

Gilford Steamer

THURSDAY, OCTOBER 6, 2016

GILFORD, N.H. - FREE



ERIN PLUMMER

Jeffrey Rose, Commissioner of the Department of Resources and Economic Development, talks about the coming fall tourism season during a presentation at Gunstock.



ERIN PLUMMER

Lorraine Merrill, Commissioner of the Department of Agriculture, talks about agritourism during a presentation at Gunstock.

State, region aiming to draw visitors this fall

BY ERIN PLUMMER
eplummer@salmonpress.com

After a booming summer, travel and tourism representatives are looking to bring more people into the state for the fall season. Travel and tourism principals from the state and the region kicked off the fall season with a presentation at Gunstock on Tuesday morning.

"This is one of my favorite places, and some of my best memories of skiing are here," said

Jeff Rose, Commissioner of the Department of Resources and Economic Development.

Gov. Maggie Hassan was unable to be at the event, but submitted a letter that Rose read.

"As fall gets underway, I encourage visitor to experience all that the Granite State has to offer," Hassan wrote.

Hassan said she will continue to work to make sure the state's travel and tourism industry as the resources to keep the

economy thriving.

Rose said tourism is the state's second largest industry. This year, there have been 39 million visitors to the state who have spent around \$5.5 billion, which is a seven percent increase from last year. The Division of Travel and Tourism is expecting that 9.5 million visitors will come to the state in the fall, a five percent increase, and spend \$1.4 billion, a six percent increase.

Rose said the state is seeing lower gas prices, low unemployment, and an overall stronger economy. He said they are not only seeing more local visitors but people from around the country and all over the world.

"These visitors they come to the state and they really make an impact," Rose said. "All

of this provides critical resources to the state of New Hampshire."

Lorraine Merrill, Commissioner of the states Department of Agriculture, announced the release of a new map indicating farmstands and other farms around the state open for visitors.

Merrill said agritourism has been thriving in

the state with 190 farms offering attractions such as "pick your own" fruits and vegetables, farm to table dinners, nature trails, harvest celebrations, weddings and other events, and many more. Agritourism has been worth \$3.8 million.

"While the weather has posed some serious

SEE VISITORS PAGE A12

Gilford FD advises voluntary outdoor water restrictions

BY ERIN PLUMMER
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The Gilford Fire Department is advising a voluntary hold on outdoor water uses due to moderate drought conditions in the area.

The request was publicly put out in mid September, and Fire Chief Steven Carrier talked about the advisory with the board of selectmen on Wednesday.

Carrier said this area is in a state of moderate drought, though the drought is severe in southern areas of the state.

On Sept. 17, Carrier was part of a conference call with the Department of Homeland Security's Emergency Management Department as well as the Department of Environmental Services to discuss measures that should be taken to address the drought conditions. One measure was to have a voluntary restriction on any outdoor use of water.

The Gilford Fire Department put together a request that was posted on the town website and TV bulletin board as well as public places throughout the town.

Carrier said data shows it is ideal to have at least 44 inches of rainfall a year. One recording says half of that has fallen and another indicates only 10 inches.

Carrier said the lack of water is obvious in a number of places in town, especially in ponds. He said the pond at Schoolhouse Hill is down about five feet from normal. This has significantly impacted water supplies for the fire department.

Carrier said they learned during the conference call there have been reports of wells going dry into the northern part of the state, which is also under a moderate drought state.

Carrier said he does not know of any wells in town that have run dry as a result of the drought, though explained there is no mandatory reporting of dry wells. If any have been reported the fire department will get a call. There have been calls asking if the fire department can fill a well with their hoses, which is not possible because that water is not safe to drink.

Carrier also said exca-

vation into the ground is completely dry at four to six feet down, which has made it difficult for construction crews to dig and maintain the edges

SEE DROUGHT PAGE A12

Selectmen voice concerns to state about downshifting of retirement costs

BY ERIN PLUMMER
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The board of selectmen is voicing its displeasure with the state's lack of contributions to the New Hampshire Retirement System in a letter to state officials.

Town Administrator Scott Dunn drafted a letter to the state expressing discontent with the state's lack of funding of the New Hampshire Retirement System while the state has a surplus. The selectmen unani-

mously approved sending the letter, with members expressing their own frustrations.

The state retirement system funds pensions for firefighters, police officers, and teachers.

SEE RETIREMENT PAGE A12

Learning grows in GMS garden

BY ERIN PLUMMER
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Gilford Middle School students are getting a hands on experience in growing food, cooking, and providing for their community with a school garden project.

Students in the Family and Consumer Science class have been growing their own vegetables in organic gardens outside the school. After their first harvest, the gardens have been providing food for the Got Lunch program, items to sell at the Gilford Farmer's Market, and many other possibilities.

Math and Family and Consumer Sciences teacher Lori



COURTESY PHOTO

Gilford Middle School students work in their own garden at the school.

Hanf said a year and a half ago, the school received a grant to build a vegetable and herb garden.

She said this has the goals of teaching students math, science, and life skills. The garden would also provide vegetables and herbs for the

Family and Consumer Science Class to use as well as provide an opportunity for community service.

Around 40 to 50 students are working on the garden. A few students provided some extra help, including Gerron Belanger and Ella Guest.



COURTESY PHOTO

Students Ella Guest and Gerron Belanger help out with the garden.

The project has received many donations and volunteer efforts.

Aaron Lichtenberg of Winnepesaukee Woods Farm donated garlic scapes that were the first things they planted. Paraeducator Donna O'Neil

SEE GARDEN PAGE A12

Notes from the Gilford Public Library

BY MARK THOMAS

Library Correspondent

Mark: What a day to be alive, Betty. What a day to be mortal. What a day to reconcile ourselves to the mortality of our loved ones. There's no time like the present to discuss end of life issues—our pesky futures are unreliable. Is that why you've revived the Being Mortal Series this fall?

Betty: Yes, it's a great day to be alive and to be aware of our mortality and the mortality of those we care about—what better time than fall? Well, I suppose during the depths of winter...

Mark: If we're still living this winter then we can keep talking. Would you explain again the origin of the Being Mortal Series?

Betty: The Being Mortal Series began last spring as a response to Dr. Atul Gawande's ground-breaking book of the same name where he discusses how modern medicine extends life but sometimes at the expense of a patient's well-being.

Mark: If people are dying to attend, do they have to have read "Being Mortal?"

Betty: Ha—you are so amusing, Mark. No, they don't need to have read the book, nor do they have to have come to the previous session.

Mark: What's different this time around?

Betty: We're bringing in the professionals this fall. Our last session included special guest Donna Tondreau, an experienced hospice nurse.

Mark: If we get a chance to visit before we shuffle off this mortal coil, when will the meetings take place?

Betty: At 6:30 p.m. on Thursday, Oct. 13, Dr Marianne Jackson, a recently retired physician who lives in Madison, will share her thoughts on how we can have the difficult conversations with our loved ones about end-of-life decisions. It is her strong belief that we can avoid much suffering, conflict and expense by opening ourselves to the choices ahead and I am very much looking forward to meeting her.

On Thursday, Nov. 10, 6:30 p.m., Lee Webster will share her passion—are you ready for this?—for funeral reform. She is the current President of the National Home Funeral Alliance, a Board Director of the Green Burial Council, and Director of New Hampshire Funeral Resources, Education & Advocacy. I know, I know, this sounds dire, but I promise you, Lee is a wonderful speaker and we don't want to expire before we hear her speak.

Mark: Thank you, Betty. We make puns for levity but the series is trying to accomplish something real.

Betty: None of us are going to get out of this ex-

istence alive; that's not news. We've all heard horror stories of people miserable and suffering as they near the end of their lives. This series has been an open, informative, and helpful way to connect with others who want to explore some of the better options available today and I hope lots of lively mortals will attend.

Classes & Special Events

Oct. 6 to Oct. 12

Thursday, Oct. 6
Play and Learn, 10:30–11:30 a.m.

Bring your child to this special sign-up playgroup. A new activity will be offered each week, and coffee will be served to caregivers.

Magic the Gathering

Club, 2:30-3:30 p.m.

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

Friday, Oct. 7

Social Bridge, 10:30 a.m.–12:30 p.m.

Storytime, 10:30-11 a.m.

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

Knit Wits, 1:30–2:30 p.m.

Conversational German, 2:30–3:30 p.m.

Monday, Oct. 10

Closed for Columbus Day

Tuesday, Oct. 11

Social Bridge, 10:30 a.m.–12:30 p.m.

Fiber Friends, 10:30 a.m.

Come to Fiber Friends

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

Lapsit Storytime, 10:30–11 a.m.

Songs, lap bounces, finger plays, books, and playtime for children ages newborn to two and their caregivers.

Storytime, 11:15–11:45 a.m.

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

Makerspace Club: Natural Art, 3:15-4:30 p.m.

8-11 year olds are invited to sign up for this three week program meeting Oct. 11, 18, and 25th from 3:15-4:30 p.m. This month's theme is

Natural Art! Put on by the Gilford Public Library, the Gilford Youth Center, and the Gilford Parks and Rec. Funded by the Friends of the Gilford Public Library.

Nightly Knitting, 6-8 p.m.

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

Wednesday, Oct. 12

Line Dancing, 9-10:30 a.m.

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

Content Creator's Club, 3-4 p.m.

Have you ever wanted to make a Youtube series, stream Twitch, or even just make clips for Snapchat or Vine? Are you already a content creator? This monthly club for teens will help you get started.

LRPA After Dark celebrates Halloween with a month of scary cinema!

L A C O N I A — Throughout October, join Lakes Region Public Access Television each Friday and Saturday night at 10:30 p.m. for a scary good time! "LRPA After Dark" celebrates Halloween with four frightening films from Hollywood's past. This weekend (Oct. 7 & 8), we get the ball rolling with 1959's darkly comic horror film "A Bucket of Blood," directed by Roger Corman and starring Dick Miller, Barboura Morris and Antony Carbone.

Meet Walter Paisley (Miler), busboy at San Francisco's Yellow Door Café, the hangout for a crowd of beatnik poets, artists and musicians. It also attracts a pair of undercover police officers, looking to make a drug bust. Walter is naive and talentless, but is filled with

blind admiration for this group and wants desperately to belong. He particularly wants to impress Carla (Morris), an artist on whom he's developed an unrequited crush. No one, including Carla, thinks he has any creative gift. They treat him with open disdain, but that doesn't change Walter's mind. One night, he goes home and works on a sculpture, only to be frustrated with his lack of success. He accidentally kills his landlady's cat, which, after he recovers from his shock and disgust, gives him a morbidly wicked idea. The next day, he brings his newest work of art into the café – an incredibly lifelike sculpture of a cat! Leonard De Santis (Carbone), the café's owner, proudly displays this piece of art, which earns Walter the

respect and praise that he was so eager to receive. One night, after receiving a suspicious gift from an admirer, an undercover detective follows Walter home, with tragic (!) results. What's an up-and-coming artist to do?

"A Bucket of Blood" is one of the most beloved early movies helmed by legendary director/producer Roger Corman (who made Vincent Price a superstar with his series of Edgar Allen Poe adaptations in the mid-1960's, and famously gave Martin Scorsese and Francis Ford Coppola their first directing jobs), and has rightly earned its place as a classic B horror film. Not only does it satirize the often phony, pretentious world of art, but has also been hailed as Corman's sly commentary on the film world. He made this movie in five days on an almost non-existent budget, and many critics (especially those in Europe) hailed the film as a marvel, and began to recognize Corman as a truly important filmmaker. The irony is delicious, and so are the high-camp horror hijinks. It's not to be missed! So grab your candy corn and join LRPA after dark for this beatnik horror classic from the past.

Mark your calendars for these coming Halloween treats:

Oct. 14 & 15: 1922's "Nosferatu" (silent)

Oct. 21 & 22: 1965's "Planet of the Vampires"

Oct. 28 & 29: 1968's "Night of the Living Dead"

You can't find television like this it anywhere but LRPA TV, MetroCast Channel 25. Not a subscriber? Then log onto Live Stream through our website (www.lrpa.org) where you can catch all the fun.

About Lakes Region Public Access Television (LRPA)

Lakes Region Public Access Television (LRPA) is a nonprofit, noncommercial public access TV station and community media center located on the Laconia High School campus in Laconia. LRPA cablecasts locally on MetroCast Channel 24 (educational programming and public bulletin board), Channel 25 (information and entertainment) and Channel 26 (government meetings) to nearly 12,000 viewers in our member communities of Belmont, Gilford, Laconia, Meredith and Northwood. Programming is produced by and for the people of the greater Lakes Region. LRPA's mission is to empower our community members to produce content that

- fosters free speech and the open exchange of ideas,

- encourages artistic and creative expression,

- promotes a well-informed public through governmental transparency, and

- unites our communities through the power of media and technology.

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

Gilford Public Library Top Ten Requests

1. "Woman of God" by James Patterson
2. "A Great Reckoning" by Louise Penny
3. "After You" by Jojo Moyes
4. "The Underground Railroad" by Colson Whitehead
5. "The Girls" by Emma Cline
6. "Sweet Tomorrows" by Debbie Macomber
7. "The Woman in Cabin 10" by Ruth Ware
8. "The Light Between Oceans" by M. L. Stedman
9. "Killing the Rising Sun" by Bill O'Reilly
10. "Run Fast, Eat Slow" by Shalane Flanagan

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GILFORD PARKS AND RECREATION NEWS

BY HERB GREENE

Director
Gilford Parks & 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. This program runs

each Tuesday through the spring. There is a \$2 fee per participant, per evening. No pre registration is required.

