across the country, whether they are rural, suburban or larger urban schools.

In a letter announcing the honor to parents of BMS students, Pope said they were being recognized as an Exemplary High Performing School, which received a national score in the Top 15-percent of schools during the state testing process. Also notable is the fact that BMS was

SEE **AWARD**, PAGE A11



DONNA RHODES

Ken Crumerine enjoyed having his picture taken with the New Hampshire Motor Speedway’s mascot Milo the Moose last week when NASCAR took over the New Hampshire Veterans’ Home.

NASCAR sponsors a day of fun for Veterans Home residents

BY DONNA RHODES
dhrhodes@salmonpress.news

TILTON — The engine was revved and the green flag was flying last Thursday afternoon when New Hampshire

International Speedway’s show car raced over to Tilton, where some enthusiastic men and women at New Hampshire Veterans’ Home were all celebrating a fun-filled NASCAR Day.

The dining areas and hallways of NHVH were hung with checkered flags and NASCAR paraphernalia as the excited ramped up that day.

At 2 p.m., the residents gathered in their Town Hall where a video of the 2016 July race in Loudon was played on a big screen and a “tail-gating” party of mini-pizza bagels, mozzarella sticks and cold drinks also awaited them.

Steve Green, show car driver for NHMS, brought his specially outfitted car to the veterans’ residence last week and said it was his pleasure to be there.

“They told me I can’t do doughnuts in the parking lot with the car, like I typically do when I take it out on the road, but that’s okay,” he said.

Instead, he pulled it up beside the Town Hall and groups were brought out to admire the vehicle and, yes, even hear it’s powerful engine run when he got

SEE **NASCAR**, PAGE A11

Winnisquam School District hosts Seventh Annual Family Fun Festival

BY ROB SEAWARD

Principal
Winnisquam Regional Middle School

TILTON — For the seventh year in a row, the Winnisquam Regional School District, the PTO, and various community partners came together to provide an amazing night of food, fun, entertainment and adventure for the families in our community.

Middle School Principal Rob Seaward reflected how, “Our Fall Family Fun Festival (FFFF) has really grown these past seven years from one where only a handful of kids showed up to play a

SEE **FESTIVAL**, PAGE A14



COURTESY

Mr. Nicol going in the tank.

CHECK OUT COLUMBUS DAY SAVINGS FROM ALLEN WAYSIDE FURNITURE!!

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OCTOBER HIGHLIGHTS AT HALL MEMORIAL LIBRARY

Monday Makers (craft group for homeschool children ages 8 and up) Begins Monday, Oct. 16, 10:30 a.m.-noon, and will continue to meet every other week through the end of December. Children should bring their own craft projects to work on independently but while socializing with other creative homeschooled students. This is also a great time for parents to chat and share their homeschool experiences.

Weekly Happenings during October

For the Kids...
Wednesdays at 10:30 a.m.
Pre-School Storytime - Story and a craft for little people.
Oct. 4 - Taco
Oct. 11 - Pumpkins
Oct. 18 - Black Cats
Oct. 25 - Ghosts
Wednesdays at 3:30

p.m.
Minecraft Book Group reads "Charlotte's Web" by E.B. White
Begins Oct. 4th and meets every Wednesday at 3:30 for book discussion and to watch related Book Craft videos created by Stacy Plays using Minecraft.
Saturdays at 10 a.m. - Let's Go Lego

For Pre-Teens and Teens...
Tuesdays at 3 p.m. - Sewing Club
Wednesdays at 3 p.m. - Teen Time
Thursdays at 3 p.m. - Bullet Journaling

For Adults...
Tuesdays at 10 a.m. - Spanish Club
Tuesdays at 2 p.m. - Tech Tuesdays
Fridays from 2-5 p.m. - Sit and Knit

For All Ages...
Mondays from 3-5

p.m. - Chess Club, learn the game or brush up on your skills. All players welcomed.
Wednesdays from 4-6 p.m. - Magic the Gathering, we'll teach new-comers how to play.

October Calendar of Events

Monday the 2nd at 6 p.m.
Scrabble - Adults Only
Monday the 9th
Library Closed for the Holiday
Wednesday the 11th at 1 p.m.
Scrabble in the Afternoon
Play a friendly game of this old favorite. (dictionary use allowed)
Monday the 16th at 6:30 p.m.
The Bookers pick their own book to read and share. From romance to adventure, a mystery or biography, anything goes when you

pick your own read and tell all.
Monday the 23rd at 6 p.m.
Scrabble - Adults Only
Tuesday the 24th at noon
Noon Book Group... "Small Great Things" by Jodi Picoult
#1 New York Times bestseller • With richly layered characters and a gripping moral dilemma that will lead readers to question everything they know about privilege, power, and race, "Small Great Things" is the stunning page-turner.
Thursday the 26th at 4 p.m.
YaH Book Group... "The Legend of Sleepy Hollow" by Washington Irving
Sleepy Hollow is known for being home to ghosts and spirits, the most famous of which is the terrifying Headless

Horseman, a specter searching for the head he lost to a stray cannonball during the American Revolutionary War. Ichabod Crane, a superstitious schoolmaster, is more concerned with earning the hand of Katrina Van Tassel than worrying about ghosts, but the night that he expects to earn Katrina's affections holds something quite different in store for him. "The Legend of Sleepy Hollow" is one of the first examples of American fiction writing and has since become a celebrated folk tale. (Amazon)
Monday the 30th at 6 p.m.
Gallery Reading with Medium Carolyn Richardson - Members of the audience receive messages from the beyond through medium Carolyn Richardson. Not everyone will receive a message... there are no

guarantees. This program is recommended for adults; there is no need to sign up in advance. Free Event - Open to All
Tuesday the 31st - Happy Halloween
Here's what's on the agenda for today...
All Day - Stop in anytime in costume and get a sweet treat.
All Day - Treat us to a great Halloween joke and we'll give you two.
Always a Book Title - Guess Maggie's costume (she's always a book title) and enter into a drawing to win a sweet surprise. First correct answer drawn takes home the goodies. Just remember... she's not a book character, she's the title itself.
Treasure Hunt at 4 p.m. - Teens and Tweens follow clues throughout the library which leads them to the treasure.



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TILTON POLICE LOG

TILTON —The Tilton Police Department responded to 344 calls for service and made the following arrests during the week of Sept. 18-24. Please note that the names of juveniles, and those of individuals taken into protective custody but not formally charged, have been withheld.

Arrested during this time period were Tyler Shea-Perez (in connection with a warrant), Stephen Marando (in connection with a warrant), Morgan Scribner (for Willful Concealment), Tyler McWilliams (for Possession of Drugs), Michael Johnson (in connection with a warrant), Samantha Lavoie (for Driving After Suspension), Casey Burke (for Driving After Suspension and in connection with a warrant), and Jamie Bell (for Domestic Violence-Criminal Threatening and Criminal Mischief).



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PHOTO BY ERIN PLUMMER
Visitors look over the quilt displays at the 40th annual Belknap Mill Quilters Guild's Harvest of Quilts.



PHOTO BY ERIN PLUMMER
Margaret O'Brien does a demonstration on Applique during the quilt show.



PHOTO BY ERIN PLUMMER
An assortment of quilts went on display at the annual Harvest of Quilts.

Quilters Guild displays a Harvest of Quilts

BY ERIN PLUMMER
eplummer@salmonpress.news

More than a hundred quilts in many different styles could be found on display at the Gilford Youth Center at the Belknap Mill Quilter's Guild's 40th annual Harvest of Quilts.

Quilts were hung from special frames and

quilted clothing and items was put on display during the show on Saturday and Sunday. Visitors could look over the many quilts, all of which had information cards next to them. Visitors could cast their vote for their favorite quilts.

Visitors could also stay for lunch in the

cafe, shop from 10 different vendors, and attend a number of demonstrations on various aspects of quilting.

Show co-chair Ila Mattila said most of the entries were created by members of the guild. The guild has 101 members from across the Lakes Region with most

coming from Laconia, Gilford, Meredith, and other communities.

The show also featured pieces from this year's Hoffman Challenge. Participants from all over the country took part in the challenge to utilize a specific fabric.

"Always the cream of the crop, they're always

the best quilters," Matilla said.

The Quilters Guild has collaborated with the Spaulding Youth Center where members make quilts for the kids at the center. Matilla said when a new child comes in they are asked what they like and what colors they like and members of the guild will make a quilt for that child. One of those quilts was on display: one for a little boy who Matilla said likes "hearts and rainbows and color."

or determine how much their newly made quilt could sell for.

There was also a Quilted Treasures department where members could sell their quilted items.

Co-chair Ann Rampulla said planning for the show usually takes around a year. They have a wrap-up meeting in October and start the process again in February.

HALL MEMORIAL LIBRARY

Monday, Oct. 9 Library Closed for the Holiday	Minecraft Book Group, 3:30 p.m. "Charlotte's Web" by E.B. White Began Oct. 4 (there's still time to join) and meets every Wednesday at 3:30 p.m. for a book discussion and to watch related Book Craft videos created by Stacy Plays using Minecraft.
Tuesday, Oct. 10 Spanish Club, 10 a.m. Tech Tuesday, 2-4 p.m. Sewing Club, 3 p.m. Teens and Tweens sew it up with Miss Britt	Thursday, Oct. 12 Bullet Journaling, 3 p.m. Teens and Tweens
Wednesday, Oct. 11 Story Time, 10:30 p.m. Pumpkins Scrabble, 1 p.m. Teen Time, 3 p.m. Teen activities in the afternoon with Miss Britt	

Friday, Oct. 13 Sit and Knit, 2-5 p.m.	Tom Sancton "Little Soldiers: An American Boy, A Chinese School, and the Global Race to Achieve" by Lenora Chu "Caroline: Little House, Revisited" by Sarah Miller "Jane, Unlimited" by Kristin Cashore Head's Up... Fall Book Sale - Monday, Nov. 6 through Monday, Nov. 13 Stop in for bargains on books, DVDs and miscellaneous items priced to sell.
Saturday, Oct. 14 Let's Go Lego, 10 a.m.	New Items "The Best Kind of People: A Novel" by Zoe Whittall "Sleeping Beauties: A Novel" by Stephen King "The Bettencourt Affair: The World's Richest Woman and the Scandal that Rocked Paris" by

SANBORNTON POLICE LOG

SANBORNTON — The Sanbornton Police Department responded to 43 calls for service and made the following arrests during the week ending Sept. 23.

Bruce Nelson, age 56, of Candia was arrested on Sept. 18 for violating electricians' rules & regulations. He is scheduled to appear at Franklin District Court on Nov. 11 at 8:15 a.m.

Bridget L. Mixon, age 30, of Sanbornton was arrested on Sept. 19 for Driving While Intoxicated, and is scheduled to appear at Franklin District Court on Oct. 2 at 8:15 a.m.

A 67-year-old male from Sanbornton received a court summons on Sept. 20 for owning a dog that police felt had become a menace to the public, and resolved the

matter by paying a fine at the Town Office.

The breakdown of the remaining calls was as follows: four animal behavior complaints, one report of criminal trespassing, two Driving While Intoxicated incidents, three requests to assist other departments, two directed patrols, two fire/medical calls, one harassment complaint, one IRS scam

call, two bad checks, two money relays, one motor vehicle accident, 10 motor vehicle warnings, one pistol permit, two requests for police information, one property check, one person taken into protective custody, one reckless operation complaint, one road hazard complaint, two reports of suspicious vehicles or activity, and two V.I.N. verifications.



Mr. and Mrs. Scott Balise

Heidi Miller and Scott Balise

NORTHFIELD — Heidi Miller and Scott Balise were wed at Waterville Valley on Sept. 10, 2017.

Heidi is the daughter of Don and Donna Miller of Sanbornton. She graduated from Becker College with a

pre veterinary degree. Scott is the son of Tom and Pat Balise of Middleboro, Mss. He graduated from MCLA and SNHU with an MBA.

The couple currently resides in Northfield.

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Opinion

A4 Thursday, October 5, 2017

WINNISQUAM ECHO

STRATEGIES FOR LIVING

When the world stops

BY LARRY SCOTT

It was just after 1 p.m. that May 21, 1950, when along with my sister Pat, my missionary parents and I were enjoying a relaxing Sunday dinner at the Hotel Tourista in the city of Cuzco, Peru. The city was, at the time, a small Andean town of some 50,000 residents, certainly nothing like a grand city of nearly a half-million residents it has become today. Catering to some two million annual visitors, Machu Picchu is a world site, and a visit to Cusco is an experience one will never forget.

Dinner out didn't happen often, so for my sister and me, this was a special treat. At 1:35 p.m., however, our "pleasure" came to a shattering halt as a vicious earthquake struck the city. There were 129 dead, 300 injured (and I believe these statistics are extremely low), with much of the city destroyed or severely damaged. Had it not been for a soccer game against one of the capital teams from Lima, attended by much of the population, the death count would have been much worse. As my family and I got our act together I clearly remember emerging to a street littered with bricks and plumes of dust slowly rising from buildings destroyed just outside our hotel. Adobe buildings aren't designed to withstand an earthquake; there was massive devastation. I don't remember how we got home, for much of our route was blocked by buildings that had collapsed into the street. Fortunately, damage to our house was minimal.


