



THURSDAY, OCTOBER 24, 2019

GILFORD, N.H.

# Streetcar stages a comedy classic

BY ERIN PLUMMER  
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LACONIA — Audiences will get a taste of Victorian society with a lot of humor and romance in Streetcar Company's coming production of "The Importance of Being Earnest."

The production of Oscar Wilde's play will take the stage Nov. 1-3 at the Laconia High School Auditorium.

In "The Importance of Being Earnest," two bachelors pretend to be men named Ernest to escape social obligations.

"The Importance of Being Earnest" was written in 1890 and director Peter Ayer described it as "One of the funniest plays ever written."

The play made fun



Nerrishia Bodwell (Miss Prism) and Zoe Lehneman (Cecily) rehearse for the coming Streetcar production of "The Importance of Being Earnest."

ERIN PLUMMER

of a lot of notable Victorian socialites, and Ayer said those who were parodies loved the play and loved seeing the versions of themselves.

This is the first time Streetcar has presented this show. Ayer said the company typically aims to do a musical in the spring and a nonmusical play, or a "straight play," in the fall. Ayer said that in recent years, however, the company has been doing mostly musicals all year long. Last year they tried something different by presenting "Macbeth," their first ever Shakespeare production.

"The Importance of Being Earnest" has been done by a number of different local

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## Budget committee reviewing selectmen's recommended bottom line

BY ERIN PLUMMER  
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The Budget Committee is now reviewing the selectmen's recommended budget of \$15,122,379, which comes with no projected change to the tax rate.

The board held a budget workshop on Oct. 1 where they reviewed the budget for every department with each of the department heads. These numbers were then checked and

Town Administrator Scott Dunn presented some revised figures to the selectmen during the Oct. 9 meeting.

In total the selectmen's recommended budget is \$15,122,379, an overall increase of \$370,298, or around 2.5 percent.

According to the minutes of the Oct. 1 meeting the 2020 budget includes a two percent merit pay increase, which

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## Runaway Pumpkin raises funds for Children's Auction

GILFORD — "It was a beautiful, sunny day for a road race," said Runaway Pumpkin Event Director Jennifer Beetle. "Maybe a bit brisk and windy, but that didn't seem to slow anyone down. In fact, a new course record was set on the 5K that will be hard to beat."

Neal Darmody of Bow shaved almost one minute off the 5K course with a time of 15:38, a blistering pace of 5:02/mile. Top female for the 5K was Corey Dowe of North Conway and coming



COURTESY

First place 5K winner, Neal Darmody of Bow, NH crosses the finish line at The Runaway Pumpkin 10K & 5K Run/Walk setting a new Course Record (15:38, 5:02p). The 4th Annual event, presented by Eastern Propane & Oil, raised funds for the WOW Trail & Lakes Region Children's Auction.

## Community Halloween parties starting this weekend

BY ERIN PLUMMER  
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Starting this weekend ghouls and goblins of all ages will have places to party with a number of Halloween themed parties and events going on from Friday and past Halloween. Many different events will be going on sponsored by the town and local organizations.

The Parks and Recreation Department will hold their annual Halloween Happening Party this Friday, Oct. 25, from 5:30-7:30 p.m. at Gilford Middle School. The event will feature a number of games and fun activities, including Halloween Jail as well as crafts and fortune telling with



FILE PHOTO

The Parks and Recreation Department's annual Halloween Happening will take place this Friday.

Madame Zelda (both from 5:30-6:30 p.m.). Judges will be wandering around during the

event looking at the best costumes. Prizes for the best costumes will be given out from

6:45-7 p.m. Kids who attend can win door prizes in the Monster Mash

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in first for the 10K race was Andrew Wise of Denver, Colo. and Brittney Grant of Port Townsend, Wash.

"This was Eastern's first year as a presenting partner of the race and also participating, and the experience did not disappoint," said Whitney Cloutier, Eastern Propane & Oil Brand Manager. "The course was absolutely beautiful and a perfect way to spend a Saturday morning while supporting the WOW Trail and staying active. Eastern is committed to supporting the communities we serve and we are excited to partner on the event next year."