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

Senior Strides Weekly Walking Program begins

Wednesday, Oct. 12

The Gilford Parks and Recreation Department

and Gilford Youth Center are co-sponsoring a weekly walking program for senior adults on Wednesday mornings from 9-10 a.m. at the Gilford Youth Center beginning Oct. 12. Participants can track their progress or just walk for fun and socialize with friends. There will be plenty of chairs available to take a break as you wish and coffee, tea and water will be provided.

A \$2 donation is suggested and fees will go towards monthly raffles and prizes.

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

Adult Men's Pick-up Basketball begins on Thursday, Oct. 13

The Gilford Parks and Recreation Department is sponsoring a pick-up men's basketball program for adults ages 18 and up, every Thursday evening from 7 – 9 p.m. in the Gilford Middle School Gymnasium. This program will be

gin on Oct. 13 and runs through the Nov. 17. There is a \$2 fee per participant, per evening. This program is open to any interested adult men and no pre registration is required.

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

Senior Moment-um English Muffins Program – Monday, Oct. 17

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

Monday, Oct. 17. We will meet at the Community Church, Fellowship Hall at 9 a.m. for a program on making homemade English Muffins with our favorite guest chef, Grace Herbert! Grace will walk us all through the recipe to make these delicious treats! Coffee, tea, and water will be available to enjoy with our finished creations! Please RSVP by Friday, Oct. 14.

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

Belknap County Republicans to honor Jeanie Forrester at Oct. 12 meeting

B E L M O N T — The Belknap County Republican Committee has announced that their next monthly meeting is scheduled for Wednesday, Oct. 12 at 6:30 p.m. at

the Top of the Town Restaurant, 88 Ladd Hill Rd. in Belmont.

This month's meeting will be extra special. In addition to the Committee's focus on campaigns and strat-

egy for the upcoming November elections, the Committee will also be honoring three-term State Sen. Jeanie Forrester of Meredith for her service to New

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Belknap House is recipient of red Maple trees from Petal Pushers

LACONIA — Belknap House Board of Directors Treasurer Alfred Columb recently received a donation of three red maple trees from Petal Pushers Garden Center. Columb is managing all landscape renewal efforts at the 200 Court Street facility. Old and diseased trees were removed from the property earlier and he was especially thankful for the donation. Petal Pushers owner Pat Gianunzio and employee Tricia Monty planted the trees. The variety, 'Red Sunset' is one of the best red maple cultivars available in commerce, with outstanding orange to red fall color. Wholesaler Bailey Nursery provided the trees through their sales representative, Heather Poier, who works with Petal Pushers. She is also a Belknap House volunteer.

Owned and operated by Pat & Patty Gianunzio, Petal Pushers has been in business since 1995. Located at 2635 Parade Rd., Laconia, it is a full-service garden center supplying annuals, perennials, shrubs and trees and offering landscaping and garden coaching services. The Gianunzios also provide mulch, their own compost and an enriched garden "Super-soil". The attractive main building houses tools, organics, fertilizers, pots, decorative items, and antiques. The property includes four large greenhouses, several crop fields, and out buildings for cattle, pigs, and chickens.

Petal Pushers also participates in New Hampshire Glens. Twice a week during the summer, they contribute 75-85 pounds of vegetables to New Hampshire Glens for use at local food pantries and soup kitchens.

"Community service has always been



COURTESY

Pat Gianunzio, Petal Pushers owner, Tricia Monty, Petal Pushers employee, and Alfred Columb, Belknap House treasurer, ready to plant red maples at Belknap House.



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Belknap Mill Society – A "Day of Caring" success!

LACONIA — The Belknap Mill Society sends a huge thank you to Granite United Way and all volunteers for an incredibly successful day of project completions during this year's Day of Caring.

More than 50 volunteers descended upon the Belknap Mill in the early morning hours of Friday, Sept. 16! Employees from Gunstock Mountain Resort, Pike Industries and LRG-Healthcare and members/players from our local New England Wolves Hockey team were ready and eager to begin the tasks ahead of them. Some of the larger



COURTESY

The Belknap Mill Society sends a huge thank you to Granite United Way and all volunteers for an incredibly successful day of project completions during this year's Day of Caring. More than 50 volunteers descended upon the Belknap Mill in the early morning hours of Friday, Sept. 16.

tasks included: painting 3rd floor windows and all heating units, door vacuuming the sills, frames and doors on the 3rd floor, washing the

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Pet of the Week: Bear



Even in the best of homes accidents happen. So began the life of Bear a very handsome sturdy fellow. We have a canine birth certificate that states his mother's name and breeding, we know he was born in Florida, but who was the father(?) well that fact is a little hazy.

Bear is a small stocky mini Husky mix with energy plus. Surrendered because he was too active by his former owners, he is jaunty and busy and

knows ALL his commands. Bear lived with three little dogs but no cats.

Ideal home: one that is active, involving plenty of walks and hikes, and one that will include him in every activity - he's up or every car ride and road trip you are planning.

Aged just about 3 years old he is vibrant and robust a wonderful pet just waiting for a second chance. Call 524-3252 or check www.nhhumane.org

NORTH COUNTRY NOTEBOOK

Here's for the lowly puffball, more than just "poof" underfoot



By JOHN HARRIGAN
COLUMNIST

In mythology, they were considered objects from the heavens, and American Indians used them for soups and nosebleeds. When I was a kid, they were always just puffballs, fun to stomp on to see the brown dust rise.

Some time during last fall, a puffball about the size of a golf ball blew into my main barn and came to rest near where I get into and out of my truck, and for some reason I studiously avoided stepping on it all winter, maybe just to see what would happen. The answer was that its dried brown skin cracked in one place, a small chasm, awaiting only a bit of pressure to puff forth the tens



JOHN HARRIGAN

A puffball on an abutment, before blowing off toward Maine.

of thousands of tiny spores within.

Still, I didn't stomp on it but saved it, and eventually set it out in the sun to photograph it, and then it blew away, rolling and bouncing off to wherever puffballs and sky spiders go.

Granny Stalbird was an herb-gatherer and historian who lived in Jefferson in the late 1700s. She derived a good deal of very old knowledge from living and visiting with descendants of the Coashaukees and Ameriscoggins who seasonally lived in and hunted the land

north of the notches. In her later life she rode a wide circuit in the North Country, administering what she viewed as the best medical practices and remedies for any and all in need. She is widely considered as the first doctor in the territory.

One of her old remedies that stuck with me was the use of puffballs to stop bleeding. Later on, a little bit further north, I picked up the thread that the Coashaukees also used cobwebs. And then, in more formal literature (William R. Burk, "Puffball Usages among North American In-

dians," University of North Carolina, 1983) I found out--big surprise--that many nations used both.

Now, I'll have to admit being a bit skeptical about this cobweb business. I can see blowing puffball spores through a rolled-up cornhusk to stop a nosebleed, or using sliced-open puffballs as compresses to stanch bleeding wounds. But how long would someone have to run around through the woods to collect enough cobwebs to make a difference before the patient bled to death?

Ah well, one must learn not to question too closely lest the medicine mixed with the mythology go "poof," like a puffball.

But these are known puffball facts:

--There are two basic families of puffballs, Lycoperdales and Tulo-

stomatales; --Many puffballs can be eaten when in the white, solid-inside stage; however, they are said to taste like, well, dirt;

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FROM OUR READERS

The Presidential election and the Supreme Court

To the Editor:

The Presidential Election on Nov. 8 will change the direction of our country for many generations to come, not merely for four or eight years, because the new President will have the duty to nominate so many Justices to the US Supreme Court that our country's direction will change, perhaps irrevocably.

Before the untimely death of Justice Scalia, the Court was notionally divided into two camps of four Justices each (Scalia, Thomas, Roberts & Alito on the right; Ginsburg, Breyer, Sotomayor & Kagan on the left), with Justice Kennedy often being the deciding vote on a particular matter. Even Chief Justice Roberts has not been reliably as conservative as the others in that "block," as evidenced by his tortured reasoning as the deciding vote to uphold Obamacare.

There is a high likelihood that the next President will have to fill seats now held by Justices Ginsburg

(83), Kennedy (80), and Breyer (78) in addition to the Scalia seat.

The remaining Justices range in age from Kagan (59); Roberts (61); Sotomayor (62); Alito (66) to Thomas (68)- all likely to remain on the Court for a very long time,

What are the possible outcomes? Although she has not released any list of possible candidates for appointment, Clinton would certainly nominate people from the left, to say the least. This would produce a Court that would be 6-3 in favor of the left.

Our Republican candidate has released a list of names for possible appointment to the Court if he wins, which would produce a Court that would be 7-2 in favor of the right.

These shifts in the "balance" of the Court would last for several generations, well beyond one or two

SEE **LETTER** PAGE A13

Thanks for clarifying SPNH's activities at Weeks Woods

To the Editor:

I want to thank The Sun for covering the logging at Weeks Woods, and to all who wrote in. I understand and support the techniques needed to protect and manage conserved land, including logging for forest rejuvenation and diversifying habitat. I am absolutely thrilled at all the great amount of work that has been done to make this property useable once again after being informed the project was completely finished. The trails have now been smoothed and cleaned up, boulders and piles of gravel and sawdust have been removed, large holes have been filled in, bridges constructed and signage and cairns have been placed to keep people from getting lost.

Thank you so much to the SPNH for doing this. Weeks Woods is a great place to enjoy again. I am glad that some foresters from The Society for the Protection of New Hampshire Forests will hold a walk through and information session about what was done and why in Weeks Woods in October. I hope, in the future, they will communicate their plans and gather feedback before the fact. It might prevent a lot of concerns and misunderstandings. Thank you to all the organizations and individuals who care about and work for our precious land resources.

Sincerely,

Sandy McLaughlin
Gilford

Thank you, Hector's

To the Editor:

Last week, the owners of Hector's Restaurant in downtown Laconia supported the Salvation Army by donating 10 percent of their one day food sales to the Turkey Plunge. The Turkey Plunge Committee very much appreciates this generous donation by Carla and Carl Peterson, Hector's owners. They are one

more example of why the Lakes Region is a great place to live and work. We urge all readers to visit Hector's for a delicious lunch or dinner and, while there, thank Carl and Carla for their community spirit.

This year's Turkey Plunge will take place at Opechee Beach on Oct. 29, starting at 11 a.m. Come on by and take the plunge or simply cheer on your favorite plunger. Following the event there will be a luncheon served at Laconia Middle School and open to plungers and the general public. Served by the Culinary Arts students of LRCC, a variety of soups, chowders and chili will be available along with mouth-watering desserts from the culinary students. Beverages from Coca Cola of Northern New England and door prizes from area businesses round out the luncheon picture. While plungers eat for free, the general public can partake of the luncheon for a \$5 donation at the door. All proceeds, after expenses, will go to the local Salvation Army. Hope to see you at Opechee Beach on the 29th of October!

Don Morrissey
Turkey Plunge Chairman
Gilford

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LRSO Concert features concerto competition winner Nov. 5 at Moultonborough Academy

MOULTONBOROUGH — The Lakes Region Symphony Orchestra (LRSO) invites you to its season-opening concert on Saturday, Nov. 5 at 7:30 p.m. at Moultonborough Academy in Moultonborough. Regular LRSO patrons note the venue change due to the seating renovations at the Inter-Lakes Auditorium.

With our ongoing commitment to promoting music and student musicians, we are honored to feature the first-place winner of our 2016 Student Concerto and Scholarship Competition, violinist Nanako Shirai. Nanako, a senior at Hanover High School, will be performing “Violin Concerto in E minor,” an innovative and dazzling work in three connected movements

by Felix Mendelssohn.

Also on the November program are Mozart’s familiar “Overture to Don Giovanni,” and Beethoven’s the energetic and beautiful “Symphony No. 7 in A Major.”

The LRSO concerto competition, now entering its eighth year, has been an exciting successful venture since its inception seven years ago. Over the years, more than 90 talented middle- and high-school students have auditioned, making the selection process extremely challenging. Students compete for a scholarship and the opportunity to perform with the LRSO each year. This year’s first-place winner, Nanako Shirai, is an astounding young violinist and is sure to provide an inspiring performance of Mendels-



COURTESY

Violinist Nanako Shirai, winner of the LRSO’s young musicians concerto competition, performs with the Lakes Region Symphony Orchestra on Nov. 5 at Moultonborough Academy.

sohn’s demanding work. Nanako began studying violin at the age of six, and is now a senior at Hanover High School and studies with Prof. Peter Zazofsky (New England Conservatory/Boston

University). Nanako is a member of the Boston Youth Orchestra and has participated in all-state orchestras both in New Hampshire and in South Carolina as well as in the All New England Music Festival Orchestra.

She has received numerous awards and has been recognized both statewide and nationally by the South Carolina Music Educators Association, the Brevard Music Center Summer Festival, and the National Association for Music Education. Nanako is active in Student Council and gives of her time and musical talents through volunteer work.