The destruction of a small Andean town doesn't "hold a candle" to what has just recently been happening in our world today. Hurricanes, earthquakes, and political turmoil destroyed our sense of well-being.

We are also seeing a national breakdown in morality that was inconceivable just 20 years ago. The advent of a nuclear North Korea (and Iran) with threatening cataclysmic consequences, is deeply disturbing. Where does one turn when it seems that the world is falling apart!

You know what I am going to say ... but stay with me. I am not in sympathy with those who would like to make a "religious case" out of all this. Is God punishing us? Is this divine judgment? I think not. God has no need to punish us; he just leaves us to our own devices. As in the natural realm, we reap what we sow. We have taken God out of the classroom, the Bible out of our libraries, and killed our unwanted babies, (more than 45 million legal abortions from 1973 to 2005 according to one statistic I have seen). A generation of children, raised with no respect for God or anything he stands for, are now in control of our national life.

Do I worry? Sleepless nights? Not at all! I have left my future in the care of a God who has all things under control. Come what may, my uncertainty over the future is strengthened by my faith, and my eternal destiny is secure. We are on a down-hill spiral! Things are certain to get worse, but I remain relaxed. What a privilege it is to know and trust in a loving God.

You want to talk about it? Hit me up at rlarry-scott@gmail.com.



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PET OF THE WEEK

SUZY

It happens quite often at New Hampshire Humane Society; surrender of animals due to their, or their owners advancing years and ill health. In the case of Miss Suzy, she is hardly a geriatric, she is not even in the double digits yet, age-wise, but her owner was suffering serious health problems and could no longer care for this sweet little black cat.

Suzy led the quiet life prior to arriving at the shelter in April, yes she's been waiting far too long for a new home. That sheltered former life has meant residing at our animal welfare agency has been a bit of a shock to the system for such a

reserved, quiet little feline, Suzy hides under her blanket, perhaps thinking the next time she pops her head up, she might find herself home again. Six months really is too long to live in hope, and have your dreams dashed every day, as the adopting public move on past your cage to other, more photogenic cats!

Let not the syndrome of her coat colour stand in her way a moment longer, black cats are special, they are physiologically sound, look amazing lounging in sunny spots around the house. Neither do we wish to compartmentalize the ideal home for her, surely a cat lover out there



somewhere will look at Suzy's petite face and fall in love.

Shelter is open Tuesday/Thursday/Friday/Saturday/Sunday.

Plenty of time to visit.

Call 524-3252 to find out more about Suzy or check www.nhhumane.org

LETTERS TO THE EDITOR

Generosity and legacy of Bert Southwick continues through donation to Belknap County 4-H Foundation

To the Editor:

Although Bert Southwick never had any children of his own, he certainly supported area youth in many ways. Bert could be described as one of the last self-sustaining old-time farmers, growing produce, cutting hay, and raising meat and eggs. Bert was also a lifelong supporter of the 4-H Program. In his earlier years, he trailered horses and cattle for 4-H kids to the fairs and shows all over New Hampshire and New England (today, those "kids" are now in their late 50's and early 60's). People have said that no one could handle the difficult horses like Bert could. His kindness kept on giving over the years. He sold part of his land across the street from his farm to the Winnisquam School District, at a very reasonable price, for a new elementary school. The Southwick School children always looked forward to his annual delivery of jack-o-lantern pumpkins,

gourds and corn stalks every fall. After 70 years of egg deliveries, the "Egg Man" retired. His iconic horse-drawn delivery wagon is on permanent display at Southwick School.

For those who had the opportunity to meet this amazing and humble man, count yourself blessed to have known this "Angel in Overalls". And though he is no longer with us his legacy lives on through his generous donations to organizations that include the Belknap County 4-H Foundation. A scholarship award has been set up in his honor. This award is known as the "Bert Southwick Junior Achievement Award" and is given each year to two outstanding junior 4-H members. We can only hope to live a life of giving the way Bert did. We are so grateful and fortunate to be part of his legacy.

*Michelle Clarke
Belknap County 4-H Foundation*

Saving money is not worth the safety of Sanbornton's residents

To the Editor:

Please share the following with the residents/taxpayers of Sanbornton.

My concern is as follows, and that's the lack of police coverage by our Sanbornton Police Department each day between the hours of 2 and 6 a.m. We are told that during that time frame, the State Police will respond to our calls for help, but it seems that the estimated response by the State Police could be at least a half hour to an hour or more!

The Selectmen seem satisfied with that coverage because they have chosen to go without the sixth authorized officer, and contracted with a local attorney as the town prosecutor, but I don't think that most of the taxpayers of Sanbornton are aware of this arrangement!

I think we and our families would feel safer with our own officers protecting us at all times. Looks like Sanbornton is having a problem recruiting and retaining key personnel no Highway Director, no Town Planner (part time person LRPC), no Transfer Station Manager, no sixth Police Officer, no Deputy Treasurer, no PT Attendant at the Transfer Station, and last but not least no Zoning Administrator. Whats next? I am all for saving our tax dollars, but the lack of key personnel could cost us more in the end.

*Bill Whalen
Sanbornton*



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It's not easy being a parent, but here's something simple you can do. Spend two minutes twice a day making sure they brush. It could help save them from a lifetime of tooth pain. Make it fun, text MOUTH to 97779 to join the 2MIN2X Challenge.

2MIN2XDAY

Easier than getting them to eat something green.

Ad Council 

North Country Notebook

Ah, life on a dirt road, and a certain etiquette



By JOHN HARRIGAN
COLUMNIST

I live on a dirt road, a term some people wince at, their preference being “gravel road” or the even loftier “country road.” To me this is sort of like calling a camp a cottage, but that’s all right.

A dirt road has to be graded at least two or three times a season. A lot of towns are grading their roads just about now, in a gamble that there won’t be any more rut-creating cloud-bursts before freeze-up.

People unaccustomed to dirt roads tend to drive with their

wheels almost going over the right shoulder, in an apparent attempt to get as far away from the yellow line as possible, in an apparent panic attack to avoid collisions. But of course there is no yellow line. On a dirt road, the center is where one perceives it.

I learned to drive on a dirt road along Clarksville Pond, and Rudy Shatney always told me “Take your half out of the middle, Bub,” which I do, except of course around corners or over blind hills. Rudy’s reasoning was that driving in the middle offers more choices in avoiding pot-holes, washboard ruts or downed limbs, which made sense to me back then and still does.

Rudy had an old 1948 Jeep with a quick clutch, a hard rig for a kid to learn on, but I did. The old Jeep had bad brakes, and one day I pulled into the yard of the Main Cabin just before supertime and



South Hill Road, nice and smooth and crowned just right, after what the town undoubtedly hopes is the final grading for the season.

sailed right down the path and onto the wharf and almost straight into Clarksville Pond.

Soon, I was allowed to drive the big old Chevrolet Apache truck, which in my eyes was an awesomely big vehicle, but I still preferred the old Jeep, and vowed at that tender

age to have one myself some day, and I do, a ’47 with no roof and no doors that is sitting in the hay barn all ready to go, for what soon will be the last drive of the season.

+++++

There is a certain

etiquette for driving on dirt roads, which I wrote about some time ago but which a woman I met at the post office urged me to write about again.

“I’ve forgotten that business about waving,” she said.

On a dirt road you always wave, to one

degree or another. For drivers you’ve never seen before, you waggle your first digit from atop the steering wheel. For someone you know, you flap up all five. For someone you know really well, especially for neighbors who’ve put up with escaped livestock trampling their flower gardens, or take care of your dog when you’re gone, it’s wild gesticulating, like Daffy Duck.

The other day I had a guest in the passenger seat, and I did the full hand wave for an oncoming truck, and she said, “Who was that?” and I said, “I don’t know, so I waved just in case I should.”

(This column runs in papers covering two-thirds of New Hampshire and parts of Maine and Vermont. Letters should include town and telephone numbers in case of questions. Write to campguyhooligan@gmail.com or Box 39, Colebrook, NH 03576.)

MARK ON THE MARKETS

Black Monday



BY MARK PATTERSON

Couple of weeks ago, I was listening to the financial channel on the radio in my car when the commentator said, “the markets have closed up, a record 13 days in a row, into record territory, the last time this happened was in 1987”. My ears perked up when I heard that statistic because I remember that Oct. 19, 1987 was a devastating day for equity markets not only in this country but around the world.

First off let me state that I am not trying to scare anyone into believing that the parallels I am drawing between 1987 and almost 30 years later are going to repeat. I like history and I like statistics, so consider this nothing more than food for thought.

In the mid-’80s, we were involved in a very fast economic recovery with a President who expanded the economy after the recession of the 70s and early 80s. If you wanted to work in this country, there was a good paying job for you. The US dollar strengthened, inflation picked up which in turn created a higher interest rate environment. In August 1987, the Dow Jones in-

dustrial average peaked, and multiples, otherwise known as price earnings ratios were expanding. When you get multiple expansion, you need the actual earnings to keep up or you’ll have contraction in the markets. Many of these earnings are based on forward-looking numbers.

Oct. 15, 1987, Iran hit our supertanker “Sungari” flown under a Liberian flag and then hit “Sea Isle city” with a silkworm missile. These events in conjunction with equity markets (stocks) that had gotten ahead of itself, a strong dollar which makes exports more expensive, program trading in the markets, and market participants (you and I) having become very complacent, all contributed to the perfect storm.

We are much earlier in the economic cycle of expansion currently, however the dollar is strengthening, interest rates are rising, we have multiple expansion in the equity markets, compounded by the fact that we have not had a meaningful market correction in over eight years.

A swift meaningful correction is not necessarily a bad thing. It allows new money to get into the markets at better pricing, and if you do not panic and sell your positions near the bottom, hopefully the equity markets can continue to move up.

If you were in a position needing to count on this money for retirement income, then I may rethink my po-

sition if I am in stocks or stock-based mutual funds. If the markets were to retract and go flat such as the period between 2000 and 2011, you could potentially exhaust your money if you are relying on that money for income.

If you are in stocks or stock funds, and you are in the “red zone” for retirement you need to familiarize yourself with the theory, “sequence of returns risk”. The “red zone” for retirement is roughly 10 years until your planned retirement date. There are ways to protect your capital that still may allow your money to grow. Contact my office if you would like to hear more about these concepts and our fee structure to manage assets, MHP works for you! Client funds are held at TD Ameritrade Institutional.

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

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Edward Jones: Financial Focus

Consider Multiple Factors When Creating Retirement Plans

When you create your financial and investment strategies for retirement, what will you need to know? In other words, what factors should you consider, and how will these factors affect your investment-related decisions, before and during your retirement?

Consider the following:

•Age at retirement – Not surprisingly, your retirement date likely will be heavily influenced by your financial situation – so, if you have to keep working, that’s what you’ll do. But if you have a choice in the matter, your decision could have a big impact on your investment strategy. For example, if you want to retire early, you may need to save and invest more aggressively than you would if you plan to work well past typical retirement age. Also, your retirement date may well affect when you start accepting Social Security payments; if you retire early, you might have to start taking your benefits at age 62, even though your monthly checks will be considerably smaller than if you waited until your “full” retirement age, which is likely to be 66 or 67.

•Retirement lifestyle – Some people want to spend their retirement years traveling from Athens to Zanzibar, while others simply want to stay close to home and family, pursuing quiet, inexpensive hobbies. Clearly, the lifestyle you choose will affect how much you need to accumulate before you retire and how much you will need to withdraw from your various investment accounts once you do.

•Second career – Some people retire from one career only to begin another. If you think you’d like to have a “second act” in your

working life, you might need some additional training, or you might just put your existing expertise to work as a consultant. If you do launch a new career, it could clearly affect your financial picture. For one thing, if you add a new source of earned income, you might be able to withdraw less from your retirement accounts each year. (Keep in mind, though, that once you reach 70 ½, you will have to take at least some withdrawals from your traditional IRA and your 401(k) or other employer-sponsored retirement plan.) On the other hand, if you keep earning income, you can continue putting money into a traditional IRA (until you’re 70 ½) or a Roth IRA (indefinitely) and possibly contribute to a retirement plan for the self-employed, such as a SEP-IRA or an “owner-only” 401(k).

•Philanthropy – During your working years, you may have consistently donated money to charitable organizations. And once you retire, you may want to do even more. For one thing, of course, you can volunteer more of your time. But you also might want to set up some more permanent method of financial support. Consequently, you might want to work with your legal advisor and financial professional to incorporate elements of your investment portfolio into your estate plans to provide more support for charitable groups.

As you can see, your retirement goals can affect your investment strategy – and vice versa. So, think carefully about what you want to accomplish, plan ahead and get the help you need. It takes time and effort to achieve a successful retirement, but it’s worth it.

