



THURSDAY, SEPTEMBER 19, 2019

GILFORD, N.H.

Baking competition, science fun among fall GYC programs

BY ERIN PLUMMER
mnews@salmonpress.news

Fall means a number of new programs and events at the Gilford Youth Center including a baking competition, fun with science, and many more.

The GYC will host a Parents' Night Out on Sept. 21. Parents are welcome to drop off any potty trained children between the ages of two to 12 for a night of activities including a jumpy house, movie, pizza dinner with water, and free play and allow parents to have a night off. The event will be from 5:30-8:30 p.m. and costs \$25 per child and \$10 for each additional child. Space is limited to 20 and payment is required to reserve a spot. Kids can show their



baking skills at The Village Baker Youth Cooking Competition. The

GYC will partner with The Village Store to host the competition on

Saturday, Sept. 28. Kids ages five to 12 can make treats to be brought into the event to be judged on taste, execution, presentation. Kids will have to bring 25 different portions of full sized baked goods for 25 judges, who

will grade each entry.

The Overall Winner will have their entry displayed and sold at the Village Store for one week. The kids will package their baked goods and they will be sold at the store with proceeds

FILE PHOTO
(Left) The kids will be back in the kitchen on Oct. 4 for another session of Junior Chef, one of the many Gilford Youth Center programs going on this fall.

going to the winner. Prizes will be available in a number of other categories and all winners will receive a plaque. Each contestant will get their own apron. The competition has a \$6 registration fee.

The Half-Day, Let's Play program will go on during Early Release days at school. Kids can come to the GYC for different sessions with hands on activities from 1-4 p.m. with exercise, team building, crafts, social interaction, and more. Half Day, Let's Play is open to kids in grades 1-4 and costs \$30 per child and \$40 for siblings. The program started this past Wednesday, Sept. 18 and will happen

SEE GYC PAGE A9

Selectmen commend Old Home Day, make suggestions for next year

BY ERIN PLUMMER
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The selectmen reflected on this year's momentous Old Home Day with a few suggestions for improving some things in coming years.

Last Wednesday, Parks and recreation Director Herb Greene gave the selectmen an update on his department, including closing observations on the 100th annual Old Home Day.

Greene said Old Home Day was "really just a great day overall." He said they had great weather that day.

"I'd like to express my sincere thanks to the entire Old Home Day Committee," Greene said. "With-

out them that day would not be possible. They poured forth a ton of effort, not just in the preparation leading up to it but helping run the event the day of."

He also thanked the town departments for their assistance before and during the event.

In the next few weeks, the Old Home Day Committee will hold a wrap-up meeting and start planning for the 2020 Old Home Day.

Selectman Chan Eddy also commended the committee.

"This was probably one of the better ones I've seen," Eddy said. "We've had some good ones, but I think maybe because

it was the 100th a lot more people attended, a lot more people participating."

He said he had friends visiting from another part of the state who raved about Gilford Old Home Day, saying it was better than the one in their community.

Board Chair Richard Grenier commented that the fireworks display was the perfect length and something was in the air the whole time.

Selectman Gus Benavides also commended Old Home Day and the work of the Parks and Rec staff.

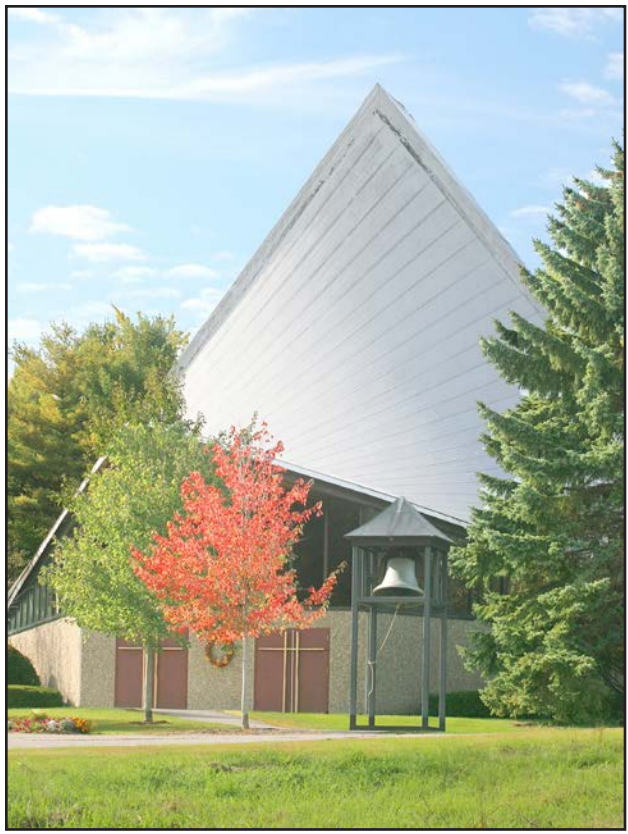
He did ask about the parade judge's stand and if they

SEE OHD PAGE A9

Methodist Church celebrates Jubilee Year

Hope Ministries at First United Methodist Church will celebrate its Jubilee, 50 years at its Gilford location, with a rededication on Sunday, Sept. 29 at 10:30 a.m. The service will be officiated by the Rev. Dr. Sudarsana Devavhar, United Methodist bishop for New England. Several former pastors of the congregation will also share their memories during a fellowship luncheon following the service.

The ministry began in 1861 as First Methodist Episcopal Church of Laconia, located on Union Avenue near South Main Street. In 1967 the building was



Spelling Bee plans Scholarship Foundation team all 'a-buzz'

LACONIA — As summer winds down, the Lakes Region Scholarship office has been gearing up for their annual Community Spelling Bee to be held on Thursday, Oct. 24 at 6:30 p.m., in the Laconia High School Auditorium. The busy bees in the LRSF office are "buzzing" with activity, preparing for the upcoming Bee. Spelling word lists have been finalized and team sponsors have been contacted. The Community Spelling Bee has been the major fundraising project of the LRSF Friends of the Foundation operating fund since 2000 and last year raised over \$10,000 for the organization.

The Foundation plans a fun evening for all present. In addition to pos-



Finale of last year's Bee with the 2017 winners in the center, the LHS Band team "The Treble Clefs" (l to r: Bryden Wright, Joey Bailey and Noah Mousseau) surrounded by the members of the Lakes Region Scholarship Foundation Board and staff as well as the evening's volunteer judges (Marilyn Lynch and Karen Bianco), pronouncer (Rick Crockford) and emcee (Pat Kelly).

sibility of prizes for the teams who compete, everyone in attendance gets a free door prize ticket, giving them a chance to win one of the many prizes drawn between each

of the five rounds. Prizes range from gift certificates for area restaurants and supermarkets, to hair salon appointments and gift certificates for Squam Lakes Science Center and

the Capitol Center for the Arts. There is also a 50/50 raffle. Admission for those who come to watch the Bee is also free.

Each year, teams from various area businesses,

community organizations and schools come together for an evening of competition and fun, all to benefit a good cause. Teams are asked to dress

SEE SPELLING BEE PAGE A9

purchased by the Laconia Housing and Redevelopment Authority to make way for Sunrise Towers. For the next two years, the congregation was the guest of Temple B'nai Israel until the current facility was completed on Route 11A in Gilford.

Earlier this year, the church began Hope Ministries, a new initiative created to be a place where everyone is welcome to experience hope and joy in their lives. New programs, such as a wellness ministry and more contemporary worship opportunities are being established to serve the people of the Lakes Region.

More information about Hope Ministries and the Jubilee celebration can be found at nhhope.org or by calling 524-3289.

Notes from the Gilford Public Library

BY MARK THOMAS
Library Correspondent

National Hispanic Heritage Month has just begun! It runs from Sunday, Sept. 15 to Tuesday Oct. 15. Although we need no occasion to hype fantastic literature produced by authors of Hispanic heritage, why not give a special shout out now. These books are worth reading anytime.

Why not start with a banger? “Love in the Time of Cholera” by Gabriel Garcia Marquez merits its reputation as a classic. It’s a life-long love story about a romance broken by practicality, but with a lover who never loses hope. Many people describe the writing style as that of painting a picture, rather than telling a story. If that intrigues you, then this gem of Hispanic literature might interest you.

Another book that has aged well is “Like Water for Chocolate” by Laura Esquivel. Forbidden to marry by Mexican tradition,

youngest daughter of an all-female household falls in love with a man. He loves her back with such fervor that he marries her sister, just to be near to her. I want to pick this book up just because I feel so incredibly bad for the sister that I want to know what happens.

For a much darker take on Hispanic experience, you have “Prayers for the Stolen” by Jennifer Clement. It describes the experience of women in the mountains for Guerrero, Mexico, where drug cartels have absolute power and being female is a constant risk. You see women trying to survive, get educated whenever they can, and manipulating their appearance to avoid the attention of dangerous men. It’s a harsh existence to imagine, but the determination and perseverance of the characters is emboldening.

A more glamorous historical fiction is Chanel Cleeton’s “Next Year in Havana.” Alternating between 1958 and 2017 in Havana, Cuba, we see a member of Cuba’s high society falling for a revolutionary without full outstanding of what it might mean for her. Years later, her granddaughter attempts to trace the fascinating arc of her time in Havana, only to discover a mesmerizing current political, and literal, climate. “Fruit of the Drunken Tree” by Ingrid Rojas Contreras is another story featuring a character separated from widespread violence by a thin, political line--1990s Colombia.

“The Book of Unknown Americans” by Christina Henriquez dives right into the immigrant experience of a few families living in an all-Hispanic apartment complex in Delaware. Each family is different, and has different issues and methods, but their purpose is the same. They immigrated and they are working in order to make a better life for themselves and their families. Though

there are setbacks (particularly in language barriers), the book shows a positivity in the families that strive together.

These are a mere sampling of a rich, diverse, mountain of literature by authors of Hispanic heritage. Don’t miss out on these amazing reads during National Hispanic Heritage Month!

Classes & Special Events
September 19-26
Thursday, Aug. 19
Geri Fit, 9-10 a.m.
Yoga Fun, 10:30-11:30 a.m.
Homeschool Game Club, 12:15-2:15pm
A various game club for homeschool teens and tweens! Come by to play classic games, modern games, tabletop RPGs, and more.
Conversational French, 4-5 p.m.
Foreign Movie Night, 7-9 p.m.
This month’s movie is “Becoming Astrid,” an Unrated movie from Sweden.

Friday, Aug. 20
Social Bridge, 10:30

a.m.–12:30 p.m.
Crafty Preschool Story Time, 10:30-11:30 a.m.
Knit Wits, 1:30–2:30pm
Advanced Conversational German, 2:30-3:30 p.m.

Monday, Sept. 23
T’ai Chi Chih, 9:45-10:45 a.m.
Baby/Toddler Story Time, 10:30-11:30 a.m.
Read, sing, and play with your baby and/or toddler! Ages two and a half and under. Sign up required.
Mahjong, 12:30-3 p.m.

Tuesday, Sept. 24
Geri Fit, 9-10 a.m.
Hook Nook, 10-11 a.m.
Volunteer Training, 10-11 a.m.
Bridge, 10:30 a.m.-12:30 p.m.
Preschool Story Time, 10:30-11:30 a.m.
Read, sing, dance, and make a craft! Ages two and a half to five. Sign up required.
Little MDs, 3:30-4:30 p.m.
Dream of your kids going to medical school one day? Little

MDs will be led by a local physician who will teach your kids basic medical skills such as, how to treat a cut, how to take blood pressure, learn about ex-rays, and much more.

Book Bites, 5-6:30 p.m.
Nightly Knitting, 6-8 p.m.

Wednesday, Sept. 25
Line Dancing, 9-10:30 a.m.
Check Out an Expert, 10 a.m.-noon
Lakes Region Fiber Artists and Crafters, 10 a.m.-noon
The InbeTween: Library Teen/Tween Club, 2:30-3:30 p.m.

Thursday, Sept. 26
Geri Fit, 9-10 a.m.
Yoga Fun, 10:30-11:30 a.m.
Homeschool Game Club, 12:15-2:15 p.m.
Conversational French, 4-5 p.m.
Evening Book Discussion, 6-7 p.m.
This month’s book is Eleanor Oliphant is Completely Fine by Gail Honeyman, described as "...heart-breaking and humorous all at once..."

Gilford Public Library
Top Ten Requests

1. “A Better Man” by Louise Penny
2. “Where the Crawdads Sing” by Delia Owens
3. “Killer Instinct” by James Patterson
4. “The Inn” by James Patterson
5. “Educated” by Tara Westover
6. “Summer of ’69” by Elin Hilderbrand
7. “The Warning” by James Patterson
8. “Nothing Ventured” by Jeffrey Archer
9. “The Friends We Keep” by Jane Green
10. “Window on the Bay” by Debbie Macomber

GILFORD POLICE LOG

The Gilford Police Department reported the following arrests from Sept. 3-16.

Carl R. Deprosopo, age 64, of Gilford was arrested on Sept. 5 for Driving While Intoxicated.

Isaac N. Bourdeau, age 23, of Laconia was arrested on Sept.

8 for Driving While Intoxicated and a separate charge of Driving While Intoxicated (subsequent).

Joseph A. McBride, Sr., age 24, of Laconia was arrested on Sept. 13 for Operating Without a Valid License.

A 57-year-old male from Mansfield Cen-

ter, Conn. was taken into protective custody for intoxication on Sept. 14.

A 34-year-old male from Malden, Mass. was taken into protective custody for intoxication on Sept. 14.

A 48-year-old female and a 38-year-old female, both of Thornton, were taken into protective custody for intoxication on Sept. 14.

Michael J. Pelky II, age 22, of Laconia was arrested on Sept. 14 for Driving After Revocation or Suspension.

A 55-year-old male

from Tamworth was taken into protective custody for intoxication on Sept. 14.

A 32-year-old male from Lowell, Mass. and a 31-year-old female from Nashua were taken into protective custody for intoxication on Sept. 14.

A 30-year-old male from Plainfield, Ill. was taken into protective custody for intoxication on Sept. 15.

A juvenile, age 17, was arrested on Sept. 16 for Driving After Revocation or Suspension-Reckless Driving.

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Big summer for Parks and Rec

BY ERIN PLUMMER
mnews@salmonpress.news

The Parks and Recreation Department had a big summer,

with high numbers for summer programs and a big increase in people at the beach. Parks and recre-

ation Director Herb Greene gave the selectmen a regular update on his department during last Wednes-

day's meeting, an update that encompassed the summer season. Greene said the town beach had a great

season with warm weather through the summer that cooled off around the middle of August. The beach opened with full staff on June 16. The beach had 69 fully staffed days, closing only four times due to severe weather. Full staffing tapered off on Aug. 22 and the gate and bathrooms will be opened daily depending on the weather through mid

to late September. Greene said more than 14,200 vehicles came through the gate when the gatekeeper was present, an increase of more than 3,000 vehicles over last summer. Greene said the lifeguards overall did a great job this season. There were five in-water rescues, one swimmer assist with a raft, SEE **PARKS AND REC** PAGE A9

Town to wait on memorial garden issue

BY ERIN PLUMMER
mnews@salmonpress.news

The selectmen will hold off on making a decision on the request by the Gilford Island Association for the town to continue maintaining a few memorial gardens on Glendale. The Gilford Island Association had offered the town a donation of \$500 to continue its regular practice of maintaining the garden, though the selectmen were reluctant to accept it because of the potential unintended consequences of agreeing to this. During the Aug. 28 selectmen's meeting, Jim McBride said Sue Colbert of the Gilford

Island Association spoke with Dee Chitty from the Public Works Department about the town continuing this project including telling her the history. McBride said they were told the selectmen need to authorize town support for this as it is utilizing town property. Selectman Gus Benavides said they didn't know anything about this arrangement and the selectmen had never authorized this. He said he had concerns about the ramifications this could have years down the line. Benavides also noted that Chitty is no longer in her position with the town.

McBride asked the town to bless this project so the town can continue maintaining the garden. Benavides said the Island Association should do that, but McBride said even getting members to come to meetings is difficult. The matter was tabled until the next meeting. On Wednesday, Town Administrator Scott Dunn reported that the Gilford Island Association withdrew its offer to donate \$500 to the town for them to maintain the memorial garden. Dunn said the perspective has been that the town owns that garden and it should continue to maintain it.

