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Gilford Steamer

THURSDAY, OCTOBER 14, 2021 GILFORD, N.H.

McDonald's brings police and public together

BY ERIN PLUMMER
mnews@salmonpress.news

LACONIA - Visitors to local McDonald's restaurants could have the chance to meet with local police officers during a recent fundraising event

McDonald's held a statewide fundraiser for the New Hampshire Chiefs of Police Association on Wednesday night. A percentage of the sales in all of the 54 McDonald's restaurants in the state

PTA Hike-a-thon ends this Sunday

BY ERIN PLUMMER
mnews@salmonpress.news

There are a few days left to do some local hiking to benefit Gilford schools as the Gilford PTA's Hike-a-thon event ends on Oct. 17.

Starting on Oct. 9, the Gilford PTA has been holding its annual Hike-a-thon fundraiser. The event will culminate this Sunday with a big celebration.

The third Hike-a-Thon is a virtual event where people of all ages can hike the nature trail behind GES or Mount Rowe between Oct. 9 and Oct. 17. It is the Gilford PTA's only fundraiser.

Students who wish to take part can sign up at <https://app.99pledges.com/fund/2021gilford> and then start collecting pledges. As of press time the fundraiser had raised over \$6,500

of the \$8,000 goal.

Participants can hike up the Nature Trail behind the elementary school or up Mount Rowe any time between Oct. 9-Oct. 17. Participants can take selfies at "Selfie Sponsors" stations around the trails and tag them with #gilfordschoolhike on social media for a \$10 Amazon gift card.

Pledges can win some fun prizes. Over \$25 in prizes wins an event t-shirt, over \$50 wins a Hike-A-Thon water bottle, and over \$100 in pledges wins a bag.

The top earner will receive a \$100 Amazon gift card, second place will get Gunstock passes, and third place will win passes to Altitude Trampoline Park.

All the money raised will go toward the Gilford PTA and its work



ERIN PLUMMER

Gilford School Resource Officer Alyssa Raxter received a Community Policing Award at a recent fundraiser at the Laconia McDonald's.

went to the NH Chiefs of Police Association.

That night officers around the state gathered

at their local McDonalds for an opportunity to meet the public. Locally officers from the Gil-

ford and Laconia Police Departments met with guests at the Laconia McDonalds.

"McDonald's franchises across New Hampshire are proud to show

SEE POLICE PAGE A12

Gilford soccer girls dominate Lakers and 'Toppers

BY JOSHUA SPAULDING
Sports Editor

GILFORD — The Gilford girls' soccer team dominated a pair of games last week, winning both games by 8-0 scores.

The Golden Eagles started the week with an 8-0 win at home against Inter-Lakes. Gilford got five goals in the first half and added three more in the second half to close things out.

"This was a dominant win for the girls," said coach Rob Meyers. "They came out after a tough previous



RC GREENWOOD

Jaiden McKenna moves the ball up the field in action against Inter-Lakes. She scored her first varsity goal later in the week against Somersworth.

week and put together a complete effort, scoring five in the opening half.

"The second half we focused on moving the ball around the field and creating space while maintaining control of the game," he continued. "This was the most complete game the girls have played so far this year."

Geena Cookinham led the offense with three goals on the day and also added an assist. Molly McLean, Reece Sadler and Millie Caldon finished with a goal and an assist each, Gracey LeBlanc (first varsity goal) and Ashley Kulcsar each scored once while Allie Kenyon added two assists and Anna Coapland had one helper.

Hannah Gannon and Maura Hughes combined to get the team's seventh shut-out of the season.

The week rounded out with a home game against Somersworth on Friday and got another 8-0 win. Gilford

scored four goals in the first half and adding four more in the second half.

"The girls came out and played well today," said Meyers. "They totally dominated play and possession."

"While we were a little sloppy in the first half, forcing shots on the Somersworth net, we settled down, moved the ball and created good chances," the Gilford coach continued. "One of the impressive things this year is the number of players scoring goals."

Meyers noted that while Cookinham with 22 goals and Sadler with 14 goals are the top scorers, a total of 14 different people have scored, including all four starting defenders.

"The players are really working well together and moving the ball through the entire field with possession," Meyers said.

Cookinham had three goals and an assist, Kenyon had two

SEE SOCCER PAGE A12

Registration open for GYC Turkey Trot

BY ERIN PLUMMER
mnews@salmonpress.news

This Thanksgiving runners and walkers will have the chance to lace up their sneakers and get some exercise before a big dinner during the annual Gilford Youth Center Turkey Trot.

Registrations are open for the annual 5K race for all ages taking place on Nov. 25, Thanksgiving morning.

The race started 14 years ago by a group of locals who wanted to get a morning run on Thanksgiving and now draws around 400 people a year.

The Turkey Trot is a timed 5K run/walk and welcomes people of all ages and fitness levels. The course starts at the GYC and goes through Gilford Village before ending back at the GYC. According to the GYC website the course is generally flat and runs at a fast pace, making it ideal for both runners and walkers.

Those taking part as



runners will be timed. Times will be posted for the overall times as well as for age groups 12 and under, 13-19, 20-30, 31-40, 41-50, 51-60, and 60 and over. Times will be posted the same day and will also be available on the GYC website.

Walkers will not be timed.

"The family walk is a great way for to start the day," read the GYC Web site. "We encour-

age walkers of all ages, as well as pets and strollers.

The Turkey Trot takes place on Thanksgiving Day, Nov. 25, starting at 8:45 a.m. for walkers and 9 a.m. for runners. The event costs \$26 per person and \$90 for a family rate up to five people.

The Turkey Trot will go on rain, snow, or shine.

Registration is open on the GYC Web

site at <http://www.gilforyouthcenter.com/2021-turkey-trot-5k-race-family-walk.html>. The first 100 people who register will receive a free Turkey Trot t-shirt.

Proceeds will benefit the Gilford Youth Center and its programs.

This year's main sponsor is Winnepesaukee Baygulls 2 of Gilford.

ALMANAC

Gilford Public Library Classes & Special Events Oct. 14 – Oct. 21

Thursday, Oct. 14

Geri Fit, 9-10 a.m.
Babies and Co. Storytime, 10-11 a.m.
French, 4-5 p.m.

Friday, Oct. 15

Senior Sculpt, 9 a.m.
Bridge, 10:30 a.m.-12:30 p.m.
Preschool Storytime, 10:30-11:30 a.m.
Hand & Foot, 12:30 p.m.
Knit Wits, 1:30-2:30 p.m.
Advanced Conversational German, 2:30-3:30 p.m.
Line Dancing, 4-5 p.m.

Saturday, Oct. 16

Drop in Craft: Spooky Halloween Lanterns, 10 a.m. in Children's Room

Monday, Oct. 18

Geri Fit, 9-10 a.m.
Tai Chi, 10-11 a.m.
Mahjong, 12:30-3 p.m.
Hear-Me-Read, 3:30-4:30 p.m.

Tuesday, Oct. 19

Senior Sculpt, 9-10 a.m.
Bridge, 10:30-11:30 a.m.
Storytime with Miss Maria, 10:30-11:30 a.m.
Line Dancing, 4-5 p.m.

Wednesday, Oct. 20

Check out an Expert, 10 a.m.-noon
Paint Group, 1-3 p.m.
Music Group/ Sing-A-Long, 2-3 p.m.
After School Teen Club, 2:30-4 p.m.
Science @ the Library, 3:30-4:30 p.m.