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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Member SIPC

Hope C. Barnes, 91

LACONIA — Hope C. Barnes, 91, longtime resident of Sanborn-ton, died on Tuesday, Sept. 19, 2017 at the St. Francis Rehabilitation and Nursing Center.

Hope was born on Dec. 2, 1925 in Westport, Mass., the daughter of the late Winnifred (Stearns) Chisholm-Dawson. Hope worked as a cook at the Sanborn-ton Central School for 20 years, where she worked along side her dear friend Barbara Therrien.

Hope was an active member of the Mountain View 2nd Baptist Church in Sanborn-ton and spent many years volunteering with the Women’s faith Circle, a group that provided quilts, sweaters, mittens, and other needs all over the world.

Hope had a passion for animals; she took care of many that where in need. She had a love for watching birds, and would always make sure there was a full bird feeder for them.

Hope is survived by a son, Wayne Barnes, and his wife Robin;



two daughters, Linda Jacques and her predeceased husband, Clyde Jacques, and Judith Tibbetts and her husband, Donald E. Tibbetts, Jr.; four grandchildren (Alan Jacques, Hope Janaitis and her husband, Paul, Timothy Barnes and his wife, Donna, Kevin Tibbetts and his wife, Laura, and loved like a grandson Jason Balint and his wife, Tricia); four great-grandchildren (Courtney Barnes, Jonathan Barnes, Skye Tibbetts, and Travis Tibbetts). Hope is also survived by a cousin, Seth Stearns, and his wife, Jan, and many nieces, nephews and many oth-

er loved ones that knew her as “Gram.”

In addition to her parents, she was also predeceased by her husband, John Barnes, and a son-in-law.

A graveside service will be held on Saturday, Oct. 7, 2017 at 1 p.m. in the family lot in Union Cemetery in Sanborn-ton.

In the giving spirit of Hope, the family suggests in lieu of flowers that you give to those in need. Help someone else be it money, food, or repairs. Visit those that have no one to visit them. Help an elderly person in the grocery store that doesn’t have enough money to buy groceries. That is what would make Hope smile from heaven.

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, please visit www.wilkinsonbeane.com.

Shirley S. Scott, 92

PENACOOK — Shirley S. Scott, 92, born on Jan.1, 1925, in Laconia, died on Sept. 23, 2017 in her sleep at the Whitaker Place Assisted Care Community in Penacook.

Shirley grew up in Laconia, and was the daughter of Ernest A. Stone and Rita (Jones) Stone.

Besides her parents, she was pre-deceased by her husband, Robert Scott of Nashua and brothers Ernest A. “Al” Stone, Jr. and Richard Stone, both of Laconia. She had resided in Manchester, Nashua and Bow.

Prior to her retirement, Shirley was proudly employed for 35 years at New England Telephone Co. in Manchester, and retired as a manager in the Plant Department. Throughout her life and up to her last day, Shirley was a caring, friendly and humorous lady with everyone she came in contact with. Even when feeling poorly,



she always had a smile on her face, never complained and loved being with people. She will be missed.

The family would like to thank the staff at Whitaker Place for their exceptional and thoughtful care of their mother.

Members of her family include her children, Margaret S. Dea of Concord, Robert J. Scott, Jr. and wife Danielle of Hollis, and Richard T. Scott and wife Lisa of Frederick, Md. Shirley was grandmother to Ryan Dea and wife Kris of Cleveland, Ohio, Taylor Scott of Nashua, Blake Scott of Frederick, Md.,

Brandon Gilman and wife Katylee of Bedford, Brittany Davenport of Dover and Jared Gilman of Manchester. She was great grandmother to nine children.

There will be no calling hours.

A funeral service will be held at 11 a.m. on Friday, Oct. 6, 2017 at the Wilkinson-Beane-Simoneau-Paquette Funeral Home, 164 Pleasant St., Laconia, using the Carriage House entrance. Burial will follow in the family plot at Union Cemetery, Academy Street, Laconia.

In lieu of flowers, memorial contributions may be made to the Animal Rescue League of NH, 545 Route 101, Bedford, NH 03110.

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.

Donald Richard Wright, 80

LACONIA — Donald Richard Wright, 80, of Linny Lane, formerly of 68 Edgewater Ave., died Sunday, Oct. 1, 2017 at Concord Hospital surrounded by his family.

He was born on Sept. 3, 1937 in Laconia, the son of the late Carl and Ethel May (Clark) Wright. Donald married his wife, Claudia L. Flanders, in 1956, and also served in the US Navy from 1956 to 1960. He worked as Mountain Manager for Gunstock Ski Resort from 1960 to 1983. He also worked as Head of Maintenance for New Hampshire Technical College in Laconia from 1983 to 1999. Don was a member of the Laconia Congregational Church.

He is survived by his wife of 61 years, Claudia (Flanders) Wright of Laconia; one son, Dennis K. Wright, and his wife Linda of Laconia;



one daughter, Dawn Gilbert, and her husband, Edward “Chip” of Laconia; four grandchildren (Christopher Wright, Joshua Wright, Erica (Gilbert) Kloetz and Liana (Gilbert) Crowell and her husband, David); two step-great grandchildren, Abby Crowell and Michael Crowell; and three great grandchildren (Evelyn Kloetz, Gunnar Kloetz and Easton Crowell).

Donald was predeceased by his parents. Calling hours will be

held from noon to 2 p.m. on Thursday, Oct. 5, 2017 at the Wilkinson-Beane-Simoneau-Paquette Funeral, 164 Pleasant St., Laconia, using the Carriage House entrance.

A funeral service will immediately follow the calling hours at 2PM, also at the funeral home.

Burial will follow in the family plot at Union Cemetery, Academy Street, Laconia.

For those who wish, memorial contributions may be made to the Congregational Church of Laconia-Dorcas Fund-18 Veterans Sq., Laconia, NH 03246.

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



Protect yourself and those around you from the flu this season

REGION — As Central New Hampshire VNA & Hospice staff members prepare for their own annual flu vaccines, here is some information that may help you decide that, yes, this year you will get a vaccine. For yourself, your family, your co-workers – it’s the right thing to do.

Influenza vaccines, also known as flu shots or jabs, are vaccines that protect against influenza. Vaccination against influenza began in the 1930s with large scale availability in the United States beginning in 1945. It is on the World Health Organization’s List of Essential Medicines, the most effective and safe medicines needed in a health system. While their effectiveness varies from year to year, most provide modest to high protection against influenza.

The World Health Organization and the U.S. Centers for Disease Control and Prevention (CDC) recommend yearly vaccination for nearly all people over the age of six months, especially those at high risk. These groups include pregnant women, the elderly, children between six months and five years of age, those with other health problems, and those who work in healthcare.

The vaccines are generally very safe. Fever occurs in only five to ten percent of children vaccinated. Feeling tired or muscle pains may occur as well.

According to the CDC
Why should people get vaccinated against the flu? Influenza is a serious disease that can lead to hospitalization and sadly, sometimes even death. Every flu

season is different, and influenza infection can affect people differently, but millions of people get the flu every year, hundreds of thousands of people are hospitalized and thousands or tens of thousands of people can die from flu-related causes every year. Even healthy people can get very sick from the flu and spread it to others.

How do flu vaccines work? Flu vaccines cause antibodies to develop in the body about two weeks after vaccination. These antibodies provide protection against infection with the viruses that are in the vaccine. The seasonal flu vaccine protects against the influenza viruses that research indicates will be most common during the upcoming season. There are a few people who should not get vaccinated. These include:

Children younger than 6 months are too young to get a flu shot.

People with severe, life-threatening allergies to flu vaccine or any ingredient in the vaccine. This might include gelatin, antibiotics, or other ingredients.

Some people should check with their doctors first before being vaccinated:

If you have an allergy to eggs or any of the ingredients in the vaccine. Talk to your doctor
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Franklin VNA & Hospice Therapeutic Journaling project kicks off

FRANKLIN — Journal therapy is a portable, readily available, inexpensive and highly effective way for a person to reduce their stress level, improve their mental health and develop better coping skills. Kept over time, a journal can help reveal patterns in your life that show mood cycles, stressors and how we react to them, and supportive or unsupportive relationships. It allows you to see how you reacted to a situation and then think about whether you wish you could change something about what you did. Knowing those things can help you recognize what is better to do when life throws you a curveball, or allows you to re-write the situation to practice what you wished you had said so you can do it better the next time around.

With so much to gain from such an accessible activity Franklin VNA & Hospice felt like it was a great opportunity to partner with Hope For NH Recovery, an addiction recovery organization and Riverbend Community Mental Health Services. Two groups serving populations that could get excellent benefits from using therapeutic journaling and it was an activity both organizations felt they could benefit from.

Sarah Gagnon from Riverbend said, “We are honored to accept this generous donation from the Franklin VNA & Hospice. Journaling is a fundamental therapeutic tool that we use with our clients to support them with their recovery. We are grateful to have our community partners behind us in this effort.”

Another wonderful benefit of therapeutic journaling is that it can provide emotional relief in the moment. Instead of throwing your cell phone across the room, or saying something you’ll regret later – journal it. Writing frees you to get those angry or sad or frustrating feelings out and onto the page instead of pushing you to actions or behaviors you are trying to avoid. For those struggling with addiction issues this could be the difference between relapsing and staying clean, for those with mental health issues it could be a way to relieve enough stress to avoid falling back into harmful behavior patterns.

Carolee Longley from Hope for New Hampshire Recovery was also excited about the project.

She says, “Journaling is very effective. When we help people get into treatment centers we give them a journal as a gift with a message of hope in it to use as a tool during their treatment so they can see how far they’ve grown as they go through it.”

Studies have shown that the very act of journaling is tension relieving.

GoodTherapy.org notes, “Journal therapy is primarily used with people in therapy to increase awareness and insight, promote change and growth, and further develop their sense of self.... The act of writing things down often relieves tension and can bring clarity to the issue at hand.”

Barbara Normandin, Executive Director at the Franklin VNA & Hospice, captures the essence of the project when she says, “The Franklin Visiting Nurse Association takes its commitment to serving communities truly to heart. We are proud to partner with these two wonderful groups to help make a real difference in our communities.”

At a time when so many in the world are working to tear each other down, it’s inspiring to see organizations working together to build something good for their communities.



COURTESY
Pictured, left to right, are Elizabeth Chang, Brenda Clough and Kristin Jordan (all from Franklin VNA & Hospice), Sarah Gagnon (Riverbend), Carolee Longley (Hope for NH Recovery) Sherry Wilcox (Franklin VNA & Hospice) and Barbara Normandin (Franklin VNA & Hospice).

Training for interested CASA volunteers to begin in Laconia on Oct. 30

LACONIA — At the end of last school year, an 18-year-old girl who spent the entirety of her teenage years in and out of foster care walked across the stage with her graduating class, ending a chapter of her life that had more ups and downs than people her age should endure.

She was removed from her home due to her mother’s drug addiction when she was 10 years old, and has said at the time she blamed herself for her mother’s problems. Today, she credits the CASA advocate she had by her side for helping to guide her through a long and difficult period of her life.

This summer, she worked as a camp counselor before she started her next chapter as a freshman in college.

“CASA has really shaped me into who I am today,” she said. “I know that if it wasn’t for having an advocate in court, or having someone who is really a mentor beside me I definitely wouldn’t be who I am today. They’ve really inspired me to follow after my dreams and to never give up.”

The sad reality, is her circumstances are not unique. Each year in New Hampshire, more than 1,000 children face similar turmoil. They come from abusive or neglectful homes where instability is a way of life. When the state intervenes, each child is appointed someone to advocate on behalf of their best interests. When available, that person is a Court Appointed Special Advocate, a volunteer guardian ad litem who is appointed by the court to get to know the child and report back about what is happening in the child’s life and make recommendations about what’s best for the child to have a successful future.

CASA volunteer advocates come from all walks of life. They are have a wide-range of professional backgrounds, they work full or part-time, are retired or empty-nesters. They are provided professional training and ongoing support by the CASA staff. They are caring, compassionate members of communities in every corner of the state looking for a way to give back in a meaningful way, to help a child in a difficult situation.

Due in large part to the opioid epidemic gripping New Hampshire, the need for more advocates is critical. Statewide, CASA has seen more than a 20 percent increase in cases since this time last year and more volunteers are needed to advocate for victimized children, particularly in the Plymouth and Lakes regions.

Beginning Oct. 30, CASA of New Hampshire is holding a training in Laconia for new volunteers in the area. This comprehensive training covers everything from how to connect with children and the important people in their lives, to resources available for the children, court procedures and how to write a court report, an overview of legal procedures and protections, resources and support available to volunteers and more.

Join a community of passionate volunteers where you can use your own professional skills and life experiences while making a difference in the life of a victimized child.

For more information, or to apply now to volunteer as a CASA advocate, visit www.casanh.org. Questions? Call 626-4600 or email speakup@casanh.org.