"My concern is the unintended consequences," said board chair Richard Grenier. Right now there are two other spaces that could be developed into memorial gardens that the town could be responsible for maintaining if they agree to it. Dunn said he didn't know what they'd do next year on this. Benavides said this is something they could address when a new Public Works director is hired, reiterating that he doesn't believe the board has agreed to take on this responsibility. The selectmen agreed to table this until they have a new DPW director.

Gilford Parks and Recreation News

BY HERB GREENE
Director

Gilford Parks and Recreation

Senior Moment-um Bingo Day - Monday, Sept. 23

The Gilford Parks and Recreation Department is sponsoring a Senior Moment-um program on Monday, Sept. 23. Participants will meet at noon in the Community Church Fellowship Hall for a fun afternoon of BINGO. Participants are encouraged to bring a lunch as we provide coffee, tea and water. We will have a variety of prizes to award to the winners of each game. Participants are asked to RSVP by Sept. 20.

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

Adult Fall Hiking Program continues on Tuesday mornings

The Gilford Parks and Recreation Department is sponsoring some fall hikes for any adults looking for fresh air, fun, exercise and beautiful foliage on Tuesday mornings this fall. The next hike will be held on Sept. 24 at Rambin' Vewe Farm in Gilford. Participants will gather each morning at 9:15 a.m. in the Gilford Town Hall Lobby before departing for the hike. All interested participants must RSVP at least one day in advance to each trip.

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

Carter Mountain Band to perform at UMC Gilford

The First United Methodist Church of Gilford is pleased to present The Carter Mountain Brass Band performing their Fall concert entitled "Brass Ensemble Music through the Ages" on Saturday, Oct. 5 at 7 p.m. The concert program includes music from a wide variety of genres and time periods - Gershwin, the Beatles, movie music, the Renaissance, big band, Beethoven, and others. Joining the Brass Band will be The Hallelujah Bells, the church's handbell choir, and Phil Breton, church organist.

The Carter Mountain Brass Band is modeled after both American and British brass bands of the 19th century. Brass bands became very popular in the late 19th century as mass production made instruments widely available and affordable. They could be found in almost any town or in factories



COURTESY
The First United Methodist Church of Gilford is pleased to present The Carter Mountain Brass Band performing their Fall concert entitled "Brass Ensemble Music through the Ages" on Saturday, Oct. 5 at 7 p.m.

that sponsored bands as a recreational outlet for their skilled workers. The Band is comprised of 30 members who play brass or percussion instruments. These members come from all walks of life. Although skilled musicians, they are not professionals in the sense that they make their living making music; rather, they have joined together for the sheer love of

playing brass music at a high level. Named for Carter Mountain in New Hampton, this band reflects the rich heritage of brass music from the 16th century through the 19th century and into the present day's modern and popular music. Suggested donation for this event is \$8 and students under 18, free. Proceeds will benefit the missions and ministries of the church. The church

is located at 18 Wesley Way (off Route 11A, near the 3/11 bypass) in Gilford. Phone: 524-3289. Carter Mountain is a member of the Northern New England Brass Association, a group of musical ensembles that joined to form a 501(c)(3) non-profit organization to educate and entertain the public by the performance of brass band music throughout northern New England.

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OPINION

MARK ON THE MARKETS

Black swans



BY MARK PATTERSON

I suppose we have all heard the phrase “black swan event”, which is a metaphor to describe an event that comes as a surprise and has a major effect. Black Swan is derived from the Latin expression coined in the 16th-century when the thinking was that there were no black swans, only white. But in 1697, Dutch explorers first saw a black swan in western Australia. The sighting opened the door to the theories of statistical outliers happening when it was thought they could not. We tend to remember black Swan events as surprises that are typically negative such as the attacks on the World Trade Center’s twin towers in 2001. While this is certainly a black swan event, so is the discovery of the Internet which I think, most people would perceive as very positive.

So how does all this relate to the management of your assets and investments? You cannot manage or should not manage for black Swan events, but your portfolio of investments should be managed per modern portfolio theory.

Harry Markowitz wrote an essay in 1952 on modern portfolio theory. Markowitz, an economist, wrote about mean-variance analysis. These phrases are straight out of the statistics textbook and I’m sure many of you are familiar with. But it is how they are applied regarding your investment portfolio what makes them significant and

extremely relevant. In the event of a black swan event you will likely see world debt and equity markets react in an extreme manner. In 1987, black Monday saw the Dow Jones industrials lose significant amounts of value. Those who were using margin or sold near the bottom did not recover. But if you remember the bell curve, as things move away from the statistical mean or average they will in fact revert to the average.

Markowitz believed having a variety of non-correlated assets you would enhance the yield of your portfolio and reduce the risk. This is very true today if you can obtain real asset diversification.

Unfortunately, what I see all too often, are mutual funds with different names which would you lead you to believe that they are diversified but often have very similar holdings in very similar asset classes. I personally have not seen an occasion where one family of mutual funds can provide true asset diversification.

In a truly diversified asset mix, not all your investments will be doing great at the same time and conversely, they will not all do poorly at the same. Bull markets in the equities markets (stocks) often give us a false sense of security and tend to make us chase the winners and shun the laggards. Things change and go through their various cycles. Rebalancing a diverse portfolio is necessary otherwise you no longer have properly diversified asset mix. Risk and your portfolios objective will also determine the asset mix. Is growth your objective? Income? Capital preservation? All these objectives can be managed in a properly diversified mix of low fee, high value investments.

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

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NORTH COUNTRY NOTEBOOK

Thoughts while enjoying a little lunch: “Hey, you look like someone I know”



By JOHN HARRIGAN
COLUMNIST

In the business of writing columns, often it’s not what you wrote that gets people upset, it’s what they think you wrote.

Last week, I reported that while rounding a bend and meeting a truck, I managed a quick look at the ditch (to judge where I was) and caught brief sight of a grey, roundish animal that registered in my admittedly sometimes dimwitted mind as “armadillo.”

I didn’t say that it was an armadillo, mind you, and didn’t follow the incident with any attempt at verification. I simply had too little to go on.

I did, in fact, do a column a year or so ago on creatures that have pushed their range northward during the current warming trend, and the armadillo is one of them. It is now regularly seen in several Massachusetts towns. There is no evidence they’ve gained a foothold in New Hampshire, but strays have appeared here and there. An armadillo was reported in Berlin, but authorities figure someone brought it there as a pet, or it hitched a ride up in mid-summer on a pallet in a freight truck.

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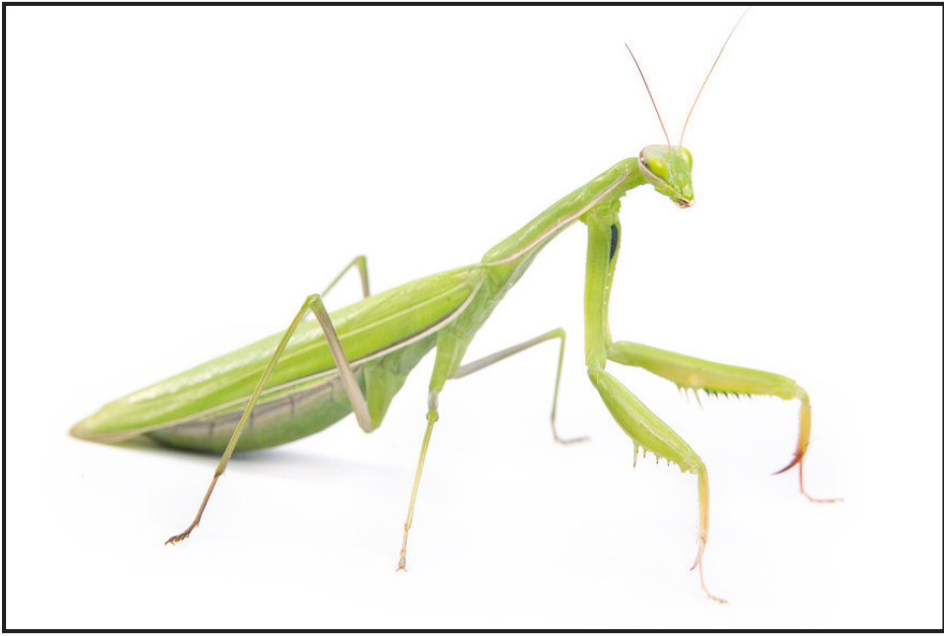
More errata:
On the subject of mistakes, if you doubt your readers’ eyesight, just make one.

A couple of weeks ago I waxed poetic about happy times way back when I was doing a lot more radio than I do now, and from time to time was working with someone I identified as “the late Bob Lobel.”

Bob is hardly dead, and among those who noticed, and said so, was reader Jack Kurdzionak. He too had noticed funeral services for a Bob Lobel in eastern Pennsylvania, who also happened to do radio, but it was the wrong one.



Somewhere in New Hampshire, a praying mantis (it’s the thing that looks like a stick) munches away amid the foliage, perhaps looking for, oh, another mantis, for dessert.



A sharper rendition of a praying mantis, without the confusion of a background. If you ever see this thing coming at you, mister man, run like...no, wait, just kidding.

Our Bob is still alive and, despite serious health problems, still working--on a show called “Legends with Bob Lobel” on WPME TV on Saturdays at 11, and on WBIN TV at noon Sundays.

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The other thing that happened last week, with no time or space to expound on it, was the arrival of a praying mantis through the livingroom door. Not that it came through the door itself--no way, because the screens have wire-mesh screens fine enough to bar midges, or noseums.

No, the mantis I spotted on the floor by my reading chair had to have been dragged in or had hitched a ride on me or the dog.

Either way, there it was, looking every bit like just another green stick, eerily rotating its head to follow me with its spooky eyes.

It was eating a bumblebee when I spotted it, so after looking it over with a magnifying glass (while it looked me over right back), I went off to do other things, and when I returned in 15 minutes it was gone.

Entomologists often point to the praying mantis as perhaps the best evidence of how cold-blooded Mother Nature truly is. No one who’s seen the classic film of two mantises eating each other alive will ever forget it.

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“While the praying mantis is found in Vermont and New Hampshire, it isn’t found here often,” says Northern Woodlands, the magazine I would take above all others on the 350-mile, sometimes 13-hour Quebec North Shore & Labrador Railroad--to be read only if the fog rolled in, there was nothing to see, and I’d had enough of playing cards and passing around clandestine containers of whisky or playing with the Indian kids.

What fun that was, by the way. They were Montagnais, Naskaupi, and Cree. To the young ones, the railroad represented everything new and wonderful. They had perfect, white teeth. But they had only just then discovered soft drink and candy, readily available in the train’s snack bar, and they couldn’t get enough of it.

I had two tricks I performed with string (still do), and one of them, called “The Fence,” required 11 definitely dexterous moves.

One bright-eyed squirrel of a girl of about 10 watched me do “The Fence” two or three times, her concentration keen as a knife, and then asked me for the string (in French--the Indians had no English). She tried the moves once, twice, and failed. Proferring the string, she asked me to do it once more.

And on her next try, she made it--a perfect, criss-crossed fence. And I wanted to give her something as a reward, but it certainly wasn’t going to be soft drink or candy, so I dug into my pack and gave her a picture of house and family back home.


And man oh man, did the questions ever come flying then. A house, all made of wood--she was so used to hides.

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

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Patrick’s Connect event to spotlight Starkey Realty

Patrick’s Pub and Eatery will host Starkey Realty at their networking event, “Connect,” on Thursday, Sept. 19 from 6-8 p.m.

Starkey Realty was formed in January of 2016 by Melissa and Patrick Starkey. The Starkeys and their enthusiastic and qualified team are experienced in working with buyers, sellers, luxury real estate, investors, duplexes and multi-family units, land, commercial properties and leases, as well as property management.

Melissa Starkey has been a Realtor since 2013, practicing real estate in the state of New Hampshire. Starkey’s goal was always to open her own real estate office, and com-

bined with her husband Patrick, they are thrilled to have a flagship store in the heart of downtown Concord at 132.5 N. Main St., right across from the state Capitol building. Melissa grew up spending summers and weekends in the Lakes Region, and she is very familiar with lakefront properties. Patrick’s background of Air Force and law enforcement brings focus, hard work, and discipline to get the job done.

Starkey Realty’s goal is to serve the residents of New Hampshire in all real estate transactions with honesty, confidentiality, and care.

This Thursday night, come out and enjoy getting to know



Melissa and Patrick Starkey

this fun-loving and hard-working real estate team and kick start the process of finding your dream home or investment property. Enter raffles and get the chance to win a one-night stay at the Inn Keeper House at the historic Lakes Region Castle!

Patrick’s Connect features local businesses and organizations. The evening includes complimentary craft beer sampling from Woodstock Brewery and raffle draw-

ings at 7 and 8 p.m. An additional grand prize of an overnight stay, brewery tour and breakfast at the Woodstock Inn is given away at 8 p.m.

For more information on Patrick’s Connect, or to register your own business to be featured at an event, call 293-0841 or visit www.patrickspub.com/connect.

To learn more about Starkey Realty, please visit www.starkeyrealty.com.

Benefit ride planned in support of Camp Resilience

LACONIA — Polish up your chrome and join us in supporting our veterans!

The Patriot Resilient Leader Institute (PRLI) invite you to join them for a cruise around the Lakes Region for the first Camp Resilience Motorcycle Ride to benefit retreats for veterans. The Camp Resilience Motorcycle Ride will take place on Saturday, Sept. 21. The ride will assemble at the Broken Spoke Saloon at 1072 Watson Rd., Laconia. Registration will start at 9 a.m., with kickstands up at 10:30 a.m. Riders will take a scenic tour around the Lakes Region concluding at Broken Spoke Saloon for a BBQ and raffles. Registration is \$15 per rider, \$10 for passenger, and \$10 for non-riders joining us for the BBQ.

The PRLI is a non-profit group comprised of veterans and concerned citizens who seek to combine the talents of area professionals and the beauty of the Lakes Region to assist veterans throughout New England. Using a three-pronged approach, Camp Resilience helps

veterans bounce back in mind, body, and spirit. The three mainstays of the program are recreational outdoor team-building/experiential learning, life skills training, and facilitated peer-to-peer counseling. The retreats last three to four days each, are open to military veterans from all six New England States, and are free of charge for the attending veterans. In early August PRLI and Camp Resilience celebrated two major milestones. On Aug. 1, the 50th Camp Resilience Retreat wrapped up bringing the total number of veterans, spouses, caregivers and children served to 502.

To pre-register for the ride visit www.camp-resilience.org/ride. If you are interested in donating a raffle item or being a ride sponsor, please contact Alyssa Mosher at amosher@camp-resilience.org or (978) 219-4003.

To learn more about PRLI and Camp Resilience visit our website at www.camp-resilience.org or our Facebook page, www.facebook.com/campresilience.

Barbara Laros joins Franklin Savings Bank as VP, Business Relationship Manager

Franklin Savings Bank is pleased to announce that Barbara Laros recently joined the bank as VP, Business Relationship Manager. She will be based in the Gilford office located at 11 Sawmill Rd. and will be responsible for cultivating and maintaining business relationships in the Lakes Region.

“Barbara has an extensive background in retail and business banking, having served in similar roles at other banks in the Lakes Region,” said Joe Thornton, SVP, Retail Banking Officer. “She brings expertise in assessing client needs to develop and recommend sound solutions to help them meet their business needs. We are excited to have her on our team.”



COURTESY PHOTO

Barbara Laros

Laros brings more than 24 years of experience in the banking industry to her role, having spent the majority of her career at Bank of New Hampshire and Citizens Bank. In addition, she has an Associate of Arts degree in business from Somerset County College located in Somerset, N.J.

Locally, Laros is a 2019 Graduate of Leadership Lakes Region, and is a member of Altrusa International’s Laconia club. She served as Co-chair of the membership committee for the Lakes Region Board of Realtors Affiliate Group (2013-2015), and is a former Director of the Lakes Region Chamber of Commerce (2006-2007) and Trustee of the Belknap Mill Society (2005-2007).

Laros resides in Laconia with her husband, Charlie, and rescue dog, Loki.