Thursday, Oct. 21

Geri Fit, 9-10 a.m.
Babies & Co. Storytime, 10-11 a.m.
French, 4-5 p.m.
Book Discussion: Pretty Things, 5:30 p.m.

Gilford Public Library Top Ten Requests

1. "The Jailhouse Lawyer" by James Patterson
2. "2 Sisters Detective Agency" by James Patterson
3. "The Noise" by James Patterson
4. "The Madness of Crowds" by Louise Penny
5. "The Burning" by Jonathan Kellerman
6. "Peril" by Bob Woodward
7. "Foul Play" by Stuart Woods
8. "Forgotten in Death" by J.D. Robb
9. "The Last Thing He Told Me" by Laura Dave
10. "The Wish" by Nicholas Sparks

STRATEGIES FOR LIVING

A coal miner's wife meets the President

BY LARRY SCOTT

[An excerpt from Chapter 5, *Modeling the Master, Part I*, in my book, "The Making of a Model," now available through Amazon Kindle in either eBook or paperback format]

God has a place for each of us within His Kingdom. Often serving quietly and in a manner known only to a few, heaven will honor thousands who have served in obscurity, honored to live their lives unheralded, but obedient to the mission God has given them. Mary Damron, however, is an exception.

As told by Franklin Graham in his book, "Living Beyond the Limits," Mr. Graham was at home the Friday after Thanksgiving 1994 when he received a call from the receptionist at headquarters. "Mr. Graham, there is a woman out in the parking lot with some shoe boxes for you."

Operation Christmas Child, well-known

for sending boxes filled with Christmas gifts to children around the world, was gaining national attention. On entering the lobby, the receptionist pointed him to a little lady that "couldn't have weighed ninety pounds soaking wet." When he introduced himself, the lady from Ikes Fork, West Virginia, came alive. "Brother Graham, I'm Mary. Gotcha some shoe boxes fer God. Where do you want them? "Well, thank you, Mary," he responded. "Why don't you just leave them there in the foyer. We'll stack them up against the wall." "I gotcha twelve hundred. ... I went up and down the hollers, tellin' everybody that Brother Graham need-ed shoe boxes fer God."

By Christmas 1995, Mary had her mission in full swing and came in with six thousand boxes; she was rapidly becoming a local celebrity. After being written up in the local West Virginia news-

paper, she caught the attention of the White House. As it happened, the President was planning to send troops to Bosnia to implement the Dayton Peace Accord. It was scheduled to be signed in France within just a few days, and Mary and her family were invited to be President Clinton's guests.

"Coal Miner's Wife to Meet President of the United States" read the headlines and accordingly, the day came when Mary stood in the Oval Office chit-chatting with the President of the United States. The "little lady," however, wasn't quite through. "Mr. Prez-i-dent, I have something for you, and she handed him a copy of Frank Graham's book, *Miracle in a Shoebox*. Two more followed one for "Mrs. President," and one for Chelsea. Reaching into her bag, she took out an empty shoe box. "Mr. President, will you fill this one for me?" And then,

"Mr. Prez-i-dent, do you care if I pray for you? As per Franklin Graham, "Mary took the lead in joining our hands and then prayed a short prayer. "Our heavenly Father, we pray for the Prez-i-dent and all the responsibilities he has on his shoulder. We pray that You would watch o'r him and protect him and give him strength fer this day. In Christ's name we pray. Amen." (Graham, *Living*, pp. 33-48).

Who would have ever believed that Mary Damron would make such an impact on so many lives? But isn't that just like God? There is no limit to what He can do when He finds an open and willing heart. He is the God of the impossible, and it is exciting to see that He is still transforming men and women just like you and me into living models of the Master Himself.

From "The Making of a Model," now available through Amazon/Kindle.

MVSB announces photo contest winners

MEREDITH — MVSB (Meredith Village Savings Bank) is excited to announce the winners of their annual photo contest. Selected photos will be featured in the community calendar as well as on the Bank's website and social media. Images will also be included in desk calendars, holiday cards and note cards. Complimentary calendars will be available to the public during the late fall in the Bank's branch offices.

"The submissions for this year's photo contest were incredible, and they really captured the different seasons and unique

character of New Hampshire. It's always challenging to narrow down the entries to our top picks," said Deborah Irwin, Assistant Vice President and Marketing Relationship Manager. "So many of our community members look forward to this annual contest and the calendars. It's a great way to celebrate our state and feature exceptional talent from hometown artists."

Winners of MVSB's 2021 Community Photo Contest included:

- Kathleen Curran of Laconia
- Macayla Dutile of

Laconia

- Colleen Eliason of Campton
- Illyana Golden of Lyndeborough
- Ida Gould of Camp-ton
- Megan Greenbaum of Moultonborough
- Holly Heath of Gilford
- Robert Kozlow of Meredith
- Kurt Oberhausen of Belmont
- Alice O'Connor of Holderness
- Elissa Paquette of Wolfeboro
- Abhijit Patil of Hudson

• Marie Sapienza of Newton Junction

**List features both print calendar and website contest winners*

Unlike a stock bank, MVSB is a mutual savings bank that operates for the benefit of its depositors, borrowers and surrounding communities. As a result, MVSB has remained steadfast in fostering the economic health and well-being of the community since it was founded in 1869. For over 150 years, Meredith Village Sav-SEE PHOTO CONTEST PAGE A12

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LRCC helps fill the demand for manufacturing careers with open house, CNC operator bootcamp

LACONIA — Lakes Region Community College (LRCC), in Laconia, is launching new opportunities for education and training in skills-based manufacturing to meet the local workforce demand.

On Oct. 13, LRCC will host a Careers in Manufacturing Open House and express admission event from 3:30 to 5:30 p.m. Attendees will learn about LRCC’s manufacturing programs, speak with faculty and employers who are in the field and can register on the spot for a program with express admissions. LRCC offers degrees and certificate programs in Advanced Manufacturing, CIS Technologies, Computer Information Systems, Graphic Design, PC Applications and Programming.

Additionally, start-

ing Oct. 25, LRCC will begin a CNC Operator Bootcamp, a six-week, 144-hour intensive classroom and hands-on training program. This entry-level program is geared towards those who like computers, tools and seeing how things come together and is designed for individuals with little to no experience in manufacturing. Students learn the essential skills such as how to operate CNC milling machine and lathe in a production environment.

The manufacturing industry employs nearly 10 percent of the country’s labor force and is a leader in technology and innovation. Throughout the years, manufacturing has continued to fuel the economy, with over 900,000 job openings in 2021. In New Hampshire, it’s one



Plastics in Northfield, just to name a few, for hands-on program training. LRCC offers flexible classes with options for in-person, online and hybrid models. To learn more about the manufacturing programs and possible funding options, contact Joseph Smith at jasmith@ccsnh.edu.

Lakes Region Community College is a fully accredited, comprehensive community college located in the Lakes Region of New Hampshire that serves more than 1,200 students annually and offers housing options for students. LRCC offers more than 40 degree and certificate programs, including Automotive and Marine Technology, Fire Science, Nursing, Culinary Arts, Business, Accounting, and more. In addition, LRCC provides a strong background in Liberal Arts for students who choose to complete their first two years at a community college and then transfer to a four-year college or university for a baccalaureate degree. Business and industry training programs are also available. Lakes Region Community College is part of the Community College System of New Hampshire. For more information, visit lrcc.edu.

of the state’s top sectors with over 66,000 competitive manufacturing jobs in more than 22 unique fields, including aerospace and defense; chemical; machinery; computer and electronics; and textiles.