This November 5th concert at Moultonborough Academy is the first in the LRSO’s 2016-2017 season. Reserve the other dates, back at In-

ter-Lakes High School, for our exciting season now: Holiday POPS on December 10 and 11 featuring local singer Karen Jordan; March 18, 2017 featuring an original work from local composer Ken Piotrowski, along with Elgar’s Nimrod and Dvorak’s Symphony No. 9 (New World); April 9 Family Concert features the Select Chorus “Nothing But Treble” from Inter-Lakes High School, and the LRSO performing the “Young Person’s Guide to the Orchestra” by Benjamin Britten. Our season closing POPS concert on May 13, 2017 features the music of Frank Sinatra sung by venerable crooner Michael Gallagan, who graced the stage at our 2015 Holiday POPS concerts. This concert will SELL OUT quickly so please buy your tickets early. Full concert details are at www.LRSO.org.

Tickets are \$15 for adults and \$8 for students college-age and under and are available online at www.LRSO.org.

www.LRSO.org/tickets, or by mail using the order form on that web page. Discount Season Tickets and Individual Concert Tickets are available online, by mail, or at the ticket booth on Nov. 5. Individual Tickets are available at the following ticket outlets: Innisfree Bookshop and the Mobil station across from the town docks in Meredith; Greenlaw’s Music in Laconia; and Bayswater Books in Center Harbor. More information is available at www.LRSO.org. And find us on Facebook at /LRSO1.

LRSO wishes to thank our sponsor Bank of New Hampshire for their gracious support of the Concerto Competition and this performance.

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 communities in the Lakes Region and beyond.

15th Annual LRGH Auxiliary Craft Fair: Together we can make a difference

LACONIA — October is Breast Cancer Awareness Month, and once again, the Lakes Region General Hospital (LRGH) Auxiliary is supporting women in the Lakes Region with their Annual Fall Craft Fair. Coinciding with Breast Cancer Awareness month, the 15th Annual LRGH Auxiliary Fall Craft Fair is happening on Saturday, Oct. 15 at Laconia High School from 9 a.m.-3 p.m. Visitors can shop, eat and enjoy with more than 65 crafters in attendance, raffles, bake sale and refreshments. In celebration of the 15th year, one lucky winner will walk away with a \$200 Tanger Pink Card. Proceeds from the event support the LRGHealthcare Breast Health Program.

The craft fair is one example of the support the LRGH Auxiliary provides to LRGHealthcare and the community through volunteerism and philanthropy. Since 1893, the auxiliary has stood shoulder to shoulder with Lakes Region General Hospital providing

support—currently the LRGH Auxiliary proudly offers:

Comfort bags for patients having breast surgery

The purchase of new hospital beds, transport chairs, blanket warmers, body scanners, and other equipment as needed

A crisis clothing closet

Annual scholarships



COURTESY PHOTO

In addition, the LRGH Auxiliary funds the patient courtesy cart, which transports patients and visitors from their parking space to the hospital and medical offices; annually, the auxiliary sponsor’s hospital fundraising events; the Red Dress Gala, Tanger Fit for a Cure Breast Cancer 5K Run/Walk, golf classic and capital campaigns. Funds for support are raised through sales in the LRGH Auxiliary Gift Shop, the Annual Fall Craft Fair, as well as other specialty events.

October is Breast Cancer Awareness Month: early detection is your best defense

Approximately one in eight women will be diagnosed in their lifetime with some form of breast cancer.

Statistically, New Hampshire has the highest incidence rate of Breast Cancer in the United States, and Belknap County has the

highest rate of Breast Cancer in the State of New Hampshire.

LRGHealthcare is committed to the fight against Breast Cancer. Bringing education programs to the community and worksites, as well as offering reduced-rate screening mammograms. They participate in the State of New

Hampshire’s Breast and Cervical Cancer Program (BCCP) and the Susan B. Komen Foundation.

Early detection is the best defense; screening mammograms should begin at the age of 40. Getting an annual mammogram is probably the single most important thing a woman can do to protect her breast health.

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Donald Lee McFarland, 83

LACONIA — Donald Lee McFarland, 83, long time resident of Laconia, died Monday, Sept. 26, 2016 at Lakes Region General Hospital with his loving family by his side.

Donald was born Sept. 1, 1933 in New Castle, Pa., son to the late Norman and Jeanette (McConnell) McFarland. His career as a banker spanned 60 years with Indian Head Bank until his retirement. Donald was also involved in the Belknap Mill Society, Rotary International, the United Way, and Muscular Dystrophy Association.

Donald was a computer hobbyist. He also enjoyed spending time with his grandchildren.

Donald is survived by his loving wife of 60 years, Carol L (Camp-



bell) McFarland of Laconia; his three sons, Donald McFarland, Jr. of Nashua, Daniel McFarland of Marlborough, Mass., and Norman McFarland of West Haven, Conn.; daughters-in-law Peggy McFarland of Nashua and Christina McFarland of West Haven, Conn.; grandchildren Cole, Jared, Graham, Sophie and Emma; his sister, Kay Ann Robertson of Massillon, Ohio; nieces Katie Robertson of Massillon, Ohio and

Beth Ann Cohen of New Castle, Pa.; nephews David Cohen of New Castle, Pa. and Robert "Bobby" Campbell of New Wilmington, Pa.; and his brother-in-law, Robert Campbell of New Wilmington, Pa.

He was predeceased by his parents.

There will be no calling hours or funeral.

For those who wish, memorial contributions may be made to New Hampshire Humane Society, P.O. Box 572, Laconia, NH 03247.

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

Barbara L. Ponsart, 76



Barbara L. Ponsart, 76, of Cherry Valley Road, died peacefully Wednesday, Sept. 28, 2016 at Concord Hospital surrounded by the ones she loved.

Barbara was born Jan. 9, 1940 in New Bedford, Mass., daughter to the late Frederick C. and Elizabeth (McEwen) Johnson. She worked with her husband, Robert, for over 30 years as a secretary and bookkeeper for Robert Ponsart Associates. Barbara later retired from Rite Aid in Laconia, having been the shift supervisor for over 11 years.

Barbara was also an active member in the community outreach programs for Gilford Community Church, such as the Friendly Kitchen, serving meals to those less fortunate and knitting blankets for the my little angel project. She was also a former member of the Care and Concern Committee.

Barbara enjoyed movies, plays, reading, knitting, traveling and spending time with

her grandchildren and great-grandchildren, often keeping an eye on them on social media.

Barbara is survived by two sons, Richard M. Ponsart and his wife Mary Ann of Fairfield, N.J. and Michael Ponsart and his wife Jackie Joy of Frances Town; two daughters, Linda A Schuster and her husband Leslie R. of Weirs Beach and Michele M. Ponsart of New Bedford, Mass.; 11 grandchildren, 11 great-grandchildren; a brother, Robert Johnson of Springfield, Mass.; numerous nieces and nephews and her beloved cat, Miss Kitty.

In addition to her parents, she was predeceased by her husband, Robert E. Ponsart; her son, Robert "Bobby" Ponsart; and two brothers,

William Robert Johnson and Paul H. Johnson.

Calling Hours were held Friday, Sept. 30, 2016 from 6-8 p.m. at the Wilkinson-Beane-Simoneau-Paquette Funeral Home, 164 Pleasant St., Laconia, using the Carriage House entrance.

A Funeral Service was held Saturday, Oct. 1, 2016 at 11 a.m. at Gilford Community Church, 19 Potter Hill Rd., Gilford.

Burial will be private.

For those who wish memorial donations may be made to Norris Cotton Cancer Center- Dartmouth Hitchcock Medical Center, one Medical Center Drive, Lebanon NH 03756-0001 or to Concord Hospital - ICU, 250 Pleasant St., Concord, NH 03301.

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

Kalev Dean Kangur, 45

JACKSON, Ohio — Kalev "Kal" Dean Kangur, 45, former resident of Jackson, Ohio, died Saturday, Sept. 24, 2016.

Kal was born April 13, 1971 in Pensacola, Fla., son to Alar and Linda (Peck) Kangur. His mother preceded him in death in 2012.

He was a proud entrepreneur and small business owner. Kal also graduated from Brandywine School of Nursing, and served as a committed flight nurse to many communities across the country. Most of all, he enjoyed camping and spending time with his family and friends.

Kal is survived by his loving wife of 13 years, Pamela (Evans) Kangur; his two sons, Kyle of Oley, Pa. and Logan of Gilford; his daughter, Natalie of Gilford; a brother, Doug (Angel) Kangur of Wilmington, Del.; and a special niece, Nicole Evans of Riverside, N.J.

A celebration of his life was held Friday, Sept. 30, 2016 at 3 p.m. at the Wilkinson-Beane-Simoneau-Paquette Funeral Home, 164 Pleasant St., Laconia, NH 03246

In lieu of flowers, please donate to the charity of your choice.

Wilkinson-Beane-

Simoneau-Paquette Funeral Home & Cremation Services, 164 Pleasant St., Laconia, is assisting the family with the arrangements.

LACONIA — Rhode Island native and long-time Laconia resident Susanne A. Price, 76, passed away peacefully on Sept. 27, 2016 at Lakes Region General Hospital after a long battle against COPD.

Daughter of the late Ernest and Lillian D'Aoust, Susanne Antoinette Price was born on July 24, 1940 in Manville, R.I.

She was pre-deceased

by her husband Harry of 53 years and brother Robert.

She is survived by her sister, Jacqueline O'Rourke of Franklin; her sons, Jeff Price and his wife Cristina of Palm Beach Gardens, Fla. and Bob Price and his wife Patricia of Campton; along with the six grandchildren she loved dearly (Tristan and Alexa Price of Moultonborough, Josey Price and Mina Rella-Hapeman of Campton, and Jordan and Julia Price of Sea Cliff, N.Y.).

Born the youngest of three children, Sue graduated from St. Xavier's High School in Providence, R.I. in 1958, where she was an outstanding student and athlete. Following the passing of her father that same year, she and her mother moved to New Hampshire to live with her sister Jackie. Sue graduated from Plymouth State Teachers' College in 1963, and embarked on a long teaching career in Sanbornton, Winnisquam and Belmont. As an elementary school teacher, Sue loved teaching her

students math, reading and history as well as taking them on field trips. In addition to her teaching duties, she was a long-time and active member of the local, state and national teacher's associations and fought hard for teacher's wages and benefits while negotiating numerous teachers' contracts.

After retiring from teaching, Sue joined attorney Brad Kidder as a legal assistant working on behalf of school districts across the state. She later became a legal assistant at Fitzgerald & Sessler. Always known for her "fighting spirit," she was a passionate supporter of strong schools and athletic programs in her adopted home of Laconia. A staunch supporter of the Democratic party, she volunteered countless hours working the polls and on behalf local, state and national candidates.

As a mother and grandmother and host of numerous Mexican exchange students, Sue was always the "first fan," traveling thousands of miles to watch every game she possibly could. No matter the sport or the weather, she was always there cheering her loved ones on in victory

and helping to pick them up in defeat. She often recalled one of her favorite moments being the first time her son Jeff threw a touchdown pass to her other son Bobby for the Laconia Sachems. She was also a loyal fan of the Boston Red Sox, Boston Celtics and New England Patriots, holding a special place in her heart for numbers 8, 33 and 12, respectively. A firm believer in tradition, Sue was also a huge fan of the annual family vacation in Wells Beach, Maine.

Calling hours were 4-7 p.m. on Wednesday, Oct. 5, 2016 at Wilkinson-Beane-Simoneau-Paquette Funeral Home, 164 Pleasant St., Laconia, using the Carriage House entrance.

A Mass of Christian Burial will be celebrated at 10 a.m. on Thursday, Oct. 6, 2016 at St. Andre Bessette Parish - St. Joseph Church, 30 Church St., Laconia.

Burial will be private.

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.



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School district to offer free dental services Oct. 27

The Gilford School District, in conjunction with the Ronald McDonald Care Mobile, is pleased to offer dental services to students in the district, ages three to 21, on Thursday, Oct. 27, and possibly Friday, Oct. 28 (depending on the number

of students qualifying for services), if:
 · they do not have dental insurance
 · there is no dental home (regular access to a dentist)
 · they have NH Medicaid
 This is a free service provided by Ron-

ald McDonald Care Mobile, who has partnered with Saving Peoples Smiles and will provide exams, cleanings, sealants, fillings, X Rays extractions etc (but no sedation or orthodontia) at no charge. There is no co pay or cost to the fami-

ly. It is a grant funded program made available to school communities throughout New England.

A district wide email was sent last week, and letters were mailed to those families who do not have access to email. There are still spaces available but it is imperative the school nurse in each building be contacted ASAP in order to facilitate the

process and get the appropriate screening paperwork filled out returned and approved by the Care Mobile Team.

The date to return the 1st screening form has been extended to Tuesday, Oct. 11. Once that is done, a second packet will be sent home and must be returned no later than Friday, Oct. 14. This will allow the dental team to adequately

prepare for and treat the students. Forms are available at the three school health offices in the district as well as the SAU office at 2 Belknap Mt Rd.

Parents are welcome to accompany their children to the appointment and school personnel and/or volunteers will be there as well.

More information can be obtained at 844-271-4028 or 617-917-4025.