Established in 1869, Franklin Savings Bank is an independent, mutually-owned community bank, offering a full array

of commercial lending, personal banking and investment services throughout the Central Lakes Region and southern New Hampshire. Head-

quartered in Franklin, the Bank has offices in Bristol, Boscawen, Tilton, Gilford, Merrimack and Goffstown, as well as an office in Bedford for business lending. The Bank also offers investment, insurance and financial planning services through its wholly-owned subsidiary, Independence Financial Advisors. As a recognized leader in providing the latest in financial services technology, Franklin Savings Bank remains committed to serving the needs of businesses, families and the communities it serves, through a dedicated team of employees, a diverse line of financial products and services, and continued investment in emerging technology.

Since 2009, Franklin Savings Bank has donated more than 11 percent of its net income to charity. Visit www.fsbnh.bank to learn more or follow the bank on Facebook, LinkedIn, Twitter and YouTube.



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

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

Janice p. Carrier, 75

L U N E N B U R G , Mass. — Janice P. (Davies) Carrier of Lunenburg, passed away at the age of 75, in UMASS Health Alliance Hospital – Leominster, on Monday, Sept. 9, 2019.

Jan was born in Fitchburg, Mass., the daughter of Lauren and Natalie Davies, living in Winchester, Mass. and Ashburnham, Mass. before living in Lunenburg, Mass. for the majority of her life, where she was a graduate of Lunenburg High School.

Jan started out as a hairdresser and worked for the Town of Lunenburg before settling down to raise her children. Once her children were grown, she went back to work for several years at New England Business Service (NEBS) in Groton, MA after which she returned to work for the Town of Lunenburg as the Administrative Assistant for the Lunenburg Conservation Commission. She retired from the position that she loved in December 2015.

Jan loved her town and her community



and demonstrated that through her service to the same. Whether serving on building committees, the Cemetery Commission, the Historical Society, the Caucus Committee or any of several other groups, she always had something to give. She was a dedicated member and former secretary of the Lunenburg Turkey Hills Family Lions Club. She served as Lunenburg's Election Warden for over 45 years and was usually the first face you would see in the lobby upon entering to cast your ballot.

Jan enjoyed spending time out and about with friends and family. Her children and grandchildren meant the world to her. Let us not forget her sweet little pup, Missy, who will miss her dearly. She leaves a son,

Stephen M. Carrier of Gilford; a daughter, Corinne C. Scouten of Lunenburg, Mass.; three grandchildren Eric and Emily Scouten of Lunenburg, Mass., and Ethan Carrier of Gilford; and a sister Marcia Provençal of Roseburg, Ore.

A gathering to remember Jan will be held on Friday, Sept. 20, 2019 from 3-6 p.m. at Apple Hill Farm, 143 Joslin St., Leominster, Mass.

In lieu of flowers, memorial contributions may be made to one of the following: Lunenburg Turkey Hills Family Lions Club (Food Bank) c/o Josh Bedarian, President, 960 Mass Ave., Lunenburg, MA 01462, Hollis Road Fund c/o Lunenburg Conservation Commission, 960 Mass Ave., Lunenburg, MA 01462, or Lunenburg Fire-Rescue, 655 Mass Ave., Lunenburg, MA, 01462.

The Anderson Funeral Home is assisting the family with the funeral arrangements. For additional information or to leave an on-line condolence, please visit their Web site at www.anderson-funeral.com.

Diane Elizabeth Mitton, 85, of Potter Hill Road, died on Wednesday, Sept. 11, 2019 peacefully at her home.

Diane was born on Dec. 2, 1933 in Saugus, Mass., the daughter of the late Willis L. and Florence (O'Neal) Mitton.

Diane graduated from Saugus High School in 1951, and worked for several years for Allegheny, Eastern, and United Airlines.

Diane graduated from the University of Denver, in 1965, and taught on the Navajo Reservation. Going back to school, she also graduated from Boston University in 1967, and was a school librarian in Montana, Vermont, Japan and Germany. Diane worked for the Department of Interior and Department of Defense Overseas Schools. Coming back to the States to New Hampshire, Diane



worked for Winnisquam Regional High School and was the Library Director at the Gilford Public Library from 1985 to 2000.

Diane's dearest loves were God, family, nature, and traveling, which she did extensively while in Europe.

Diane is survived by her sister, Anita Hewitt of Gilford; four nephews (Steven Mitton, Randy Mitton, Douglas Hewitt, and Bruce Hewitt); three nieces, Suzanne

(Mitton) Robb, Lois (Hewitt) LaVoie, and Jen (Mitton) Griffin, and their spouses and children; and a very dear friend, Vincent Bucemi.

In addition to her parents, Diane was predeceased by her two brothers, Neal Mitton and Wayne Mitton.

There will be no calling hours.

A Private Family Service will be held.

For those who wish, the family suggests memorial donations in Diane's name to the National Parkinson Foundation, 200 SE 1st Street, Suite 800, Miami, FL 33131.

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.

Gerald E. Tweedie, 50

LACONIA — Gerald "Gerry" E. Tweedie, 50, of Mass Ave., died on Friday, Sept. 13, 2019 at Lakes Region General Hospital.

Gerry was born on Oct. 8, 1968 in Ware, Mass., son of John H. Tweedie and Sharon Newton (Dorval). Gerry worked for Anheuser-Busch in Merrimack for many years. Recently he had started his own landscaping business.

Gerry was an avid New England Patriots fan. He loved to cook and landscape. Above all Gerry cherished his time with family especially during the holidays. Gerry will be missed by all that knew him.

Gerry is survived by his mother, Sharon Newton (Dorval); his wife, Shelly (De-



foe) Tweedie; his son, Arron J. Tweedie; his daughter, Allyssa J. Tweedie; two brothers, John Tweedie and Danny Tweedie; his sisters, Julie Tweedie and Alisha Tweedie; and several nieces and nephews. Gerry was predeceased by his father, John Tweedie; and two brothers.

Calling hours were

held on Wednesday, Sept. 18, 2019, from 4 – 6 p.m., at the Wilkinson-Beane-Simoneau-Paquette Funeral Home, 164 Pleasant St., Laconia, using the Carriage House entrance.

A Funeral Service will be held on Thursday, Sept. 19, 2019 at 1 p.m. at the Wilkinson-Beane-Simoneau-Paquette Funeral Home, 164 Pleasant St., Laconia, using the Carriage House entrance.

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.

Penny Pitou Travel, Patrick's team up for "Take Me to Ireland" sweepstakes

GILFORD — Patrick's Pub & Eatery of Gilford has kicked off their fifth "Take Me to Ireland" Sweepstakes where two lucky people will win a trip to Ireland featuring visits to Dublin, Killarney and Galway, with many awe inspiring stops along the way. The trip coincides with Ireland's St. Patrick's Festival and includes airfare, ground transportation, lodging, meals and more.

Entry forms, now available at Patrick's, can be completed a maximum of one per day, with the Sweepstakes Party taking place on Saturday, Nov. 16.

"We're excited to be offering our customers a chance to come along on what will surely be another unforgettable adventure in Ireland" said Patrick's co-owner Allan Beetle. "The folks at Penny Pitou Travel help us put a first-class



COURTESY

Patrick's "Take Me to Ireland" sweepstakes winners, Peg and Paul Ardizzoni (far left and right) of Gilford, after winning the Grand Prize last fall with Allan Beetle of Patrick's and Marie Caprario of Penny Pitou Travel. Entry forms for the 2020 trip are now available at Patrick's in Gilford.

trip together."

The grand prize will be awarded on Saturday, Nov. 16 at Patrick's. Expect an exciting Sweepstakes Party with prizes for the 10 finalists with a reverse drawing to

find the winner. Entrants must be present to win. Free entry forms are available at Patrick's with maximum one entry per day now thru Nov. 15. All contest details can be found at www.patrickspub.com.

Central VNA partners with Laconia Rotary Club

LACONIA — Central New Hampshire VNA & Hospice is proud to announce that they have partnered with the Laconia Rotary Club to help bring better health and more health education to residents of the lakes region.

Thanks to a generous grant from Rotary, Central is able to offer blood pressure clinics right here in Laconia for the first time in a long time. These clinics are free

and open to the public. Look for the sandwich board sign outside of the Laconia Library on Oct. 2 from 1 to 3 p.m., Lakes Region Community Services on Oct. 11 from 9-11 a.m. and Laconia Congregational Church on Oct. 15 from 9:45 a.m. to 12:15 p.m. You can have your blood pressure taken, receive information, learn the names of local doctors currently accepting patients, listen to a little health counseling, and even take home some Central VNA swag to remind you who to call when home healthcare is needed. Hope to see you there!

About Laconia Rotary Club

Laconia Rotary, incorporated in 1925, is part of an international network that values service above self, provides humanitarian service, encourages high ethical standards in all vocations, and helps build goodwill and peace in the world. Laconia Rotary typically meets every Thursday at noon at the Belknap Mill in Laconia. All

are welcome. Please write to LaconiaRotary@gmail.com to let us know you'll be attending. Visit www.LaconiaRotary.org for more information about the club.

About Central New Hampshire VNA & Hospice

Central New Hampshire VNA & Hospice knows that people are happier, and do better, at home. They can help you stay there. Birth to bereavement, they have served Lakes Region communities since 1918. Central VNA a not-for-profit, Medicare-certified provider and offers Home Care (nursing and rehabilitation services in the home); Pediatric Care (direct health care, education and support services for children and families); and a comprehensive, team-based Hospice program. The agency is governed by a volunteer Board of Trustees from both the Wolfeboro and Laconia communities and is supported by private and corporate donations. www.centralvna.org. 1-800-244-8549.

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LWSA J/80 Fleet 1 to host North American Championships

The Lake Winnepesaukee Sailing Association (LWSA) in Gilford is hosting the J/80 Class Association North American Championships Sept. 20 through the 22. Sailboats with crews from all over North America will compete in this annual event, with scored races on Friday, Saturday and Sunday. Races will be held near the Broads, east of Glendale.

The event is co-hosted by the Winnepesaukee Yacht Club (WYC) and Fay's Boat Yard of Gilford, with volunteers from the LWSA and WYC handling much of the organizing and operations work. Registrants from as far away as Seattle and Austin, as well as internationally from Ontario, Canada are registered, with more than 20 boats currently logged in. After placing second overall in the North American Championships in Marion, Mass. in 2018, Conor Hayes from Center Harbor, captaining 'More Gostosa' from the WYC, will be defending the honor of Fleet 1.

Other local boats from Gilford, Franklin, Wolfeboro and Meredith will compete, along with sail-



Photo by Al Herte

ors from Concord, Newport, R.I., Annapolis, Md., Marion, Mass., Boothbay Harbor, Maine, and even Grosse Point, Mich. WYC will be the center of activity during the weekend with Captains' meetings and dinner events held there. Visiting sailors will arrive Wednesday for crew weigh-in and sail measurement, with practice racing Thursday then scored races Friday, Saturday and Sunday. Races should be visible off the shore of Lake Winnepesaukee near Glen-

dale, and from Lincoln Park on Belknap Point Road if the wind is right.

Of the 20 fleets in the J/80 Class Association in the US and Canada, Lake Winnepesaukee is home to Fleet 1. Fleet 1 holds its own race series every spring, summer and fall on Lake Winnepesaukee every Thursday night, and this event is the last race in that series for LWSA sailors. Competition is fierce, and the LWSA has committed some serious resources and volunteer time to bring this special

event to the lakes region.

The J/80 is a fixed keel one-design sailboat usually crewed by three to five people, and with over 1500 J/80's registered worldwide it is a popular and exciting boat to sail and to watch. Locally, the LWSA has 12 boats in its racing fleet, and its summer sailing school offers student and adult lessons, group or private, on J/80's or other class sailboats. For more about the J/80 North American Championships, and for sailing school information, check out the website at www.lwsa.org and click on J/80 Fleet One.

LRSO announces 2019-2020 season

MEREDITH — The Meredith-based Lakes Region Symphony Orchestra (LRSO) is pleased to announce its upcoming 2019-2020 season. Celebrating our 44th year, the LRSO

SEE LRSO PAGE A9

Art Association Gallery to host picturesque event

TILTON — Get out your Sharpie and circle Sept. 27 on your calendar as the last day to see the outstanding "Floating Garden" created by Featured Artist of the Month, Pat Edsall, at her closing reception, Lakes Region Art Association Gallery, Tilton. Her unique exhibit is a series of watercolor hand-painted flowers suspended (floating) inside a gazebo representing the beauty found inside the human mind.

The purpose of the 'garden' is to bring awareness, and to help find a cure for Alzheimer's. Her closing reception/exhibit will include wine and cheese and for anyone attending who donates to the Alzheimer's Association, Pat will 'cut-down' one of her painted flowers and give it to them in appreciation of their support. For those who can't attend, Pat encourages people to drop

off a check donating to ALZ at the Gallery or use the link: <http://act.alz.org/goto/dancersmakeadifference>. Concurrent with Edsall's "Floating Garden" exhibit, is her watercolor and ink artwork titled "Out of the Blue." It shows her incredible ability and creative use of just the color blue. In addition to her closing exhibits, there's one more final, fun and exciting event taking place. LRAA member Duane Hammond created a community involved art project titled, "Paint a Square." The finished artwork will be unveiled at the 'Great Reveal,' 7 p.m. during the reception. The 'Paint a Square' contest was open to member LRAA artists and the general public. A beautiful photograph of a flower garden was donated by LRAA member Nancy Rand for use as the subject and the photo

was divided into 24 six-by-six-inch squares. Then participants created a replica from the original photo of their square in any medium, they chose, watercolor, oil, computer art, photo, pastel, colored or graphite pencil, beads, etc. Hammond has put all the six-by-six squares back together creating a final finished 'painting'. The public is invited to vote for their favorite square, and the artist who receives the largest number of votes wins the 'painting.'

The closing exhibit for all three events is free to the public 5-8 p.m. The Lakes Region Art Association Gallery, representing artwork displayed by over 35 member artists, is located at the Tanger Outlet Mall, Suite 132, 120 Laconia Rd, Tilton. It is open Thursday-Sunday, 10 a.m. – 6 p.m. Interested artists may apply for membership within.

Silent September continues on LRPA with "Male and Female"

LACONIA—Silence is golden during the month of September on LRPA After Dark! Celebrate Hollywood's great silent film era each Friday and Saturday night at 10:30 p.m. with our second annual "Silent September" Film Festival. Almost every genre of film -- action, comedy, romance, western, horror, sci-fi -- can be traced back to the silent era that began nearly 125 years ago and ran until the introduction of "talkies" in the late 1920s. Many technical and artistic elements that modern moviegoers take for granted, such as scene continuity, close up shots, enhanced lighting and feature-length films, developed during this important time in the history of cinema.

This weekend (September 20 & 21), we are proud to show a rarely-seen silent classic: 1919's "Male and Female," directed by Cecil B. DeMille and starring Gloria Swanson and Thomas Meighan.

Crichton (Meighan) is an educated butler serving in the home of Lord Loam. He is secretly in love with Loam's captivating daughter, Lady Mary Lasenby (Swanson). She doesn't give Crichton a moment's notice, as he is a member of a lower social status and the two could never be together. To round out this unrequited love triangle, sweet house maid Tweeny (Lila Lee) fancies Crichton, but he

doesn't recognize her simple charms. One day, Lord Loam takes family and friends out for a sail on his yacht. Crichton and Tweeny are also on-board to serve. The yacht becomes shipwrecked on a remote island, filled with wild animals and danger at every turn. Lady Mary and her family and friends are not equipped to cope with the circumstances of the disaster -- but their help, particularly the brave and steady Crichton, most certainly are. In light of the situation, the societal roles begin to reverse. Lady Mary sees Crichton in a new light -- strong, reliable, capable -- and falls in love with her former butler. Just as the islanders become comfortable with their new lives, they are rescued. What will happen when they return to civilization? Can love conquer all?