"We're so thankful for the generosity of our sponsors and for the volunteers that make it all happen" said Beetle. "The peo-

ple at Eastern Propane & Oil, the Presenting Sponsor, and Meredith Village Savings Bank, the Photo Sponsor, and Jamie Poire, our Race Director, are wonderful to work with and we're so grateful for their support.

Full race results and photos are available at runawaypumpkin.com.

### About Eastern Propane & Oil

Eastern Propane & Oil is a full service energy provider committed to delivering our customers superior service, comfort and safety. Family owned since 1932, we live in the same communities as our customers and we believe in serving our neighbors the way we would want to be served.

SEE PUMPKIN PAGE A8



Notes from the Gilford Public Library

BY MARK THOMAS  
Library Correspondent

Hey, how are you doing? Are you feeling well? Surrounded by mountains and fresh air, it can be easy to forget that wellness cannot be taken for granted. It takes frequent attention, self-advocacy, and more often than not, support from one's community, employers included. The

Harvard Business Review has put out multiple studies and articles about how workplace stress, or 'burnout', has become a major contributor to stress-related illness and healthcare cost. Being well does not happen automatically. Ironically, it takes 'work' to achieve and maintain one's well being.

Sometimes, it seems like we are incredibly bad at feeling good. We think that we need money to be well, so we work so hard we harm ourselves, and have to pay to heal. We spend time watching others appear to be perfectly well on social media, only to feel worse about ourselves, tanking our feeling of self-worth. The balancing act of work, play, and self-development can seem so precarious, that we stress-out about it, making it so much harder. Wellness also seems to be the kind of thing that is more difficult to attain the less you have of it. Things like lifestyle changes, firm work/life separation, healthy eating and exercise practices, and other wellness improving factors can seem like luxuries, available only to the

wealthy, or those who come to these practices naturally.

Well, there's no one fix, but the good news is that you can improve your wellness bit by bit. The Library has quiet, calm spaces for you to read up on wellness. Visit around the 158's in nonfiction for many of our self-help books to figure out where things are going wrong, but do it carefully. Wellness and self-care are huge businesses now, and not all resources are written without ulterior motives. We can help you find books that are useful in your personal situation. Bonus: the act of reading at rest is stress reducing on its own. If you, like many of us, spend too much time on social media, consider setting yourself light restrictions. I say 'light' be-

cause there have been studies showing that we are susceptible to stressing about our stress-reducers. Take your time, and try to wean yourself gradually. Same goes for nutrition and fitness. Take your time, and don't let your fitbit or other self-improvement mechanism become your enemy. Given time, self-dedication, and social support, you can become well, and we are happy to help. Don't forget to talk about it, in person, or online. In so many ways, we're all in this together.

**Classes & Special Events**  
**October 24-31**  
Thursday, October 24th  
Geri Fit, 9am-10am  
Preschool Pumpkin Decorating, 10:30am-11:30am  
Decorate pumpkins for Halloween! Ages 2-5. Sign up required.  
Homeschool Game Club, 12:15pm-2:15pm  
Conversational French, 4pm-5pm

**Friday, October 25th**  
Social Bridge, 10:30am-12:30pm  
Knit Wits, 1:30-2:30pm  
Advanced Conversational German, 2:30-3:30pm

**Monday, October 28th**  
Tai Chi-Chih, 9:45am-10:45am  
Mahjong, 12:30pm-3pm

**Tuesday, October 29th**

Geri Fit, 9am-10am  
Hook Nook, 10am-11am  
Bridge, 10:30am-12:30pm  
Book Bites, 5:00pm-6:30pm  
Walking France with Gale Carey, 6:30pm-7:30pm  
The Chemin de St. Jacques, an amazingly beautiful walking route, cherished by the French and traveled by pilgrims for over 1000 years. Gale Carey brings to us the story of her journey as a modern-day pilgrim, after traveling 500 miles over 35 days, through ancient villages, lush woodlands, volcanic formations and more.