“Today’s manufacturing is much more high-tech,” said Joseph Smith, LRCC Advanced Manufacturing Department Chair. “The type of person who would be interested in this career likes computer technology and working with their hands.”

Grants and funding options are available to eligible students for manufacturing degree

programs and the CNC Operator Bootcamp to offset the cost. In addition, many local manufacturing businesses offer reimbursement of tuition costs for new employees and those who need upskilling.

“Local manufacturers urgently need employees and are willing to assist with training costs that lead to a great starting pay, enormous growth potential and excellent benefits,” said Smith. “Many businesses will cover the entire CNC Operator Bootcamp course and tuition reimbursement for credit bearing college courses.”

LRCC has partnerships with many of the state’s manufacturing companies such as New Hampshire Ball Bearing in Laconia and EPTAM Precision

HIGH SCHOOL SLATE

Thursday, Oct. 14
BELMONT
Boys’ Soccer vs. Campbell; 4
GILFORD
Volleyball vs. John Stark; 5:45
WINNISQUAM
Field Hockey at Franklin; 4
Volleyball at Hanover; 5:45
Friday, Oct. 15
BELMONT
Girls’ Soccer vs. Hillsboro-Deering; 4
Volleyball at Farmington; 6:15
GILFORD
Boys’ Soccer at Laconia; 4
Field Hockey at St. Thomas; 5
Girls’ Soccer vs. Newfound; 4
GILFORD-BELMONT
Football at Merrimack Valley; 6
WINNISQUAM
Boys’ Soccer vs. Franklin; 4
Football at Monadnock; 6:30
Saturday, Oct. 16
GILFORD
Cross Country at Coe-Brown; TBD
WINNISQUAM
Cross Country at Coe-Brown; TBD
Monday, Oct. 18

GILFORD
Unified Soccer vs. Newfound; 4
WINNISQUAM
Volleyball at Laconia; 5:45
Tuesday, Oct. 19
BELMONT
Boys’ Soccer at Raymond; 6
Girls’ Soccer at Inter-Lakes; 4
GILFORD
Boys’ Soccer vs. Berlin; 3
Girls’ Soccer at Mascoma; 4
WINNISQUAM
Boys’ Soccer vs. Mascoma; 3:30
Wednesday, Oct. 20
GILFORD
Volleyball at Winnisquam; 6:15
WINNISQUAM
Volleyball vs. Gilford; 6:15
Thursday, Oct. 21
BELMONT
Cross Country at Merrimack Valley; 4
GILFORD
Cross Country at Merrimack Valley; 4
WINNISQUAM
Boys’ Soccer vs. Somersworth; 4

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We appreciate our local police

Support for police should not be political. Yet here we are. Over the past few days, we have thought a lot about our local police departments, and they truly deserve a shout out of appreciation. Reporters, editors and all of us in the media work very closely with our local officers. We could not do our jobs without their help.

What we have come to know is that police officers are democrats, republicans, independents or simply don't affiliate with any political party whatsoever. The current climate would lead you to believe that if you support police, you're affiliated with one party. This could not be further from the truth.

We see the police logs every week, we know how much stress our officers face on a daily basis, and to make things a bit more challenging, many of our local departments are short staffed.

Our police officers do so much more than we think. The day-to-day tasks do not come without some sort of stress, whether they are dealing with someone with a mental health issue, confiscating drugs, chasing someone who doesn't want to be caught and putting their lives at risk every single day. They are shouted at, assaulted, and disrespected daily. Sure, this comes with the job, however it doesn't mean that it should, or that it doesn't get taxing. Oftentimes it's the same culprits day in and day out they deal with, and we're not sure how they remain calm and professional while doing so, but for that we say thank you.

After an arrest, or any sort of incident, it doesn't end there. There are calls from family members, or those who were arrested, court dates, collecting written testimony and being a part of some tough family situations as well. Responding to motor vehicle accidents that end in tragedy, or all of the other situations that we only see in movies, is actual real life to our officers. Just because we don't see what's happening every day in the lives of our police, doesn't mean that it's not happening.

Of course, there are officers in other states and cities that abuse their power, however that is not the case in our smaller communities. Police reform is needed in those places and has been for decades, however we consider ourselves lucky to live in a place where our officers are all top notch. Many officers would agree that police reform is needed.

Being a police officer is a career that has long been praised as a high honor, only to be filled with selfless brave women and men who simply want to keep our communities a better, safer place to live in. Follow our lead and show your local police they are appreciated. We see you, and we thank you.

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COURTESY

All smiles at Laconia's Happy Cow Ice Cream Shop

Lakes Region Scholarship Foundation is gearing up for their second annual Pumpkin Figure Contest, while contestants are preparing their creations to be ready for display and judging on Friday, Oct. 15 and 16. The event is not only a competition, as well as fun fall activity sponsored by the Foundation, but it is also a small fundraiser. To help out the cause, Calise Houle, manager of Laconia's Happy Cow Ice Cream Shop on Union Avenue, offered to join the Foundation for that special weekend and will give 10 percent of the sales for the two days of the event. Pictured above left to right: Calise Houle, Manager of the Happy Cow; Marge Wilkinson, LRSF Trustee and Pumpkin Figure committee member; and Karen Switzer, Executive Director of Lakes Region Scholarship Foundation. (In the background ready to serve up his favorite ice cream flavor, "pumpkin," is LRSF Pumpkin Figure Contest mascot: Brad the Grad.)

NORTH COUNTRY NOTEBOOK

In the hunt, for the long haul, the kids appear in Deer Camp



By JOHN HARRIGAN
COLUMNIST



COURTESY MAINE SPORTING CAMPS ASSOCIATION

The information with this old photo identifies the site as Ashland, but it's probably the one in Maine. Either way, the boys seem to have plenty of jump-steak.

Route 3 was a steady parade Thursday as owners of camps and second homes headed north to button things up for the winter, and I suspect Route 16 on the eastern side of the state was too.

Columbus Day weekend has long been the traditional time for people to drain pipes and pour antifreeze into sink-traps and toilets, and do their best to protect dishes and such from Mousedom.

Infernal machines are deployed against mice. While those with tender mercies throw up their hands and vow to clean everything up in the spring, others go to absolute war. Poison has fallen out of favor because it works its way into the food chain, and can accumulate. Traps make little sense because they are soon sprung by breeze, dust, or happenstance, or are just plain full.

This leaves the Gyro Gearloose variety of homemade mouse traps, those antediluvian devices that belong in the Science Museum in Boston.

One of those, which has sometimes earned me indignant mail from readers envisioning those disarmingly cute little kanga-

roo mice climbing to their doom, involves a ramp, some bait on a wire-mounted spinner, and about six inches of antifreeze in a bucket. The mice, climbing up the ramp with their little feet, venture out onto the wire to the baited spinner, and oops, into the abyss they go. The antifreeze keeps them, oh, pretty well until spring.

+++++

Columbus Day camp-closing, by the way, forgets Deer Camp, another not so little seasonal event that is still going strong. This is despite the fact that hunters make up a steadily declining percentage of the population.