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WRMS Fall pep rally - Celebrating our school spirit

BY ROB SEAWARD
Principal

Winnisquam Regional Middle School
TILTON — Last week marked another very successful spirit week and pep rally at WRMS. During the week, student council led their peers and teachers in daily

themes and competitions culminating in over 360 students and 40 plus adults packed into the MS gymnasium on Friday afternoon. A community member who happened to be in the building on Friday noted that his senses were met with

a sea of blue and white and a roar of cheer and laughter unlike anything he had ever seen or heard. Friday's 70 minute pep rally consisted of athletic team recognition (soccer, volleyball, cross country, lacrosse, and football);

the announcement of our final test reward recognition (Charlotte Philippy and Matt Benasutti each receiving an Ipad donated by Staples in Tilton); a spirit call competition with 6th grade pulling in the win; various athletic and skill competitions

like tug of war (winner: the seventh grade team) and pie eating contest (winner = Kieran Harris); and a major dance off with sixth grader Lily Webster coming in first and seventh grader Anthony Robbins coming in second. Just before

the end, we cheered on the Volleyball team who was heading off early to an away game. All of the students and adults left excited and pumped up for the start of the Fall Family Fun Festival scheduled for that evening.

Spaulding Youth Center welcomes Cheryl Avery as Director of Development and Community Relations

NORTHFIELD — Spaulding Youth Center is excited to welcome Cheryl Avery as its new Director of Development and Community Relations. In this role, Ms. Avery will serve as the chief fundraising coordinator responsible for providing strategic leadership for planning, implementation and administration of fundraising activities for Spaulding Youth Center. She will also play a pivotal role in maintaining and developing community relationships throughout New Hampshire on behalf of Spaulding Youth Center. Ms. Avery has an extensive background in child advocacy, including legislative work and court advocacy as a guardian ad litem. She was part of a team of child advocates that

worked to draft the Cassidy Bortner Bill that would ultimately become law in New Hampshire. This state law requires state agencies to disclose what it knew about fatal or near fatal child abuse cases. Previously, Ms. Avery served as the Executive Director of the Boys & Girls Club of the Lakes Region. There she helped lead a capital campaign for the purchase of the Club's first permanent home, reintroduced the organization's high school program, expanded its summer camp program, and forged a partnership with Project Extra, a Lakes Region after school program. "Ms. Avery's experience in child advocacy has made her an excellent addition to our leadership team here," said Susan Ryan, CEO &



Cheryl Avery
President. "I am thrilled to have Ms. Avery in this role and spreading awareness about our organization and the important work we do for the children we serve." A New Hampshire native, Ms. Avery currently resides in Laconia. She is a mother to two boys, and owns a small farm in Northfield with her youngest son. In addition to her passion for child advocacy, Ms. Avery is also an active champion of animal welfare. She

rescued and retired four horses and one donkey, who currently reside on her Northfield farm. "I am excited to take on this role at Spaulding Youth Center," said Ms. Avery. "I felt a connection to the organization from my time working as a guardian ad litem. While working with students at that time, I learned about Spaulding's mission and truly enjoyed working with

the staff. I look forward to serving as an ambassador of this fantastic organization and the invaluable programs and services it offers to the children who need them most." **About Spaulding Youth Center** Spaulding Youth Center is a leading provider of services for children and youth with neurological, emotional,

behavioral, learning and/or developmental challenges including Autism Spectrum Disorder. Services include academic, behavioral health, residential, foster care, health and wellness and family support. Spaulding Youth Center Foundation is a tax-exempt 501 (c)(3) nonprofit. For information about Spaulding Youth Center, visit www.spauldingyouthcenter.org.

WRMS hosts annual PTO Dinner, Parent Forum, and Open House

Parents enjoy a meal, chat about key issues, explore the school and meet the staff

BY ROB SEAWARD
Principal

Winnisquam Regional Middle School
TILTON — The Winnisquam Regional Middle School's annual open house event started with another amazing dinner organized by the Parent Teacher Organization (PTO). The PTO worked diligently with local businesses to put together a menu that would be appealing and affordable to all. Business partners

included: Tilton House of Pizza, Pizza Hut, Uno Pizzeria & Grill, Cactus Jack's Grill & Watering Hole, Hannaford's, Coca Cola, and the WRMS PTO. Business partners provided delicious pizza, salad and dressing, water and many desserts. Many parents commented on the food and that the school was filled with positive energy. A sixth grade parent attending the event for

the first time expressed, "I really love that you provide the dinner as it allows families to mingle in a relaxed environment and get to know each other better." As part of the annual PTO dinner, parents and students were provided the opportunity to participate in the third annual parent forum, where the agenda this year was set by parents. Some of the topics that emerged included competency based education, buses, recognizing top students, the student information system, and more.

Finally, parents and students were able to move about the building, meet teachers, visit with each other, and learn about many things from school and community based organizations/businesses. These informational booths included: Youth Assistance Program (YAP), Highland Mountain Bike Park, Civil Air Patrol, Title 1, Competency Based Education, and more. Principal, Rob Seaward summed up the evening by saying, "Our school is poised for a big step forward. We have a good mix of parent involvement, SAU/School Board support, awesome teachers/staff, and strong community buy in. We look to our future with enthusiasm and a dedication to student success."

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New Hampshire Rural Renewables offering renewable energy planning assistance to rural businesses and agricultural producers

LACONIA — A new program is now available in rural regions of New Hampshire to provide free technical assistance to business owners and agricultural producers, helping them evaluate and assess the potential for using renewable energy at their business. Lakes Region Community College, along with Plymouth Area Renewable Energy Initiative (PAREI) and New Hampshire Sustainable Energy Association (NHSEA) are teaming together to provide this free technical assistance. Rural businesses interested in installing solar photovoltaic, solar thermal, wood heat, and other renewable energy

technologies can receive helpful educational information and preliminary site evaluations at no cost. This Renewable Energy Development Assistance two-year grant is part of USDA Rural Development's Rural Energy for America Program (REAP), which has a variety of energy efficiency and renewable energy grant and loan programs.

According to Andy Duncan, Energy Training Manager at Lakes Region Community College (LRCC) who is coordinating the NH Rural Renewables effort, "Our goal is to help businesses reduce their energy costs with sustainable solutions. We can help

them take a close look at whether a renewable energy project is technically and financially feasible for their site. If a business likes the idea of renewables or energy efficiency, we want to help them take the next step, explore their options and make the process less complicated."

The development assistance provided by NH Rural Renewables will be vendor neutral.

"Our project team will work with business owners to help them become more knowledgeable about their options so they are more informed when it comes time to get quotes from renewable energy vendors," said Duncan.

The team will also be leveraging energy efficiency technical assistance from the utility-based NHSaves @ Work program as well as the Rural Energy Development Assistance grant team at the NH Community Development Finance Authority.

"We like to say 'reduce then produce,'" said Duncan. "Energy efficiency and renewable energy work well together."

The Plymouth Area Renewable Energy Initiative will be lending their expertise to help in this endeavor. They will draw from their 14 years of renewable energy experience using field experts and interns to

assist with the site evaluations and preparing reports for the interested business owners.

"This is a fantastic hands-on educational opportunity for emerging energy professionals. We will be providing at least four different internship experiences as part of our participation in Rural Renewables," said Sandra Jones, Co-Founder of PAREI.

"We often hear about the high cost of energy in New Hampshire -- and many businesses are not aware that renewable energy technologies are a viable option to control their costs. As New Hampshire's only statewide organization dedicated solely to clean energy advancement, we are excited to work with farmers and small business owners to harness the economic and environmental benefits of locally produced renewable energy," said Kate Epsen, the Executive Director of the New Hampshire Sustainable Energy Association. "NHSEA will also bring the expertise of the long-standing NH Wood Energy Council -- a group of dedicated members leading the deployment of modern wood chip and pellet heating -- to this new program. Epsen adds, "we want to capitalize and streamline our collective decades of energy expertise for the good of our rural economy."

The USDA Rural Development recognizes that energy efficiency and renewable energy technologies help rural businesses achieve economic sustainability. The Agency supports businesses making energy investments through REAP and has an upcoming grant deadline of Oct. 31. Technical assistance programs such

as NH Rural Renewables can help prepare businesses to access these federal funds. Businesses seeking information about REAP can contact USDA Energy Coordinator Ken Yearman at (802) 828-6070 or by email at kenneth.yearman@vt.usda.gov.

Interested businesses and agricultural producers can go to www.lrcc.edu/nhrr which has commercial renewable energy information, web links, and a short survey. This survey will get the process going and will determine the business' eligibility for the technical assistance. For more information, e-mail nhruralrenewables@gmail.com or visit the www.lrcc.edu/nhrr web site which also has contact information for LRCC, PAREI and NHSEA, who make up the NH Rural Renewables team.

About LRCC

Lakes Region Community College is a fully accredited, comprehensive community college located in the Lakes Region of New Hampshire that serves over 1,200 students annually. LRCC offers 28 associate degree programs including Nursing, Fire Technology, Business, Media Arts, Culinary Arts, Automotive, and Marine Technology, as well as over 38 short-term certificate programs. In addition, LRCC provides a strong background in Liberal Arts for students who choose to do their first two years at a community college and then transfer to a four-year college or university for a baccalaureate degree. LRCC is one of the seven member colleges of the Community College System of New Hampshire.

Join Irwin Ford at BHS Oct. 7 to help raise \$6,000

BELMONT — Drive For Belmont High School Oct. 7 from 11 a.m. to 3 p.m. with Irwin Ford and Ford's Drive One 4UR School Event. Supporters are encouraged to simply take a test drive. Each qualifying test drive earns Belmont High School \$20! This is going to be a fun event and a chance for Belmont High School supporters to raise up to \$6,000 with no out of pocket cost. Supporters will have the chance to choose from over 10 different exciting new Ford models to take your "Dream Ford" out for a fundraising test drive.

David McDonald, M.Ed., Student Council Advisor for Belmont High School, was quoted saying "Belmont High School is thrilled and appreciative of being selected to participate in the 'Drive 4UR School' program. Some of the student organizations that plan to participate in order to raise money for their programs are: BHS Student Government, National Honor Society, French Club, and the Junior Class. All these student organizations need money to



COURTESY

Drive For Belmont High School Oct. 7 from 11 a.m. to 3 p.m. with Irwin Ford and Ford's Drive One 4UR School Event. Supporters are encouraged to simply take a test drive. Each qualifying test drive earns Belmont High School \$20!

fund their various projects and activities. The 'Drive for Your School' program on Oct. 7 at the High School will help to make it a successful year. Thank you for this opportunity!"

The highly successful "Drive 4UR School" program is a fun, engaging way to help the communities raise money in support of a deserving cause through the efforts of local dealerships like Irwin Ford in Laconia. The program

started in 2007 and has become one of Ford's most successful initiatives ever, raising more than \$30 million dollars across the country.

Chris Irwin, Vice president of the Irwin Automotive Group, was quoted saying "Drive 4UR School is a different type of fundraiser because there is no cost to the school. Irwin Ford provides all materials for this great opportunity to get the whole community involved

and 100 percent of funds raised are donated to the school."

Show your support and join Irwin Ford on Oct. 7 from 11 a.m. to 3 p.m. at Belmont High School, 255 Seavey Rd., Belmont, NH 03220 for a fun-filled day of fundraising!

Please contact Betty Ballantyne at 581-2968 or email betty.ballantyne@irwinzone.com with any questions about the event.

Notice To All Tilton & Northfield Aqueduct Co. Customers

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BEGINNING AROUND 8 AM.
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We will be starting on the East end of Tilton, heading west and then going into Northfield. If you have any questions, please feel free to call our office for scheduling information -- 286-4213.

***Since flushing may cause water to become turbid, care should be used if you do laundry on that day. Please remember to turn off your automatic ice makers in your refrigerators if you have them.

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Seeking Women to join a local chapter of Womenade, serving the men, women, and children of Tilton, Sanbornton, Belmont, and Northfield. Womenade provides emergency financial assistance. The idea is simple, the impact is immeasurable. Have fun, make friends, do good. Contact Susan at winniwomenade@gmail.com

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Tanger Outlets launches annual Pinkstyle campaign to unite in the fight against breast cancer

TILTON —Tanger Outlets Tilton will once again offer shoppers great savings in return for supporting the ongoing efforts to end breast cancer during the 24th annual Tanger PINK Campaign.

The Tanger Pink Campaign launches on Sept. 29, and runs through Oct. 31. At participating retailers, Tanger Outlets Tilton shoppers using the Shop Pink Card will receive additional savings on the best brand name and designer fashions while helping to unite in the fight against breast cancer.

Tanger's Shop Pink Cards offer shoppers 25 percent off any item at participating stores, once per day, per store with unlimited use through Oct. 31. Shoppers will have two ways to save: with a physical or mobile version of the Shop Pink Card, available at Shopper Services located in suite 134, on the Tanger app or by visiting TangerPink.Com. Both versions are available for \$10.