While not the most famous of Cecil B. DeMille's epic blockbusters, "Male and Female" was indeed one of the most notable of DeMille's silent film career, and has much to offer the modern viewer in terms of acting, set design, lighting, and elements of potential danger. There were scenes filmed with live animals, including several lions (on set with Gloria Swanson) and even a purportedly "man-killing" leopard that was tranquilized so that he could lie across a terri-

fied Thomas Meighan's shoulders! "Male and Female" includes a well-known fantasy sequence that features Swanson in an elaborate costume complete with a feathered headdress. She is at the top of her silent film splendor, and that alone makes it a movie worth watching. Nearly a century after its release, the theme of class distinction in "Male and Female" is still topical. So grab your popcorn and join LRPA after dark for a night of dramatic adventure.

Mark your calendars for LRPA's entire Silent September lineup:

Sept. 20 & 21: 1919's "Male and Female," starring Gloria Swanson

Sept. 27 & 28: 1922's



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 Online: www.lancasterfair.com

HOPKINTON STATE FAIR

August 30 to September 2, 2019

Location: State Fairgrounds, Contoocook
 Tickets: \$12 for ages 13-59, \$10 for seniors 60+, \$8 for youth ages 5-12, children 35 months and under free.
 Four day passes are also available.
 Online: www.hsfair.org

ROCHESTER FAIR

September 12 to 22, 2019

Location: 72 Lafayette St., Rochester, NH 03867
 Tickets: \$9 general admin., children under 8 are free
 Online: www.rochesterfair.com

HILLSBOROUGH COUNTY AGRICULTURAL FAIR

September 6 to 8, 2019

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

DEERFIELD FAIR

September 26 to 29, 2019

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

SANDWICH FAIR

October 12 to 14, 2019

Sandwich Fairgrounds
 Route 109 North, Center Sandwich
 Tickets: \$12 for adults, ages 12 and under are free
 Online: www.thesandwichfair.com

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GYC

(Continued from Page A1)

on the Early Release Days Oct. 2 and 16, Nov. 20, and Dec. 11, 2019 and Jan. 8 and 29, Feb. 12, March 11, April 8, and May 6, 2020.

The Junior Chef program will start up again Oct. 1-29 for kids in grades 1-4. For five weeks from 3:15-5 p.m., kids can learn kitchen and cooking skills in the Gilford Community Church's kitchen, getting the chance to make their own food. The cost is \$65

per five-class session.

On Fridays starting Oct. 4 kids can explore science with the Mad Science Program. Kids ages three to five can do different fun and safe hands-on science experiments with gases, electricity, liquids, solids, heat, reactions, and many more. The program costs \$50 and runs from 1:30-2:30 Oct. 4, 11, 18, and 25.

The GYC continues to offer their free Daily Drop-In program for stu-

dents in grades 5-12. The open gym program runs 2:30-5 p.m., staff is onsite but there is no structured program.

Later in October will be the Kids Market on Oct. 19. Kids will be able to sell handmade items during the Fall Farmer's Market from 9 a.m.-noon.

For more information on these and other programs and to register visit the Gilford Youth Center website at www.gilfordyouthcenter.org.

OHD

(Continued from Page A1)

had permission from the property owner to have that stand there. Greene said when he first started in his position 14 years ago he was told they had permission, though he didn't think they had express permission since. Benavides also asked if they ever sent a letter to the property owner thanking them and Greene said he didn't believe that had ever been done.

Benavides recommended writing a letter of thanks to the property owner for letting the event use their property and maybe ask for explicit permission going forward. Grenier offered to go to the house in person, delivering the letter of thanks.

Grenier said he had wanted to see more bands in the parade and was happy with the additional performances by the

New Hampshire police Association Pipes and Drums and the Belmont High School Marching Band.

He also commented on a few long gaps the parade has had in the past two of three years. He said he knew one of them was due to an antique car breaking down and having to be moved out of the road. Grenier said he will stand in the crowd after the selectmen are done marching and he heard some people wondering if the parade is over.

"It's something the Old Home Day Committee has discussed and unfortunately it seems like every year its a different issue that causes it," Greene said.

He said one issue was that car, though there was another gap with a group performing too long in front of the judges. Greene

said they might put language in the parade rules that those who don't follow the time guidelines stated in the rules will be placed at the end of the parade next year or won't be welcome to return.

Benavides also said with traffic stopping on a part of Cherry Valley Road he has seen cars coming from Alton backed up down the road. He asked if they could get some letter signs letting motorists know a few days a head of time to expect some delays from the parade and seek alternate routes. Greene said that road isn't blocked for long, but that's an option they could examine. Grenier since that's a state road he suggested talking to the state about getting a couple changeable signs maybe a week in advance.

SPELLING BEE

(Continued from Page A1)

in costume and many blend humor with their efforts to flabbergast the audience with their skills in orthography (spelling). The goal of each team is to make it to the final round, and add their name to the list of winners of the much sought after Bee Trophy.

Bee teams are sponsored by area businesses or benefactors. The competition is lively and provides the audience with a unique evening's entertainment. This year's emcee will be local celebrity, Pat Kelly, host of Good Morning NH on 107.7-The Pulse and WEMJ. The pronouncers will be veterans, Rick Crockford and Rhetta Colon while Karen Bianco and Mike Nolan will be manning the gavels as judges. Last year the winning team was The Treble Clefs' team, made up of members of the Laconia High School Band. LRSF Executive Director, Paulette Loughlin said that she hopes to see upcoming members of the LHS band come forward again this year to

defend the band title. In addition, the Laconia Librarians have been asked to return again year. The Librarians are still looking to complete the coveted Bee "hat trick" with a third, first place title, in an effort to tie the record set by the retired Class of 1977 team of Judy Ball, Ruth Turner McLaughlin and Sherry Weeks.

The Lakes Region Scholarship Foundation is a non-profit organization that currently acts as a clearing house for scholarship funds from over 260 donors. This year the Foundation celebrated its 63rd anniversary. The idea for LRSF began in 1956 with a small group of concerned citizens, supported by just eight local individuals, civic groups and organizations. The awards that year totaled just \$2,650.00 to sixteen recipients. It has grown over these six decades, and this year the foundation awarded well over \$400,000 to nearly 300 local students. Over the 63 years, this local organization has awarded over 6.5

million dollars. All of this has been accomplished thanks to the generosity of about 586 donors over the years, not including the thousands who have contributed to specific memorial funds or special fundraisers.

As the Foundation's major funding event, the goal of the Bee is to raise much-needed revenue for the administrative costs of the foundation. While the primary focus of the scholarship foundation is to generate more dollars for scholarships to benefit area students in their quest for continuing education; the operating costs to run the office continue to be an annual challenge. Support for the LRSF Community Spelling Bee, allows foundation to continue its work in the community.

For more information, or to donate to the scholarship foundation, you may call the office at 527-3533 or email them at scholarship@lrscholarship.org or send mail to PO Box 7312, Gilford, NH 03247.

PARKS AND REC

(Continued from Page A3)

and first aid was performed on 23 different people.

Overall, the Parks and Recreation Department's summer programs were a big success. Granite State Track and Field had 19 participants, seven of which qualified to compete in the state championships.

Youth Tennis lessons filled up with 61 participants. The program was sponsored by Advantage Kids and was at no charge to the

participants.

Swimming lessons saw 186 participants for the two, three-week sessions, which Greene said was a really high number.

Parks and Rec teamed up with the Gilford Community Church to offer a number of different senior trips. One was a trip to Portsmouth for a harbor cruise followed by lunch in the city with 43 participants.

The summer season rounded out with the 100th Gilford Old Home Day.

There were a few small maintenance projects leading up to the summer. The life-guard staff repainted and reorganized he lifeguard room down at the beach. Three urinals in the beach's restroom had to be replaced due to a plumbing issue.

The retaining wall at Lincoln Park had to be replaced. Greene said he was notified that the project wrapped up the day before the meeting. The erosion control fence would have to stay up until the grass seed took hold, though that should happen in

a few weeks and the fence could be removed then.

A number of steps had to be repaired and releveled at Lincoln Park.

Before Old Home Day the Village Field bandstand's floor and exterior were repainted.

Fall programming has just gotten underway. The youth fall soccer program started the previous Tuesday with the firsts et of games scheduled for that night. Other programs underway are preschool fall soccer, a new session of the Senior Momentum program, adult fall hiking, and adult pickup volleyball and basketball.

Board chair Richard Grenier said he was amazed at the amount of programs listed on the handout Greene gave them.

"You and the commission have to be commended," Grenier said. "If you added up total participation there's an extraordinary number of citizens taking advantage of the Parks and Rec so you guys are to be commended."

LRSO

(Continued from Page A7)

introduces its concert lineup beginning Saturday, Nov. 2 at 7:30 p.m. at Inter-Lakes Auditorium in Meredith.

Our season opener on Nov. 2 features the winner of the LRSO's 2019 Student Concerto Competition, outstanding pianist Brigham Parker from Merrimack, performing Tchaikovsky's "Piano Concerto No.1." Also on the November program the LRSO dazzles with "Overture to the Barber of Seville" by Rossini and Tchaikovsky's fabulous "Symphony No. 2, 'Little Russian.'"

Our dual holiday POPS concerts return on Saturday, Dec. 14 and Sunday, Dec. 15. Back by popular demand is vocalist Michael Gallagan as our featured guest. Michael has performed with the LRSO at our holiday concerts, and in our

recent Sinatra tribute, and will be singing an all-new holiday program with favorites by Seth McFarlane, Harry Connick, Jr., Donny Hathaway, Michael Bubl , and more. Get tickets early.

On March 28, 2020, we present a virtuosic classical guitar performance of the Tedesco "Guitar Concerto in D Major" by renowned guitarist David Newsam. Newsam teaches at Berkeley College of Music and UNH, and actively tours throughout New England. He has performed with many well known musicians including Jim Hall, Bucky Pizzarelli, pianists Dave McKenna and James Williams, drummers Ed Shaughnessy and Louis Bellson, and jazz legends Clark Terry, Phil Wilson, Joe Williams and

Milt Jackson. Also on the March program, we present the fiery "Rakoczy March" by Berlioz, the sublime "Prelude to Afternoon of a Faun" by Debussy, and Beethoven's historic "Symphony No. 6, 'Pastoral.'"

LRSO ends its season with two fabulous concerts on May 16 and May 17, 2020 featuring a fabulous array of hits from "Broadway Then and Now." Ashley Whalley delighted audiences in our May 2019 pops concerts with her renditions of Streisand hits, and this season's audiences are sure to enjoy her interpretations of timeless Broadway classics from "Kiss me Kate," "Guys and Dolls" and "Cabaret" through the modern classics of "Wicked," "Beautiful, the Carole King Musical" and "Waitress." You may

know her from her dynamic starring roles in multiple Inter-Lakes Summer Theatre productions, including Cassie in "Chorus Line," Eva Per n in "Evita," and her starring role in the Winnipesaukee Playhouse's production of "Chicago."

Tickets are available now at www.LRSO.org/tickets or by phone at 800-838-3006. Individual tickets are \$20 for adults and \$10 for students. Visit our web site at www.LRSO.org for details.

We wish to thank our corporate sponsors Bank of New Hampshire, Fay's Boat Yard, and Bellwether Community Credit Union, and our individual sponsors Mike and Evelyn Miller, and the Robert Smith Family Trust, for their contribution. SEE LRSO PAGE A11

PET OF THE WEEK

QUEEN



Queen is a lovely 11 month old hound mix that came to the NHHS through Georgia transport. She does not currently know much, but is very food motivated and ready to learn. She does come from an unfortunate past, and has some touch sensitivities that would make her not the best fit for a household with children. However, she has done amazingly well with other dogs and cats in the past and may even benefit from another furry friend! Queen is looking for a patient, adult-only home with an active lifestyle and some basic training.



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Fall Harvest 2019



Local Events this Fall!

- Highland Games & Festival Lincoln NH**
The New Hampshire Highland Games & Festival (NHHG&F) is one of the largest and most diverse Highland Games held in North America and the largest cultural event. This celebration of Scottish heritage is held the third Friday, Saturday, and Sunday of September each year at
- Loon Mountain Resort in the White Mountains of New Hampshire.
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The Deerfield Fair
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The Sandwich Fair
- Held Annually on Columbus Day Weekend! Mark your calendar for the 2019 Fair! October 12-13-14.
Tickets are \$12 for adults and under 12 is free. Gates Open at 8 AM all three days and close when all the animals have finished competing and there are not enough people on the grounds for the rides to run!

Pumpkin Patch
- Express: THE PUMPKIN PATCH EXPRESS**
Fall 2019 – OCTOBER 12th & 13th, 19th & 20th, and 26th & 27th
Enjoy a day of Family Halloween Themed Fun! Get behind a real locomotive and take a Train Ride to adventure to the Pumpkin Patch – select and decorate your own
- pumpkin to take home, enjoy Jon and Rachel Music 4 kids on stage, and Mister Twister the balloon guy.

2019 Monadnock Pumpkin Festival
Saturday October 12th 1:00pm-8pm
Cheshire Fair Grounds 247 Monadnock Highway Swanzey, NH 03446
Gathering of the Jack-O'-Latnarns
Saturday, October 26, 2019
Additional Events Friday & Saturday Littleton, NH

Altrusa's Cow Pie Bingo
Saturday, September 24th at 2pm
Moulton Farm, Meredith NH
While you are at the farm enjoy our "Pick your own" pumpkin patch, free tractor rides and our corn maze.

NH Kids Marathon
Saturday, October 5, 2019
Newfound Memorial Middle School, Bristol NH
27th Running of The New Hampshire Marathon!
This FREE event is being offered to all children in
- grades K – 8 are eligible to participate. Parents are highly encouraged to participate by logging miles with their children.

Tanger Fit 5K Run/Walk
Sunday September 22, 2019
Tilton NH

2019 NH Pumpkin Festival
October 18, 2019-October 19th, 2019
A street festival, celebrating artistry and creativity and all things pumpkin!
For festival information including Events & Activities, Participating Vendors & More, go to: NHPumpkinFestival.com

15th Annual Harvest Festival
SATURDAY, SEPTEMBER 21, 2019 11AM-3PM RAIN OR SHINE
Join us for a celebration of agricultural life in the heart of New Hampshire!
Featuring historical trades, traditions, and festivities that accompany it, in the heart of New Hampshire.



Sugar Hill's Autumn Celebration

Saturday and Sunday, October 5-6

10 am – 3:00 pm, Rain or Shine

Meetinghouse, Carolina Crapo Building, Historical Museum
Free Parking in Meetinghouse Field – Handicapped parking on Grounds

Open Air Market

Local Businesses & Attractions, Crafters, Artisans, Non-Profits, Artisan Demos
Apples from *Windy Ridge* & Fresh Cider Donuts
Free Coffee, Lattes, Cappuccinos, Hot Chocolate from *White Mountain Gourmet Coffee*
Mt View Kettle Corn's Cranberry-Apple Compote & Soft Pretzels
Brats & More from *YM360 Youth*
Full Menu from *Smiley's Snack Shack* of North Woodstock

Speakers & Events

Ben Kilham, *Kilham Bear Center* Rescue, Rehabilitate and Release
Michael Maddigan, Author- *The Flume Gorge at Franconia Notch*
Chad Proulx, *Ammonoosuc Community Health Services* - *Cooks Corner*
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Support the TTCC and enjoy some great tasting food at the same time!