Partnership for Public Health celebrates Youth in Prevention

LACONIA —The Partnership for Public Health, held its 11th annual meeting at Lakes Region Community College on Sept. 22. More than 100 people from around the region listened to presentations by youth from Belmont, Franklin, Gilford and Laconia High Schools. The youth, with help from their advisors, led peer-to-peer prevention initiatives and developed public service announcements for Motor Vehicle Crash Prevention, Suicide Prevention and Substance Misuse. Reflecting on the youth presentations, one attendee said, "I'm still feeling the powerful experience...I can't express what a great impact it has made on me personally and professionally." The student's public service announcements can be viewed at www.pphnh.org.

Health Champion Awards went to: Darcy Ess for her work with the Belmont community in the development of "It Takes a Community" Coalition to ensure that substance misuse prevention supports are in place for youth and their families, Interlakes Community Caregivers for their volunteer program which



COURTESY

Students and advisors from Belmont, Franklin, Gilford and Laconia High Schools presented their peer-to-peer initiatives: Motor Vehicle Crash Prevention, Suicide Prevention and Substance Misuse at the Partnership for Public Health Annual Meeting on Sept. 22, at Lakes Region Community College. The student's public service announcements can be viewed at www.pphnh.org.

provides supports and services to assist people in accessing healthcare services and Navigating Recovery of the Lakes Region, a newly formed grassroots organization building strategic partnerships to provide recovery services for individuals struggling with substance use disorder.

The Partnership for Public Health is a resource center for information, referral, consultation and support and convenes regional partners to identify and work on solving health problems. Visit the Partnership's Web site for more information at www.PPHNH.org.

Rachel Cappello participates in Siena College Summer Legal Fellows Program

LOUDONVILLE, N.Y. —Rachel Cappello from Gilford participated in the 2016 Siena College Summer Legal Fellows Program. Rachel spent their time at Albany Law School

Siena College's Summer Legal Fellows Program offers Siena students the opportunity to work under the direct supervision of a law school professor while undertaking original legal research with second and third year law students. Students can apply to this program during their junior year.

Siena sponsors the Summer Legal Fellow Program with the following schools:

Albany Law School, American University, Washington College of Law, Fordham Law School, Northeastern University School of Law, Pace University School of Law, Western New England University School of Law and the

Touro Law Center.

The legal research that Siena's students work on may be published by the respective law school sponsor and provide the basis for legal action in state and federal jurisdictions.

Founded in 1937, Siena College is a private, Catholic Franciscan, residential, liberal arts college with a student body of about 3,000. Siena College offers 31 degree programs, 80+ minors and

certificate programs, and professional curricula in teacher preparation/education, pre-medical, pre-law and social work. A student-to-faculty ratio of 11-to-1, average class size of 21, rigorous academics, Division I athletics, intramural sports and widespread service and advocacy experiences nurture each student's personal growth while providing the education of a lifetime.

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Meredith Village Savings Bank, Merrimack County Savings Bank and MillRiver Wealth Management sponsor 2016 NH Pumpkin Festival

LACONIA —The three subsidiaries of New Hampshire Mutual Bancorp are together supporting the 2016 New Hampshire Pumpkin Festival to be held in Laconia on Saturday, Oct. 22. Meredith Village Savings Bank (MVS), Merrimack County Savings Bank (the Merrimack) and MillRiver Wealth Management will be this year's pumpkin tower sponsors.

Sponsor Executives, Philip Emma, President of Merrimack County Savings Bank, Paul Provost, President of MillRiver Wealth Management, Rick Wyman, President of Meredith Village Savings Bank and Sam Laverack, President and CEO of NH Mutual Bancorp recently met with Karmen Gifford, President of the Lakes Region Chamber of Commerce, to discuss plans for the upcoming event.

"The Pumpkin Festival, which moved to Laconia last year, is com-

munity-based event that attracts visitors from all over New England. We're thrilled to have such community-centered organizations involved," said Gifford. "The organization that founded the NH Pumpkin Festival confidently turned the event over to the team in the Lakes Region this year. We're excited to have the opportunity to further develop the family offerings and better advertise the event."

Emma, Provost, Wyman and Laverack noted that they were excited to step in to sponsor the tower — a sponsorship that was previously held by national companies.

"MVS, the Merrimack and MillRiver are steeped in nearly 150 years of supporting the local community," said Laverack.

"Families and businesses throughout the region will be attending the event. It's wonderful knowing our support will contribute to the enjoy-



COURTESY

Left to right: Karmen Gifford, President of Lakes Region Chamber, Kim Lesnewski (in the Pumpkin Costume), Teller Supervisor, Eric Petell, Assistant Vice President, Branch and Business Development Manager, Sam Laverack, President and CEO of New Hampshire Mutual Bancorp, Paul Provost, President of MillRiver Wealth Management, Philip Emma, President of Merrimack County Savings Bank and Rick Wyman, President of Meredith Village Savings Bank at the MVS Office at 379 South Main St. (Route 106) in Laconia.

ment of so many," said Laverack.

The Chamber expects upwards of 40,000 attendees.

"Visitors will see 20,000 jack-o-lanterns, and get to select from more than 80 food and craft vendors. This year will also include amusement rides, a grand parade, haunted attractions, scenic train rides, games, live entertainment and a 5K and 10K road race."

"The Pumpkin Festival is a New England tradition," added Gifford. "We're grateful to MVS, the Merrimack and MillRiver. Their support helps us give even more to our visitors."

The New Hampshire Pumpkin Festival was previously held in Keene from 1991 through 2014, before the Lakes Region Chamber volunteered to host the 2015 event in Laconia.

The Lakes Region Chamber of Commerce advances and promotes the commercial, industrial, service, professional, tourism and retail interests of the Lakes Region in Central New Hampshire.

The mission of the Chamber is to provide services to its members and to promote the area. The Lakes Region Chamber consists of businesses representing the towns of Alton, Andover, Barnstead, Belmont, Bristol, Center Harbor, Franklin, Gilford,

Gilmanton, Hill, Holderness, Laconia, Meredith, Moultonborough, New Hampton, Northfield, Salisbury, Sanborn, Sandwich, Tamworth, Tilton, Tuftonboro, Weirs Beach and Wolfeboro.

New Hampshire Mutual Bancorp (NHMB), a mutual holding company, was formed in 2013 when two New Hampshire-based community banks, Meredith Village Savings Bank and Merrimack County Savings Bank, formally affiliated — the first relationship of its kind in New Hampshire. This strategic partnership has positioned the Banks to leverage each other's strengths as they work together to advance a shared vision of maintaining and enhancing their community banking standards and values. MillRiver Wealth Management joined as a third subsidiary of NHMB in 2015, combining the financial advisory divisions of MVS and The Merrimack. NHMB combined assets total nearly \$1.6 billion.

For nearly 150 years, Meredith Village Savings Bank (MVS) has been serving the people, businesses, non-profits and municipalities of Central New Hampshire. MVS 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, North Hampton, Laconia, Meredith, Moultonborough, Plymouth or Wolfeboro, call (800) 922-6872 or visit mvsv.com.

Merrimack County Savings Bank (the Merrimack) has been serving the people, businesses, non-profits and municipalities of the greater Concord and Nashua regions for nearly 150 years. The Merrimack and its employees are guided and inspired by Merrimack style: living up to the values of accountability, mutuality, excellence, respect, integrity, teamwork and stewardship. To learn more, visit any of the local offices in Concord, Nashua, Bow, Contoocook or Hooksett, call (800) 541-0006 or visit themerrimack.com.

MillRiver Wealth Management offers trusted financial advice in the New England tradition of neighbors serving neighbors. With New Hampshire roots reaching 150 years, MillRiver combines the financial expertise and local insights of Merrimack County Savings Bank and Meredith Village Savings Bank, each with a legacy of trusted service dating back to the 1860s. Customized financial planning include solutions for investment management, retirement planning, financial planning and trust, estate and fiduciary services. For more information, call 223-2710.



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Fire Prevention

October 9th-15th

Establish a home fire safety plan

People rely on fire and smoke detectors to help keep them safe in their homes. Though fire and smoke alarms are effective, a firm fire safety plan that will keep everyone calm should a fire occur could make the difference between life and death.

The U.S. Fire Administration says that more than 3,500 Americans die each year in fires, while roughly 18,300 more men, women and children are injured each year. Cooking accounts for the greatest percentage of residential fires, followed by arson. Dryer vent fires are also a big concern. FEMA says that smoke, rather than the fire's flames, is responsible for 75 percent of all deaths by fire. In addition to physical injury and material damage, fires can cause a host of problems. Psychological distress, monetary damages and loss of pets may come with fires. Loss of irreplaceable personal items is also a concern. Although fires can be devastating, they're also highly preventable, and smoke alarms and a home fire safety plan are two precautionary measures everyone should take. Creating an evacuation plan doesn't have to be complicated. Such a plan can be established in a few minutes and then reinforced through



Keeping family members safe from fire involves establishing a fire safety plan.

practice every so often to keep everyone fresh on what to do.

- Begin by assessing the layout of the home. Figure out the two best exits from the home.
- If your home doesn't have two doors, invest in a fire ladder so that one of the windows can be a point of exit.

• Know how to gain access to the exits, including the best path to take to avoid injury. It's a good idea to consider a few different scenarios. A kitchen adjacent to the upstairs staircase may become engulfed in flames and make exit by way of staircase impossible. Just because you have doors to the

outside doesn't mean they'll present the best type of exit.

- Sketch out the layout of the home and the escape plan. Smoke can make it difficult to know up from down. Be sure everyone can reach the exits

even if vision is obstructed. Try it with your eyes closed.

- Check fire alarms routinely, and change batteries at least every year.
- Make sure windows can be easily opened if they are an exit point.
- Make note of who will be helping children or the elderly out of the home.
- Establish a place where the family will meet outdoors. This area should be far enough away from the home so that everyone will be safe from smoke, flames and falling debris. Fires may ignite fuel explosions, so be sure the meeting spot is a good deal away.
- Children should be instructed to run to the meeting spot immediately without waiting behind for anyone to catch up. No one should reenter the home after

arriving at the meeting spot.

- Do a few practice runs so that everyone will be accustomed to getting out quickly.
- While in most cases it is better to escape and let the fire department extinguish a fire, in the event of a small fire, occupants may be able to stanch it with a personal fire extinguisher. Follow the acronym PASS to properly put out the fire.
 - PULL the pin in the extinguisher.
 - AIM the nozzle or hose at the base of the flames.
 - SQUEEZE the trigger.
 - SWEEP the foam across the fire base; do not just aim in one place.

Fire safety is very important. In conjunction with smoke alarms, a fire safety plan can help everyone get out alive.

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LRBRA shines a spotlight on careers in construction

Did you know that it takes an average of 22 different subcontractors to build a home?

October is Careers in Construction Month, and it's a perfect time to recognize the contributions of all the professionals working in residential construction as well as highlight the rewarding careers available in the industry.

Indeed, a home builder relies on a number of highly trained workers to get the job done right. This includes dozens of skilled artisans and professionals, including carpenters, architects, engineers, plumbers, electricians, painters and landscapers. Analysis from the National Association of Home Builders

(NAHB) shows that 70 percent of builders typically use somewhere between 11 and 30 subcontractors to build a single-family home.

As the housing market continues to strengthen, home builders across the country and here in Lakes Region are seeking skilled workers – such as carpenters, framers and roofers – to help them build the American Dream. In fact, according to NAHB analysis of the federal government's latest Job Openings and Labor Turnover Survey, the number of open construction sector jobs (on a seasonally adjusted basis) rose to 214,000 in July.

This means there is ample opportunity for



COURTESY

Earlier this year, Instructor Matt Towle teaches students how to build a Garden Shed. This year's project will be a "Tiny House" which later be auctioned off at the New Hampshire Home Show in Manchester in March 2017.

motivated students seeking a rewarding career path. Residential construction workers consistently express high job satisfaction. And average salaries remain competi-

tive with other industries in our area. For example, average annual wages for construction specialty trade contractors in New Hampshire in 2015 were: First Line Supervisors of construction \$66,160, Brickmasons, \$50,740, Carpenters, \$42,390, Electricians, \$47,490, Painters and Construction Maintenance, \$36,940 and Plumbers, Pipefitters, and Steamfitters, \$52,380. <http://www.nahb.org/en/research/housing-economics/construction-statistics/state-and-local/state-wage-and-workforce-demand-data.aspx>

The building trades offer a great career path. And, the residential construction industry is one of the few sectors where

demand for new workers is rising. Parents, teachers, counselors and students must once again recognize that a vocational education can offer satisfying career paths and financial gains.

Lakes Region Builders & Remodelers Association (LRBRA) is pleased to be a part of a workforce development initiative designed to put students from Career Technical Centers (CTC) construction programs together with NH Home Builder Association members (as mentors).

Currently 4 CTC in the state are committed to build five Tiny Houses including the Huot Technical Center. The LRBRA will offer support and guidance with the initial Design Plans, Supplies and Market & Sell aspects of this project. The students will get hands on skills on all levels of home design, preparing material lists, building a Tiny Home from start to finish. As the build progresses, the public will be invited to watch the Tiny House build and help with materials that will be needed to complete

the build.

The New Hampshire State Lottery has agreed to be a key partner and is fully committed to supporting the Tiny House NH Work Force Development Initiative. They are in support of the effort to bring building construction curricula with nationally recognized Home Building Institute (HBA) course materials into the state. Dead River Company is the first statewide material sponsor and has committed to supply each "Tiny Home" with propane tanks.