**Wednesday, October 30th**  
Line Dancing, 9-10:30am  
Check Out an Expert, 10am-12pm  
Lakes Region Fiber Artists and Crafters, 10am-12pm  
The InbeTween: Library Teen/Tween Club, 2:30pm-3:30pm  
Chess Club, 3:30pm-4:30pm

**Thursday, October 31st**  
Geri Fit, 9am-10am  
Children's Halloween Party, 10:30am-11:30am  
Come dressed in your costumes for a special story time, parade through library, and enjoy some snacks and games! Sign up required.  
Homeschool Game Club, 12:15pm-2:15pm  
Conversational French, 4pm-5pm

Gilford Public Library  
Top Ten Requests

1. "The 19th Christmas" by James Patterson
2. "The Shape of Night" by Tess Gerritsen
3. "Bloody Genius" By John Sandford
4. "The Giver of Stars" by Jojo Moyes
5. "The Water Dancer" by Ta-Nehisi Coates
6. "Five Feet Apart" by Rachael Lippincott
7. "Where the Crawdads Sing" by Delia Owens
8. "A Better Man" by Louise Penny
9. "The Crossover" by Kwame Alexander
10. "Summer of '69" by Elin Hildebrand

2019 Salmon Press  
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Newfound Landing,  
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GILFORD  
POLICE LOG

The Gilford Police Department made the following arrests from Oct. 8-21.

A 56-year-old female from Gilford was taken into protective custody for intoxication on Oct. 8.

Justin d. Franquie, age 27, of Gilford was arrested on Oct. 8 in connection with two bench warrants.

Victoria Yale, age 23, of Laconia was arrested on Oct. 9 in connection with a bench warrant.

A 46-year-old male from Gilford was taken into protective custody for intoxication on Oct. 9.

Paul Cossette, age 78, of Gilford was arrested on Oct. 11 for Delivery to a Receiving Facility.

John Miller, age 42, of Laconia was arrested on Oct. 12 for Driving while Intoxicated and a Traffic Control Device Violation. A 33-year-old female passenger in Miller's vehicle was taken into protective custody for

intoxication.

Calvin F. Dunn, age 44, of Laconia was arrested on Oct. 12 for Disorderly Conduct, Criminal Mischief, and Conduct After an Accident.

Shaun Rafael Ortiz, age 31, current address unknown, was arrested on Oct. 13 for Violation of a Protective Order-Subsequent.

Tanja H. Donovan, age 50, of Laconia was arrested on Oct. 14 for Operating Without a Valid License and Driving After Revocation or Suspension in connection with a DUI.

Leroy H. Boynton III, age 51, of Laconia was arrested on Oct. 18 in connection with two bench warrants.

Marcia M. Lamontagne, age 55, of Gilford was arrested on Oct. 18 for Aggravated Driving While Intoxicated and Driving While Intoxicated.

Trevor Robert Bond, age 36, of Gilford was arrested on Oct. 20 in connection with a bench warrant.

**Gilford Steamer**

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# Leadership Lakes Region starts 22nd year

GILFORD — Gunstock Mountain Resort served as the host backdrop for the kick-off Orientation Day for the regional Leadership Lakes Region program. The group began its 22nd annual Program Year in early October with a combination of team building exercises, guest speakers and a social gathering.

Twenty-five members of the new class, representing 15 area hometowns, were welcomed to the Mountain by General Manager and fellow Leadership Lakes graduate, Greg Goddard. Individual introductions then took place prior to one of the keynote speakers, Jill Holt of Timberland, Inc., speaking about community engagement at the corporate and personal levels. Ms. Holt stressed the successes her company has had with their corporate outreach philosophy which involves all Timberland employees from the CEO on down providing sweat equity to go along with generous financial support for worthy causes. Each leadership class member received a gift of a thermal coffee mug from Ms. Holt along with



**Keynote speaker Jill Holt, center, of Timberland Boots shown with Leadership Lakes class members Brooke Pearsall and Nick Trudel.**

Timberland discount coupons. The group then split into two elements and did either the Aerial Treetop Adventures Course or the Zipline.