Proceeds from the Campaign will support

LRGHealthcare's breast cancer/health initiatives locally. On the national level, the Campaign will also support the Breast Cancer Research Foundation (BCRF), the highest-rated breast cancer organization according to Charity Watch in the U.S.

"We are proud to continue to support the fight against breast cancer, and to join forces with our valued shoppers and retailers across the United States to raise awareness and much-needed funds for research and prevention," said Steven B. Tanger, Chief Executive Officer of Tanger Outlets. "We are fully committed to supporting the hardworking scientists and doctors funded by the BCRF, with the goal of finding a cure to a disease that has affected so many families."

Since 1994, Tanger has contributed over \$17 million to breast cancer research through the Tanger PINK Campaign, 5K races, on-site events and other breast cancer-related fundraising initiatives across the U.S.

"Tanger Outlets has

been a valued partner in the fight to end breast cancer," said Myra Biblowit, President of the Breast Cancer Research Foundation. "In uniting with BCRF and supporting the world's most innovative research, Tanger is helping to improve breast cancer diagnosis, prevention and treatment—transforming lives every day."

About Tanger Factory Outlet Centers, Inc.

Tanger Factory Outlet Centers, Inc. is a publicly-traded REIT headquartered in Greensboro, North Carolina that presently operates and owns, or has an

ownership interest in, a portfolio of 43 upscale outlet shopping centers and one additional center currently under construction. Tanger's operating properties are located in 22 states coast to coast and in Canada, totaling approximately 14.9 million square feet, leased to over 3,100 stores which are operated by more than 500 different brand name companies. The company has more than 36 years of experience in the outlet industry. Tanger Outlet Centers continue to attract more than 188 million shoppers annually. For more information on Tanger Outlet Centers,

call 1-800-4TANGER or visit the company's Web site at www.tangeroutlet.com.

About the Breast Cancer Research Foundation

The Breast Cancer Research Foundation (BCRF) is dedicated to being the end of breast cancer by advancing the world's most promising research. Founded by Evelyn H. Lauder in 1993, BCRF-funded investigators have been deeply involved in every major breakthrough in breast cancer prevention, diagnosis, treatment and survivorship. This year, BCRF has awarded \$57

million in grants to support the work of more than 250 scientists at leading medical and academic institutions across 14 countries, making BCRF the largest private funder of breast cancer research worldwide. By committing 91 cents of every dollar directly to its mission, BCRF is one of the nation's most fiscally responsible nonprofits. BCRF is the only breast cancer organization in the US to hold both an "A+" from CharityWatch as well as the top four-star rating from Charity Navigator. Visit www.bcrfcure.org to learn more.

Applebee's® celebrates Neighborhood Appreciation Month with \$1 'Dollaritas™'

TILTON — Applebee's® Neighborhood Grill + Bar restaurants throughout New England will be offering \$1 margaritas, as part of the month-long national celebration of Applebee's Neighborhood

Appreciation Month. It's seriously just \$1 – 100 pennies, that's all. Known fondly as the Dollarita™ and served on the rocks, these \$1 margaritas are available from open to close at participating Applebee's restaurants every day in October.

"We are proud to be a part of the local neighborhoods that we serve throughout New England and want to show our appreciation to our loyal guests with a big deal they'll love," said Lori Prunier Regional Marketing Coordinator, Apple American Group, the local franchisee. "We encourage our hardworking guests to visit their local Applebee's to relax, unwind and enjoy a delicious Dollarita all month-long."

The \$1 margarita is available all day, every day while dining in at participating Applebee's restaurants in New England for the entire month of October. Pair it with a selection of appetizers, a two for \$20 meal, or late-night fare.

There's no better time to stop by Applebee's and feel the love. Go ahead, put that dollar burning a hole in your pocket to good use and buy yourself something delicious.

When celebrating with the Dollarita, Applebee's reminds you to please drink responsibly.

For more information on the limited time offerings and deals from Applebee's, check out the online menu and stop by your neighborhood Applebee's.

The Dollarita promotion is available at Applebee's locations owned and operated by Apple American Group.

Apple American Group

Apple American Group LLC owns and operates over 485 Applebee's® Neighborhood Grill and Bar restaurants in 23 states. With annualized sales of more than \$1.1 billion and more than 25,000 employees, Apple American is the largest franchisee in the

Applebee's system, the largest U.S. casual dining franchisee, and the second largest franchisee of any concept in the U.S. More information is available at www.appleamerican.com.

About Applebee's®

Applebee's Neighborhood Grill + Bar offers a lively casual dining experience combining simple, craveable American fare, classic drinks and local drafts. All Applebee's restaurants are owned and operated by entrepreneurs dedicated to serving their communities and offering quality food and drinks with genuine, neighborly service. Applebee's is one of the world's largest casual dining brands; as of June 30, there are nearly 2,000 Applebee's franchise restaurants in all 50 states, Puerto Rico, Guam and 14 other countries. Applebee's is franchised by subsidiaries of DineEquity, Inc. [NYSE: DIN], which is one of the world's largest full-service restaurant companies.



OCTOBER
Breast Cancer Awareness Month

Advertise in our special page dedicated to Breast Cancer awareness, treatment, screening and surviving, health advances, etc., will be in the October 5-26 editions of the [Granite State News](#), the [Carroll County Independent](#), the [Plymouth Record](#), the [Newfound Landing](#), [Meredith News](#), & the [Winnisquam Echo](#)!

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Center for Security founder to speak at Republican Cocktails and Conversation event

LACONIA — Frank Gaffney, founder and President of the Center for Security Policy in Washington, D.C., will keynote ‘Cocktails and Conversation, by Invi-

tation Only’ on Wednesday, Oct. 11, from 6 to 8 p.m. at the Laconia VFW, 143 Court St., Laconia. The event is sponsored by the New Hampshire Republican Committees

of Region 5, including the Belknap County Republican Committee, the Concord Republican City Committee, and the Merrimack County Republican Committee.

Mr. Gaffney will speak on “The Bomb is Back: Emerging Threats and What We Must Do About Them.” A question and answer session will follow. There will be an opportunity to meet and speak informally with Mr. Gaffney before and after the presentation.

The Center for Security Policy is a not-for-profit, non-partisan educational corporation, which is recognized nationally and internationally as a valuable resource for its research and analysis of foreign and defense policy matters. Mr. Gaffney served as Assistant Secretary of

Defense for International Security Policy under President Reagan. He is the host of Secure Freedom Radio, a nationally-syndicated weeknight radio program where he addresses current and emerging threats to national security and sovereignty. He is also an active contributor to the national security policy debate as a weekly columnist for the Washington Times and a frequent guest on syndicated programs with hosts including Sean Hannity and Mark Levin. His op-ed articles have appeared in The Wall Street Journal, USA Today, The

New Republic, The Washington Post, The New York Times, The Christian Science Monitor, The Los Angeles Times, National Review, and Newsday.

He appears frequently on Fox News, CNN and BBC. Mr. Gaffney is the publisher and associate author of ‘Shariah: The Threat to America.’

Heavy hors d’oeuvres will be served. There will be a cash bar. Tickets are \$10 by advance registration only at belknapcountygop.org. For further information, please email alan.glassman@gmail.com.

FLU

CONTINUED FROM PAGE A6

about your allergy.

If you ever had Guillain-Barré Syndrome (a severe paralyzing illness, also called GBS). Some people with a history of GBS should not get this vaccine. Talk to your doctor about your GBS history.

If you are not feeling well, talk to your doctor about your symptoms.

Where can you get a flu vaccine? Flu vaccines are offered in many locations, including doctor’s offices, clinics, health departments,

pharmacies and college health centers, as well as by many employers, and even in some schools. Even if you don’t have a regular doctor or nurse, you can get a flu vaccine somewhere else, like a health department, pharmacy, urgent care clinic, and often your school, college health center, or workplace.

Can a flu shot give you the flu? No, a flu shot cannot cause flu illness. Flu vaccines given with a needle are currently made in two ways: the vaccine is made either with flu vaccine viruses that have been ‘inacti-

vated’ and are therefore not infectious, or with no flu vaccine viruses at all. The most common side effects from the influenza shot are soreness, redness, tenderness or swelling where the shot was given. Low-grade fever, headache and muscle aches also may occur, but are not common.

Protect yourself and others this winter with a flu vaccination now. Always talk with your doctor first, and then check out the signs around town for providers who offer the shot. One small pinch is all it takes. You won’t be sorry.



DONNA RHODES

When NASCAR came to the New Hampshire Veteran’s Home last Thursday afternoon, veterans Vic Lafond, Al Christensen and Armand Dupere paused to have their pictures taken beside the New Hampshire Motor Speedway’s official show car and it’s driver Steve Green, who is a retired Marine himself.

NASCAR

CONTINUED FROM PAGE A1

the “green light” to start it up. Eyes lit up as they heard it roar and many took a moment to peek at just what was under the hood that gave it such power.

It was more than just the video and show car though. One of the most enlightening moments was the appearance of “Milo the Moose,” the official mascot of NHMS.

“Come over here, Milo! Are you a boy or a girl moose?” one veteran called out as he waited to have his photo taken with the friendly “moose.”

Milo took time to visit everyone who attended the event, not only waving at the camera, but giving hugs and high fives to all and occasionally giving a wag of his tail for a few added laughs.

Another great photo opportunity that several took advantage of was a cardboard stand-up cut-out of a racecar driver holding the traditional extra-large lobster that all NASCAR winners at NHMS receive. The veterans were invited to poke their head above the cutout to get a memorable photo, disguised as a true race winner.

At the end of the day Green also left the recreation Department with memorabilia, such as Milo Bobble Head dolls, coolers and NHMS cups, that will be awarded to winners of the weekly Wednesday night poker games at the veterans’

home.

He said he often brings the show car to schools and other venues throughout New England but had never been asked to come to NHVH before.

“As a retired Marine, there has been no better

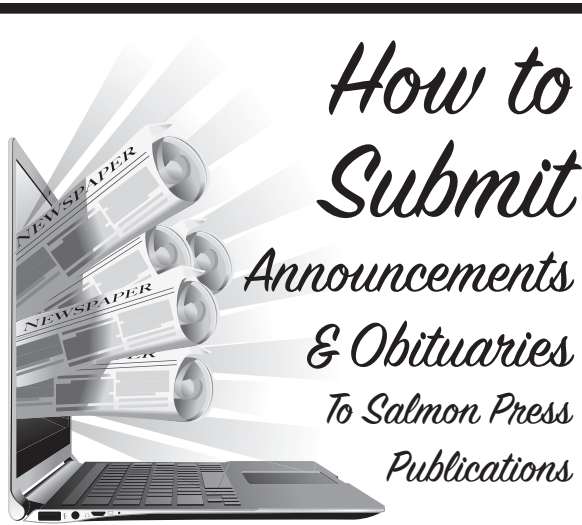
place for me to visit than a veterans’ home. This has been a great day and I salute all the men and women who are here. I only hope that one day I can do some of the great things they’ve done in their lives,” said Green.

AWARD

CONTINUED FROM PAGE A1

one of the only middle schools in all of New England to be recognized as a Blue Ribbon School this year.

“Staff from our school will be traveling to Washington, D.C. in November to receive the award. Congratulations to the BMS community for this great accomplishment,” Pope said.



Obituaries and Announcements of special events such as weddings, engagements, and anniversaries are published **FREE OF CHARGE** in any/all Salmon Press newspapers.

Obituaries can be sent to:

obituaries@salmonpress.com

Wedding, engagement, and anniversary

announcements are welcome at:

weddings@salmonpress.com

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

Please contact Executive Editor

Brendan Berube at (603) 279-4516, ext. 111

with any questions regarding the submission process.



COURTESY — TILTON POLICE DEPARTMENT

Tilton police seek help in locating fraud suspect

Police in Tilton are seeking the public’s help in identifying a male suspect, wanted by police in Wells, Maine, but recently spotted in Tilton. The man is believed to be involved in a credit card fraud case, and was last seen using the card in the Tilton area, police said. If anyone has any information on his identity or activities, they are asked to contact Officer Stephanie M. Guillemette of the Wells Police Department by calling (207) 646-9354, or emailing her at ofsguillemette@wellstown.org.

It took a Village to rebuild a local favorite.



Collaborators include l to r: Ward D’Elia, Samyn and D’Elia Architects, PA; Chris Maroun, Miracle Farms; Caleb King, Natt King Stoneworks; Greg Branzetti, The New Woodshed; Stephen Coombs, Coombs Historic Restoration; Jeff Downing, Conneston Construction; Marcus Weeks, MVSB

Following the loss of the original Woodshed restaurant in 2013, a team of local businesses and skilled tradesmen worked together to craft The New Woodshed. The team was brought together by vision and passion – united in a desire to create a space that was modern and traditional at the same time. They also shared a partner that epitomizes modern banking based on time-honored values, Meredith Village Savings Bank.