Stop by to get your baked goods on



**Saturday
October 12th
9am - 2pm**



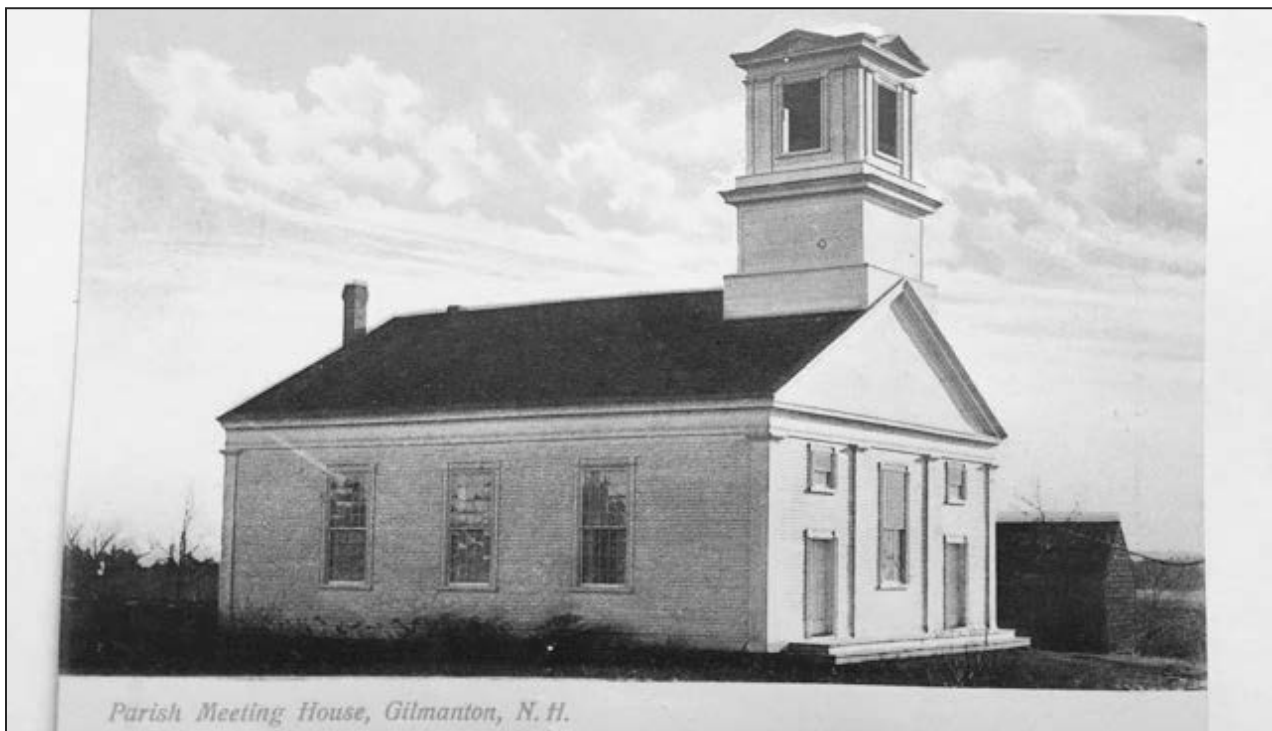
Craft Fair in TTCC gymnasium - come by and get some early holiday shopping done!
(Craft Table Space still available)

We are looking for help on Friday, October 5th during the hours of 9am - 4pm to cut apples and prepare pies. If you can help, call 744-2713

Gilmanton Historical Society to examine local churches

GILMANTON — John Dickey, president of the Gilmanton Historical Society, will present a program on the history of Gilmanton's churches on Tuesday, Sept. 24 at Old Town Hall in Gilmanton Iron Works. At one time Gilmanton had as many as eight active congregations.

After the first settlers arrived in 1761, the Town's population grew rapidly in the late 1700s. Construction on two separate churches commenced in 1774. Further increases in population - and in diversity of religious preferences - resulted in more congregations forming and additional churches being built. The talk



Parish Meeting House, Gilmanton, N. H.

will follow the growth, and later decline, of Gilmanton's many churches. Period photographs will illus-

The program is free and open to the public. Refreshments and social hour begin at 7

(Left) The First Baptist Church, on Route 107 in Lower Gilmanton, will be included in the Gilmanton Historical Society's program on the History of Gilmanton Churches, Tuesday, Sept. 24, 7 p.m.

p.m., and the program begins promptly at 7:30 p.m. The Society's museum, in the basement of Old Town Hall, will be open at 7 pm.

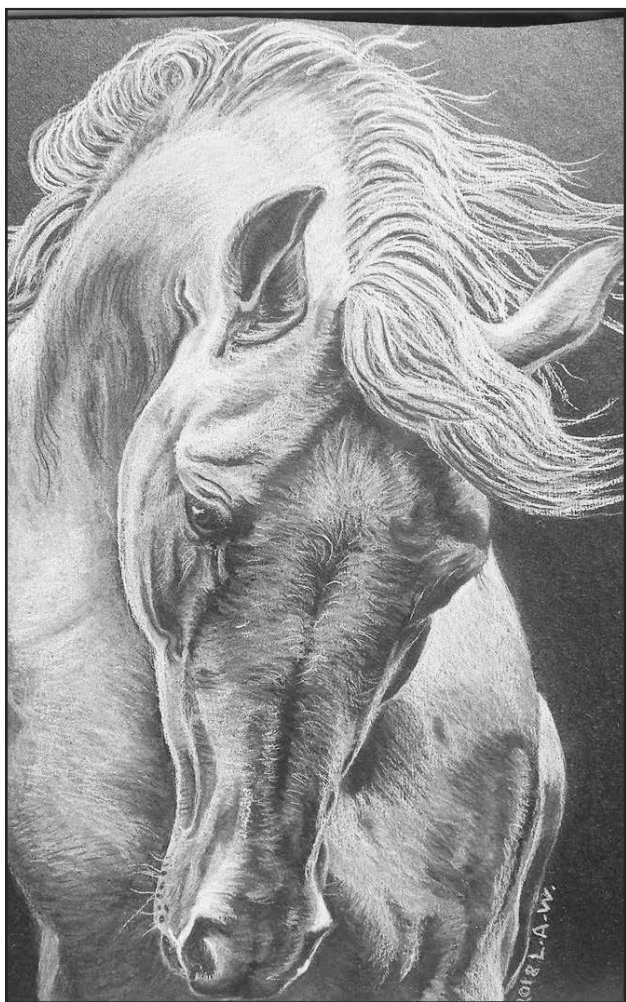
This is the final program of the Society's 2019 summer program. The Society's museum will be open on the second and fourth Saturdays, 10 a.m. until noon, from September to June.

*LRAA Annual Show features
work of Lorrie Ann Wright*

TILTON — What does it take to create awarding winning art? As Lorrie Ann Wright, a member of the Lakes Region Art Association, proved through her entry in the LRAA's Annual Show of her drawing, "The Majestic Arabian," it takes creativity, talent and execution to be judged through popular vote by the public as 'the best.' Her emotional artwork is of an Arabian horse with her head hung low as if she has just lost her new born foal. Wright is a self-taught artist living in Hill, and paints watercolors, oils and acrylics, but enjoys her favorite medium pastel colored pencils, the most.

"My family leaving was my inspiration for creating this piece, because they all moved to North Carolina, including my six grandchildren, it was a very sad moment in my life and my drawing is a statement that reflects this sadness," she explains.

This was one of her most recent attempts at doing art since 1996. Now she plans on doing more artwork that's full of compassion related to animals, wildlife and landscapes as time allows. Her favorite



COURTESY

Lorrie Ann Wright's award winning drawing 'The Majestic Arabian' can be seen at the Lakes Region Art Association Gallery, Tanger Outlet Mall, 120 Laconia Rd. suite 132, Tilton, Thursday-Sunday, 10 a.m.- 6 p.m.

subject however, is pet portraits. Her career includes employment with the Winnisquam School District over the past 15 years, and upon retirement in five years, Wright will continue to pursue her passion in the field of art full time. Her drawing is on display until the end of

September, along with numerous other award winning oils, water-colors, pastels, photography, acrylics, etc. at the Lakes Region Art Association gallery, Tanger Mall Outlet, Suite 132, 120 Laconia Rd., Tilton. The art gallery is open Thursday-Sunday, 10 a.m.- 6 p.m.

The PRLI and VFR Healthcare partner to serve veterans, first responders

The Patriot Resilient Leader Institute (PRLI) and the Manchester branch of Veteran and First Responder Healthcare (VFR) have officially partnered to advance and improve the quality of life for veterans, first responders, and their families. The organizations share a goal: assist veterans and first responders in healing through facilitated peer-to-peer counseling and outdoor experiential learning activities. Beginning in October, the PRLI and VFR will work together to run retreats that will help veterans, first responders, and, in some cases their spouses, caregivers, or children.

The inaugural retreat will take place over the last weekend in October and will be an “Armor Up” retreat for first responders. It is designed to help first responders (members of law enforcement, firefighters, corrections officers, and emergency medical personnel) enhance their professional performance, prioritize their physical and emotional health, and enable them to foster self-care in those around them. It will include workshops on topics like physical and emotional wellness, behavioral health awareness, self-care practices, and the engagement/support of others. In addition to the workshops, the retreat will feature exciting, challenging sports activities like rock climbing, an introduction to scuba diving, or hiking in the beautiful Lakes Region of New Hampshire.

The Patriot Resilient

Leader Institute runs Camp Resilience retreats for veterans in the beautiful Lakes Region of New Hampshire that provide them with facilitated peer-to-peer counseling, life skills workshops, and outdoor experiential learning/sports activities. All the retreat activities are designed to help the veterans recover their physical, mental and emotional well-being. Some retreats focus on specific issues such as post traumatic stress, moral injury, equine assisted learning, couples therapy, and military sexual trauma. Other Camp Resilience retreats are more general in nature with life skills workshops that would benefit any veteran. Outdoor activities vary by season but include hiking, kayaking, sailing on Lake Winnepesaukee, snowshoeing, and skiing. Except for the equine assisted learning retreats, which are run in partner-

ship with the UpReach Therapeutic Equestrian Center in Goffstown, all Camp Resilience retreats are based in Gilford in partnership with the Gunstock Inn and Resort.

VFR Healthcare, LLC (VFR), is a veteran owned, operated, and founded company focused specifically on veterans, first responders and their families. VFR Healthcare was founded in order to help veterans and first responders overcome the debilitating effects of substance abuse and the mental health issues stemming from trauma and the stigma of substance abuse in a safe and inviting environment.

The "Armor Up" Retreat for First Responders will be held at the Gunstock Inn and Resort, Gilford, from Oct. 25-27.

For more information on Camp Resilience and the PRLI visit our website at www.camp-resilience.org or email info@camp-resilience.org.

LRSO

(Continued from Page A9)

tinued support. We cannot do what we do without their generous assistance.

About The Lakes Region Symphony Orchestra

The Lakes Region Symphony Orchestra is a Meredith-based, non-profit orchestra that performs throughout the fall, winter, and spring months. Orchestra members range in

age from teens through retired seniors, representing over 30 communities in the Lakes Region and beyond. For more than 40 years, the Orchestra showcases young talent and providing a venue for local musicians to perform orchestral music ranging from classics to contemporary, all in the valued community setting of the Lakes Region of New Hampshire.

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Edward Jones: Financial Focus

Can "AI" Help You Become a Better Investor?

For the past several years, artificial intelligence – or AI – has increasingly found a place in many walks of life. Almost certainly, you use some form of AI, whether it's your time on social media, your use of mobile banking, the navigation system you rely on for directions, or any of the many other AI-driven applications relevant to your daily life. But AI has also become a significant part of the financial services industry. So, you might wonder if AI can help you become a better investor.

To begin with, what is AI? Essentially, it's the ability of a computer program or machine to think or learn. Using complex algorithms (a set of rules, or steps), computers and machines can mimic many of the thought processes of human beings.

But how can you use AI to invest? And should you?

In the financial services world, many companies use AI to select investments for specific funds. On an individual level, you can work with an AI-powered "robo-advisor" to build an investment portfolio. These robo-advisors are typically quite affordable, and they generally follow proven investment principles, such as diversification, in making recommendations.

Yet, you are more than just the sum of your answers to a robo-advisor's online questionnaire. Investing is a highly personal matter, which means that, in the following areas, you may well benefit from some human intelligence – and empathy:

- Understanding of your risk tolerance – A robo-advisor will ask you to identify your tolerance for risk – low, medium, high – and will plug in your answers when constructing a

portfolio. But only a human financial advisor – someone who truly knows you, your personality, your family situation and your hopes for the future – can know how your sensitivity to risk might cause you to react to events such as sudden market declines. Armed with this knowledge, a financial advisor can talk through your options to help keep you on the road toward your goals.

- Answers to qualitative questions – A robo-advisor can provide you with many key data points – rates of return, projections of future accumulations, etc. But so can a personal financial advisor, who can also go beyond the numbers to help you answer qualitative, subjective questions: How can I save for college for my children and my own retirement at the same time? If I change jobs, should I leave my 401(k) in my former employer's plan,

move it to my new employer's plan or roll it over to an IRA? What's the best way to guard my financial independence if I ever need some type of long-term care, such as an extended stay in a nursing home?

- Guidance for the "big picture" – Your investments are important, but they're also connected to other areas of your life, including your taxes and your estate plans. And while a financial advisor might not provide you with tax or legal advice, he or she may be able to connect you to other, appropriate professionals, and work with them to help you put together your "big picture." That's not something a typical robo-advisor is equipped to do.

Artificial intelligence will support many of your activities throughout your life. But when it comes to investing, a personal touch may never become obsolete.

Devon Sullivan

Financial Advisor

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Suite 1 A

Meredith NH 03253

603-279-3284

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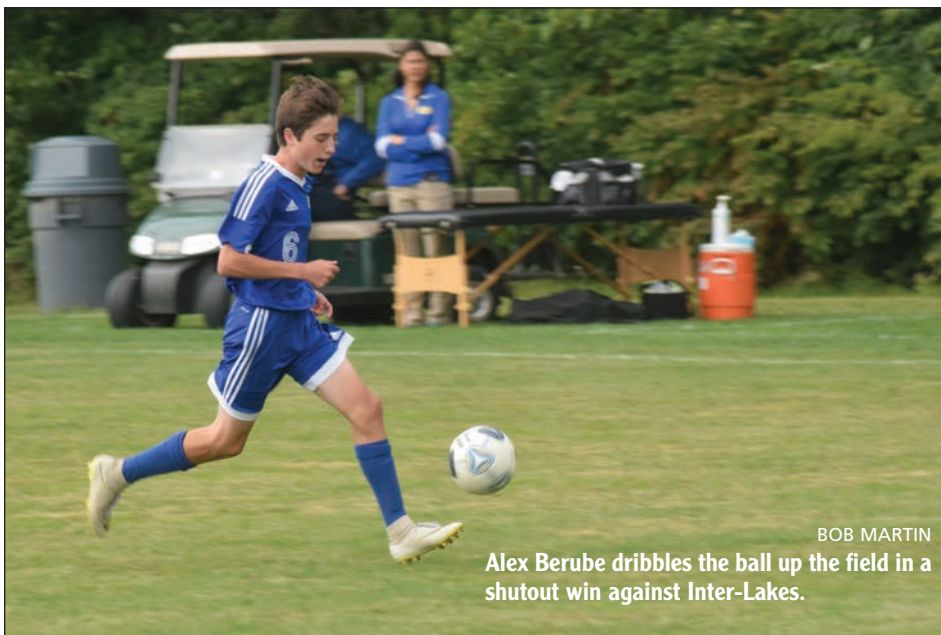
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SPORTS

THURSDAY
SEPTEMBER 19, 2019BOB MARTIN
Alex Berube dribbles the ball up the field in a shutout win against Inter-Lakes.BOB MARTIN
Daegan Boucher scored a pair of goals for Gilford against Inter-Lakes.

Gilford soccer boys off to a great start

BY BOB MARTIN
Bob@Salmonpress.news

GILFORD – The Gilford boys' soccer team is off to a terrific start, stringing off five wins to open the season including shutout wins over Inter-Lakes and White Mountains last week.

The Golden Eagles hosted the Lakers of Inter-Lakes on Sept. 10 and dominated from the beginning in a 6-0 victory where the team scored three goals in each half. The first goal came 4:30 into the match and was by Anthony Aguiar, with an assist by Alex Burnham. The next goal was at the 22-minute

mark and was credited to Sam Sawyer, with Burnham and Aguiar recording assists. At the 28-minute mark, Boucher scored to make it 3-0, with Burnham credited with another assist.

In the second half, about nine minutes in, Boucher scored again to make it 4-0. The goal was assisted by Aguiar. At the 53-minute mark, Sawyer scored with another assist by Aguiar. Max Stephan rounded out the scoring to make it 6-0, with Anthony Flanders on the assist.

Freshman goalie Thomas Donnelly had three saves in the shut-

out win.