(Old-timers, please note: Another not-so-little social demographics oddity I've noticed is that a surprising number of relatively young people, male and female, have taken up deer hunting, with a strong leaning toward archery and muzzle-loading. These tend to be Twenty-Somethings in good shape and seeking new challenges. They also savor the meat,

arguably the most chemical-free, locally sourced meat there is.)

Today's deer camp does not necessarily look like your grandfather's deer camp. Some of the more physically fit younger hunters eat wholesome food, and eschew playing poker and carousing into the night because they actually want to get up early in the morning to take fullest advantage of the ever-shorter days, and actually hunt.

And there are many more husband and wife teams out there hunting, or at least I'm hearing from them more. Women have long been right out there in the woods hunting with the guys, for generations---it's just that we don't hear about them much. And there are occasional all-female Deer Camps. Of these, I hear just a whisper, but I savor the occasional notes.

+++++

Occasionally over the years, I've cut up a deer in my shop. Occasionally, this has involved a friend or two, hanging around on the periphery. They

always seem to have a fork in a shirt pocket. Occasionally I have produced a cast-iron frypan, along with some onion and garlic and butter and, or course, salt and pepper.

On such occasions, young deer are the best. "Big racks for show, spikehorns for dough," or something like that. And if you must, shoot that trophy deer far back in the woods, please, so we can drag it over rocks and stumps to tenderize it.

On these occasions, the tenderloins---backstraps---magically float up and away from the spine and onto the cutting board, and Presto!--half a dozen sharp knives flash in the light, and into the frypan the medallions of back-strap go.

A little salt, a little pepper, and out they come, the kind of great stuff you just can't buy.

(Please address mail, including phone numbers for questions, to campguyhooligan@gmail.com or 386 South Hill Rd., Colebrook, NH 03576.)

Bank of New Hampshire provides funding for Lantos Foundation’s Activist Artist scholarship

LACONIA — Bank of New Hampshire is proud to once again be providing the funding to support the Lantos Foundation for Human Rights & Justice’s 2022 Activist Artist Scholarship.

The Lantos Foundation was established in 2008 to carry forward the legacy of Congressman Tom Lantos, the only Holocaust survivor ever elected to the U.S. Congress and a leading human rights champion. Based in Concord, NH, the Foundation works with a range of partners

and often in cooperation with the U.S. Government on issues that span the globe.

The Activist Artist Scholarship was launched in 2020 as an annual competition dedicated to the work of Activist Artists all over the world. All applicants will be challenged to examine the influence of a particular Activist Artist and show how that artist used his/her medium to influence, inform and inspire action on human rights during their lifetime or beyond. Alternatively, applicants can choose to create and submit their own piece of activist art.

"The Activist Artist Scholarship competition challenged me to express my understanding of a pressing human rights issue through poetry," said Michelle Eweka, one of three 2021 scholarship recipients, now a freshman at the University of Connecticut. "This extraordinary opportunity helped me apply my creativity to a topic that piques my interest and plays a major sociological role in the world today. Winning one of the scholarships has lessened the financial burden of my college costs, allowing me to further explore the field of human rights in college and beyond."

The Lantos Foundation for Human Rights & Justice is proud to offer this scholarship opportunity to those New Hampshire high school seniors with an interest in human rights and activism through the arts. The application will open on Monday, Oct. 4, and will be accepted on a rolling basis through Wednesday, Jan. 19, 2022. Visit www.lantos-foundation.org for more information.

Bank of New Hampshire is proud of this partnership with the Lantos Foundation as we aspire to remain an independent mutual financial institution, delivering innovative solutions and exceptional service, while assisting our employees, customers and communities to build brighter futures.

Bank of New Hampshire, founded in 1831 provides deposit, lending and wealth management products and services to families and businesses throughout New Hampshire and southern Maine. With 21 banking offices and assets exceeding \$2 billion, Bank of New Hampshire is the oldest and one of the largest independent banks in the state. Bank of New Hampshire is a mutual organization, focused on the success of the bank’s customers, communities and employees, rather than stockholders. For more information, call 1-800-832-0912 or visit www.BankNH.com.

Comfort Keepers

Ways for seniors to remain socially connected

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

Many people worry that their senior loved ones spend too much time alone, and may be suffering from isolation.

But there are many ways for people to stay connected to the older adults in their lives. And, studies show that seniors are physically and mentally healthier when they maintain social connections and foster relationships.

It’s important to remember that it takes a team to ensure the highest quality physical and mental care for a senior. According to the AARP, nearly one in five family caregivers is providing unpaid care for an adult with health or functional needs. There are many ways that other family and friends can provide social support and create meaningful interactions with their senior loved one.

For those trying to connect with a senior in their life, they can consider the following options:

Teach them something new – while many seniors are adept at using technology, some could use extra help getting set up for video chats or finding sources of online connection. Helping a senior learn to use new technology can be a fun bonding experience and pays off in continued contact! And if the family member or friend isn’t an expert, they can consider taking a class together.

A study by William Chopik, a professor at Michigan State University, found "greater technology use was associated with better self-rated

health, fewer chronic conditions, higher subjective well-being and lower depression."

Involve others – Group video chats have never been easier to set up, and there are free options that are great for small groups or paid options for larger gatherings of friends and families. Seeing each other’s faces and sharing stories is a great way to stay connected.

Play together online – Popular board games have gone virtual! Classics like Monopoly, Scattergories and Scrabble can be played online together, and there are a host of sites with card games, trivia and other fun activities to do together. Sometimes, a game night is all it takes to make people feel closer.

Spend time in-person when possible – While it may not always be possible, it’s great to see loved ones when the situation permits. Families should take some time out of their week when possible to take their senior loved ones to community events, or plan special meals at home. This can be especially important for seniors with mobility issues that can keep them from doing the activities they love outside of the home.

Become pen pals – The art of writing letters may be rare today, but everyone still loves to receive notes in the mail. Send letters with updates, drawings, photos and other small mementos, and encourage the recipient to reply. Letters and cards will quickly become cherished memories that can be shared and revisited in times of separation.

Consider hiring an in-home caregiver – For seniors that need a little extra help around the house, a caregiver not only provides assistance with daily living, but companionship and conversation too. And, a caregiver can facilitate calls and video chats with loved ones. Caregivers are also trained to keep seniors safe in their home, and can be a great option to provide companionship during periods of illness or isolation.

Comfort Keepers® can help

For seniors that need companionship or help fighting loneliness, Comfort Keepers caregivers can help with encouragement, support and assistance with daily living. And, caregivers can encourage overall health through meal planning, grocery shopping, meal preparation and activities. Our custom care plans focus on physical and mental health and wellness activities. Our

goal is to see that clients have the means to find the joy and happiness in each day, regardless of age or acuity.

To learn more about our in-home care services, contact your local Comfort Keepers location today.

About Comfort Keepers

Comfort Keepers is a leader in providing in-home care consisting of such services as companionship, transportation, housekeeping, meal preparation, bathing, mobility assistance, nursing services, and a host of additional items all meant to keep seniors living independently worry free in the comfort of their homes.

Comfort Keepers have been serving New Hampshire residents since 2005. Let us help you stay independent.

Please call 603-536-6060 or visit our Web site at nhcomfortkeepers.com for more information.