Stop by The New Woodshed and experience for yourself the results that working together can bring.

Contact MVSB’s experienced business bankers at 800.922.6872 or visit any of our local offices or mvsb.com.



NEW HAMPSHIRE FAIR DAYS

LANCASTER FAIR

Thursday, August 31 –
Monday, September 4, 2017

Location: 516 Main Street, Lancaster
Tickets: \$15 (kids under 12), \$25 on Thursday, Friday and
Monday; \$16 on Saturday and Sunday. Seniors are free
on Thursday and Friday; \$5 on Friday-Sunday;
children under 12 are free with paying adult
Online: www.lancasterfair.com

HOPKINTON STATE FAIR

Friday, September 1-4, 2017

Location: State Fairgrounds, Contoocook
Tickets: \$12 for kids under 12, \$10 for seniors 60+,
\$8 for youth 13-19, and \$5 for children 4 and free.
Four days of fun and games available.
Online: www.hopkintonfair.com

HILLSBOROUGH COUNTY AGRICULTURAL FAIR

Friday, September 8-10, 2017

Location: 15 Hill Dale Lane, W Boston
Tickets: \$10 for adults, \$5 for children 6-12 and
seniors are \$5, children under 6 are free
Online: www.hilldalefair.com

DEERFIELD FAIR

Thursday, September 28 –
Sunday, October 1, 2017

Deerfield Fairgrounds
Route 43, Deerfield
Tickets: \$10 for ages 13+;
ages 12 and younger are free
Online: www.deerfieldfair.com

SANDWICH FAIR

Saturday, October 7-9, 2017

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Tickets: \$10 for adults,
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Online: www.thesandwichfair.com

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Face painting courtesy of the Tilton School.



Highland's Interactive Ride Zone.

FESTIVAL

CONTINUED FROM PAGE A1
few games and hang out to one where over 600 community members

and dozens of communi-ty partners come togeth-er to promote a sense of community in an event that all enjoy.” In addition to the

many established activi-ties like Highland's In-teractive Ride Zone, the bonfire managed by the Tilton-Northfield Fire Department, our mili-tary hayride provided by Chris Milner, and the ever popular dunk tank, the festival expanded to include even more offerings. Some of the additions included an amazing bounce house provided by Robyn at Jolly Jumpers, a raf-fle basket competition sponsored by area busi-

nesses and individuals, family competitions in the field, touch a truck provided by TNFD and Tilton PD, and a massive offering of food, spirit gear and clothing by the PTO. Businesses and in-dividuals who contrib-uted to this year's event included: MB Tractor, Highland Mountain Bike Park, Coca Cola, Jolly Jumpers, McDon-ald's, Hannaford, Frank-lin Savings Bank, Youth Assistance program, Pemi Youth Center, Girl

Scouts, Cub Scouts, Sue Allen, Doug Meyer, Red River Theatre, Loch-mere Country Club, Bel-la & Katie Bryant, MS PTO, Tilton-Northfield Fire, Tilton PD, Chris Milner and Milhouse En-terprises, Mix 94.1, Bath and Body Works, Tilton School student's/staff, MS personnel, MS and HS students, and more. The Fall Family Fun Festival kicks off a year full of activities at WRSD with the district goal to provide a major

community wide event each month of the school year. Moving forward, this festival models what the district hopes to ac-complish each month through a partnership with many of our com-munities' businesses, service providers, and organizations. Chief Robert Cormier of the Tilton Police Depart-ment shared how im-pressed he is with the ef-forts that the district and the middle school have put forth in this event and how what we do for our community is amaz-ing and that he enjoys having the Tilton PD be a part of these events.

Principal Seaward seconded this by saying, "It is only through com-munity partnerships that we can truly pull something like this to-gether as it is simply too big for any one person or group to do alone."

Parent and MS PTO President, Ben Morse was one of the major event organizers and volunteers this year and commented that this event marks, "One of the great family events we have at WRSD."

A WRHS student of-fered, "I don't usually have much to do on Fri-day nights. Tonight was awesome and I had so much fun hanging out with my friends and eat-ing food."

An elementary parent reported, "Thank you for providing such a won-derful evening. I love watching my five and eight year old children have a fun time with their friends. It can be difficult to find things to do, so this is a welcome diversion from our nor-mal evenings."

To all of the folks who came out, contributed, volunteered, and gave so much, thank you.

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Breast Cancer Awareness 2017



Exercising after breast cancer

Routine exercise is an essential element of a healthy lifestyle. Exercise can help people maintain healthy weights, reduce stress and lower their risk for various diseases.

After surviving breast cancer, many survivors wonder if it's safe to return to the exercise regimens they followed prior to being diagnosed. Breast cancer survivors can benefit from exercise, but it's important that they prioritize safety when working out. Survivors who have had breast cancer surgery may be at risk of lymphedema, a condition characterized by swelling of the soft tissues of the arm, hand, trunk, or breast. That swelling is sometimes accompanied by discomfort and numbness, and some people dealing with lymphedema also experience infection.

Breastcancer.org, a nonprofit organization dedicated to providing up-to-date information about breast cancer, notes that some exercise may be especially risky for breast cancer survivors. These exercises include:



cise may be especially risky for breast cancer survivors. These exercises include:

- swimming laps using strokes with arm movements
- activities that involve the usage of resistance bands
- pull-ups and push-ups
- certain yoga poses, including downward-facing dog and inversions, that put ample weight on the arms
- elliptical/cross-training machines
- cross-country skiing
- tennis

While breast cancer survivors might want to avoid certain types of exercise, it's important to note that the American Cancer Society recommends exercise after breast cancer surgery. But exercise should be approached with safety in mind, and breast cancer survivors should heed the following tips to ensure their exercise regimens do not compromise their recovery.

• Discuss exercise with your physician and surgeon. Before making exercise a part of your post-recovery routine, speak with your physician and surgeon to determine if there are any movements you should avoid. Your doctor and surgeon can tell you how you will

be affected by medications you might be taking as part of your continued recovery.

• Take it slowly. If you were an exercise enthusiast prior to your diagnosis, you must recognize that returning to your pre-cancer regimen may not be possible, or that it's likely to take a while before you feel like your old self again. Take a gradual approach, allowing yourself to build strength and not expecting results to appear overnight.

• Emphasize form. Place a great emphasis on form when exercising after surviving breast cancer. Many breast cancer survivors undergo surgery as part of their treatments, but even those who did not should still prioritize proper form when exercising, even if it means lifting substantially less weight than you might have prior to your diagnosis.

• Don't persist through pain. If you feel any pain upon returning to exercising, stop immediately and speak with your physician and surgeon prior to exercising again.

• Rest between sessions. You likely won't be able to exercise on successive days anytime soon, but build off days into your routine so you can rest and recover.

Exercising after surviving breast cancer can promote recovery, but survivors must be extra careful as they work to get back on track.

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Breast Cancer Awareness 2017



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Radiologists like myself worried about tomosynthesis, also known as “tomo” or 3D mammography, when it first emerged as a tool to look for breast cancer several years ago. We thought it might be more uncomfortable to women, and worried that the amount of radiation used would be too high. We also wondered if tomo would be less useful than standard mammography in identifying certain signs of breast cancer. However,

four years into our experience with tomosynthesis at Women's Life Imaging Center, I can't imagine ever going back to 2D mammography again. Tomosynthesis is really that much better.

Tomosynthesis is an x-ray of the breast, just like a regular 2D mammogram. From the patient's perspective tomo is nearly identical, except that the exam will take a few seconds longer,



breast cancers are found early—before they have spread to other parts of the body—women have a much better chance of surviving. Mammograms are still the best way to screen women for early breast cancers, and I strongly believe that 3D mammography addresses many of the shortcomings of standard mammography. Because there is no better proven way to detect early breast cancers, we recommend annual mammograms beginning at age 40.

ger. Instead of taking one picture at a time the machine moves through a short arc and takes multiple low-dose x-rays; a computer puts these together as a 3D set of images. In a 2D mammogram, the radiologist looks at the complex architecture of breast tissue in one flat image. Overlapping normal breast tissue can appear abnormal on a 2D mammogram, but with a 3D mammogram a radiologist can more confidently see that there is no true abnormality. This prevents “call-backs” for additional mammograms or ultra-

sound. In fact, multiple scientific studies have shown a significant reduction in the percentage of women asked to return for more testing -- somewhere between 15 and 40%. In addition, these studies have found higher cancer detection rates with tomo. That's because a 3D mammogram provides better visibility of small cancers that could be hiding in breast tissue.

A 3D mammogram does use slightly more radiation than a stan-

dard 2D mammogram. However, it's important to note that for any mammogram, the radiation used is significantly less than the amount of background radiation we are exposed to each year from the environment.

Every year over 200,000 women in the U.S. are diagnosed with breast cancer. According to 2013 CDC statistics, New Hampshire has the highest incidence of breast cancer for any state. When

Dr. Eva Lizer is a fellowship trained breast imager on staff at Women's Life Imaging Center - a joint venture between Wentworth-Douglass and Frisbie Memorial Hospitals to provide breast imaging and bone densitometry services - located in Somersworth, NH. Women's Life Imaging Center is recognized as a Breast Imaging Center of Excellence by the American College of Radiology. Visit womenslifeimaging.com.



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Kyle Hinds dribbles the ball against Franklin during a 3-0 win.

BOB MARTIN



Hunter Hinxman had a great game for Winnisquam in the first win of the season for the Bears.

BOB MARTIN

Soccer Bears get Homecoming victory

BY BOB MARTIN

Bob@Salmonpress.news

TILTON — The Winnisquam Bears have struggled this season, but last week in front of a Homecoming crowd the players worked hard to get their first win of the season against Franklin.

While it was a battle of the cellar dwellers, with both teams looking for win number one, the rivalry between Win-

nisquam and Franklin made it an exciting showing. Each team exhibited plenty of heart and guts, but in the end Winnisquam made their scoring opportunities count with the best of offensive showing of the season for the Bears.

The game was 0-0 at halftime, but the Bears came out firing in the second half.

Sacha Girolid scored the first goal of the game

on a rebound shot at about the 60th minute. Hunter Hinxman got on a breakaway and while the Franklin goalie made a good save, Girolid capitalized with the goal. About five minutes later Trent Kennett got past the goalie and knocked in goal number two for the Bears. Hinxman scored on a breakaway with about 10 minutes to go.

Coach Nick D'Agosti-

no was happy to get the first win out of the way. He said the team played much better, creating opportunities to score and playing solid defense. D'Agostino felt it was a great game overall, but also commended Franklin for going out and giving it their all. He said the game could have gone either way at one point, but he was happy to see the Bears pick it up a notch in the

second half.

"I think the guys needed that pick me up," said D'Agostino. "It is difficult when you don't score many goals, so it is nice to be able to put the team away. We generated some attack this time and had tons of opportunities, but we still struggle finishing the opportunities."

Winnisquam lost 3-1 to Sanborn on Sept. 25. D'Agostino also felt the

Bears played a good game, saying it was one of the better midfield games of the year. He said these two games show that the team is heading in the right direction, and hopes this translates to more wins. The lone goal was scored by Hinxman.

Winnisquam faced Belmont on Tuesday after deadline and on Friday the Bears host Mascoma.



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Bears battle Gilford to scoreless tie

BY BOB MARTIN
Bob@Salmonpress.news

TILTON — When it comes to field hockey games between Gilford and Winnisquam, there have been some tight battles between the teams over the years. Last week was no different, and it resulted in a 0-0 tie.

It was a heated battle right from the beginning, with tempers and emotions running high at times on the field. There was great defense by both the Golden Eagles and the Bears, and no matter how hard they tried, the players couldn't seem to find the back of the net. Both teams had a number of scoring opportunities in both halves, as well as in overtime.

In the final 20 seconds of overtime, it appeared that Gilford had a solid chance to take the win with a free shot taken by Emily O'Connor, but she couldn't put it in the goal. Time wound down and it ended with a hard fought tie.

Gilford coach Dave Rogacki said after the game that it was a classic Gilford/Winnisquam matchup.

"I've been here for seven years now and every time we play it is close," Rogacki said. "Last year the same thing happened with a tie. It's just one of those things where we have two teams with good skills, and we will always keep moving, moving, moving. Like I told the kids, when you go 3-0-1 with two overtimes in this type of heat we have been facing, they have done a good job. It says a lot about the kids' character."

Nicole Berube agreed with Rogacki saying she is proud of the ability the team has had moving



BOB MARTIN

The Winnisquam Bears field hockey team fought hard in a 0-0 tie against Gilford High School.

the ball down the field, but said putting the ball in the net is still something that needs to be worked on.

"We've had some

trouble converting these past few games, but we've been spreading out better and the wings are doing better keeping it downfield," said Beru-

be. "It is great improvement from where we were at the beginning of the season."

Rogacki said it was a successful week, but he

admitted he hoped the girls could have come away with the win. He acknowledged that there were some definite scoring opportunities, but he

gave also gave credit to the strong play of coach Cheri Snow's Winnisquam squad.