Author and motivational speaker Brooklyn Raney was next up with a variety of fun team-building exercises to get the class moving and inter-

acting. She followed her team-building exercises with brief remarks then donated signed copies of her new book, One Trusted Adult to members of the class.

A delicious lunch was served by Centerplate Foods of Gunstock under the guidance of Food Service Director, Mary

## LRCS Family Resource Center strengthens families, communities through parent education

LACONIA — The Family Resource Center of Central New Hampshire, 719 No. Main St., Laconia, is offering a wide variety of parenting programs this fall for parents of children of all ages.

Classes are held in the early evenings and are offered free of charge, with free dinner and childcare available on-site each evening for families in attendance. Advance registration is requested for each program as space is limited. Assistance with transportation is available with advance notice and approval.

**Parenting classes beginning in October/November include:**

- Cooperative Co-Parenting (4-weeks beginning Oct. 29) for non-married, separated, or divorced parents and caregivers raising children together from separate households, covering topics such as positive communication, reducing and resolving conflict, and negotiating agreements. Co-Parents are welcome to attend together, but it is not required.
- Parenting Journey (12 weeks beginning Nov. 7) designed for parents who want to learn more about themselves, their relationships, and the resources they need to effectively parent their

children. In a warm and nurturing environment, parents are supported and encouraged to care for themselves and each other, while participating in a series of experiential exercises. Participants are encouraged to reflect on their own upbringing in order to make connections to their experiences as parents.

- Active Parenting of Teens (6-weeks beginning Nov. 26) offers parents the guidance and support needed to turn the challenges of raising a teenager into opportunities for growth, covering topics such as respectful discipline, clear, honest communication, preventing risky behavior and bullying.

Call Tricia Tousignant, Family Resource Center, at 528-0391, or email [tricia.tousignant@lracs.org](mailto:tricia.tousignant@lracs.org) for more information or visit our website at [www.lracs.org](http://www.lracs.org) and review our Schedule of Current Parent Education Programs at the Family Resource Center page. Attendance certificates will be provided at all parenting programs sponsored by Lakes Region Community Services, Family Resource Center of Central New Hampshire.

For hundreds of families living in the Lakes Region each year, the Family Resource Center of Central New Hamp-

shire, a program of LRCS, offers respectful, non-judgmental education, early intervention, and support to assist families in their efforts to meet needs, make positive connections, and prepare children for success today and tomorrow because the Family Resource Center believes strong families lead to strong communities.

Lakes Region Community Services (LRCS) is a nonprofit, comprehensive family support agency with a primary focus of providing supports to individuals with developmental disabilities and/or acquired brain disorders and their families. A dynamic human services organization, LRCS offers other essential and critical services to individuals in our Greater Lakes Region communities from birth throughout their lifespan. At the core of LRCS' work are inclusion, acceptance, and building strengths and partnerships – whether at the individual, family or community level. LRCS has offices in Laconia and Plymouth which combine to serve families residing throughout Belknap and Southern Grafton Counties. For more information contact Joanne Piper Lang at 524-8811 or visit [www.lracs.org](http://www.lracs.org).

## Volunteers needed to advocate for children in the Lakes Region

*Training for new advocates to begin Nov. 7 in Moultonborough*

REGION — An infant and a pre-teen child in need of an advocate because they are living in a home where drug use and sales are persistent. Three siblings living in a home where mom's significant other is suspected of sexual and physical violence against them and other children. A two-month old living with paternal grandparents due to ongoing concerns of drug misuse and domestic violence between mom and dad.

These aren't hypothetical scenarios. They are real reasons for which a court in New Hampshire called upon CASA to provide an advocate for children in recent months. They are also three examples of cases where an advocate was not immediately available due to a shortage of volunteers.

Last year, CASA of New Hampshire advocated for more than 1,400 children statewide, accounting for about 80 percent of

the need. These are children who need someone to speak up for them in a court process where their voices must be heard. More than 100 of those children were from Belknap County.