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VIRTUAL LECTURE SERIES

October 14 at 7pm


The Red Rose Crew: A True Story of Women, Winning, and the Water with Daniel J. Boyne



Learn about the first camp-based US women's eight selection, under Harvard men's coach Harry Parker, and their surprising run to a silver medal at the 1975 World Championships.


November 11 at 7pm

The Technological Revolution in Rowing with Jim Dreher



Crew racer, coach and engineer. Jim has helped revolutionize the sport with high-performance carbon composite parts and has developed a wealth of experience with the sport.

All lectures are FREE. Please visit nhbm.org/lecture-series for more information about the complete series and to register.



This project was made possible with support from NH Humanities, in partnership with the National Endowment for the Humanities.


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NOTICE

Lakes Region Mental Health Center, Inc. will be holding its Annual Meeting via Zoom on Tuesday, October 26, 2021 starting at 5:15PM. If anyone wishes to attend, please contact Ann at anichols@lrmhc.org for the Zoom link.

NOTICE

TOWN OF BARNSTEAD

THE BUDGET COMMITTEE
WILL BE MEETING ON
MONDAY EVENING,
OCTOBER 25, 2021 @ 6:00 P.M.
AT TOWN HALL FOR AN
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Edward Jones: Financial Focus

Financial moves for women business owners

If you're a woman who owns a business, you may have some challenges not shared by your male peers – but you also have several opportunities to help improve your financial future. You may already be taking some or all the right steps, but here are some ideas to be sure you're considering and revisiting as your business grows:

- Refresh your network. Are you involved in networking with other women business owners? Many of them may have insights into the issues women face in the business world, as well as suggestions about lending programs and business-friendly banks. You may also enjoy passing along your lessons learned to others.
- Review your business structure. If you go into business as a sole proprietor, you'll have to report your business income on your personal income tax return. If you incorporate or form a limited liability company (LLC), you can protect your personal assets – such as your house and your investments – from creditors because these assets will be separated from your business assets and


debts. You might also consider other, more complex entities, known as C and S corporations. There's no single "correct" business structure and the most appropriate one for you may change over time, so, in choosing one that's right for your needs, you'll want to consult with your tax and legal advisors.

- Invest for growth. Ideally, hard work produces results, and one of the main results you want from your investments is growth – that is, you want your investments to appreciate in value so they can eventually help you meet your goals. But if you are overconcentrated in vehicles such as certificates of deposit (CDs) and government securities, you may end up lowering your growth potential. That's not to say that CDs and Treasury bills are in some sense "lazy." They can provide you with income and help you reduce the impact of market volatility on your portfolio. But to achieve most of your goals, you'll need a reasonable number of growth-oriented investments working for you, with the exact percentage based on your needs and life stages.
 - Do an insurance checkup. To protect

yourself and your business, you may want to review your insurance to make sure you have the right kinds and amount of coverage. General liability insurance can be appropriate for sole proprietors, if you've established an LLC or you've incorporated your business. If you provide some type of professional service (i.e., legal, accounting, engineering and so on), you might need professional liability insurance. And no matter what business you own, you might want to add disability insurance to replace some of the income you'd lose if you were injured or became ill.

- Consider all your retirement options. If you've got your own business, you're solely responsible for funding your retirement. Fortunately, as a business owner, you've got several attractive options, including an "owner-only" 401(k), a SEP-IRA and a SIMPLE IRA. In deciding which plan is right for you, you'll need to consider

several factors, including the number of employees, if any, and the nature of your business. However, all these plans are relatively easy to set up and administer and offer potential tax benefits. And even though you've got plenty to do already, you should make the time to establish or review your own retirement plan – because eventually you'll need all the resources you can accumulate to enjoy life as a former business owner. You can also find valuable information on programs for women business owners by visiting the Small Business Administration's website at www.sba.gov and searching for "women-owned businesses." Running your own business can be challenging – but by making some positive financial moves and getting the support you need, you can also find business ownership to be highly rewarding, personally and professionally.



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Before investing in bonds, you should understand the risks involved, including credit risk and market risk. Bond investments are also subject to interest rate risk such that when interest rates rise, the prices of bonds can decrease, and the investor can lose principal value if the investment is sold prior to maturity.

LRSO Concert Nov. 6 features two fabulous soloists

MEREDITH — The Lakes Region Symphony Orchestra (LRSO) invites you to its season-opening concert “A Triumphant Return” on Saturday, Nov. 6 at 7 p.m. at Hanaway Theatre at Plymouth State University.

We are delighted to partner for the first time with Plymouth State University to perform in the beautiful Hanaway Theatre, and are doubly-delighted to feature pianist Dr. Adam Mayon, Director of the University’s piano programs. Dr. Mayon

will be performing Beethoven’s “Piano Concerto No. 3” with the orchestra. We are triply-delighted to feature the winner of our 2021 student concerto scholarship competition, violinist Sava Thurber, performing the marvelously energetic “Car-

men Fantasy” by Pablo de Sarasate. And if it’s possible, we are quadruply-delighted to perform one of the most famous masterworks “Symphony No. 9 (New World)” by Antonin Dvorak. The LRSO concerto competition has been an

exciting journey since its inception 13 years ago. Over the years more than 150 incredibly talented high-school students have auditioned, each competing for scholarships and the opportunity to perform with the LRSO.

This year’s winner is remarkable violinist Sava Thurber. A senior at Phillips Exeter Academy, Sava has been studying violin since age four, and actively performs in youth orchestras throughout New England. In 2019 he performed for Prince Alexander and Princess Katherine of Serbia. Sava has a long performance resume, and is gracious in his philanthropic ventures as well, working with organizations on behalf of orphans in Belgrade and Haiti, among many others.

Dr. Adam Mayon, PSU’s recent addition to the Piano faculty and music department, joins LRSO for his performance of the Beethoven “Piano Concerto No. 3.” Dr. Mayon is a multi-faceted talent, not only as a pianist but educator and author as well. He received a Musical Arts degree in Piano Performance from University of Cincinnati College - Conservatory of Music, with previous degrees from Eastman School of Music and Loyola University New Orleans. He is a dynamic performer and musical interpreter, often performing four-hand piano works with his wife Zi Liang, also a collaborative pianist at PSU.

The Nov. 6 concert is the first in the LRSO’s 2021-2022 exciting lineup, which can be viewed at www.LRSO.org. In addition to performing at Plymouth State University, we are honored to perform at the beautifully restored Colonial Theatre in Laconia for one of our Holiday Pops performances on December 10th. We perform two additional Holiday concerts on Dec. 11 and 12 at Inter-Lakes Auditorium in Meredith as well.

On March 19, 2022, we feature one of New Hampshire’s outstanding guitarists, Mr. David Newsam, performing the famously enchanting “Concerto No. 1 in D minor for Guitar” by Mario Castelnuovo-Tedesco. Newsam is a renowned New England guitarist and instructor at Berkeley College of Music, Dartmouth College, and St. Anselm’s College. He has performed with jazz legends Jim Hall, Bucky Pizzarelli, Dave McK-

enna, Joe Williams, and other great performers including Carol Channing, Dianne Carroll, and The Fifth Dimension. The March program also features Debussy’s “Prelude to the Afternoon of a Faun,” Berlioz’s “Rakoczy March,” and Beethoven’s form-defying “Symphony No. 6 –Pastoral.”