It was a frustrating day for Winnisquam, as there were a variety of cards issued to players for calls that players and the coaching staff alike took issue to. However, Snow said that the team battled like she hoped they would, and was impressed by the effort.

"I am very proud of this group," Snow said. "Having cards on us, and playing short as much as we have, the girls held their ground. They are a very strong team, very knowledgeable and have a great skill level. We just need to fine tune some stuff and keep focused."

Winnisquam beat Mascenic earlier in the week on Sept. 27 by a 3-1 score. The Bears hosted Laconia on Oct. 2 and on Oct. 6 Winnisquam will travel to Mascoma Valley.

Bears win battle of unbeaten

BY BOB MARTIN
Bob@Salmonpress.news

TILTON — Winnisquam volleyball has had an outstanding season so far, but they were put to the test last week against Campbell when they edged out a 3-2 win. It was the only match of the season where the Bears lost a set.

The Bears traveled to Campbell to start the week, which was a battle of a couple top teams in Division 3. Winnisquam won 25-22 in the first game and 25-16 in the second game. Campbell then won the next two games 25-18 and 25-19 before losing to the Bears 15-7 in the fifth game.

"Campbell was undefeated going into the match, so it was a battle of unbeatens," said coach Mike Livernois. "It was definitely a battle. It was a good match."

Livernois said the team won the first two games convincingly, but Campbell chipped away and made it close. He commended Campbell for their attack and serving, as the servers were hitting lines and corners.

Livernois said the team chemistry this year is outstanding. He said they are very cohesive on the floor and don't panic.

"This isn't one of those teams that makes a mistake and drops their heads," said Livernois. "They accept responsibility for faults and move on. They function well as a team and cover the floor well."

Shannon Goodwin

had 23 kills, six digs and two blocks against Campbell for a big night. Talia DaBlasie had 33 assists, three kills and six digs. Gabby Isabelle had nine kills, 14 digs and four aces. Madisyn Skeets had 18 digs and Aubrey St. Onge had 12 digs.

Winnisquam traveled

to Epping on Sept. 27 for scores of 25-21, 25-10 and 25-7. This was a convincing win for the Bears. Livernois said the first game was tight, but he attributed it to the girls being tired from Monday's game against Campbell. Goodwin had 12 kills and nine digs, DeBlasie had 15 assists,

seven aces and six digs, Isabelle had seven kills and Madisyn Skeets had 13 digs and two kills. Aubrey St. Onge and Olivia Dill had five digs.

The Bears faced Franklin on homecoming on Sept. 29 and won 25-5, 25-12 and 25-14. Isabelle had 16 kills and five digs, Goodwin had

11 kills and two aces, Hannah Blackburn had four aces and DeBlasie had 30 assists and five aces.

Winnisquam faced Moultonborough on Monday after deadline and also traveled to Newfound on Oct. 4. The Bears travel to Belmont on Saturday.



BOB MARTIN

Will Robarge shot a 55 at Owl's Nest last week, but his game was better than his score let off as it was due to just one bad hole.



BOB MARTIN

Paige Irving shot a 65 for Belmont last week at Owl's Nest.

Red Raiders third at Owl's Nest

BY BOB MARTIN
Bob@Salmonpress.news

CAMPTON — The Belmont High School golf team traveled to Owl's Nest golf course for a match against Plymouth, Gilford and Laconia on Sept. 27 where the Red Raiders had a tough day, shooting 214.

Belmont beat Laconia who had a score of 238, but fell to Plymouth and Gilford who had scores of 181 and 193 respectively.

Leading the way for Belmont was Wyatt Paquin with a 49, Hunter Davies with a 54 and Will Robarge with a 55. Karley Towne shot 56,

Robbie Skaff shot 62 and Paige Irving shot a 64.

Coach Kevin Charleston said his players were a bit burnt out from the heat, saying it wasn't the greatest tournament. He went in expecting better scores by his top guys, Paquin and Robarge, but said their scores were a bit higher than normal thanks to just one or two bad holes.

"I think those guys

are still feeling good," said Charleston. "Those two guys will be our two representatives heading into the state tournament. They like the course up at Owl's Nest so I think they could feel good going in."

The team overall has struggled this season, and Charleston doesn't expect the Red Raiders to make the tournament as a team. He said

mentally the team has some things to work on. Charleston said the team needs to find ways to get through bad holes, turn things around and put together a decent round.

However, Charleston added that he is very pleased with the effort put forth by his team this season. Belmont hosted Lebanon, Bow and Pelham on Monday after deadline.

Gilford-Belmont falls to Hanover

BY BOB MARTIN
Bob@Salmonpress.news

HANOVER — The Gilford-Belmont Golden Eagles continued to

struggle with a 48-6 loss to Hanover High School on Sept. 29. The Golden Eagles have lost four straight to open the sea-

son.

Greg Madore was 3 of 4 passing with 34 yards and an interception. Dylan Gansert provided most of the offensive firepower with 14 rushes for 46 yards, as well as the only touchdown of the day for Gilford-Belmont.

Gilford-Belmont hopes to turn around the season against Plymouth, but it certainly won't be easy. The perennial Division 2 powerhouse is undefeated this season and have scored more than 40 points in each of their five games.

The Golden Eagles host Plymouth on Oct. 7 at 2:30 p.m.

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Rams rally past gridiron Bears

BY BOB MARTIN

Bob@Salmonpress.news

TILTON — The Winnisquam Bears went into halftime with a 6-0 lead over Raymond, but couldn't hold on thanks to a couple big plays against them, and ultimately lost 14-6 in front of a homecoming crowd.

The first quarter began with a defensive battle, with both Raymond and Winnisquam forcing each other to punt on back-to-back drives. Then late in the quarter, Winnisquam opted to go for it on fourth down and six on the Raymond 47 yard line and quarterback Evan Judkins tossed a rocket to freshman Garrett Mango for a huge touchdown pass.

The intensity was



BOB MARTIN

Garrett Mango scored the lone touchdown against Raymond last week.

high on and around the field with the huge crowd going crazy for the hometown team. The Winnisquam defense continued strong play throughout the first half, but the offense sputtered drive after drive.

At the end of the second quarter, with Raymond knocking on the door on the one yard line, Winnisquam had its best defensive stand of the day, stacking up Raymond at the goal line as time expired.

It remained a 6-0



BOB MARTIN

Bryce Corey has been the offensive and defensive star for the Bears this season.

game with Winnisquam leading at the end of the third quarter, but with about seven minutes remaining, Raymond's Gregory Gibby heaved a perfect spiral deep to Ken Glidden for a 60-yard touchdown pass. The two-point conver-

sion was no good and the game was tied at 6-6.

As time was expiring, Raymond drove downfield and Gibby ran the ball in for a five-yard touchdown run. The two-point conversion was good and it was a 14-6 game, with

Raymond holding on to win.

This marked the fifth straight loss for Winnisquam, who still seeks the first win of the season. Coach Pat Riberdy recognizes the frustration as there were high hopes going into the season, but an injury bug has made it so players are playing out of their positions and the team has been starting young players each game. This, he said, is tough during the season but also bodes well for the future of the program as it is giving the young athletes valuable playing time.

"We have had leads in the first half at Brady and Raymond, but we've got a lot of young kids and a small amount of players," said Riberdy. "Overall we are playing better. I see a lot of improvement on the defensive side."

Riberdy commended Alex Mango, Cameron Roberts and Bryce Corey. Corey is the rock on both offense and defense, and against Raymond he had about 50 yards rushing with 10 tackles on defense. He said this linebacker core is showing good things of late.

Riberdy said now they just need to put their best foot forward and take it week by week.

Winnisquam next travels Farmington-Nute for a 6 p.m. game on Oct. 13.

Belmont boys and girls both get wins

BY BOB MARTIN

Bob@Salmonpress.news

BELMONT — The Belmont girls' soccer team had a 0-0 tie against Derryfield and a big 7-0 win over Berlin last week.

On Sept. 26 the Red Raiders traveled to Derryfield. Morgan Hall and Morgan Ruhl were top players on the

day.

On Sept. 28 Belmont traveled to Berlin and had a great game. Coach Mark Dawalga said Ruhl had her first two varsity goals, and Molly Sottak also scored her first varsity goal. Julianna Estremiera and Rebecca Fleming had a pair of goals, as well.

"The team played well," said Dawalga. "It was a good passing game and we are improving every day. We are doing what we do in practice and bringing it to the games. They played well."

The boys' soccer team had one game last week, with a 3-0 win over Newfound on

Sept. 26. The first goal was scored by Colby Brown, and was assisted by Nolan Gagnon about 11:30 into the game. The second goal was scored by Gagnon and assisted by Griffin Embree at the 14th minute.

"I put Nolan into the game and he was the offensive spark we were

looking for," said coach Mike Foley.

In the second half, Embree scored a goal with Nate Sottak on the assist.

"It was a good day for Griffin and Nolan, who both had a couple of points," said Foley. "One of the big things we've been able to do is get scoring by a bunch of different guys. It is good to not have to rely on one guy."

The boys' and girls' soccer team face Gilford at home on Oct. 7. Gilford. The girls' soccer team also faces Sanborn at home on Oct. 5.

Raiders win on the road at Mascoma

BY BOB MARTIN

Bob@Salmonpress.news

BELMONT — The Red Raiders volleyball team went 1-1 last week, with a loss against Epping and a win against Mascoma Valley.

On Monday Sept. 25, Belmont hosted Epping and lost 3-1. The Red Raiders came out strong and won the first game 28-26 but then dropped

the next three 25-19, 25-11 and 25-16. Coach Adam Gaulin said the first two games were very good for the team, but in the last game libero Amber Lemay got hurt diving for a ball and left the game. She was fine, but came away with a black eye.

Jordan Lavalley had six kills, Chantel Martin had eight blocks and

Becca Camire had 18 assists.

"We started off strong and then in the second game we made a lot of small mistakes that cost us the match," said Gaulin. "That carried over into the other games. We got kind of flat."

Belmont traveled to Mascoma Valley on Sept. 29 and came away with a

3-1 win. Belmont won 25-18 and then lost 28-26, but won the final two games 25-17 and 25-15.

Gaulin didn't have statistics available but said Lavalley played very well throughout the night, often playing out of position.

Belmont hosted Pittsfield on Oct. 2 after deadline and on Oct. 7 hosts Winnisquam.

Wavemakers welcoming new swimmers

REGION — The Lakes Region Wavemakers have begun their 2017-2018 season, but new swimmers are always welcome. Practice attendance is flexible and are offered at two locations, Gilford's Gun-

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Applicants for all positions should submit a letter of interest, resume, supportive credentials, job application and three current written references to:

Stacy Buckley – Superintendent of School
Newfound Area School District
20 North Main Street
Bristol, NH 03222

Application is available at:
<http://www.sau4.org/human-resources/employment-information>



Yard Customer Service / Driver

Belletetes has an immediate opening in our Ashland Lumber location for a full-time delivery driver/lumberyard customer service. The hours are Mon-Fri. and some weekend days required. Must have a valid driver's license with a clear driving record. As part of the job requirement, a DOT medical card is required (employer will assist candidate in obtaining medical card). Heavy lifting is required.

You may apply in person to Dan Uhlman or download a driver application from our website. All applications should be submitted to:

Human Resources, c/o Belletetes Inc.
51 Peterborough Street, Jaffrey, NH 03452
or you may email to dbelletete@belletetes.com

E.O.E.

FINANCE ASSISTANT

The Town of Campton, N.H. is seeking an experienced Finance Assistant to join our administrative staff two days a week.

The qualified applicant must have a good working knowledge and experience with QuickBooks software, Accounts Payable, Accounts Receivables and NH Retirement. Salary commensurate with experience.

A complete job description is available at the Campton Town Office.

Please submit your resume and cover letter on or before **October 11, 2017** to: Board of Selectmen, 12 Gearty Way, Campton, NH 03223 or email to toc.mb@camptonnh.org.

*The Town of Campton is an
Equal Opportunity Employer.*

TOWN OF THORNTON HIGHWAY DEPARTMENT

16 Merrill Access Road • Thornton, NH 03285
Tel: 603/726-8168 • Fax: 603/726-2078

THORNTON HIGHWAY DEPARTMENT Notice to Subcontractors • Request for Contracts 2017/2018 Winter Snow Removal

The Town of Thornton Highway Department is requesting contracts for 2017/2018 Winter Snow Removal Subcontractors. Contracts can be picked up at the Thornton Town Office during regular business hours and are available on the Town website: <http://www.townofthornton.org>. A map identifying the routes are available for review at the Town Office.

- Subcontractors shall submit contracts on or before 3:00pm, Friday, October 20, 2017 with proof of insurance attached as described in detail on pages 1 and 2 of the contract form. Proof of insurance must be attached to ensure consideration for approval.
- Applications will be considered for approval by the Board of Selectmen at 1:30pm on Wednesday, October 25, 2017.
- The Town of Thornton reserves the right to reject any and all contracts.
- Questions may be directed to Road Agent John Kubik at 603/726-4546.