The ongoing need for new advocates can be met, but in order to do so, CASA needs more volunteers willing to give their time and use their voice to speak up for children who cannot speak for themselves.

"Serving as a Court Appointed Special Advocate is an opportunity to reach the child who needs the support of a caring adult," said Carolyn Cote, CASA of New Hampshire's communications director. "Just one volunteer can make a lasting

impact in the life of a victimized child or sibling group. Volunteers do not need a specialized background to do this work, we train everyday citizens to become effective advocates and provide ongoing professional training and support to help them along the way."

CASA's final new advocate training of 2019 begins in Moultonborough on Nov. 7. Applications for training are being accepted on an ongoing basis. Statewide training will begin in again in January with dates and locations to be announced later this year. Help change a child's story. Learn more at [www.casanh.org](http://www.casanh.org) or call Diane Valadares at 800-626-0622.



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## MARK ON THE MARKETS

### *It's just math*



BY MARK PATTERSON

Why does risk matter? The risk that I am referring to is investment risk made up primarily of market risk when dealing with equities or stocks and interest rate risk as well as credit risk when dealing with bonds or fixed income.

Concept's that I've expressed in previous articles, are dealing with quantifying risk and reporting returns. Let me talk about two portfolios made up with a variety of asset classes. We can assign each portfolio with a standard deviation, (difference from the middle), which measures the volatility and a range of upside and downside of potential returns. Portfolio one has a wide standard deviation (more risk and potential return) and portfolio two has a lesser standard deviation.

Portfolio number one started with \$100,000 and had a wonderful first year return of 60%.

The second-year portfolio one sustained a minus 40 percent loss. The average return for this portfolio over two years is 10%. Not a bad return!

Portfolio number two started with the same \$100,000, a 30 percent first year return but a 10 percent second year loss. Again, a 10 percent average return over the two-year span, again, not a bad return!

But let's look at the compounded annual growth which is measuring dollars not average returns.

Portfolio one, \$100,000 invested after one year is equal to \$160,000, 40 percent loss of \$60,000 brings our dollars down to \$96,000!

Portfolio two, \$100,000 with a 30 percent return equals \$130,000, followed by a 10 percent loss or \$13,000 brings us down to \$117,000.

I prefer portfo-

lio number two, how about you?

So, you can see that bringing down the risk or standard deviation in a portfolio will lead to superior returns of real dollars.

This concept very important not only understand, but to implement in your own portfolio especially as we approach a time in our lives that we may depend on these assets for income.

What these numbers illustrate is a simple concept of avoiding big losses which will almost always reduce potential upside. If your advisor is attempting to build your portfolio with a variety of non and low correlated asset classes, which will lower the standard deviation or volatility and risk in a portfolio, using very low-cost or no cost investment vehicles such as exchange traded funds or individual stocks and bonds, you can assume they are probably working for your best interest.

Risk management is only part of the story. The purpose of your money is more important than risk assessment in my opinion. It's very easy to answer questions to create a risk profile which is typically matched up to a corresponding prefabricated portfolio. But if you answer questions that match you up a growth portfolio and income is needed soon; your portfolio will not be designed what its purpose really is!

It is common for my client that is near or in retirement to reminisce about the returns of their investment portfolio 25 years ago, as a retail broker I was not really concerned about losses at that time either. I didn't really understand the concept of compounded annual growth versus average returns.

Staying away from big losses in your investment portfolio not only maintains your monetary capital but preserves emotional capital!

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

## Send us your letters!

We seek your input! Tax rate got you down? Glendale too congested for your liking? Do you approve of a recent selectmen decision? Hate the paper? Love the paper? Let us know!

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E-mail us at [brendan@salmonpress.news](mailto:brendan@salmonpress.news).  
We're looking forward to hearing from you!



COURTESY

### Police Relief Association supports Children's Auction

WOW Trail President Allan Beetle accepts a \$500 donation from LPD Chief Matt Canfield and Captain Michael Finogle from the Laconia Police Relief Association at Saturday's Runaway Pumpkin event.