“Broadway – Then and Now” is the theme for our fabulous season-ending POPS concerts on May 14, 2022 at Inter-Lakes Auditorium, and May 15, 2022 at the Colonial Theatre in Laconia. Returning this year is our feature performer, entertainer, singer, dancer, and actress Ashley Meek-en. You may know Meek-en from her starring role this summer as Velma in the Winnepesaukee Playhouse production of Chicago. She has held dynamic starring roles in multiple Inter-Lakes Summer Theatre productions including Cassie in “Chorus Line,” Morticia in “The Addams Family,” and as Evita in “Evita.” She is an impeccable performer and outstanding talent. Join us on her journey of timeless classics like “Maybe This Time” (“Cabaret”) and “If My Friends Could See Me Now” (“Sweet Charity”) through modern Broadway classics “She Used to Be Mine” (“Waitress”) and “Defying Gravity” (“Wicked”).

Tickets to all performances are on sale now at www.LRSO.org. A reminder to our long-time patrons, all ticketing is now done online with reserved seating at all venues except PSU.

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

About The Lakes Region Symphony Orchestra

The Lakes Region Symphony Orchestra is a Meredith-based, non-profit orchestra that performs throughout the fall, winter, and spring months. Orchestra members range in age from teens through retired seniors, representing more than 30 communities in the Lakes Region and beyond. For more than 40 years, the Orchestra has been focused on showcasing young talent and providing a venue for local musicians to perform orchestral music ranging from classics to contemporary, all in the valued community setting of the Lakes Region of New Hampshire.

Visit the “Planet of the Vampires” on LRPA TV this weekend

LACONIA— Do you like scary movies? If you do, then LRPA TV has got you covered! Celebrate the scariest month of year with our Fifth Annual Shocktoberfest, a month devoted to vintage horror films. Next up this weekend (Oct. 15 & 16 at 10 p.m.), the chills continue with 1965’s eerie sci-fi-alien gem “Planet of the Vampires,” directed by Italian horror master Mario Bava and starring an international cast that features American film actor Barry Sullivan.

In “Planet of the Vampires,” two spaceships – the Argos and the Galliot – are sent on a mission to the uncharted planet of Aura. As the crew of the Galliot enters the planet’s murky atmosphere, the crew inexplicably begins to violently attack one another. Only Captain Mark Markary (Sullivan) can resist this murderous urge, and he keeps the crew from killing each other. Upon leaving the ship, the crew finds the remains of the Argo, only to discover that the entire crew is dead, having apparently killed one another! Markary and

his crew bury some of the dead, but most seem to be locked in the Argos’ control room. When the Galliot’s crew returns with tools to unlock the doors, the dead bodies have disappeared. As the realization that not all is well begins to set in, the crew of the Galliot tries to leave, but their ship has some damage that must first be repaired. One by one, the crew begins to be found dead. Will Markary and the rest of the crew get back to civilization? Or will the mysterious planet Aura keep them all from returning home?

Many film critics and sci-fi writers agree that Ridley Scott, director of the classic horror movie “Alien,” was greatly influenced by “Planet of the Vampires.” Some of the plot points share similarities. It is also interesting to note that, as the cast was international, each actor spoke his or her own native language – Italian, Spanish, Portuguese and English – often with no way of understanding what the other actor was saying. The film was then dubbed for individual markets.

“Planet of the Vampires” was made with a very low budget, so Bava used miniatures, forced perspectives, colored lights, leftover props, etc. to achieve the look and atmosphere of the film. Sci-fi and horror fans love it, and you will too. Grab your candy corn and join LRPA after dark for this rarely screened gem from the past.

Mark your calendars for Shocktoberfest’s delicious Halloween treats:

- Oct. 15 & 16: “Planet of the Vampires” (1965)
- Oct. 22 & 23: “Shock” (1946)
- Oct. 29 & 30: “Horror Express” (1972)

You can’t find television like this it anywhere but LRPA TV, Atlantic Broadband 25. Not a subscriber? Log onto www.live.lrpa.org and catch all the fun.

About Lakes Region Public Access Television (LRPA)
Lakes Region Public Access Television (LRPA) is a nonprofit, noncommercial public

access TV station and community media center located on the Laconia High School campus in Laconia. LRPA streams via the web at live.lrpa.org, and cablecasts locally on Atlantic Broadband Channel 24 (educational programming), Channel 25 (information and entertainment) and Channel 26 (government meetings) to nearly 11,000 viewers in our member communities of Belmont, Gilford, Laconia, Meredith and Northwood. Programming is produced by and for the people of the greater Lakes Region. LRPA’s mission is to empower our community members to produce content that

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

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

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Roche Realty Group sells Alpenrose Village Retail Center

LACONIA — Tom Drouin of Roche Realty Group in Meredith represented both the seller and the buyer of the former Dexter Shoe retail complex at Route 11 B / Route 3 in Weirs Beach at the traffic circle. This landmark commercial property has been in operation since the early 1980s. The Seller of the property was Leisure Time Rentals, LLC, and the Buyer was 1084 Union Ave, LLC, local developers. The closing was conducted by Attorney Frank Michel of Meredith.

Tom Drouin commented, “This is one of the most iconic and visible locations in the Weirs area, with lots of road frontage. The property includes approximately five acres with 264 feet of waterfront on the Weirs Channel of Lake Winnepesaukee. The retail center building includes roughly 25,000 square feet on two levels, with ground-level access to both levels, a separate log ranch style building including 6,000 square feet on two levels, plus a customized 18-hole miniature golf course



restaurant on two levels, the Weirs Beach post office, a dentist’s office, chiropractor’s office, retail kitchen and bath center, a dance studio, a holistic salon and a local church.

The local developers have future plans to upgrade the property throughout and have plans for an available restaurant location in the charming 6,000 square foot log building, formerly the Dexter Shoe retail store. There are also plans underway for a small museum showcasing the iconic Weirs Beach area within the existing complex.

Roche Realty Group has been the leader in commercial sales and development projects throughout the Lakes Region. A copy of the company’s Significant Sales Report of commercial sales and development projects can be viewed on www.rocherealty.com.

Field hockey Golden Eagles get a pair of shutouts

BY JOSHUA SPAULDING
Sports Editor

GILFORD — The Gilford field hockey team picked up a couple of shutouts last week, one on the road and one at home.

The Golden Eagles opened the week at home against neighboring Laconia and came through with a 5-0 win.

The Gilford offense was powered by Lexi

Shute, who finished with three goals in the day. Olivia Keenan and Aly Pichette also put goals in the net for the Golden Eagles girls and Pichette, Megan Hughes, Maddie Wernig and Avery Totten each added assists and Jordyn Byars had two assists.

“One of the better passing efforts for the Eagles this season,” said coach Dave Rogacki.

The week concluded with a trip north of the notches for a meeting with White Mountains in Whitefield.

Keenan did all the scoring, as she put in three goals for the 3-0 win with Shea Brown and Ellie Nicolas chipping in with good passes and Shute adding two assists.

The Golden Eagles will finish off the regular season on Friday, Oct. 15,

at St. Thomas in a 5 p.m. game.

The Division III tournament opens on Thursday, Oct. 21, at the home of the higher seed.

Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or josh@salmonpress.news.

overlooking the lake. The commercial complex includes a huge amount of paved parking spaces on both levels, and has city water and sewer. The wood shake exterior, oversized cupola, gables, and covered stairways and walkways depict classic New England architecture. The retail center is presently full, and includes a Mexican

GILFORD PARKS AND RECREATION NEWS

BY HERB GREENE

Director
Gilford Parks and Recreation

Coed Adult Volleyball continues on Tuesday evenings

The Gilford Parks and Recreation Department is sponsoring a pick-up co-ed volleyball program for adults ages 18 and up, to be held every Tuesday evening from 7 - 9 p.m. in the Gilford Middle School Gymnasium through the spring.

There is a \$1 fee per participant, per evening. No pre-registration is required.

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

Senior Moment-um Breakfast and BINGO on Oct. 20

The Gilford Parks and Recreation Department will be sponsoring a Senior Moment-um program on Wednesday,

Oct. 20. We will meet at the Community Church, Fellowship Hall at 9:00 am for breakfast with a little BINGO to follow! We will be serving a breakfast of quiche, hash browns and a fruit cup. Cost for breakfast is \$5 per person. Participants must RSVP by Friday, Oct. 15.

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

MVSB and NHTrust to host fraud prevention Webinar Oct. 27

MEREDITH — Sister organizations MVSB (Meredith Village Savings Bank) and NHTrust will be hosting a complimentary webinar on Outsmarting the Scammers at noon Wednesday, Oct. 27. Attendees will learn about top fraud trends from resident experts, to help avoid being tricked by the most current schemes. Registration is open at mvsb.com/fraudclass.

“Fraud cases are on the rise, and scammers are getting more sophisticated,” said Cody Gibbs, Fraud Analyst. “This webinar allows us to present useful information to our community members about how to protect account information and keep an eye out for common fraud tactics. We hope to give participants valuable tools and peace of mind.”

The webinar will be

presented by Gibbs and William Roberts, Fraud Operations Officer. Gibbs has worked for the organization since 2015 and has held his most recent role as Fraud Analyst since 2019. Prior to joining the organization in 2020, Roberts served as Corporate Risk Manager for Merchant’s Fleet in Hooksett as well as Vice President of Risk Management for Granite State Credit Union for nearly 20 years.

For those unable to attend at noon, there will be a second presentation of the webinar the same day at 6pm presented by Merrimack County Savings Bank, MVSB’s sister bank. Registration is open for the 6pm class at themerrimack.com/fraudclass.

Unlike a stock bank, MVSB is a mutual savings bank that operates

for the benefit of its depositors, borrowers and surrounding communities. As a result, MVSB has remained steadfast in fostering the economic health and well-being of the community since it was founded in 1869. For more than 150 years, Meredith Village Savings Bank (MVSB), has been serving the people, businesses, non-profits and municipalities of New Hampshire. MVSB and its employees are guided by the values of accountability, mutuality, excellence, respect, integrity, teamwork and stewardship. To learn more, visit any of the local branch offices located in Alton, Ashland, Center Harbor, Gilford, Laconia, Melvin Village, Meredith, Moultonborough, Plymouth, Portsmouth or Wolfeboro, call 800-922-6872 or visit mvsb.com.

Temple B’Nai Israel to present Five O’Clock Shadow

LACONIA — Five O’Clock Shadow (focs.com), one of Boston’s premiere vocal groups, began as a simple a cappella group and morphed into a vocal powerhouse when they learned how to mimic drum sounds and instruments such as trumpets, harmonicas, and guitars. With their rock-solid leads and harmonies, they create unique vocal textures that excite, entertain, and inspire audiences of all ages. We Care of Temple B’nai Israel is excited to bring together two Plymouth State University a cappella ensembles with the members of Five O’Clock Shadow in a master class to learn some of the distinctive techniques that only FOCS can teach.

The concert on Saturday evening, Oct. 23 will begin at 7:30 p.m. with a special performance by the dynamic student led a cappella groups, Mixed Emotions, a treble ensemble and Vocal Order, a tenor/bass ensemble. Both groups have been seen around the Lakes Region performing music that spans many musical genres and styles. Vocal Order and Mixed Emotions will lead off the

show and begin a one-of-a-kind musical journey that is not to be missed.


Tickets for reserved seats are \$31 per person and \$16 for students with ID. For everyone’s safety, reserved seating will be physically distanced, and masks are required at all times when in the theatre. More information about tickets and safety precautions are at <http://www.tbinh.org>.

This is a chance to enjoy a solid musical experience in a grand historical setting. The Colonial Theatre first opened in 1914 during the glory days of vaudeville. After 87 years of operation the theatre closed in August of 2002. The restoration of the Colonial began in March of 2016 and the grand opening took place on Aug. 27. The new Colonial Theatre was designed with the patrons in mind. The seats are comfortable with more than enough leg and elbow room to enjoy a two-hour performance. Literally, there isn’t a bad seat in the house.

Net proceeds from the concert will benefit The Bridge House (tbhshelter.org) a nonprofit agency providing information and referral services,

emergency shelter, food, job training, transitional living support, and aftercare services for men, women, and families to help build the skills needed for healthy independence. Bridge House also offers specialized services for veterans and financial assistance through “NH Funds 4 Our Vets.” The Bridge House’s goal is to end homelessness, one family at a time.

We Care and Bridge House thank event sponsors, Audi Nashua, Miracle Farms Landscaping, Bank of New Hampshire, Pemi River Fuels, and Hannaford.



IN HONOR OF OUR VETERANS

America’s Heroes will be celebrated in the November 4th

★ **Plymouth Record** ★ **Newfound Landing** ★
★ **Meredith News** ★ **Gilford Steamer** ★
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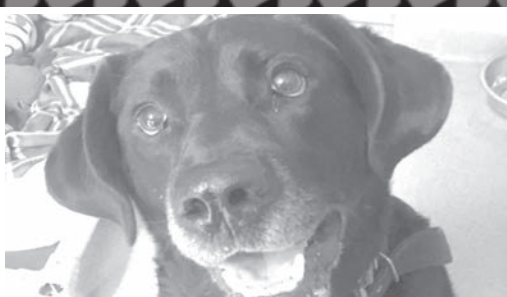
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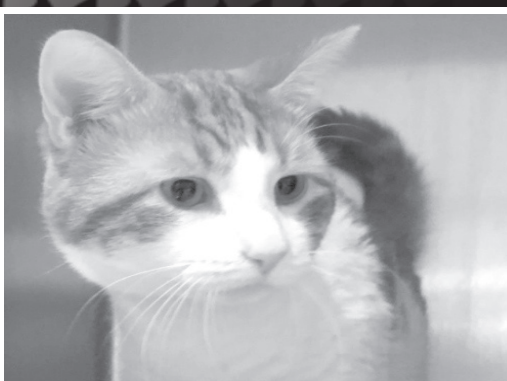
PETS OF THE WEEK



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- Strong organization skills and high attention to detail

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- Have basic knowledge of computers or tablets
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HIKE-A-THON (Continued from Page A1)

in the schools, such as special presentations, books and supplies, and much more,

The fundraiser will culminate on Sunday, Oct. 17 with the Fall Celebration at Gilford Elementary School, which will feature

music, maple cotton candy, hiking, a 50/50 raffle, and more. The Pours & Petals food truck will also be at the festival serving coffee, lemonades, cider donuts, hot chocolate, and cider.