Coming soon: A Tiny House Lottery Game with a Student built Tiny House as the Grand Prize (\$35,000 value).

A Best Tiny House contest is planned with the "winner" being a Lottery game grand prize. All of the Tiny Homes will be on display at this year's NH Home Show in March. There will be a panel of judges and also a public vote on different Tiny House aspects.

For more information on resources in the Lakes Region, visit www.lakesregionbuilders.com.

The Pink Movement comes to Tanger Outlets

TILTON — This fall, Tanger Outlets is offering its shoppers a way to join the fight against breast cancer with its annual PinkSTYLE campaign through Oct. 31. In addition to great deals on the latest fashions, the center will also be hosting the Eighth Annual Fit For A Cure 5K Run/Walk on Oct. 2.

As part of Tanger's fundraising efforts, shoppers can purchase a 25 percent Unlimited Pink Savings Card. The cards are available for a \$5 donation, and they can be used on any one item at participating stores, per day. Card holders can shop with Pink Power and save stylishly as many times as they would like during the month of October. Shoppers can also visit TangerOutlets.com to purchase a \$5 Pink Savings Card.

Pink Savings Card proceeds will benefit Breast Cancer Research Foundation (nationally) and LRGHealthcare's Celebrate Hope. Celebrate You Fund (locally). Tanger Outlets Tilton is excited to announce Brooks Brothers Factory Store, Banana Republic Factory Store, Polo Ralph Lauren Factory Store, J Crew Factory, Old Navy Outlet, Under Armour, Eddie Bauer Outlet and Tommy Hilfiger are a few of the participating stores accepting the Pink Cards. For a complete list of participating stores, visit

Shopper Services.

"At Tanger Outlets, we take the fight against breast cancer personally and are committed in our continued support of breast cancer awareness and research," said Steven B. Tanger, President and Chief Executive Officer of Tanger Factory Outlet Centers, Inc. "Together with our shoppers and retailers during the month of October, we all have the opportunity to be part of the solution to end breast cancer."

About the Breast Cancer Research Foundation © (BCRF)

Since being founded in 1993 by Evelyn H. Luder, BCRF has raised more than half a billion dollars for lifesaving research. Through a unique and streamlined grants program, they seek out the brightest minds in science and medicine and give them the necessary resources to pursue their best ideas. As a result, researchers are able to make discoveries and design new approaches to address all aspects of breast cancer—and do so

in record time. In 2015-2016, BCRF will award \$48.5 million in annual grants to over 240 scientists from top universities and medical institutions around the globe. In addition, \$5.4 million has been committed to the international Founder's Fund project focused on metastasis. BCRF is the highest rated breast cancer organization in the U.S. with an A+ rating from Charity Watch and 4 out of 4 stars from Charity Navigator. For more information, please visit: bcrcure.org.

About LRGHealthcare®

LRGHealthcare is a not-for-profit healthcare charitable trust representing Lakes Region General Hospital, Franklin Regional Hospital, and affiliated medical providers. LRGHealthcare's mission is to provide quality, compassionate care and to strengthen the well-being of our community. For more information visit: LRGH.org.

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Are You On Track to Meet Your Financial Goals?

October is Financial Planning Month. And now that you know it's Financial Planning Month (just in case you didn't know before), why not take the opportunity to determine if you're on the right path toward meeting your financial goals?

Consider taking these steps:

- **Identify your goals.** To know if you're making progress toward your goals, you first have to identify them. Of course, you'll have a variety of goals in life, such as helping pay for your children's college educations. More than likely, though, your most important long-term financial goal is to build enough resources to enjoy the retirement lifestyle you've envisioned. But we all have different ideas for how we want to spend our retirement years. Some of us may want to stay close to home, volunteering and pursuing our hobbies, while others want to visit the vineyards of Bordeaux or explore the pyramids of Egypt. So, name your goals and, as much as possible, put a price tag on them. Once you know about how much your retirement is going to cost, you can create an investment strategy that may ultimately provide you with the income you

will need.

- **Don't underestimate your cost of living.** Even after you've identified some of your retirement goals, and estimated their costs, you still haven't developed a complete picture of your future cost of living. You also need to take into account other potential major expenses, such as health care. Once you're 65, you'll get Medicare, but that won't cover all your medical costs – and it might cover only a tiny portion of those expenses connected with long-term care, such as a nursing home stay or services provided by a home health aide. A financial professional can help you explore specific methods of dealing with these types of long-term care costs.

- **Locate "gaps" – and work to fill them.** After you've had your investment strategy in place for a while, you may see that some "gaps" exist. Is your portfolio not growing as fast as it should to help you reach your goals? If not, you may need to review your asset allocation to make sure it is aligned with your risk tolerance and portfolio objective. Do you find that you own

too many of the same types of investments? This overconcentration could be harmful to you if a downturn affects one particular asset class, and you own too much of that asset. To help prevent this from happening, be sure to diversify your dollars across a range of investment vehicles. Keep in mind, though, that diversification can't guarantee a profit or protect against all losses.

- **Protect yourself – and your family.** Saving for your ideal retirement is certainly a worthy goal, but you have other ones – such as providing for your family in case you aren't around, or if you become ill or incapacitated and can't work for a while. That's why you will need adequate life insurance, and possibly disability insurance, too. Your employer may offer you both these types of coverage as an employee benefit, but it might not be enough – so you may want to explore private coverage as well.

Financial Planning Month will come and go. But by following the above suggestions, you can create some strategies that will bring you a lifetime of benefits.

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

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Her office is located at

14 Main Street, Downtown Meredith.

For more information, see <http://www.edwardjones.com/> or "like" her on Facebook www.facebook.com/EJAdvisorJacquelineTaylor.



Central New Hampshire VNA & Hospice kicks off centennial year

MEREDITH — Last Wednesday evening, in front of a packed room of friends and supporters at Church Landing in Meredith, Margaret Franckhauser kicked off Central New Hampshire VNA & Hospice's Centennial Year. Noting that the agency originated in Wolfeboro during World War I to help injured soldiers returning home and to help provide community services for the Spanish Flu epidemic which had hit New Hampshire by 1918. The agency has seen many iterations and much growth over the last 100 years and now provides services throughout the entire Lakes Region of New Hampshire.

During the celebration, two outgoing trustees were recognized for their service to Central New Hampshire VNA & Hospice. Mike Lavalle and Board Chair Bill

Schwidder have both fulfilled their terms and are stepping off of the Board. Jared Price is taking on the role of Board Chair and Mark Edelstein and Corrine Smith were welcomed as new Trustees.

During the evening's program, three individuals were recognized. The Shirley Bentley Outstanding Clinician award was given to Hospice Nurse Donna Tondreau, The Leavitt/Knight Volunteer of the Year Award was given to Peter Cassell and the Alida Millham Leadership Award was presented to Scott Clarenbach.

The program was capped off with a wonderful presentation by Professor Molly Dorsey of the University of New Hampshire.

Professor Molly Girard Dorsey is an associate professor of History and core faculty member in Justice Studies at



COURTESY
Left to right: Alida Millham congratulates Scott Clarenbach on his "Millham Leadership Award."

the University of New Hampshire. She teaches classes on the history of medicine, legal history, and war & society. She has published a book on chemical warfare in World War I and is working on a project on the integration of civilian professionals, including nurses and doctors, into the modern American military. Professor Dorsey took a look back on the last 100 years with her presentation titled,

"Major Events in Medicine and their Relationship with Community Healthcare...100 Years and Counting."

About Central New Hampshire VNA & Hospice

The Mission of Central New Hampshire VNA & Hospice is "Promoting dignity, independence, and well-being through

the delivery of quality home health, hospice and community-based care services." Central New Hampshire VNA & Hospice has served Lakes Region communities since 1918 and provides Home Care (nursing and rehabilitation services in the home); Pediatric Care (direct health care, education and support services for children and families);

and a comprehensive, team-based Hospice program. Central New Hampshire VNA & Hospice is a not-for-profit, Medicare-certified provider of home care and hospice services, licensed by the State of New Hampshire. The agency is governed by a volunteer Board of Trustees and supported by private and corporate donations.

New Beginnings honors Domestic Violence Awareness Month this October

LACONIA — New Beginnings is raising awareness and encouraging community participation during National Domestic Violence Awareness Month in October. This year's theme is a powerful one, Awareness plus Action will spur Social Change (Awareness + Action = Social Change). By lifting the voices of victims and survivors and providing opportunities to all those who want to progress the movement, we will create the social changes that eliminate violence for all.

The statistics continue to show how much domestic violence negatively impacts our local communities and the overall safety of the nation. One in four women will be the victim of domestic violence at some point in her lifetime, and, on average three women are killed every day at the hands of a current or former intimate partner.

"While physical marks may often be the

most obvious signs of the harm caused by domestic violence, the true extent of the pain goes much deeper. Victims not only face abuse, but often find themselves left with significant financial insecurity," writes President Obama in his official proclamation.

The economic downturn has had a devastating effect on local programs working to serve survivors of abuse. While a bad economy does not cause domestic violence, it can make it worse. At the same time, there are fewer options for survivors to escape. According to the 2012 Mary Kay Truth About Abuse Survey, nearly eight out of ten domestic violence shelters nationwide reported an increase in women seeking help, while the vast majority experienced decreases in funding.

Last year, New Beginnings served 927 victims and survivors while providing shelter to almost 50 women and children

fleeing violence. That is, 927 mothers, fathers, sons, daughters, brothers, sisters and friends. But you can make a difference in their lives! By participating in awareness events throughout the month of October you can become the change we hope to see. On Oct. 19, starting at 11 a.m., our organization will be raising awareness at the Lakes Region Community College cafeteria with brochures and representatives from New Beginnings to answer your questions. National #PurpleThursday is Oct. 20, show your support for victims of domestic violence by wearing purple. Members of the healthcare community will find Oct. 12's Health Cares About Domestic Violence Day especially helpful. This nationally-recognized day raises awareness and educates healthcare professionals about healthy relationships and how to offer referrals to domestic violence advocates.

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A weekend of blues and comedy on tap at Pitman's

LACONIA — Pitman's Freight Room, located on New Salem Street in Laconia, announces the following events scheduled for this weekend:

Friday Oct. 7, 8 p.m., \$20 in advance, \$25 at the door: The Gene Taylor Blues Band

Gene Taylor is an extraordinary blues piano-player and singer, born in Los Angeles, Calif., in 1952. At the age of eight, he came under the influence of a family of blues and boogie-woogie players who moved in next door to his house. After starting out with the drums, he switched to the piano and the guitar at age ten. He learned very quickly playing by ear and, at age 11, he began performing in a 'family band' with his best friend

Jim Payne and Jim's parents. They worked occasional neighborhood functions, giving Gene his first experience as a 'paid musician'—playing and singing country music.

He started finding local work with such L.A.-based blues legends as Big Joe Turner, T-Bone Walker, Lowell Fulson, and Pee-Wee Crayton. In his own words, "Well, I was playing good boogie-woogie and pretty fair blues at this point, and going to blues jams."

In 1993, Gene relocated to Austin, Texas, and joined The Fabulous Thunderbirds, remaining with this internationally-acclaimed band until September of 2006. During his almost-14 years with the T-Birds, he toured the world con-

stantly and recorded two studio albums and one live album with the band—plus, a live DVD! He also played on two of T-Bird leader Kim Wilson's solo CD's. In 2003, Gene released a self-titled CD on the Pacific Blues label and participated in all the tours and recordings of the 'Original Blasters Reunion' from 2002-2003. He has also appeared on a recording (2006) with his dear friend, legendary L.A. bluesman, Carlos Guitarlos—and of course, Gene continues to record and perform with his friend of over 35 years, 'Icepick James' Harman (13 records and counting!).

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

Saturday, Oct. 15, 8 p.m., \$15: Live Comedy featuring Mike Donovan and Paul Keenan

Pitman's Freight Room is pleased to welcome comedian Mike Donovan. Originally from South Boston, Mike attended the University of Massachusetts in Amherst. He graduated from Career Academy School of Broadcasting in 1973 and was a top-40 DJ at WEKT-FM in Hammondsport, N.Y. in 1974-1975. Mike got his first stand-up comedy gig at Corning, N.Y. and became a full time stand-up comedian in 1978. He has also worked as a reporter for Sports Illustrated, and was a radio talk show host on WTTK-FM Boston in

2008. Mike appears regularly at the Comedy Stops at the Sahara Las Vegas and the Tropicana Atlantic City.

Mike has appeared on "The Best Damn Sports Show, Period with Tom Arnold" on Fox. He has worked as a reporter for Sports Illustrated Magazine and also headlined the Chopsticks Comedy tour in Shanghai and Beijing China!

Joining Mike will be Paul Keenan. Paul is best described a twelve year old boy trapped in an six foot, four inch adult body. He has become a regular performer in the talent-rich Boston comedy scene. Crowds can't help but be drawn in by his All-American looks and childlike charm as he shares his bizarre and sometimes twisted thoughts. You may

also recognize Paul as the crazy shirtless fan in a NESN.com/mobile commercial, or as the "X guy" and a softball player in Olympia Sports commercials on NESN. You may have also seen him in the Showtime series Brotherhood and in the Academy Award winning film Mystic River, directed by Clint Eastwood. He was nominated for an Academy Award for Best Supporting Extra for this film. Paul was also featured in the Fox Sports New England television show "The Game" and in an ESPN and GMC promotional campaign titled "GMC Keys to Victory with Joe Theisman.