## NORTH COUNTRY NOTEBOOK

### *Birds, bobcats, and courage, and a seasonal note or two*



By JOHN HARRIGAN  
COLUMNIST

I've always admired two creatures of the wild for their pluck--the mother partridge (ruffed grouse) and the bobcat. I know, I know, "partridge" and "ruffed grouse" are not technically or scientifically interchangeable.

Still, to settlers from England, Ireland and Scotland, it was always "partridge," and the vernacular stuck. I can remember riding in to the logging camps at the junction of the East Branch and Deadwater Stream with Blondie Meserve, with a box of shotgun shells on the front seat, in easy reach. "Cartridges for partridges," he said with a big grin, even though both terms were, to the pernickety, incorrect.

A hen with a clutch of chicks traveling all around with her, learning how and what to peck at, will rush an intruder (you, startled half to death) all puffed up, wings outstretched, hissing beak extended like a timber rattler. You back off, looking around for the Medevac copter.

And then there's the bobcat, which at an average adult male weight of 22 pounds or so is far smaller than you are, but doesn't seem to know it. I've had to come face to face with captive bobcats a couple of times, and they spent the entire time hissing, growling and spitting, and trying to think up ways to kill me.

+++++

On the subject of bobcats, I try to stick to in-state topics here but could not help noting a neat bobcat story from west of the Mississippi.

A father and son were fishing a remote pond



JOHN HARRIGAN

The dog on the porch is Millie, in Scan Mode. The boulder is a glacial erratic, moved with hydraulics after 15,000 years up in Ancestors' Field. The picnic table is one of two, soon to be stored for the season. The shadow is more Millie.

in Montana earlier this month when a juvenile bobcat swam toward their boat, obviously struggling and in trouble, and the men sensed that it was about to go down.

They maneuvered their boat over to the cat and scooped it up with a big fishing net. They tried to dry it off and warm it up on the way to the landing, but it spent the entire time snarling, hissing and growling until they released it on shore.

+++++

Phone scam department:

I also avoid social issues in this space, but this topic hardly fits that description. It is a predator-prey situation.

New Hampshire has a higher percentage of elderly people than the national average, and the elderly are more prone to falling prey to fast-talking con-artists. Police all over the state often ask the media to spread the word about the most recent gim-

mick.

Twice now, I've received phone calls from someone purporting to be my grandson, in jail (in Mexico) and in need of money for bail and flying home, fast. The thing is, I have only one grandson, he's French-Irish, and he doesn't sound like he's from West Texas.

Other scams include fundraising calls from police or fire department "support" organizations (legitimate fundraisers are likely to be someone you know) and fly-by-night roofers and paving companies (ditto).

And then there are the "your rights under Medicare" outfits. These sound like government-associated companies on the TV ads, but are not. They offer benefits that are already available, at extra cost. They are nothing but barkers for high-priced "benefits package" companies, shilling for extra services you'll have to pay for.

Seniors simply need to be warned about

these calls. Children, grandchildren and great-grandchildren, do your elders a kindness with a few words to the wise.

+++++

#### Seasonal notes:

--We've had five or six good, hard frosts now. This is supposed to happen. It's the middle of October. Any day now: First snow, which won't stick because the ground's not frozen. Yet.

--It was a whale of a foliage season. The colors held on and so did the leaves, despite rain and high winds.

--The fine smell of wood smoke is ever more in the air.

--Water in dogs' dishes is frozen at dawn. So are the dogs, which say, like Cold War spies in the thrillers, "Time to come in from the cold."

*(Please address mail, including phone numbers in case of questions, to [campguyhooligan@gmail.com](mailto:campguyhooligan@gmail.com) or 386 South Hill Road, Colebrook, NH 03576.)*



# Pub Mania 2019: The second decade of helping kids!

GILFORD — Billed as the World’s Greatest Barstool Challenge, team captains will meet at Patrick’s on Monday, Oct. 28 to gear up for the 11th Pub Mania event. Joining the fun this year is team “Birdies for a Cause” with co-captains Allison Mitzel, assistant Golf Professional at Laconia Country Club, and Rachel Rollins of Laconia. Birdies for a Cause, the newest Pub Mania team, is made up of local golfers, golf enthusiasts and their friends to support the Greater Lakes Region Children’s Auction.