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Plymouth, NH 03264
(603) 536-3533

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TOWN OF SANDWICH EMPLOYMENT OPPORTUNITY

The Town of Sandwich is accepting applications for a **seasonal** Highway Department worker from November 14 - April 14. This is a position which performs work in all areas of construction and other assigned projects to include winter maintenance of roads and sidewalks, and working at the Transfer Station. Applicants must be 18 years of age, and hold a valid driver's license. Plowing experience preferred. The hours for this position are 24-40 hours per week, with weekends possible depending on the needs of the department. Complete job description and application available at the Selectmen's Office, Town Hall, 8 Maple Street. Application and references must be received by Monday, October 23, 2017 at 4:30 P.M.

Equal Opportunity Employer.
Sandwich Board of Selectmen



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- OR NURSE SUPERVISOR

PER DIEM OPPORTUNITIES

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- HOUSEKEEPER
- CENTRAL STERILE TECHNICIAN
- SURGICAL TECHNICIAN
- UNIT SECRETARY
- REGISTRATION CLERK
- RN

Apply Online at www.ucvh.org
Upper Connecticut Valley Hospital
181 Corliss Lane, Colebrook, NH 03576
Phone: (603)388-4236
ucvh-hr@ucvh.org
EOE

TOWN OF THORNTON HIGHWAY DEPARTMENT

16 Merrill Access Road • Thornton, NH 03285
Tel: 603/726-8168 • Fax: 603/726-2078

THORNTON HIGHWAY DEPARTMENT On-Call Winter Plow Drivers Request for Applications 2017/2018 Winter Snow Removal

The Town of Thornton Highway Department is accepting applications to hire On-Call Snow Plow Drivers for the 2017/2018 winter season. The on-call employee shall be available during inclement weather and possess a valid CDL-B driver's license. The wage is \$25.00 per hour. Applications can be picked up at the Thornton Town Office during regular business hours and are available on the Town website: <http://www.townofthornton.org>

A map identifying the routes are available for review at the Town Office. Applicants shall submit applications as soon as possible. Applications will be received until positions are filled. The Town of Thornton reserves the right to reject any and all applications.

Questions may be directed to Road Agent
John Kubik at 603/726-4546.

The Town of Thornton is an equal opportunity employer.

HELP WANTED



CROSS
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INSURANCE ACCOUNT MANAGER

Cross Insurance has an employment opportunity in our Personal Lines Dept in our Meredith office. 3-5 years experience in this field is preferred. Salary is commensurate with experience and industry accomplishments. State of NH license required.

A generous benefit package is offered.
Please respond in confidence by resume to:

Debra Davis
Cross Insurance
45 NH Route 25
Meredith, NH 03253
debDavis@crossagency.com

Cross Insurance is the largest privately held insurance agency in the states of Maine and New Hampshire.

We are an equal opportunity employer.



Full-Time Entry Level Retail Position

Energysavers Inc. is expanding its sales team and looking for its next "Dedicated Sales Advisor". We are a highly recommended 40+ yr old Lakes Region retailer of well known hearth & spa products. You can earn while you learn! No prior experience required. All Energysavers employees are expected to participate in all aspects of the business. Must have a valid driver's license & be able to lift/carry an 80lb min. Hourly pay plus commission. Stop in to fill out an application:

Energysavers Inc,
163 Daniel Webster Hwy, Meredith NH

SPECIAL EDUCATION FINANCIAL ASSISTANT

SAU #48, Plymouth, seeks an individual to work directly with the Director of Special Education to complete State and District reports both financial and data entry; Medicaid billing and reimbursement; CAT Aid; Specialized Transportation; Budgets and Purchase Order requests; organizing monthly meeting agendas; Grant purchase orders and other related work.

The individual needs to be detail oriented and highly competent in software applications including Excel, Word and Google docs, with an eye for organized visual presentation of materials. We are seeking a highly organized, self-motivated and independent worker who can be flexible and multitask in a fast paced environment with deadlines. Someone who has good interpersonal skills to speak professionally to staff, parents and outside agencies will be successful in this position.

*5 years experience and/or Bachelor's
Associate's Degree in an area related to finances.*

**Interested individuals should send a letter of interest,
resume and at least 2 letters of reference to:**

Mrs. Kim DiSalvo
Director of Special Education • SAU #48
47 Old Ward Bridge Rd • Plymouth, NH 03264
kdisalvo@pemibaker.org

Position will remain open until filled.

SAU #48 offers competitive package for salary and benefits.

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5' Oak hard top desk - best offer.
Hutch top, dark pine, 2 pieces -
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Old dry sink with pump (copper) -
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Call Charles 603-253-6434

For Sale: **White 4 Burner Gas Stove.**
Excellent condition. Asking \$130.00.
Call 603-286-3298.
Multiple furniture items also available.

Hand Carved, Fully Jointed Doll.
Fundraiser for Doll Club, 15" replica of
1796 doll, wardrobe, and accessories.
Signed Fred Laughon.
Minimum bid \$255.00 by December 1.
Bidding envelope loissmed@yahoo.com.

OLD NH FISH and Game, ca. 1890,
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moose, caribou, furbearers, fish, etc.
measures 12"x18" May be seen at the
Coos County Democrat, 79 Main St.,
Lancaster, NH. Price, \$4; if mailed, \$8.
Call 603-788-4939 or email
liz@salmonpress.news

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Estate Sale: Antiques, Collectibles,
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789 North Line Rd Tufordboro 03816

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shrink wrap and full line up of
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Reserve now. 603-340-4363 or
coldrivermarine@yahoo.com

Thank-You

I want to express my gratitude
for all the friends and
associates of Charles Hall of
West Rumney NH that have
stopped by and shared their
memories. Over the past five
weeks it is comforting to know
that he was liked and respected
by so many friends and people
he knew from the historical so-
ciety, snow mobile club and
Grange. For those unaware, he
past away at the age of 81 on
April 28 2016 at Lahey hospital
in Burlington Mass.

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\$70-\$85. Dogs at Conway clinic, starting
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with orange on back and head. White
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If found Buttercup lives 8 Garys Way
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a barge operated. Must be
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Pay commensurate with your
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If interested call Jim at 603-455-5700

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Training available. Must have tool box,
basic tools for building and assembling
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The Corner House Inn in Center
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Waitstaff.
284-6219
info@cornerhouseinn.com

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If you have in-depth knowledge of
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Professional/
Technical

Executive Manager
The Coos Coalition for Young
Children and Families is
looking for a dynamic leader to
work with an established
Coalition of organizations
focused on improving the
social and emotional
development of children 0-8 in
Coos County. The position
requires strong leadership and
communication skills. The
successful candidate will be
responsible for managing
monthly meetings of the
Coalition and the work groups,
insuring that the activities of
the strategic plan are being
carried out, collecting data and
reporting outcomes, managing
a budget and maintaining
connections with state and
national research and
initiatives related to early
childhood development among
other duties. This position
requires creativity, thoughtful
planning, a collaborative mind
set and the ability to move the
Coalition forward towards its
stated goals.
Minimum requirements include
a BA and 4 years professional
experience in a leadership
position. Preference will be
given to candidates with a
background in early childhood
development or education.
Flexible hours (20-35/week),
ability to work from home,
salary negotiable depending
on experience. Benefits
available. Travel for state
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required.
For more information on the
Coos Coalition go to
www.investincooskids.com.
Send cover letter, salary
expectation and resume to
cmcdowell@ne.rr.com
by October 20, 2017.

TOWN OF ORFORD
HIGHWAY DEPARTMENT

The Town of Orford is seeking a full time
Highway Department employee with the
following qualifications:


Operation and maintenance of heavy
equipment such as a Loader, backhoe
and grader, ability to take directions, work
independently and as a team player. Job
responsibilities include, but not limited to:
winter plowing, maintenance of town
roads, equipment and municipal
properties and routine manual labor
under adverse weather conditions.
Requirements: must possess a valid
Class "B" CDL license, Mandatory drug
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Send resume to:
Town of Orford,
2529 Route 25A
Orford, NH 03777

Application deadline:
October 4, 2017 at 4:00 PM

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U.S.C. 3604(c))
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at 603-271-2767
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kdtbird04@gmail.com

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Public Notices

Invitation to Bid snow removal for
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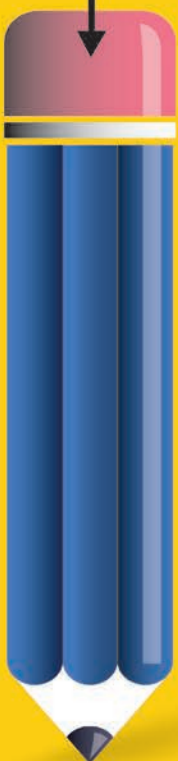
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Sandwich Zoning Board of Adjustment

Public Hearing Notice

Notice is hereby given, in accordance with RSA 676:7 I, that the following application has been submitted to the Sandwich Zoning Board of Adjustment and will be reviewed by the Board at Sandwich Town Hall on Thursday, October 12, 2017:

Case #2017-08, Tappan Chairs, LLC
Request for a Special Exception by Adam Nudd-Homeyer for Tappan Chairs, LLC, located at 6 Skinner Street, Sandwich, Tax Map U2, Lot 23, Village District, property owned by 6 Skinner Rd., LLC. Applicant proposes to operate a retail showroom and studio/workshop, requiring a special exception under Zoning Ordinance Section 150-102 E.

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26



27



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As a full-time employee, you will qualify for health insurance/dentail/401K retirement plan/paid vacation/paid holidays and production bonuses.

If you wish to apply, stop in to our Wentworth office for an application or drop off a resume and a completed employment application, which can be downloaded from our website and dropped off in person Monday thru Thursday 7am-4:30pm and Friday until 4pm. No phone calls please.

King Forest is an equal-opportunity employer.

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NFI North, Inc.

Inspiring and empowering people to reach their full potential

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

Social Worker: Master's Degree in social work, psychology or related field and be licensed as well as have experience working with youth and families. NH license preferred. Provides in home and agency based services to youth and families involved in ISO In-home, ISO foster care and home based therapeutic services. Position requires flexible schedule and some weekends/evenings to conduct individual and family therapy. Salary \$40K - \$50K.

Nurse: Responsible for performing nursing assessments, scheduling & transporting to medical appointments, dispensing meds, and ensuring all health needs of consumers are addressed in a team oriented collaborative approach. Flexible schedule with 4 day work week. Ideal candidate is an enthusiastic, team oriented individual with pediatric or adolescent nursing experience.

Special Education Teacher: Bachelor's degree in Education, have a NH teaching certificate and will have experience with children with various mental health and special education needs.

We offer an excellent benefit package for full time employees with health and dental, paid vacation, sick and holidays, tuition reimbursement, excellent training, career growth and supportive work environment. NFI North is a proud partner with Southern New Hampshire University (SNHU) College for America, an accredited, nonprofit college. We offer employees and their family members' bachelor and associate programs completely online at your own pace for \$3,000 a year or less.

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

Visit www.nfinorth.com EOE/AA

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Want to earn \$\$\$ while earning a degree for FREE? Are you hard working, reliable, friendly and a team player?

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Want to learn more?
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*Consult your tax advisor for details.



NKF National Kidney Foundation®
www.kidneyhealth.org

TOWN OF SANDWICH

EMPLOYMENT OPPORTUNITY

The Town of Sandwich is accepting applications for a full-time Highway Department position. This is a position which performs work in all areas of construction and road maintenance; several years' experience preferred. Knowledge in how to operate backhoe, loader, dump truck and other maintenance equipment required. Applicants must be 18 years of age, and hold a valid driver's and NH CDL A or B license, and medical card. Must be available to work nights, weekends, and holidays when needed. Complete job description and application available at the Selectmen's Office, Town Hall, 8 Maple Street. Application and references must be received by Monday, October 23, 2017 at 4:30 P.M. This position open until filled.

Equal Opportunity Employer.
Sandwich Board of Selectmen

HELP WANTED TOWN OF RUMNEY, NH

HIGHWAY DEPARTMENT EMPLOYEE

The Rumney Highway Department is accepting applications for a full-time employee. The candidate will have experience with heavy and light construction equipment and have a history of safe operation of this equipment. Knowledge of maintaining town streets, culverts and other public works project is preferred. A clean driving record and current CDL-B endorsement is required. The Town of Rumney is an Equal Opportunity Employer and offers a competitive benefit package. A completed Town of Rumney Employment Application must be submitted to the Office of the Selectmen no later than 2:00 p.m. October 16, 2017.

Applications are available at Rumney Town Office, 79 Depot Street, Rumney and on the Town of Rumney website.



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SHIFT SUPERVISOR**

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Call for interview 603-745-8000

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Rick Ash, Hardware Manager, Ashland Lumber
20 West St. Ashland, NH 03217
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