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

Detectives wanted to solve a "murder" at the Mill

LACONIA — A little party never killed nobody... or did it? On Friday, Oct. 7, detective skills – and your best 1920s prohibition era mobster or flapper costume – will be essential for Fusion's Murder Mystery Gala: "Murder at the Grand Gatsby Speakeasy." Sponsored by the Irwin Automotive Group, the gala will begin at 6 p.m. at the Belknap Mill.

Guests will enjoy a cash bar, delicious tapas style cuisine from

Tavern 27, a Wayfarer Coffee Roasters mini waffle and coffee bar, and an exciting evening of interaction to determine the culprit in a lively "who-dun-it" mystery. During this evening of intrigue we find that tension is building between the bootlegging South Side Gangsters and the Northern Chicago Mob Outfit. Members of both gangs have been spotted at various speakeasies around town, but rumor has it that the two gangs

have set an official date to meet on Friday to resolve their differences. Inevitably, someone will end up "chilled off." It is up to you to investigate the various suspects to determine who the guilty party is.

Can you identify the culprit? Reserve your ticket today by visiting www.fusionnh.org/events. Tickets include your very own character along with a backstory and recommendations for 1920s inspired attire. Prizes will be awarded to the evening's Best Gumbshoe, Best Dressed, and a #FusionGala photo

booth winner. Registration is limited so reserve your ticket today!

Fusion NH is a 501(c)3 non-profit organization whose mission is to develop future leaders, encourage civic involvement and contribute positively in the communities we serve. Fusion is located in Laconia (PO Box 6503, Laconia, NH 03247). For more information about what Fusion can do to support your business or organization, and how to get involved, please contact us via email at FusionNH603@gmail.com or visit FusionNH.org.

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VISITORS

(Continued from Page A1)

challenges this year, our farms have worked hard to make sure there's a bounty this year," Merrill said. "There's no better year than this year for people to get out and support our farms."

Victoria Cimino, Director of the Department of Travel and Tourism, said the division's job is to promote the state's diversity and proximity. The department runs three ad campaigns during the year for the winter, summer, and fall. This year's digital campaign is "Make Sweet Memories: Pick

Your Own Fall Family Getaway." The campaign will target other states to bring in visitors as well as local markets, focusing specifically on Boston, New York, Montreal, and Toronto.

Promotions will focus on agritourism, festivals and fairs, and people doing fall their way.

The VisitNH.gov website received an update. Communications Manager Kris Nielson will have a "Leaf it to Kris" weekly blog showing fall activities across the state.

"I think she's going to show people that New Hampshire's the place to be this season," Cimino said.

Amy Landers, Executive Director of the Lakes Region Tourism Association, said fall is the second biggest season in the region.

"Several businesses reported September 2015 was record breaking and it looks like September 2016 will surpass those

activities," Landers said.

She said several businesses reported having highly a successful Labor Day Weekend.

"The outlook on fall continues to be strong," Landers said.

They have also been seeing more international visitors to the region and weddings have been up.

"We invite visitors to come and visit some of the Lakes Region's offerings," Landers said.

Landers said one of the businesses that saw big increases this season was Gunstock itself. The Mountain Coaster has been a hugely successful addition. General manager Greg Goddard said the Adventure Park, including the Mountain Coaster, will be open weekends through Nov. 5.

"You recognize that New Hampshire is probably one of the best places you can go to enjoy autumn," Goddard said.

DROUGHT

(Continued from Page A1)

of holes.

Carrier said hopefully this voluntary water restriction will protect the water that is in the ground.

Carrier said he has emphasized this is a voluntary restriction.

"Although it may be unusual, I don't think it's overburdening anyone," Carrier said.

He said with the fall season getting underway there will be fewer uses of water outdoors.

"I think it's as much to raise awareness of the situation as anything," Carrier said.

Selectman Chan Eddy also said the drought has had a significant impact on Winnepesaukee, where the water level is down almost two feet. He said people have been having problems removing their boats from boat ramps as boats surrounded by three to four feet of

water are now exposed.

Eddy suggested maybe the town could open up its docks to help people get their boats off the lake through Columbus Day weekend, regardless of their residency.

"Anything we can do for our neighboring towns is something to consider," Eddy said.

GARDEN

(Continued from Page A1)

said Lichtenberg came a few times during the spring to help the students.

Hanf said Red Gate Farm donated almost all the seedlings. Oswald Agway of Belmont donated gift cards to the store to help with the garden.

Tim Bartlett, the district's Supervisor of Facilities and Grounds, put in an automatic water pump system to water the garden.

O'Neil said in the beginning some students have no idea where vegetables come from.

"When we were harvesting the kids they were actually thinning out the carrots and beets," O'Neil said.

Students grew tomatoes, cucumbers, summer squash, chard, three different kinds of kale, carrots, and other items. They also grew a bed of herbs.

O'Neil said everything in the garden is organic a required by the grant.

Hanf and O'Neil oversaw the garden during the summer months when school was out.

RETIREMENT

(Continued from Page A1)

The letter reads that the state made a promise to cities, towns, and school districts to pay 35 percent of the employer's share of the state retirement system following laws passed by the house and senate and signed by Gov. Meldrim Thompson in 1977. That share was reduced from 35 percent to 30 percent in 2009 and to 25 percent as voted in 2010. The letter stated this was a cut of \$27.9 million that had to be made up for by local property taxes.

"In 2011, the State completely reneged on its commitment to partially pay local government costs for the State retirement system and abdicated its funding responsibility by going from 25 percent to zero percent beginning in fiscal year 2013," the letter read. "This time the State saved (downshifted) a total of \$124.2 million by cutting that amount from the two-year State budget. Once again, however, every penny of that amount had to be raised through local property taxes. In total, the elimination of the state's 35 percent retirement contribution for teachers, police, and firefighters from 2010-2015 has cost cities, towns, school districts and counties collectively approximately \$315 million!"

The letter said that in the past two years the state has had a surplus: \$21.9 million at the end of fiscal year 2014 and \$47 million at the end of the 2015 fiscal year. The letter read that as the state continues to recover from the recession preliminary revenues for the state at the end of this fiscal year are around \$159 million more than last year and \$129 million above what was budgeted for 2016.

"We believe the time has come for the State of New Hampshire to provide some type of property tax relief and demonstrate a semblance of integrity by restoring its commitment to fund 35 percent of the retirement system costs for police, firefighters and teachers," the letter read.

Selectman Chan Eddy said this is something they should forward to the state. He said this seems like an unfunded mandate where the state would provide money though the rug was pulled out from everyone.

Dunn said the letter would be sent to local legislators, especially members of the Ways and Means Committee, which controls state finances. The letter will also be sent to state senator Andrew Hosmer, Executive Councilor

Joe Kenny, as well as the local newspapers.

"The problem is you go down to the county delegation, who make up the state legislature, and they sit there and they rail against the state who passed these things down," Grenier said. "They get passed down because you voted for it and I don't know how you change that."

Dunn said the letter was prompted by, "knowing that the state has reneged on its commitments and the state has a hefty surplus."

"This is as good a time as any I think for local officials to demand some type of property tax relief and that state honor its commitment to the towns," Dunn said. "This is one that just jumps out at me as something they've walked away from at a time when they're generating surpluses."

Dunn said letters like this create a groundswell.

"Then let's create a groundswell," Grenier said before voting.

Selectman Gus Benavides suggested some wording changes at the beginning, though that was the only change to the original letter.

The selectmen unanimously approved a motion to sign the letter as it was amended.



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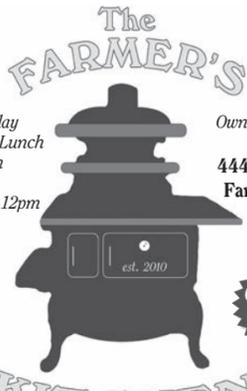


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KITCHEN



Herbs and vegetables planted by GMS students grow in garden beds. COURTESY PHOTO

"This was our first harvest, we didn't know how it would go," Hanf said.

In the end the project was a big success.

In the Family and Consumer Science class they used some of the kale to make smoothies. O'Neil said they also pureed tomatoes and froze them to use for sauces and learned how to dry and freeze herbs.

Hanf said they made a pizza sauce from their own tomatoes and dried herbs. They also sautéed potatoes and onions and chopped up vegetables.

Karin Landry, president of the Thompson-Ames Historical Society, invited the students to sell their items at their own booth during the Gilford Farmer's Market. The garden has provided

lettuce and some other vegetables for the Got Lunch program, allowing families in need to have some fresh produce.

The garden will also be used in conjunction with the school's food services.

The garden has only been the project of kids in the Family and Consumer Science class.

"The goal would be to get more kids involved," Hanf said.

She said as the school year goes on they want to let more teachers know these garden beds are out there if they want to bring parts of their classes out.

Hanf said this project can bring in other curriculum. She said she wants to have a science teacher come in to do soil testing as part of a class.

"Now that we know what we can do with it we can integrate it even further," Hanf said.

O'Neil said the goal is to keep doing this so they can put in a few more beds.



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CARING

(Continued from Page A3)

light fixtures throughout the building, organizing the basement, re-organizing the fourth floor in preparation for new office space and installing new flooring in the third floor storage area.

Materials and supplies were generously donated by True Value Hardware and Sherwin Williams in Lacoia and Lowe's Home Improvement and Walmart in Gilford. All volunteers enjoyed lunch in the newly painted function room, thanks to donations from Shaw's Supermarket in Belmont and Hannaford's Supermar-

ket in Gilford.

"Many have commented favorably on the new paint color and sharper appearance of the Rose Chertok Gallery on the third floor. From staff and volunteers to wedding and meeting attendees, the change has been positively received," stated Jennifer McLean, Program and Events Coordinator for the Belknap Mill.

The Belknap Mill Society is a 501(c)(3) nonprofit organization whose mission is to preserve the Belknap Mill as a unique historic gathering place and to celebrate the Lakes Re-

gion's cultural heritage through the arts, education and civic engagement. Built in 1823, the Belknap Mill, New Hampshire's Official Meetinghouse, is the oldest unaltered textile mill in the United States and is recognized on the National Register of Historic Places as a site worthy of preservation. The Society relies on the continued support of donors and its members. To learn more about the Belknap Mill Society, to make a donation or to learn about becoming a member, visit www.belknapmill.org or email operations@belknapmill.org.

MAPLE TREES

(Continued from Page A3)

important to Petal Pushers," said Patty Gianunzio. "Pat and I do what we can to help our community. We really wanted to support Belknap House."

During cold weather months, Belknap House will create safe shelter for homeless families in Belknap

County. The shelter will also offer the resources and educational opportunities families need for self-sufficiency. Fundraisers and donations from generous area residents, businesses, and community and religious organizations support the shelter.

Belknap House encourages and welcomes volunteers. To view the current list of volunteer opportunities, please visit www.facebook.com/belknaphouse/ Donations are an ongoing need. To donate, please go to www.belknaphouse.org.

NOTEBOOK

(Continued from Page A4)

--The Blackfeet, finding them in circles in the high desert, considered them fallen stars;

--The Arikara and Navaho used them as poultices;

--Many tribes and nations used them for fire-starting tinder, or punk.

--Children living around volcanoes used puffballs for games involving make-believe, puffing mountains.

Before the advent of modern medicine,

European settlers had to make do with what they had learned from the Indians they met or had been handed down by their European ancestors. Ergo, many a frontier household featured a string of puffballs, kept hanging over the fireplace for cuts and nosebleeds.

But the widespread use of puffballs I liked best, for some reason, was to stop the bleeding in a newborn baby's belly-button.

Hence the Dakota word for the puffball, "baby's navel."

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

REPUBLICANS

(Continued from Page A3)

Hampshire.

With the election less than a month from now, the Committee will hear from State Rep and State Senate candidates about their campaigns and their plans for the final weeks leading up to the election. Also, campaign staffers for the Gubernatorial, Senate, and Congressional races will be on-hand to answer questions and to distribute election campaign information.

On a separate note, the Committee is honoring Jeanie Forrester

for her 6 years serving as State Senator in the 2nd District. Jeanie, as Chair of the Senate Finance Committee, made sure that a responsible, balanced budget was prepared. The state now has a budget that shows a surplus, allowing money to be held aside for future, unpredictable expenses.

Belknap County GOP meetings are open to all Republicans and like-minded Independents. Per their usual meeting format, if you're interested in having din-

ner (at your option) and/or wish to socialize before the meeting, plan to arrive as early as 5 p.m.

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

For more information, please check the Committee's Web site at www.BelknapCountyGOP.org or send an email to alan.glassman@gmail.com.

LETTER

(Continued from Page A4)

terms of the Presidency. But what do the potential shifts in the makeup of the Supreme Court portend for our future?

Clinton has already made it very clear that she intends to fight to change several amendments in the Constitution as interpreted by the Supreme Court, including the First Amendment (to restrict or criminalize speech with which the left disagrees), and the Second Amendment (to restrict or eliminate the right of law-abiding individuals to keep and bear arms). She would also continue the attacks on people of strong religious convictions who oppose using taxpayer money to fund abortions or being required to provide mandated insurance coverage for abortions.