“We’re excited to be leading a new team for

Pub Mania this year,” said Rollins. “We’ve participated in the past, but it’s a different ball game when you’re responsible for filling a team of 24 people. We’ve got a great group of golf friends and others to come out and support our new team.”

Each of the 31 teams that make up Pub Mania has one or more captains that build a team of 24 people, one for each hour of the event.

“The team captains are the backbone of this event,” says Patrick’s co-owner Allan Beetle. “They inspire others to participate, fundraise, have fun, and make a



COURTESY (Left) Allison Mitzel and Rachel Rollins to lead newest Pub Mania team, Birdies for a Cause, for the upcoming Pub Mania 2019 fundraising event.

difference in the lives of kids here in the greater Lakes Region.

This year’s event takes place on Dec. 5 and 6 at Patrick’s Pub & Eatery of Gilford, who will be hosting their 11th Pub Mania event. This 24-hour barstool challenge raises money for the Greater Lakes Region Children’s Auction. Team Captains and organizers have their eye on topping the record amount of \$353,361 raised last year. The Pub Mania

event has now raised almost \$2 million in its first ten years.

One hundred percent of the funds pass directly to the Children’s Auction for distribution to the community. Proceeds from the auction are used for children’s basic needs, including food, clothing and shelter as well as for programs and organizations that work to improve the lives of children and mitigate the need for these services.

For more information visit [www.patrickspub.com/pubmania](http://www.patrickspub.com/pubmania) or for the Children’s Auction visit [www.childrensauction.com](http://www.childrensauction.com).

## Meditation & healing service date changes

Hope Ministries at the First United Methodist Church in Gilford would like to announce that due to unforeseen circumstances the October and November Mediation and Healing services are cancelled. In January the services will continue on the Last Friday of each month.

On Thursday, Dec. 18, there will be a Meditation and Healing Service with the theme of

Blue Christmas. This Blue Christmas service is for anyone, but especially those who have experienced the loss of a loved one and find that Christmas is a difficult holiday because of that loss. So please put Thursday, Dec. 18 at 7 p.m. on your calendar and join us at the First United Methodist Church, 18 Wesley Way (off Route 11A near the 3/11 bypass), Gilford.



# WOW Trail ROW study released to Laconia City Council

LACONIA — WOW Trail President Allan Beetle presented an overview of the ROW (Right-of-Way) Study of the Proposed Regional Rail Trail from Franklin to Weirs Beach to the Laconia City Council on Oct. 15. The study was conducted by Alta Planning & Design, a nationally recognized leader in the bicycle/pedestrian field, who is currently under contract with NH DOT for their statewide Bike/Ped planning.

The City of Laconia endorsed a proposal to commission research, paid for by the WOW Trail committee and others, to study the pros and cons of continuing to build alongside (Rail-with-Trail), or in place of, the RR tracks (Rail-to-Trail). In addition to the city, Belmont, Tilton, Franklin and Meredith all lent their support, along with the Weirs Action Committee and the Belknap Economic Development Council.

With more than eight miles of completed trail between Franklin and Weirs Beach, the study compared the alternative options (Rail-with-Trail or Rail-to-Trail) for completing the approximately 10+ miles of remaining gaps.

The results of the study indicate that a completed 20-mile Rail Trail, either built alongside or in place of the tracks, would bring substantial economic benefit to the regional and state economy. The Rail-to-Trail alternative, primarily due to the lower capital costs and seamless nature of the trail, showed a 32:1 benefit-cost ratio, four times higher than the estimated 8:1 ratio of the Rail-with-Trail alternative. Additional visitor spending of more than \$6 million/year, 40-60 permanent new jobs, \$500,000/year in additional Rooms & Meals Tax generated, mobility, health and safety benefits all accounted for a Net Annual Benefit over



Winnepesaukee RR at Weirs Beach station. NH DOT reports passenger counts down more than 30 percent for the train over the last four years. ROW Study reports a completed Rail Trail would generate an additional 6,000-8,000 riders each year

a 20-year period of between \$67-\$89 million.