On Thursday, Gilford traveled to White Mountains and scored five goals in the first half, cruising to an 8-0 win. The first goal came from Boucher, with an assist from Sawyer just before the five-minute mark. The second goal was scored by Sawyer at 18:33, with an assist from Burnham. Gilford went up 3-0 on a goal by Sawyer at the 29-minute mark, with an assist from Boucher. Just after the 30-minute mark, Burnham scored with an assist by Ben Gardiner to make it 4-0. At the 34-minute mark, Alex

Berube scored with an assist to Colton Workman to finish the first half of scoring.

At the beginning of the second half, Gilford went up 6-0 with a goal by Boucher, with an assist from Burnham. Sawyer scored at the 49-minute mark with an assist by Cameron Reardon. The final goal was at the 68-minute mark by Andrew Flanders, with an assist by Stephan.

Donnelly had three saves in the second shutout of the week.

"What was great

SEE SOCCER PAGE B3



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Field hockey Golden Eagles get pair of shutouts



Shea Brown battles for a ball against Laconia last week.

BOB MARTIN

BY BOB MARTIN
Bob@Salmonpress.news

GILFORD – It has been a good start for the Gilford field hockey team, which improved to 3-1 with a pair of wins last week.

The Golden Eagles faced rival Laconia Sachems on Sept. 10 and won in dominating fashion by a score of 8-0. Gil-

ford had assists on seven of the team’s eight goals. Leading the offensive charge was Shea Brown with three goals and an assist. Lexi Shute picked up her first varsity goal in the win. Taryn Fountain, Laurel Gingrich and Randi Byars each had an assist and a goal. Emily O’Connor rounded out the scoring with

a goal.

Gilford then traveled north to Littleton and had a strong showing with another shutout victory by a score of 6-0. Reese Clark and Allyson Carr each scored their first goal of the season. Gingrich scored twice and had three assists. Byars and Brown had finished out the scoring.



Jordyn Byars (5) is a freshman playing forward and midfield for the Golden Eagles this season.

BOB MARTIN

The Eagles had assists on five of their goals.

“The passing game continued to head the right way with a trip to

the north to play Littleton,” said coach Dave Rogacki.

The Golden Eagles played Bishop Brady

after deadline. Next for Gilford is a 4 p.m. match against Franklin on Sept. 23.

Gilford bests Milford in championship rematch

BY BOB MARTIN
Bob@Salmonpress.news

MILFORD – The Golden Eagles traveled to Milford High School for a rematch of last year’s Division 2 volleyball championship, and again the Gilford squad rose to the occasion to beat the Spartans 3-2.

Gilford came from behind in the match, as the Golden Eagles lost the first two sets. While things looked bleak early, the Golden Eagles then won the next three sets to secure the win.

Libero Sam Holland was a defensive star for Gilford, as she was all over the floor with 26 digs. Outside hitter Abby Warren was the team’s offensive leader with 11 kills to go along with 11 digs. Abby O’Connor had nine kills in he middle and middle hitter Kate Sullivan had eight

kills and two blocks.

Gilford got good work out of the two setters, Naomi Eldridge and Riley McDonough, as the duo combined for 39 sets. McDonough had five kills and two blocks, as well. Lindsey Sanderson was what coach Amy Tripp called “steady and strong,” as she picked 22 balls on defense and had seven kills in he front row. Reagan McIntire also had a good day on the court with four kills.

Overall the Golden Eagles missed only three serves in the five sets.

Gilford then took on Coe-Brown and had a three set win by scores of 25-9, 25-22 and 25-21. The Golden Eagles once again benefited from strong serving, as the team missed only one serve the entire match.

“The girls were strong and steady with very good control,”

said Tripp. “I was very pleased with our shot selection using tips and rolls as well as hard spikes.”

Sanderson was the defensive leader with 10 digs, followed by Samantha Holland with nine digs. Sanderson had five kills and a block, as well. McIntire had five kills on the night. Warren was praised by Tripp for her consistency in the serve receive.

Naomi Eldridge was strong from the service line and Tripp said she played well defensively, as well. Abby O’Connor was dominant at the net and had two blocks. Kate Sullivan had three kills and a block while being error free on offense.

Gilford faced Hanover after deadline. Next up is ConVal on the road, taking place on Sept. 20 at 5:15 p.m.

BY BOB MARTIN
Bob@Salmonpress.news

GILFORD – The Gilford High School golf team had three matches last week and have a 9-6 record, good for ninth place with plenty of golf to be played this fall.

On Sept. 9, the Golden Eagles hosted Plymouth, Laconia and Campbell at Pheasant Ridge. Gilford had a 65, good for second behind Plymouth with 72. The top golfer for Gilford was Hunter Wilson, who had a score of 20 in the number two spot. Brady Reynolds, who is the team’s number one golfer on the roster, scored a 17 for second best on the team.

Cody Boucher and Connor Sullivan both scored 14, Joey Cam Jarvi scored a 12, Joey Blake scored an 11 and Anthony Flanders scored a 10.

The Golden Eagles then traveled to Pelham on Sept. 10 and Gilford was 1-2 on the day. The Golden Eagles had 65 points and were beaten by the tough Derryfield team, which scored 93 and Pelham with 80. Gilford beat Somersworth, which had 59 points on the day.

Boucher was the top golfer for Gilford with 22 points. He was followed by Wilson with 16, Jarvi with 14, Sullivan with 13, Reynolds with 11, Flanders with 10 and Austin Milligan with 10.

On Sept. 12, the Golden Eagles traveled to Lebanon and went 1-2 with a score of 66. Bow won with 88 points and the Raiders of Lebanon edged out Gilford with 68 points. Gilford beat Belmont, which had 43 points.

Boucher was the top golfer for Gilford with 18 points. Wilson followed with a score of 17, Flanders had 16 points, Reynolds had 10 points, Jarvi had 14 points, Blake had 15 points and McIntire had six points.

BCSA chicken barbecue is today

GILFORD—The Belknap County Sportsmen’s Association (BSCA) will be holding its annual barbecue chicken dinner on Thursday, Sept. 19, at the clubhouse on Lily Pond Road (Route 11C) in Gilford. Doors open at 5 p.m. and the dinner starts at 6 p.m. The menu will consist of barbecued chicken, corn on the cob, homemade potato salad, and dessert. The BCSA is doing advanced ticket sales for this event. A maximum of 110 tickets will be sold on a first come, first served basis. Tickets can be obtained by contacting Kathy Denutte at 581-5062. Some tickets may be available at the door but it would be best to get them in ad-

vance.

The speaker for the evening will be Jeremy D’Entremont, who is the current president and historian of the American Lighthouse Foundation. His presentation will be on “New England Lighthouses and the People Who Kept Them” Everyone knows there’s “something about lighthouses” that gives them broad appeal, but their vital role in our history and culture is little appreciated. The early nation was built on a maritime economy and lighthouses were part of a system that made that possible. Due to automation, traditional lighthouse keeping is a way of life that has faded into

the past. D’Entremont tells the history of New England’s historic and picturesque lighthouses, primarily focusing on the colorful and dramatic stories of lighthouse keepers and their families.

This event is open to all BCSA members as well as the entire Lakes Region community. Join in for some delicious barbecued chicken and listen to a talk that promises to be entertaining as well as informative.

The proceeds from the dinner will go to the Belknap County Sportsmen’s Charitable Fund to help pay off their mortgage.



Sam Sawyer has been a good source of scoring for the Golden Eagles this season.

BOB MARTIN

Soccer

FROM PAGE B1

about these games was that this gave us the opportunity to play a lot of our players, and we have a very talented freshman class,” said coach Dave Pinkham. “Both of these wins allowed us to give them significant time which will really help in the long run.”

The Golden Eagles

have scored 27 goals and only given up one goal. Compared to last year with the same schedule, Gilford would have only have had 14 goals and not given up a goal.

“This is certainly a positive to us,” said Pinkham. “One of the weaknesses we’ve had the past couple years is the inability to come up with goal scorers. We have that this year,

with multiple people who have really come through. We still need to be more consistent on the field. Defensively we still need to be stronger.”

Gilford faced Mascoma Valley on the road after deadline. Next up is a home game against Derryfield on Sept. 20 beginning at 4 p.m.



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Gandini wins pair of races



Freshman Patrick Gandini has now won three cross country races to start the season.

BY BOB MARTIN
Bob@Salmonpress.news

LACONIA – Patrick Gandini of Gilford High School continued his strong freshman season running cross country with two wins last week at Kearsarge and Laconia.

On Sept. 12, the Golden Eagles went to Kearsarge and the boys’ team finished third out of seven teams. Gandini won the boys’ race with a time of 16:45. Harrison Laflamme placed 10th, Mitchell Townsend was 14th, Landon Lewis was 21st, Jordan Witham was 42nd and Dane DeHart was 49th.

The girls’ team did not have enough runners to place but individually several runners did well on what coach Kathy Alrdidge called a challenging course. Vanessa Genakos was fourth, Catherine Stowe was sixth, Tessa Tanner was 14th and Bethany Tanner was 21st.

On Saturday, the Golden Eagles traveled to the Laconia Invitational and Gandini picked up the win with a time of 18:04. Laflamme had a time of 21:09 for 16th place and Mitchell Townsend was 21st with a time of 21:16.



Catherine Stow runs through the rain at the Laconia Invitational last weekend.

Cole’s hat trick leads Gilford girls to first win

BY BOB MARTIN
Bob@Salmonpress.news

SWANZEY – The Gilford girls’ soccer team picked up its first win of the season last week, with a 7-0 victory over Monadnock.

The Golden Eagles were coming off two-straight losses to open the season and coach Rob Meyers was happy

to see the team come out strong to turn things around.

“After a slow start to the season, the girls went out and played a great game,” said Meyers. “They moved the ball quickly and played give-and-goes to open up the Monadnock defense.”

Gilford controlled the play the majority of the

game and moved the ball well through the mid-field. The Golden Eagles created good spacing to get quality shots on net, which was a problem for the Gilford squad in the two losses.

Gilford launched 38 shots with 23 on goal. This was compared to Monadnock, which had only three shots and one on net. Gilford scored

two goals off corner kicks, which Meyers was happy to see as the team has struggled in this department the past couple seasons.

Forward Shelby Cole led the offensive charge with her first varsity hat trick, as well as two assists. Reece Sadler had two goals and an assist and fellow midfielder Molly McLean had a goal

and an assist. Midfielder Callie Carpenter scored a goal. Ashley Kulcsar, Marlow Mikulis and Promise Veroff had an assist each.

Hannah Gannon started her first varsity game in goal and recorded the shutout with three saves.

Meyers also praised sophomore Jaiden McKenna and senior Gwen

Knipping for playing well at center back.

“They did not allow Monadnock any time to control the ball,” Meyers said. “They were on them on the first touch and contested every long ball well.”

Next up is a home game against Inter-Lakes on Sept. 19 at 4 p.m.

Last minute drive comes up short for Golden Eagles

BY BOB MARTIN
Bob@Salmonpress.news

GILFORD – The Golden Eagles had a back-and-forth battle with Merrimack Valley on the gridiron last weekend, and while Gilford/Belmont had a lead in the second half and had a last second chance to score on the two-yard line, Merrimack Valley was able to hold on and beat the Golden Eagles 20-17.

Gilford/Belmont scored in the last play of the first half to make it a 7-0 on a 30-yard touchdown pass from Alex Cheek to Curtis Nelson. Merrimack Valley scored in the first possession of the second half to tie up the game, and then added another a score following a Golden Eagle fumble quickly after to lead 14-7.

In the late third quarter, the Golden Eagles drove the field and Cheek passed to running back Blake Descoteaux for an eight-yard touchdown. Gilford/Belmont then kicked a 34-yard

field goal to go up 17-14 with about six minutes left in the game. With less than a minute on the clock, Merrimack Valley marched down the field and scored to go up 20-17.

Gilford/Belmont responded and had a chance to win the game, but with four seconds left and the ball on the two-yard line, the Merrimack Valley defense stopped the Golden Eagles and held on for the win.

“We missed a couple chances when we were in the end zone,” said coach Josh Marzahl. “We were on the five-yard line twice and just couldn’t put it in. I think we did a lot of things well but we still have a lot to work on. We need to play four quarters of football and make sure we are properly conditioned for that.”

Cheek was 17/30 for 250 yards in the air with a pair of passing touchdowns. He also rushed for 90 yards and was the team’s leading rusher.

“Between two games he has put up more than



John Mitchell (47) blocks a point after attempt in a game against Merrimack Valley.

RC GREENWOOD

700 yards and eight total touchdowns on offense,” Marzahl said. “We are counting on him for a lot between rushing and passing, and putting the offense on his back.”

Liam Merriam had six catches for 100 yards to lead the receiving. Nelson had four receptions for 55 yards and a touchdown.

Defensively, Jack

McLean had 15 tackles with two for a loss. John Mitchell continued to be dominant on defense with 17 tackles.

Next up for Gilford/Belmont is the always

difficult Plymouth Bobcats for a road game on Sept. 21 at 2 p.m.

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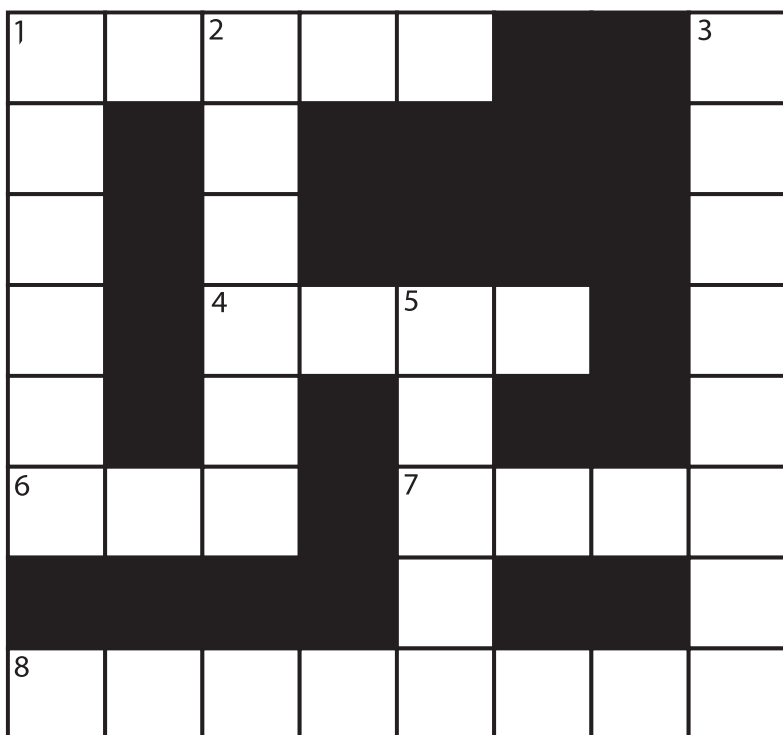


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QUEEN VICTORIA WAS ONE OF THE FIRST PEOPLE TO HAVE THIS SUBSTANCE ON CAKE, GIVING IT ITS ROYAL NAME.

ANSWER: ROYAL ICING



1. Leavened dough
4. Let dough sit
6. Man
7. Overexcited
8. Make look attractive

1. Cooking with dry heat
2. Vitality for activity
3. Relish at the sight of
5. Sweetener

Answers:
Across
1. Bread 4. Rest 6. Guy 7. Gaga 8. Decorate
Down
1. Baking 2. Energy 3. Salivate 5. Sugar



- **1957:** THE UNITED STATES CONDUCTS ITS FIRST UNDERGROUND NUCLEAR TEST IN THE NEVADA DESERT.
- **1985:** MEXICO CITY IS STRUCK BY THE FIRST OF TWO DEVASTATING EARTHQUAKES.
- **1991:** OTZI THE ICEMAN IS DISCOVERED IN THE ALPS ALONG THE BORDER OF ITALY AND AUSTRIA.



technique of putting
icing on a cake

How they SAY that in...

ENGLISH: Bake

SPANISH: Hornear

ITALIAN: Cuocere al forno

FRENCH: Cuire

GERMAN: Etwas backen

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GET THE PICTURE?



Can you guess what the bigger picture is?

ANSWER: CHOCOLATE LAYER CAKE



CRYPTO FUN



Determine the code to reveal the answer!