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MLS# 4885046
Completed in 2020, this 3BR/2.5 BA cape is very spacious and modern. Cathedral ceilings, farmer's porch, 1st flr. laundry, 4-season sunroom, vinyl siding, community water & septic, 2-car garage w/ direct entry and ¾ walk out basement for easy finishing.



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* Statistics obtained from NEREN for the past 23 years since 1997 for all real estate firms reporting sales in the entire state of NH during that time.



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Saturday October 23, 2021 @ 10 AM

Antique Autos, Tools, Tractors, Antiques

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Automobiles, Tractors, Equipment : Mid 1950s Jaguar XK-140 convertible in as found condition - comes with a replacement engine; Ford Model T Roadster 1916; 1925 Buick Master Six; Mercedes Unimog Model 411 - Chassis 120-10-034592; 1924 Ford Model T Woody Station Wagon - in pieces - some assembly required; 1960's Massey Ferguson 35 with sickle bar cutter; Universal UniLoader Hudson Iowa Model 150M; large International Harvester tractor with loader bucket - not currently running; other tractors; hay elevator in good working condition; large Bridgeport milling machine; antique belt run saw rig; Delta table saw; antique wall mount drill press; selection of heavy duty metal working tools and shapers; Blast abrasive blasting cabinet; other equipment and much more.

Antiques & Accessories: late 18th c. daybed with Windsor style turnings and provenance; W.F. London Holborn ships transit in case; 19th c. leather fire hat from Dunbarton, NH; North Shore Federal sofa with McIntyre-style carved arms; Collection of Edison rolls 100+; Edison Gem Player w/ case; Columbia Model Q w/ case; Edison model C player; other Columbia key wind Graphophone; 19th c. primitive cabbage slicer; child's sleigh in old paint; box lots of old bottles to include inks, embossed medicines, canning jars, blob tops, etc; large cast iron meeting house bell; box lots of sleigh bells; old horse tack and old leather western saddle, other saddles; full size open sleigh; number of old signs to include - round Tydol Ethyl porcelain enamel sign, Quaker State motor oil sign, Western Union Telegraph tin sign, 10 ft. wooden sign for Red Hill Lodge; 2 old linen dusters / driving coats; box of old stereoviews; lots of good misc. primitives; lots of books, including many antique car manuals, much more

Tools, Equipment & Car related items; Large collection of antique woodworking and molding planes please see photos on website; log calipers; lots of misc. old car parts; box lot of antique car horns; box of antique car hubcaps; antique car headlights; box of antique car radiator caps; 2 old Ford radiators; collection of cast iron buggy steps; old cast iron implement seats; box of machinist tools; large 100 gal. Rubbermaid trough. lots of other tools - everything will be available to view during preview.

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Breast Cancer awareness



Did you know?

Women diagnosed with breast cancer who want to speak with someone who has survived the disease can do so thanks to a unique program sponsored by the American Cancer Society. The Reach to Recovery program from the ACS connects current cancer patients with breast cancer survivors via an online chat. Patients, regardless of where they are in their cancer journeys, can connect with volunteers for one-on-one support. Volunteers can help patients cope with treatment and side effects while also offering advice on speaking with friends and family, working while receiving treatment and more. Even people facing a possible breast cancer diagnosis can sign up. The program works by asking patients and volunteers to join the program and create profiles on the Reach to Recovery website (www.reach.cancer.org). Patients then look for a match by searching volunteer profiles, filtering through suggested matches and sending an online chat request to volunteers. Patients and volunteers can then schedule a chat and discuss any concerns patients may have. Volunteers with the Reach to Recovery program are breast cancer survivors who have been trained by the ACS to provide peer-to-peer support to people facing a breast cancer diagnosis. Volunteers



Join Us in the

Fight Against Breast Cancer



can provide support to patients, but are prohibited from offering medical advice. More information about the Reach to Recovery program, including how to join as a patient or volunteer, is available at www.reach.cancer.org.



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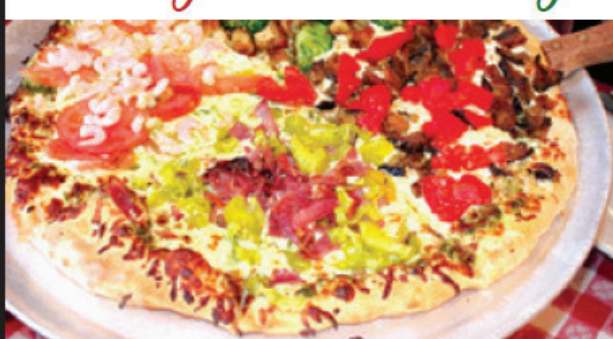





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POLICE

(Continued from Page A1)

SOCCER

(Continued from Page A1)



ERIN PLUMMER

Gilford and Laconia Police officers could be found at the Laconia McDonalds as part of a statewide fundraiser.

our continued support for all the Police Departments statewide. Through this unique fundraising event, we raised nearly \$52,000 in 2016 and look to raise \$50,000 again this year," said Peter Napoli, local McDonald's Owner/Operator in New Hampshire in a statement. "As business owners, we see the positive impact the police have on our communities and residents, protecting us day in and day out, and we're proud to raise funds so they can operate at their highest level."

The Laconia McDonald's hosted the Laconia and Gilford Police Departments. Officers from both departments met members of the public and showed their respective vehicles. Laconia Police Off. Kyle Jepson and his K-9 partner Abby also met with people that night.

Gilford Police chief Anthony Bean Burpee

said this was a great way for the police and public to interact.

Laconia Police Officer Steve Orton said a lot of people get certain information from the media and form opinions on police officers based on that. He said when people get the chance to meet and talk with police, they see them as human like anyone else.

"It's nice for people to see us on a different circumstance," Orton said.

McDonald's and the NH Chiefs of Police Association presented Community Policing Awards to officers from around the state. That night, Officer Alyssa Raxter of the Gilford Police Department and Off. Steve Orton of the Laconia Police Department both received the award.

Both Raxter and Orton serve as school resource officers in their respective communities.

Raxter was recognized

for finding unique ways to connect with students during the pandemic, including a Facebook page, a social media art contest, a pen pal program between students and Gilford police, DARE lessons, taking part in library virtual talks and storytelling, conducted a vaping awareness presentation, and visiting local nursery schools when they re-opened. She also helped create the "Unique Needs Program" where parents of students with unique needs could fill out a form with the police so they would be aware of their students' individual needs if they interacted.

"I see it as part of the job, it's work," Raxter said. "To me, it's really just what I love to do."

Orton recognized all the other officers in Laconia and Gilford, saying any of them were deserving of the award.



RC GREENWOOD

Molly McLean pushes the ball during her team's game with Inter-Lakes last week.

goals and LeBlanc, Kulcsar and Jaiden McKenna each added a goal, with McKenna's being her first varsity tally. Vanessa Flanders and Caldon each had two assists and Sadler, McLean and

Alyssa Craigie each added a helper. Hughes and Gannon again combined in net to earn the shutout. The Golden Eagles are slated to host Newfound on Friday, Oct. 15, at 4 p.m. and will

be at Mascoma on Tuesday, Oct. 19, at 4 p.m.

Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or josh@salmonpress.news.

PHOTO CONTEST

(Continued from Page A2)



COURTESY

"Mailboxes and Sunflowers" by Colleen Eliason will be featured for September in the 2022 calendar.

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