So this Presidential election is about much more than who occupies the White House for the next four or eight years.

It is about what the fabric of our country will look like for many generations to come. A very scary thought indeed!

There is no turning back. Staying home or not voting in the Presidential election, or voting for one of the third party candidates, is not a responsible option for people of good conscience who care about our country's future. Seldom if ever are we offered a candidate for whom to vote that we agree with on every issue, and it usually comes down to picking the lesser of the evils -

that certainly will be the case on Nov. 8.

If you want to hear more about the dynamics of the Supreme Court as it will be affected by the Presidential race, I invite you to attend a presentation by this writer on that topic on Wednesday, Oct. 19, at the Moultonborough Library, 4 Holland St., starting at 7 p.m. Pocket Constitutions will be available for you to follow along. Please email me at njs@silbersnh.com or call me at 293-0565 with any questions.

*Norman Silber
Gilford*

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XC Eagles nab runner-up finish at Newfound Invitational

BRISTOL – The Gilford High School boys' cross country team placed second overall at the Newfound Invitational on Sept. 29. Defending Division III state champion Kearsarge captured the victory, edging the Golden Eagles on the day.

Gilford senior Mark Young was ninth overall and first in for Gilford, followed by Josh Valentine (11th), Michael Wernig (13th), Matthew McDonough (16th) and Eddie Demers (19th).

The Gilford girls' team was led by sixth and seventh place fin-

ishers Maddie and Lizzy Relf. Kaitlyn Calahan and Chloe Schwartz had excellent races, finishing 12th and 14th, respectively. The girls were missing freshman Natalie Fraser due to injury and were unable to score as a team.



JOSHUA SPAULDING

Gilford's Jacob Malbourne moves through the woods in Bristol during the Newfound Invitational on Sept. 29.

Eagles get pair of shutouts

BY JEFF LAJOIE

jlajoie@salmonpress.com

HOPKINTON – It's

a big week for the Gilford High School field hockey team. The Gold-

en Eagles have tilts with local rivals Winnisquam and Newfound, and they entered on a roll thanks to a pair of big wins a week ago against Hopkinton and Pembroke.

On Saturday against Hopkinton, Brianna Salanitro, Laurel Gingrich and Kellie Ryan tallied en route to a 3-0 victory in wet conditions on Hopkinton's homecoming.

"It was one of those games where both teams played really well, especially considering how wet the field was," explained Gilford head coach Dave Rogacki. "It was a back and forth game with a lot of movement. This was probably our best game as far as transitioning from defense to offense."

Nicole Berube, Hannah Sullivan and Salanitro finished with assists in the win, while Rogacki lauded the play of Jillian Lachapelle and Laurel Normandin.

"She played probably her most instinctive game of the year," said Rogacki of Lachapelle. "Every time they had the ball, she reacted to it. Really did an excellent job controlling middle of the field. And on defense, Laurel Normandin is starting to playing really well and this is only her first year playing the sport. I gave her the assignment to guard their best offensive player and she did a great job."

The week began with an identical 3-0 victory over Pembroke, as Cloe Boucher scored just two minutes into the game and the Eagles never looked back. Shannon Anderson made it 2-0 late in the first half on a goal from Colby Plante, while Salanitro notched her second tally of the week to close things out with an assist from Kellie Ryan.

"(Last) week both games kind of mirrored each other where we tried to control certain parts of the field," Rogacki said. "We've been working on that more and more, take away space and control

SEE EAGLES PAGE B2



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JEFF LAJOIE

Gilford defender Seth Valpey looks to move the ball up to an open teammate in the first half of the host Eagles' 2-0 win over Somersworth last week.



JEFF LAJOIE

Gilford's Adam Donnelly is the picture of concentration as he lines up a pass with a Somersworth defender on his hip in action last week.

Defense continues to dominate

BY JEFF LAJOIE

jlajoie@salmonpress.com

GILFORD – It's seemingly been a broken record for Dave Pinkham this fall: defense is outstanding, offense is getting there.

Pinkham's Gilford High School boys' soccer team showed that

formula once again last week. The Golden Eagles picked up another shutout, and despite countless offensive chances, they still managed to find the back of the net enough to capture a 2-0 victory

over visiting Somersworth in NHIAA Division III play on Sept. 27.

"The thing that has made me the happiest, and continues to make me the happiest, is the way we're playing defense," offered

Pinkham, lauding the unit of Tyler Hanf, Logan Essaff, Alden Blais and Seth Valpey. "We're definitely seeing some outstanding defense and I give the backs a lot of credit for that. But we're also playing defense as a

whole team."

Gilford's offense, which has created numerous chances throughout the first part of the season, did so again in the win over Somersworth, though the finishing aspect has not quite gotten

to where Pinkham would like. The Eagles peppered the Hilltopper goal all first half, but it wasn't until the 28th minute that the hosts broke through. Hanf, as he has done masterfully all season, carried the ball up the right side from his defensive spot, and crossed a pass into the mixer, where Sandor Gamache got a touch on the ball and pushed it into the net for a 1-0 lead.

Hanf would assist on the team's other goal as well, feeding Sander Valpey for an insurance tally with just 6:21 remaining in regulation for a 2-0 lead that would ultimately hold up.

"For Tyler to be so offensive-minded when he's such an outstanding defensive player, that's something that has been a huge benefit for our team," said Pinkham of Hanf, a junior. "I've told him, 'I want you to go forward offensively and make things happen.' And he assisted on both goals so he's been huge for us on both ends."

While the offensive finishing remains a slight cause for concern, the Eagles (9-1-1) appear to be ahead of where they were at this time a year ago. And of course that team won a state championship, peaking just in time for the postseason.

"Of course the kids get discouraged knowing there were some easier opportunities there but we'll score our share of goals before all is said and done and that's what I told the guys after the game," said Pinkham. "We've just got to keep pecking away and it'll come."

The week came to a close with another shutout win, as Gilford avenged a tie in the first meeting with rival Belmont by earning a 2-0 victory in the rematch on the road Saturday.

Unified Eagles edged by powerhouse Winnisquam, 4-2

BY JEFF LAJOIE

jlajoie@salmonpress.com

GILFORD – In a rematch of a high-scoring season opener, the Winnisquam Regional High School unified soccer team got the better of host Gilford High School last week.

While the two teams played to a thrilling 5-5 tie in the first game of the season back on Sept. 6, it was the visiting Bears who broke a tie score at halftime in the rematch, putting a pair of goals into the back of the net to earn a 4-2 victory on Sept.

26.

Winnisquam (3-0-1) took a 1-0 lead in the first quarter, as sharpshooter Richard Estes tallied with 5:00 left to give the Bears a quick lead.

Estes would double the lead with 8:45 left in the second quarter, as he blasted a shot on a breakaway into the net for a 2-0 advantage.

The host Eagles (2-1-1) settled into the contest after the 2-0 deficit, and just 1:25 after Estes scored, Gilford answered when James Teunessen cut the lead



JEFF LAJOIE

Gilford's Jacob Colby (23) clears the ball from the Eagle defensive zone in the first half of his team's 4-2 loss last week.

EAGLES

(Continued from Page B1)

more of the field."

The Eagles entered this week with a 10-1 record, and they've allowed just two goals in their last six games since a 2-0 loss to Newfound.

"Those two goals (against Newfound), we know exactly how they happened," said Rogacki. "I think the learning part of that is sometimes

we try and take the hits too quickly. They have to learn that once they stop the ball, you pick your head up. Sometimes we just hit it back to them. You have to play defense going forward and that's one of the biggest things we learned from Newfound. You can't simulate that at practice."



JEFF LAJOIE

Joseph Sawyer of Gilford dribbles the ball through the midfield in his team's 4-2 loss to Winnisquam last week.

in half at 2-1 with a goal of his own.

With the clock winding down before halftime, Gilford's Marina Baer tied things up with 3:50 to play. She

took a feed from Dani Lou Cote, dribbling in and scoring to tie things up at 2-2 entering intermission.

The Bears would find the winning combination in the second half however, scoring twice and holding the Eagles off the board to secure the key 4-2 road win and remain undefeated.

ing 2-0, Gilford came charging back when Workman scored to pull the Eagles within a goal. Segalini saved a penalty kick, and Connor Sullivan equalized to make it a 2-2 game.

With just seven minutes left however, Belmont posted the game-winning tally for a 3-2 victory in the first of two meetings between the rivals.

The win came after the team suffered its first loss of the season during Homecoming against Belmont. Trail-

Korey Weston netted

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Weston's hat trick lifts JV Eagles

GILFORD – It didn't take long for the Gilford High School JV boys' soccer team to get a lead against visiting Somersworth last week. After a tally in the opening minute, the Eagles kept finding the back of the net early and often en route to a 7-1 victory to improve to 8-1 overall on the season.

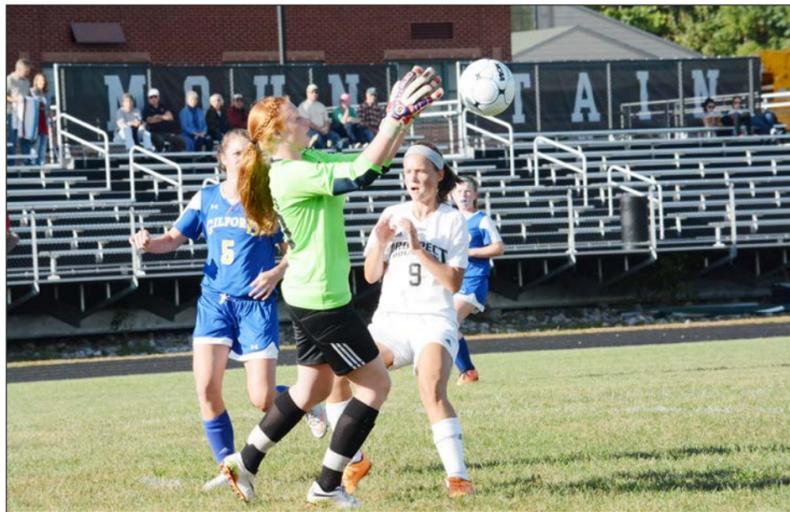
Korey Weston netted a hat trick for Gilford in the win, while single goals were scored by Finn Baldwin, Colton Workman, Deagan Boucher and Brian Tremblay. Carter Segalini recorded three saves in net to pick up the win.

The win came after the team suffered its first loss of the season during Homecoming against Belmont. Trail-



JOSHUA SPAULDING

Gilford junior defender Olivia Trindade leaps to keep the ball out of her team's goal area in action against Prospect Mountain last week in Alton.



JOSHUA SPAULDING

Gilford goalkeeper Hannah Perkins grabs possession of the ball with a PM player bearing down in the Eagles' 4-1 loss in Alton last week.

Fillion nets lone tally as Eagles fall at Prospect Mountain

BY JEFF LAJOIE

jlajoie@salmonpress.com

ALTON – A late first half goal from Sarah Fillion gave the Gilford High School girls' soccer team a glimmer of hope, but the visiting Golden Eagles were unable to generate enough offense to climb out of an

early hole in a 4-1 loss on the road at Prospect Mountain last week.

Prospect controlled much of the play in the first half, and the Timber Wolves scored 1:50 into the contest on a beautiful crossing pass from Kasey Lacroix. The cross went over the

head of Gilford keeper Hannah Perkins, and Nadia Huggard bodied the ball into the net for a 1-0 lead.

The Gilford defense had to clear the ball a lot, as the Prospect offense was in the zone for quite a long stretch. With 25:15 to go, Pros-

pect scored again, a shot by Lacroix from outside the box to the goalie's right that was placed perfectly over Perkins' head to the far post for a 2-0 advantage.

After Perkins made a nice save on a PM corner later in the frame, PM got its third of the

half when Huggard scored on a corner kick to make it 3-0.

Gilford was able to get some pressure in the final few minutes of the half, and inside the final minute, Fillion launched a shot from outside the box that lofted over the hands of the Prospect goalie and into the net to make it 3-1 at halftime.

Gilford was better in the second half, getting

numerous chances in the zone, but PM keeper Mackenzie Burke

was able to turn away a few chances. PM sent a shot off a crossbar and another off the post before scoring again with 15 minutes to go. It was Huggard who finished off the hat trick for a 4-1 lead. PM had another off the crossbar and Gilford had a few more chances, but the defense held strong for a 4-1 final.

Streak continues as Eagles sweep trio of matches

BY JEFF LAJOIE

jlajoie@salmonpress.com

GILFORD – It was another perfect week for the red-hot Gilford High School volleyball team. After a season-opening loss to undefeated Windham, the Golden Eagles have been downright impressive. Friday night's win over Plymouth was the program's eighth consecutive victory, as they've climbed near the top of the NHIAA Division II standings with an 8-1 record entering this week's matches.

The Eagles picked up a huge mid-week victory over Milford, earning a 25-22, 25-8, 24-26, 25-12 win in a rematch of the last two Division II semifinals.

Orton led all players with 15 kills for Gilford, and the senior added 14 digs to pace the defense. Gagnon was also in double digits with 11 kills to go with four blocks, while Sanborn dished out 39 assists to go with nine digs as the Eagles shook off a game three loss with a dominant

fourth set.

The 3-0 week began with a sweep of Kennett on Sept. 26, as the Eagles took care of business in a 25-4, 25-10, 25-7 victory behind 19 aces, 23 kills and three blocks.