Solve the code to discover words related to autumn.
Each number corresponds to a letter.
(Hint: 1 = L)

A. 13 22 1 8 7 14 10

Clue: Plant leaves

B. 6 22 1 22 5 26

Clue: Different hues

C. 6 24 8 1 1 3

Clue: Tad cold

D. 13 7 1 1

Clue: Season of the year

Answers: A. foliage B. colors C. chilly D. fall

SUDOKU

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

Level: Beginner

Here's How It Works:

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

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

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The threat posed by ice dams

Cold, snowy weather can present various issues for homeowners to contend with. One such problem, ice dams, can cause damage to walls, ceilings and other areas.

The University of Minnesota Extension says that an ice dam is a ridge of ice that forms at the edge of the roof and prevents melting snow from draining properly. A complex combination of heat loss from a home, snow cover and outside temperatures can lead the formation of ice dams. An ice dam will be fed by melting snow above it and cause a backup at the edge of the roof.

Dams can cause gutters to tear off and loosen shingles and may lead to water backing up and pouring into the home, advises This Old House. Ice dams also can contribute to soggy insulation, making the

insulation lose its protective R-value and becoming a magnet for mold and mildew.

Homeowners can do a number of things to temporarily prevent the formation of ice dams. Heated cables clipped to the roof's edge in a zigzag pattern can help prevent dams that lift shingles. Pushing snow off the roof can help. Laying an ice melt product in gutters to help melt the ice that forms also can prevent ice dams.

More permanent solutions involve keeping the entire roof the same temperature as the eaves by increasing ventilation, adding insulation and properly sealing air leaks that can warm the underside of the roof. This may involve calling in a professional contractor. Such an investment is well worth it, as it can prevent much more costly damage down the line.

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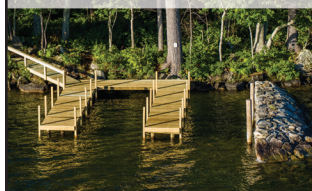
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Home improvement projects for your fall to-do list

Autumn is a great time to inspect patios that might have endured some wear and tear during the heavy usage seasons of spring and summer.

Homeowners know that maintaining a home can be a year-round job. No home is immune to wear and tear, and homeowners who want to protect their real estate investments should try to stay two steps ahead to ensure their homes do not succumb to the elements or become outdated and unappealing to prospective buyers.

Fall has become a season that's synonymous with home improvement, but homeowners need not wait until the leaves begin changing colors to start planning their next projects. The following are a few items homeowners can add to their fall home improvement to-do lists.

Roof inspection
Less precipitation tends to fall during the warmer months than during the late fall and winter. As a result, homeowners may not be aware of leaky roofs until autumn has come and gone. But waiting until winter to inspect the roof can prove disastrous, as weather conditions will not be

conductive to inspection and increased precipitation may result in potentially costly damage. Leaky roofs can be easily identified by looking for water stains on interior ceilings. Once you see a stain, you can climb onto the roof to identify the location of the leak and fix it before winter rains and snowfall turn the problem into something much larger. Inspect your ceilings for signs of leaking after a strong rainfall, and then address any leaks immediately.

Gutter cleaning
While some homeowners prefer to delay their gutter cleaning projects until late fall, those whose homes are surrounded by trees may need to schedule two such projects. Gutters clogged with leaves and other debris can cause serious roof damage, and that damage can extend all the way inside a home. In addition, clogged gutters make great nesting areas for insects or critters. Always stand on a ladder when cleaning gutters, wearing gloves to remove items by hand

and dropping leaves and debris into a trash can below. Standing on the roof and leaning over gutters greatly increases your risk of injury. If the gutters are clear when you first examine them in early fall, you can wait until later in the season to give them a complete and thorough cleaning. Once you have finished clearing the gutters, you can use a hose to run water through them and the downspouts to confirm everything is functioning properly.

Window and doorway inspection
Before temperatures start dropping once again, homeowners will want to inspect their windows and doorways for leaks. Over time, cracks can develop around windows and doorways, and while such cracks are rarely noticeable when the weather outside is warm, they can be quite obvious and very costly if they remain unsealed come the start of winter. Cold air can enter a home through cracks around windows and doorways, and many homeowners who don't

suspect leaks may respond by turning up the thermostats in their homes. That can prove quite expensive over a full winter. Choose a windy autumn day to place a hand by windows and external doorways in your home to see if you can feel drafts. If you can, seal these cracks as soon as possible.

Patio cleanup
Patios are popular hangouts during spring and summer, and that can result in a lot of wear and tear. Once you store patio furniture for the winter, inspect your entire patio to determine if it needs any refurbishing. While certain patio projects may be best left for spring, you can still clean any stained areas around the grill and look for cracks in the sidewalk that need to be addressed. Preparing for fall home improvement projects ahead of time can help homeowners complete projects in a timely manner and ensures they won't be forced to brave the winter elements when refurbishing their homes.



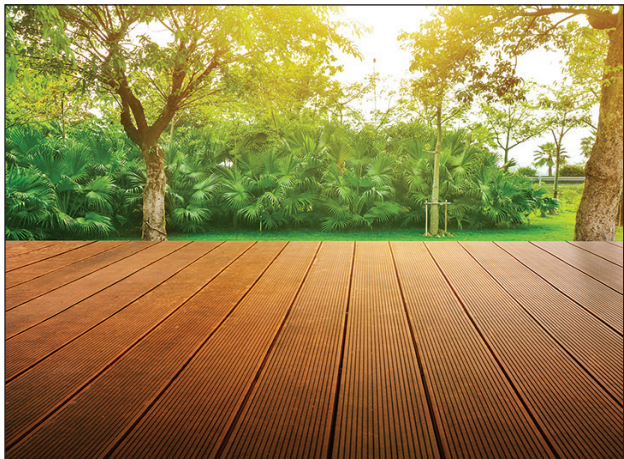
Things to consider before warming up next to your first fire this winter

A warm fire can make even the coldest winter day more enjoyable. Fireplaces may not get much use in spring or summer, but come late fall and throughout the winter, the fireplace can be a great place for families to gather. Before fireplace season hits full swing, homeowners might want to brush up on a few fireplace facts so they can safely enjoy nights spent sitting by the crackling flames. The Chimney Safety Institute of America advises homeowners with fireplaces to hire a CSIA-certified chimney sweep to clean their fireplaces. After a lengthy period of non-use, various issues could be affecting the chimney, many of which might not be noticeable to an untrained eye. Professional, certified chimney sweeps have extensive knowledge of fireplaces, making them valuable resources who can let homeowners know if any safety issues developed since fireplaces were last used. The National Protection Agency recommends that chimneys be swept at least once per year.

A full inspection of the chimney might be in order as well. Chimney service technicians will conduct thorough examinations of readily accessible portions of the chimney exterior and interior and accessible portions of the appliance and the chimney connection. The CSIA recommends that homeowners who plan to use their chimneys as they have in the past request a Level 1 inspection, which will examine the soundness of the chimney structure and flue as well as the basic appliance installation and connections. Technicians also will verify if the chimney is free of obstruction and combustible deposits. Homeowners also should inspect their chimney dampers before lighting their first fires of the season. Dampers should open and close smoothly. If not, a service technician can help fix or replace the damper. Firewood is another thing homeowners must consider before lighting their first fires of the season. The CSIA says that well-seasoned firewood works best, noting that

wood that is not well-seasoned will produce more smoke than heat. In addition, the home improvement resource This Old House recommends using dense wood that's been split and stored in a high and dry place for at least six months. Oak is an example of dense wood that, when stored properly, can make for an enjoyable fireplace experience. Avoid softwoods like pine. Pine can produce a lot of creosote, which is a byproduct of wood combustion. Creosote is highly flammable, and as it builds up in a chimney, the risk for a chimney fire increases. Choosing the right wood, making sure it's well-seasoned and having a chimney professionally cleaned can reduce the risk of a creosote-related chimney fire. A Level 1 inspection should determine if there are potentially dangerous levels of creosote deposits in the chimney. Before nestling up to a fireplace this winter, homeowners should consider a host of factors and safety measures to ensure their fireplaces are safe and ready for the season ahead.

Prepare your deck for winter



Homeowners often take steps to winterize the interior of their homes in the weeks before winter's arrival, but such efforts should extend to the outside of a home as well. Decks make for great gathering places when the weather permits. Decks are where many people spend their free time and eat their meals come spring and summer, when the temperatures climb and the sun sets well into the evening. But as summer turns to fall, homeowners must take measures to protect their decks from potentially harsh winter weather. • Inspect the deck for problems. Decks tend to be used more often in summer than any other time of year. That makes fall and early winter an

ideal time to inspect for wear and tear and any additional issues that may have cropped up throughout the summer. Damaged boards and loose handrails should be fixed before winter arrives, especially for homeowners who plan to use their decks in winter. Fixing such issues in winter and even into spring may be difficult thanks to harsh conditions, so make good use of the relatively calm autumn weather to fix any issues on the deck. • Clear the deck of potted plants. Even homeowners who intend to use their decks in winter should remove potted plants from the deck in the fall. The home improvement experts at HGTV note that moisture can get trapped between deck boards

and plastic, wood or ceramic containers in cold weather, and that can contribute to mildew, discoloration or decay. • Store unnecessary furniture. Homeowners who like to sit on their decks in winter will no doubt want to leave some furniture out over the winter. But those with lots of furniture for entertaining guests can likely move the majority of that furniture into a garage or shed for the winter. HGTV notes that doing so will prevent the potential formation of blemishes on the deck that can result from inconsistent weathering. • Remove snow, but do so carefully. Prolonged contact with snow and ice can damage a deck. As a result, homeowners should clear snow from their decks when accumulation is significant. HGTV recommends using a snow blower on the deck to avoid scarring. If a shovel must be used, push snow with the planks to reduce the risk of damaging the deck. Homeowners who take steps to protect their decks throughout the winter months can ensure these popular areas are ready once entertaining season returns in the spring.

Get your home fall- and winter-ready with 5 simple projects

(MS) — If boots, a warm hat and a tuned-up snow blower are the only items on your winter preparation list, your home maintenance plan may need a makeover. These simple home maintenance projects can help lower your energy bills, prevent more costly repairs and/or increase the lifespan of your home.

1. Heating & Ventilation — Examine your fireplace and chimney system to ensure that no soot or creosote has collected. Any cracks or voids could potentially cause a fire. Before you turn the furnace or boiler on, replace the air filter and hire a professional to inspect the unit more thoroughly. These steps will improve the efficiency and life of your furnace and will ensure



stable indoor air quality.

2. Seal Windows and Doors — If not properly sealed, windows and doors can be a major culprit for heat loss. To keep the warm air inside, inspect the weather-stripping around your home's windows and doors for leaks, rot or

decay. Repair or replace structural framing, and caulk inside and out, if necessary.

3. Insulate well — One of the easiest and most effective defenses against heat loss is proper insulation. Prevent cold drafts from entering and the loss of heated air

through basement headers, which, when left exposed, can make your furnace work harder. Look for a moisture-resistant product offering high thermal performance, such as Roxul Comfortbatt insulation. This type of mineral

wool insulation makes installation simple. All that's needed is a serrated blade or bread knife. Cut the batt to fit the cavity and press into place. The insulation will help improve energy efficiency as soon as it's in place and provide savings over the lifetime of your home. Comfortbatt can also be used to top or replace old attic insulation. Aim for an R-50 or a depth of 16 inches.

4. Backyard Care — Save your property from potential damage by trimming overgrown trees and shrubs to prevent ice-laden branches from thrashing against electrical wires and your home's exterior. Drain/shut off any exterior faucets and sprinkler systems to prevent freezing. Ensure rain or

snow drains away from the house to avoid foundation problems.

5. Roof and Gutters — Inspect your roof for shingles that are warped, damaged or even missing to prevent a future leak. Use roofing cement and a caulking gun to seal joints where water could penetrate, such as around the chimney, skylights or vent pipes. Make sure that your gutters and downspouts are securely fastened. Downspouts should extend at least five feet away from the home to prevent flooding.

When it comes to preventative maintenance, a little time and effort can save thousands in energy costs and repair bills over the lifetime of your home.

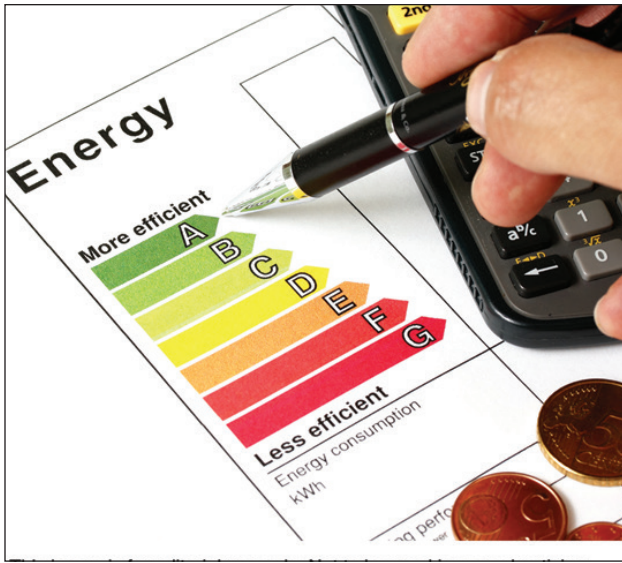
5 simple ways to increase energy efficiency and savings

(MS) — Fall and winter can be tough on your home and your wallet. As temperatures drop, chances are your furnace will be working overtime. This results in two things — greater energy consumption and higher heating bills. In fact, costs associated with heating and cooling a home year-round typically comprise two-thirds of the average energy bill.

Try these easy DIY projects to help cut down on energy loss and expenses:

1. Replace worn weather-stripping around doors and windows. Worn weather-stripping can create drafts and let heated air out, stressing your furnace and compromising your comfort. Replacing it takes little time and is a low-cost, high-impact solution.

2. Top up or replace old insulation in your attic. A poorly insulated attic is a primary source of energy loss. Also, over time, some types of insulation can settle and compact, allowing heat to escape through gaps. Experts recommend topping up or replacing attic insulation with a dimensionally stable batt insulation like Roxul Comfortbatt. Aim for an



R-value of at least R-50 or a depth of roughly 16 inches.

3. Insulate basement headers and walls. Uninsulated basement headers are common, especially in older homes. They can act as a gateway for heated air to escape. Fixing the problem is fast and easy. Simply cut Comfortbatt mineral wool insulation to fit the cavity and compress into place. Doing this throughout your basement will prevent heat loss and can potentially save hundreds of dollars each year.

4. Caulk around windows. Cracks and crevices are a source of heat loss. They can also be an entry point for water/moisture, as well as for unwelcome insects. Pre-

ventative maintenance, such as caulking, can improve energy efficiency and prevent costly repairs.

5. Change your furnace filter. Make it a point to check your furnace filter monthly, always changing it when it's dirty. This will improve the performance and efficiency of your furnace, saving you money.

Easy ways to clean up leaves

Autumn is marked by colorful foliage and plummeting temperatures. Once those leaves reach peak color, they fall from the branches and collect on lawns, necessitating cleanup projects. For homeowners with big yards, such a project can be tiring and time-consuming. However, there are ways to make leaf cleanup easier.

One of the easiest ways to clean up leaves is to reach for a lawn mower rather than a rake. The mower will cut leaves down to smaller sizes, creating an effective mulch that can add nutrients back into the lawn. Davey, a lawn and landscape solutions service, says that mowed leaves also can be collected in a mower bag and added to garden beds or compost piles.

For those who prefer manual raking, select a rake with tines that will not skewer the leaves in the process. Big rakes also can make faster work of gathering leaves into piles.

The home improvement resource The Family Handyman advocates for the use of a lawn sweeper. This is a manual device that has a rotating sweeping brush that gathers up lawn debris and leaves into an attached hopper bag. Like mowed leaves, the bag can be emptied into a compost pile or distributed where needed.

Raking leaves onto a large tarp is another option. Once it's full, the tarp can be taken to the curb where many towns will collect the leaves seasonally. Otherwise, the tarp can be used as a funnel to put leaves into a gardening bag or another appropriate receptacle.

Leaf blowers remain a fast option for cleaning up yards, but they require electricity or gas and can be noisy. Still, they are a popular choice for large landscapes or when quick work needs to be made of leaf clean-up.