The setting tandem of Sanborn and Naomi Eldridge combined for 19 assists and seven aces, while Orton (10 kills), McNeil (five kills, six aces), Gagnon (four kills, two blocks), and Lexi Boisvert (two kills) paced the attack. Maddi Currier and Kasey Moore also had single kills, while Sydney Holland dropped in an ace and Bailey Hildreth added four digs.

In game one, McNeil served seven straight points to give Gilford an 8-0 lead. McNeil's string of serves included four aces points 3, 4, 5 and 8. Sanborn came to the line and served 13 straight, giving Gilford a commanding 22-1 lead it wound not relinquish.

In game two, Currier served nine straight points to give Gilford a 19-7 lead, and McNeil

finished the game by serving the final five points with aces for points 21 and 25.

In game three, Eldridge served seven straight, including two aces, to give Gilford a

9-2 lead. Moore finished the match by serving the final seven points, including ace serves for points 24 and 25. Orton caught fire late and put down seven kills in the third game.

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 EVEN ONE ATTACK IS ONE TOO MANY.

For more information log onto www.noattacks.org or call your doctor.



TOWN•TO•TOWN CLASSIFIEDS

ALTON WATER WORKS COMMISSIONER POSITION AVAILABLE

for Alton Water Works thru Elections in March of 2017. Applications will be accepted thru October 17, 2016 at the Alton Water Works,

67 Frank C Gilman Highway, PO Box 803, Alton, NH 03809
Fax 603-875-4209

Alton School District - SAU #72 Alton Central School Child Find

SAU #72 serves the Alton School District. As mandated under the Individuals with Disabilities Act, public schools must provide special education for all children between the ages of 3 and 21 who are determined to be educationally disabled. Additionally, school districts are required to have formal "Child Find" procedures to locate, evaluate and count children who may have disabilities to ensure that eligible children are found, classified and provided needed services. This law applies to all children, including those in nonpublic schools, preschools and hospital settings, as well as children who are wards of the state and homeless children.

If you suspect that a child may have an educationally disabling condition, you are encouraged to contact the school district in which the child resides to discuss your concerns. School personnel will provide you with information on the procedures for making a referral. SAU #72 will hold their fall Child Find on October 12th from 8:30-11:30am at Alton Central School. For additional information, please contact Jennifer Katz-Borin, Director of Special Education SAU #72 at 875-9302.



I AM NOT A TRINKET

Tens of thousands of elephants are killed every year for their ivory tusks, which are made into everything from knickknacks to souvenirs.

Find out what you can do to stop wildlife crime.



Becket Family of Services

Youth Driven • Family Centered • Community Focused

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

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

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

To apply, please forward resume and cover letter to
HR@mountprospectacademy.org
or mail to:
Mount Prospect Academy
PO Box 1317
Campton, NH 03223

CHIEF OF POLICE Town of Jackson, NH

The Town of Jackson, N.H. is seeking a highly visible police chief to lead the Department. The Chief will be responsible for the daily operation of the Department, budget preparation, and law enforcement activities. This position requires experience with, and knowledge of, municipal and community policing. The ideal candidate will have experience with issues facing a rural community, strong leadership and supervisory skills, excellent oral and written communication skills and will enjoy being part of a local government team striving to serve the citizens of the community. A minimum of ten years' experience in law enforcement with five years in a progressively responsible supervisory/administrative capacity is preferred. A Bachelor's degree in criminal justice is also preferred. The selected candidate must possess or have the ability to obtain a NH driver's license. The Town offers a competitive benefit package with a salary range of \$55K-\$65K depending on qualifications and experience.

Resumes accepted no later than 4:00 pm, October 14, 2016. Please direct a cover letter, resume, salary history and requirements and at least five references to: Julie Atwell, Town Administrator, Town of Jackson, P.O. Box 268, Jackson, NH 03846 or Email: townadmin@jackson-nh.org

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You don't see bullying like this every day. Your kids do.

Teach your kids how to be more than a bystander.

Learn how at StopBullying.gov



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WASH YOUR HANDS!

IT'S THE BEST WAY TO STOP SPREADING GERMS



WHY

- MOST (98%) INFECTIONS ARE SPREAD BY HANDS
- CLEAN HANDS HELP PREVENT YOU FROM GIVING YOUR GERMS TO SOMEONE ELSE

WHEN

- AFTER USING THE BATHROOM
- BEFORE TOUCHING ANY FOOD
- BEFORE YOU EAT ANYTHING
- AFTER SNEEZING, BLOWING YOUR NOSE, COUGHING, OR TOUCHING YOUR FACE
- AFTER PLAYING WITH TOYS USED BY OTHERS

HOW

- USE SOAP AND WARM WATER IF YOUR HANDS LOOK DIRTY
- USE WARM WATER AND SOAP
- RUB HANDS ALL OVER FOR A COUNT OF TWENTY
- DRY THEM WITH A PAPER TOWEL
- IF YOUR HANDS DON'T LOOK DIRTY YOU CAN USE ALCOHOL-BASED HAND RUB



New Hampshire Department of Health and Human Services
Division of Public Health Services
www.dhhs.nh.gov



TOWN•TO•TOWN CLASSIFIEDS

UPPER CONNECTICUT VALLEY HOSPITAL
Compassionate Healthcare...Close to Home
RADIOLOGIC TECHNOLOGIST
PART TIME

Performs radiographic procedures at appropriate technical levels to assist in diagnosis of disease and injuries. Performs a variety of technical procedures that will require independent judgment, with ingenuity and initiative to apply prescribed ionizing radiation for diagnosis. Performs multiple tasks such as assisting patients in positioning for anatomical exposure, maintaining order and cleanliness of work area and performing routine clerical tasks and working independently. Computer literacy and PACS experience is required.

Must demonstrate excellent customer service skills, establish and maintain a good rapport and cooperative work relationship with all departmental staff, hospital staff, patients, families and hospital visitors. Qualified individual must be ARRT registered. Willing to learn CT and rotate call, including nights, weekends and holidays is a must. This is a part-time position (24 hrs./week) and benefit eligible.

If interested please apply Online

www.ucvh.org
Human Resources
Upper Connecticut Valley Hospital
181 Corliss Lane
Colebrook, NH 03576
603.388.4236
ucvh-hr@ucvh.org
EOE

Northern Human Services
Changing Lives

Seeking BC/BE Psychiatrist & Psychiatric APRN - FT (35hrs) at The Mental Health Center in Berlin, NH (prefer FT but PT possible for Psych APRN; child/family certification preferred). Integrated multidisciplinary clinical team. 100% outpatient; 90-min evals and 30-min med appts. Optional paid phone-only overnight/weekend call.

Benefits include medical insurance, 403(b) with employer match, 11 paid holidays, generous vacation.

Eligible for National Health Service Corps and State of NH Loan Repayment Programs. Must have current NH License, accredited training, and skills in community psychiatry.

Please send CV and cover letter with salary requirements to Melissa Myers, MD, NHS, 25 W. Main St., Conway, NH 03818 or e-mail to mmyers@northernhs.org.

Positions require a valid driver's license, proof of adequate auto insurance and the completion of driving, criminal and background records checks. This Agency is an Equal Opportunity Employer, and Provider.

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Machine Operators and Plating Technician openings

Nesco Resource a nationwide staffing service is currently partnering with Burndy LLC to hire over 20 people in their Lincoln facility.

Please contact Deb Allaire toll free **1-603-417-3000**

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32 Whittier Hwy
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Gifford \$2,495,000 #4455604
New, outstanding Governor's Island 12 room home w/ sweeping views on a beautifully and professionally landscaped lot.

Susan Bradley 581-2810



Gifford \$1,295,000 #4517484
3 level of living at this sun-filled home w/SW exposure, dock & jetty, naturalized landscaping and sensational sandy beach.

Susan Bradley 581-2810



Moultonboro, \$1,095,000 #4492824
Great house in an amazing location; hard to find Black Cat Island with westerly exposure and views to die for! So many great features; beautiful oversized dock, professionally landscaped lot, great deck overlooking the lake.

Ellen Mulligan 603-387-0369



Tilton \$950,000 #4517132
Investment opportunity! 4 buildings on 4.4 acres w/ 400' of frontage on Route 3. Zoned Commercial/Industrial. Includes leased restaurant, 2 family home, barn & commercial building.

Louis Guevin 581-2868



Moultonboro, \$379,999 #4503791
Beach Access home in beautiful Windermere Estates on Long Island. 2/10ths of a mile to the sandy beach with wonderful 180 degree views. 1.5 miles to Harilla Landing.

Kay Huston 603-387-3483



Moultonboro, \$339,900 #4487190
Quality built Cape on 2.3 landscaped and wooded acres. This 3 bedroom, 3 bath custom built home located in an established neighborhood. Oversized 26'x36' garage also with maintenance free exterior.

Mary Goyette 603-707-7597



Belmont \$329,900 #4453507
Beautiful sunsets and Lake Winnisquam views from this custom built Colonial style home w/ 4 BR, 2 BA.

Shelly Brewer 581-2879



Laconia \$324,000 #4491467
Many updates over the past few years for this nice 11 room home. Spacious kitchen, oak floors throughout 1st floor and living room with French doors.

Rose Cook 581-2854



Ossipee \$319,900 #4492575
Immaculate & beautiful post & beam reproduction cape. Aviation community with air rights, beach access, mooring field, tennis courts. Beams, pine floors. Many custom features.

Barbara Mylonas 603-344-8197



Ossipee \$239,900 #4497361
Beautiful 3 BR, 3 BA with access to all the Indian Mound Association amenities just a short walk away. Set on 1.47 acres.

Robin Dionne 581-2867



Gifford, \$189,900 #4498954
Versatile home with open floor plan. Lower level walkout features guest quarter/in-law area. Gas fireplace, wood floors, spacious deck & oversized storage shed. Great location & close to schools.

Linda Fields 603-244-6889



Sanbornton, \$184,900 #4501597
Warm and inviting 3 bedroom ranch with a large back yard. New metal roof, new heating system, newer septic system & appliances. Just down the road from Lake Winnisquam.

Bob Williams 603-455-0275/Danielle McIntosh 603-393-9398

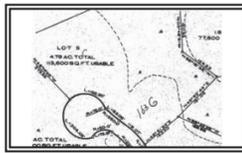


Moultonboro, \$179,000 #4600013
Sweet Bungalow in Moultonborough. This two bedroom home has an open floor plan, high ceilings, fireplace, wood floors and is located in a nice neighborhood that is close to everything!

Kay Huston 603-387-3483



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Moultonboro, \$95,000 #4495419
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WOLFEBORO | \$975,000
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WOLFEBORO | \$1,175,000
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TUFTONBORO | \$209,900
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THE ONES WHO ACTUALLY DO.

KNOW FOR SURE
IF YOUR CHILD IS IN THE RIGHT CAR SEAT.



VISIT SAFERCAR.GOV/THERIGHTSEAT



DISCOVER CLASSIFIED POTENTIAL



KIDS' CORNER

CREATIVE COLORING

Color in this picture to create your own masterpiece.



THIS DAY IN...



HISTORY

• **1949:** THE GERMAN DEMOCRATIC REPUBLIC IS FORMED

• **1955:** BEAT POET ALLEN GINSBERG PERFORMS HIS POEM "HOWL" FOR THE FIRST TIME

2003: ARNOLD SCHWARZENEGGER IS ELECTED GOVERNOR OF CALIFORNIA

New word

SCLERA

the white outer layer of the eyeball

GET THE PICTURE?



CAN YOU GUESS WHAT THE BIGGER PICTURE IS?

ANSWER: CONTACT LENS

BODY FACT:

THIS IS THE TRANSPARENT, PROTECTIVE, OUTER COVER OF THE EYE.



ANSWER: CORNEA

Did You Know?

PROTECTIVE GLASSES AND LENSES CAN PREVENT EYE INJURIES



How they SAY that in...

ENGLISH: Protect

SPANISH: Proteger

ITALIAN: Proteggere

FRENCH: Protéger

GERMAN: Schützen

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For the 2016 Soul†



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\$0 Down + \$0 1st Month's Payment + \$0 Security Deposit + \$0 Due at Signing

2016 **SOUL**



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Customer Cash Rebate -\$1000

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FOR 66 MONTHS AVAILABLE*

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SAVE UP TO **\$1,565**

Buy For **\$227** /MO*
ZERO DOWN!

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LEASE

\$220 /36 MO*
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2016 **FORTE LX**

With Popular Package



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MSRP \$20,220
AutoServ -1020
Customer Cash Rebate -\$2500

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0% APR
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LEASE

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MSRP \$23,120
AutoServ -1020
Customer Cash Rebate -\$2500

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0% APR
FOR 66 MONTHS AVAILABLE*

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SAVE UP TO **\$3,520**

Buy For **\$272** /MO*
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SIGN IT & DRIVE IT
LEASE

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MSRP \$25,610
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2017 **SORENTO LX AWD**

V6



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†The Kia Soul and Sportage received the lowest number of problems per 100 vehicles among compact MPVs and Small SUVs in the J.D. Power 2016 Initial Quality Study, based on 80,157 total responses, evaluating 245 models, and measures the opinions of new 2016 vehicle owners after 90 days of ownership, surveyed in February-May 2016. Your experiences may vary. Visit jdpower.com.