Leaves will fall in autumn, but luckily homeowners have various methods at their disposal to tame the mess.



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BEFORE

AFTER

The Lakes Region Parade of Homes returns October 12-14, 2019



Builder Shamus Keating of Key Day Builders will be showcasing a project on this year's Parade of Homes for his first time. This beautiful 9,500+ Sq.Ft. shingled-styled / Adirondack structural timber frame located in Tuftonboro includes many highlights: live birch tree walls, four custom fireplaces, indoor water falls, amazing accent lighting, custom iron railings, indoor pizza oven, "gorgeous hammer beam great room truss system", and a sound system that will shake the lake. Perfectly situated home offers impressive views from most every angle. Parade-goers can expect to see a stunning variety of new and remodeled homes over the 3-day event, Columbus Day Weekend.

The Lakes Region Parade of Homes, the hallmark event hosted by the Lakes Region Builders & Remodelers Association (LRBRA), returns this fall for another incredible showcase of the Lakes Region's newest custom built and remodeled homes. The 2019 tour will feature 11 homes and there will be over 50,000 square feet of space for visitors to explore over the Columbus

Day Weekend, October 12-14, 2019, 10-4 daily.

This year's home tour will showcase eight communities (Alexandria, Bridgewater, Sanborn, Gifford, Laconia, Meredith, Moultonborough & Tuftonboro.) Of the eleven homes, seven are on the waterfront & four are extensive remodels. The homes range in size from 3,100 SF to 9,500+ Sq. Ft. and offer a variety of styles

from Adirondack-Style, classic lake cottage, modern farm house, quintessential lake home, rustic ranch with contemporary highlights and one-of-a-kind custom timber-frame with features that will "Wow" the crowds.

The home builders joining the 2019 Parade include:

*AG STRUCTURES; CARGILL CONSTRUCTION; PAUL V. FLEM-

ING & SONS; HOME COMFORT RETREAT; INTER-LAKES BUILDERS; JC HAYES CONSTRUCTION; K.A. CLASON FINE WOODWORKING; *KEY DAY BUILDERS; LIGHTHOUSE CONTRACTING GROUP & LAUREN MILLIGAN DESIGN; MEREDITH BAY; *RH STEPHENS BUILDERS CONTRACTING

Indicate New Builders to the tour!

"The Parade of Homes is a longstanding tradition of our building association which shows the great work our builders are providing for today's homeowners," said Brenda Richards, Executive Officer of LRBRA. "It also provides an excellent opportunity for those who attend to learn from and interact with industry professionals." Many of the homes will have volunteers and suppliers to help answer your questions on the products that you are seeing," noted Richards. The event is made possible by our presenting

sponsors: Dead River Co., Meredith Village Savings Bank and Belknap Landscape as well as all of this year's parade partners.

The 3-day self guided home tour offers prospective homebuyers a chance to talk with talented builders about their future building & remodeling plans; plus, for local residence, an opportunity to see the latest in custom homebuilding. This is a very interactive tour where each ticket holder will receive a copy of the official guide book, swag bags, opportunity to comment live on the "Parade Craze APP" and cast a vote for "People's Choice Award" as to which home resonated as their favorite home on the tour. Visitors can also be entered to win some great prizes.

This event is open to the public. Tickets are \$20/pp and can be purchased at the first home visited to begin the tour OR visitors can download the Parade Craze

App and search Lakes Region Parade 2019 and order tickets beginning the week of the event. Ticket proceeds benefit the workforce development initiative - inspiring the next generation of trade professionals. One Ticket, Good All Weekend, Start at any house! Specifics on builders and communities participating are available at lakesregion-paradeofhomes.com.

When the Parade is over, you will have a wealth of information about builders and the building industry. The Lakes Region Builders & Remodelers Association (LRBRA) is a non-profit trade association made up of companies that include not only builders, but also trade contractors, materials suppliers, mortgage lenders, realtors, interior designers, landscapers and many more! Our members all play a vital role in the construction industry in the Lakes Region and surrounding towns.

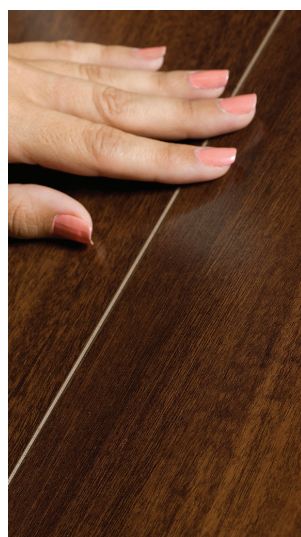
How to protect wood floors from inclement weather

Wood floors are a worthwhile investment that can improve the beauty and function of just about any room in a home. Even though wood floors are durable, and new protective treatments help seal out many of the things that may have damaged floors in the past, homeowners still need to prioritize protecting their hardwood floors.

Certain seasons of the year can be more harsh on wood floors than others. For example, seasons characterized by moisture and precipitation, particularly the early spring, winter and fall, can be hard on wood floors. The experts at ServiceMaster Clean say that cold, snowy days can damage wood floors, and Lumber Liquidators agrees that winter weather can be harsh on flooring.

Homeowners need not give up on hardwood if they live in an area that sees all four seasons. They just need to take a few steps to keep floors looking beautiful.

• Clean up the salt. Salt that keeps sidewalks and streets clear of snow and ice inadvertently gets tracked inside a home. Hard chunks of salt can scratch wood floors, and,



if left to sit, that salt can eventually cause white marks and other stains. Routinely vacuuming and sweeping up salt is necessary to protect wood floors.

• Invest in shoe storage. Wet or snowy boots can create puddles around the house. Have a special mat or tray by the front door where wet shoes can be kept. A nice bench in the entryway makes it easy for residents and guests to remove their shoes until it's time to go back outside.

• Use water-wicking mats. Homeowners will probably need a few extra mats around to tame errant drips and wipe shoes. Any entrance that might be used by

people or pets should be protected. Try to avoid petroleum-based, rubber-backed mats, as they could discolor the wood floor.

• Control humidity indoors. Cold, dry air in a home can be problematic because the moisture in the wood can eventually evaporate into the air. The heat will suck that moisture from the flooring, causing it to shrink, creak and splinter and become more brittle. Think about investing in an in-line humidifier for the home's HVAC system that can keep a moderate amount of humidity in the home. Hardwood floorboards are installed to accommodate minor temperature and humidity fluctuations. This is typically a range of between 60 and 80 degrees F with a relative humidity range of 35 to 55 percent, advises ServiceMaster.

• Use the right cleaning products. Avoid excessive water to clean wood floors, and select soaps that are specially designed for wood flooring. Consult with the flooring manufacturer for a list of detergents that are safe to use.

With proper care, hardwood flooring can survive rain, snow and cold weather.



Potential indicators of roof trouble

With regard to home repairs, homeowners may be able to delay some projects until the weather permits or they find room in their budgets. But other areas, including the roof, may demand immediate action.

Few homeowners give the roofs of their homes much thought until a problem arises. But learning to recognize potential indicators of roof trouble can help homeowners prevent potentially drastic situations down the road.

• Light: Homeowners with attics in their homes can inspect the ceilings inside the attic for signs of holes or leaks. Light peering through the top of the house indicates a hole or leak, as does stains or streaks on the ceiling.

• Worn shingles: Shingles should lie flat against the roof, so any that appear to be buckling or turning up are damaged and in need of repair. A single damaged shingle does not require a full roof replacement, but inspect all the shingles nonetheless. Another indicator of shingle problems can be found when cleaning downspouts or gutters. If the gutters and downspouts contain lots of shingle granules, the roof may soon need to be replaced.

• Moss: Moss on a rooftop may give a home character, but that added character is costly. Shady areas of a roof can be susceptible to the growth of moss and fungi because moisture can be trapped in such areas. If possible, remove moss or fungi from a roof with a stiff brush or hire a professional to do the job instead. Moss may come back even after brushing it off, so homeowners should keep an eye on areas of their roofs that get little sunlight. In addition, trapped moisture can be very harmful to a roof, so it may be wise to exercise caution and have roofs with mold or fungi growths inspected.

• Age: Another indicator of roof trouble may be the age of the roof. Even if there are no visible signs of damage, homeowners whose roofs have some years under their belt may want to consider replacing them. Asphalt shingle roofs typically have life expectancies of 20 to 25 years, while roofs installed over existing layers of shingles may need to be replaced after 20 years.

Recognizing minor roof damage before it escalates into a larger problem can save homeowners substantial amounts of money.



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Simplify fall leaf cleanup

Apple pie, pumpkins and blooming chrysanthemums are symbols of autumn. But nothing signals the arrival of fall more than the millions of leaves that begin to cascade from the trees as the temperatures dip.

Many people feel nothing is more beautiful than the yellow, red, purple, and orange leaves that coat neighborhoods and countryside each fall. But in spite of their beauty, leaves might be a nuisance to homeowners tasked with removing the growing piles of them from their lawns. Those with large oak and maple trees in front of their homes understand the seemingly endless work of leaf removal.

As the days begin to

grow shorter and colder, these changes trigger a hormone release in trees, prompting them to drop their leaves. This chemical message causes the formation of abscission cells where the leaf stem meets the branch, say botanists at the Missouri Botanical Garden. So rather than merely dropping off of trees when the wind blows, the leaves actually fall off deliberately.

Left untouched, fallen leaves can contribute to lawn problems such as poor aeration, mold growth and moisture issues. Leaves also can cause staining on driveways and walkways. Prompt removal can help prevent any problems. To make faster

and easier work of leaf removal, keep these tips in mind.

- Mow over thin leaf coverage. If only a few leaves have fallen, use a mulching mower to shred the leaves until they are small enough that they won't suffocate the lawn. The small pieces will decompose in the lawn, reintroducing nutrients as a result.

- Use an ergonomic leaf rake. Ergonomic rakes can prevent back and arm pain, much in the way that ergonomic shovels do when shoveling snow.

- Invest in a quality leaf blower. Using a rake is good exercise, but homeowners with large properties might want to use a leaf blower. These



machines can dislodge leaves from bushes and hard-to-reach crevices, and they work faster than rakes.

- Use a tarp. Rake or blow leaves onto a tarp and then drag the tarp to the curbside or to the back of a truck for proper disposal. Special leaf scoopers enable you to grab more leaves if they need to be picked up and transported. Otherwise, you can use the covers

from two garbage pails to achieve a similar effect.

- Work with the wind. Rake in the direction the wind is blowing and downhill if your property slopes. This way it will be easier on you, and you won't be working against Mother Nature.

- Spread out the job. Do not attempt to remove all fallen leaves in a single day. Sched-

ule a few cleaning days during the season to make lighter work of the job than if you tried to do it all at once. Keep in mind that leaves will continue to fall throughout the season and you may need to spend a few days removing leaves from your yard.

Removing leaves is a large part of fall home maintenance. Employ these tips to make this task less strenuous.



Autumn is a prime time to tend lawns and gardens

Autumn is gardening season. That statement may not seem right to those who think of the spring as the peak time to care for lawns and gardens. However, autumn is an ideal time to get into the garden and ensure that flowers, trees and garden beds will over-winter successfully.

A number of things make autumn a prime gardening season. The cooler days of fall enable gardeners to spend ample time outdoors without the threat of blazing heat. In addition, soil harbors a lot of residual warmth in autumn. Also, the colder temperatures haven't yet arrived in autumn, nor have the leaves completely fallen, making fall a prime time to assess what's already in the landscape, what needs pruning back and where to address planting for next year.

Gardening enthusiasts can focus their attention on these areas this fall.

- Pamper perennials. As annuals and perennials start to fall back, mark the spots where perennials are located so they can be easily identified later on. This way, when planning spots for spring bulbs or other spring layouts for next year, perennials won't be overlooked or covered over.

- Prune shrubs. Look at shrubs and trees and cut out dead or diseased wood.

- Clean up borders.

Weed and tidy up borders and lawn edging.

- Install pavers or rock wall. Embrace the cooler temperatures to work on labor-intensive projects, such as putting in a garden bed, retaining wall or walkway.

- Remove spent summer veggies. Take out vegetable garden plants that have already bloomed and borne fruit. Tidy up vegetable gardens and start to sow cooler weather plants, such as onions, garlic, beans, and sweet peas.

- Rake and compost. Rake the leaves and gather grass clippings to add to the compost pile.

- Plant spring bulbs. Get tulips and other spring bulbs ready for planting so they'll burst with color next year.

- Dig up herbs. Relocate herbs like parsley or basil to indoor gardens. Otherwise, strip all leaves and freeze for storage during winter.

- Consider mums. Chrysanthemum plants are perennials. While they look beautiful in pots, if planted, maintained and winterized, they can bloom every fall.

- Fertilize the lawn. Fertilizing in autumn helps ensure grass will stay healthy throughout the winter.

- Add mulch and compost to the garden. Replenish spent soil with mulch and compost so garden beds will be revitalized for spring planting.

- Prune hedges. Tidy

up hedges, as they won't be growing much more this year.

- Clean and store equipment. Clean, sharpen and oil all equipment, storing lawn and garden tools properly so they are ready for spring and not lying out all winter.

Autumn may not seem like gardening season, but there are plenty of lawn and garden tasks to tend to during this time of year.

Factors to consider when choosing and applying mulch

Homeowners may associate mulch with springtime lawn and garden care, but mulching in fall can benefit a lawn as well. According to the Morton Arboretum in Illinois, mulch protects roots against extreme temperatures, and not just those associated with summer heat waves.

Mulch is often connected with its ability to help soil retain moisture during especially warm times of the year, when mulch promotes strong roots that can help lawns and plants survive periods of extreme heat. But when applied in the fall, mulch also inhibits freezing and thawing in winter, reducing the likelihood that plants will be injured.

While applying mulch in fall can be beneficial to lawns, homeowners should first consider a few factors.

- Timing: The Morton

Arboretum notes that mulch being applied as winter protection should not be applied too early in the fall, as doing so may delay the soil freezing process. Homeowners should wait until after a hard frost in the fall to apply winter mulch. In many places, hard frost will not appear until late fall.

- Texture: The Morton Arboretum recommends medium-textured mulch. Fine particles may pack down and retain moisture that will evaporate before it reaches the plant roots. Materials that are too coarse may be incapable of holding sufficient amounts of water to benefit the soil.

- Nutrients: Humus is an organic component of soil that forms when leaves and other plant materials decompose. Organic mulches provide humus and decompose over time, adding nutrients into the soil.

The Morton Arboretum recommends that homeowners use organic mulch that was composted or treated prior to application so any weeds, insects or microorganisms are killed.

- Application: Correct application of the mulch is essential. Applying too much mulch can adversely affect lawns, plants and soil. In addition, excessive application can cause decay and make lawns and plants more vulnerable to disease. Homeowners uncertain about when and how to apply mulch in the fall can consult with a lawn care professional to devise a plan that ensures their lawns and gardens hold up against winter weather.

Mulch may be widely associated with spring lawn care, but applying mulch in the fall can benefit lawns and gardens as well.

"Keeping America Beautiful"

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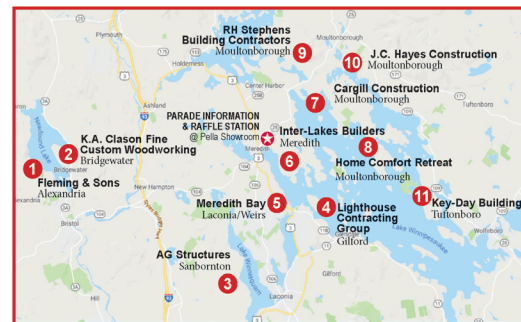
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- Plan your route in advance for the weekend. Visit a few each day as you weave this event into your weekend plans.
- Where comfortable shoes - you will be walking a lot. Sox or Booties required as a courtesy to the homeowners.
- Give yourself enough time at each home to take notes & ask questions.
- Parade homes do NOT offer public bathrooms, plan accordingly.
- When you are done with your last home, be sure to vote for your favorite home which will reflect "The 2019 People's Choice Winner"!
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*When work is performed. One coupon per transaction. Not to be combined with any other offers. Not valid on prior services. Coupons do not expire.

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