Describing the ROW as “spectacular, underutilized real estate” that could be transformed to an economic engine and source of pride for the community, Beetle questioned the status quo, citing “reluctance to change” as the single biggest obstacle to getting this project completed.

“Shouldn’t the economic and quality of life benefits for our community be considered,” he asked.

While acknowledging that removal of a section of RR track might require changes to existing law and would face stiff opposition from the Tourist Train and rail proponents across the country, he argued that a completed Rail Trail to Weirs Beach could be a benefit to the Tourist Train. NH DOT reported over a 30% decline in ridership for the tourist train over the last 4 years. The study estimates that delivering thousands of trail users to the Weirs platform would generate an additional 6,000-8,000 passengers for the tourist train annually. Beetle cited the local Cog Railway, and other Tourist Trains in the United States, that

operate successfully disconnected from a main line.

Beetle described that building in-place of the RR track would be far better for abutters. Rather than being located up against neighbors’ property line, the trail would remain further from their properties, with no fencing between the trail and the rail necessary.

Citing a lack of easements and safety as the primary reasons for not moving ahead with the Rail-with-Trail alterna-

tive at this time, Beetle told the City Councilors that he and the WOW Trail committee were prepared to gather community support from Franklin to Weirs Beach and beyond if the Council chooses to move ahead with the Rail-to-Trail option.

Obstacles to pulling up the tracks to complete such a trail are daunting. Residents of gated communities at Southdown and Long Bay have stated they would attempt to stop the project in court,

citing safety, crime and privacy that would diminish the value of their properties.

State law favoring rail use over recreational use would have to be changed, and the federal Surface Transportation Board would have to approve a state request to discontinue rail use.

Laconia Mayor Engler explained why proponents still want to try.

“It’s just the realization that this particular stretch of Rail Trail would be amazing,” he

said. “It would be a huge attraction for residents and visitors. The thing that galls us is that this is a public right of way through the city, and it is horribly under-utilized.”

During the council meeting, Councilor Bob Hamel endorsed exploring further, with Councilors Mark Haynes and David Bownes expressing their support.

Councilor Henry Lipman later said “the opportunity is worth pursuing.”

## LRPA’s Shocktoberfest continues wraps up with “Carnival of Souls”

LACONIA— Be very afraid! It’s October on LRPA After Dark, and that means we’re celebrating the Scary Season with our 4th Annual “Shocktoberfest,” a month devoted to vintage horror films. This weekend (Oct. 25 & 26 at 10:30 p.m.), we close out our festival with the eerily atmospheric cult favorite, 1962’s “Carnival of Souls,” directed by Herk Harvey and starring Candace Hilligoss.

Mary Henry (Hilligoss) and two friends are out in a car, enjoying the day. At a stop light, some guys in another car challenge them to a street race, and they accept. As the girls’ car speeds across a bridge, the driver loses control and the car plunges into a river. A search party drags the river for the car, and


just when things look dire, Mary emerges from the water, cold and dazed. She can’t seem to remember any details about the wreck and has no real answers for the searchers. To move on with her life, Mary accepts a job in a different state as a church organist. On the drive to her new position, she passes a mysterious deserted carnival pavilion to which she finds herself inexplicably drawn. As she is looking at the pavilion, Mary is startled by an ominous man looming in her path, nearly causing her to drive off the road. She blames this vision on a lingering aftereffect of the accident, composes herself, and drives to her destination. Mary arrives at her destination and takes a room at a boarding house,

meets her new employer, and generally tries to get on with her life. However, she can’t stop seeing the apparition of the menacing man – nor can she get the vision of the abandoned carnival pavilion out of her head. What do these frightening visions mean? Will she ever be able to move on with her life?

Although it was an initial failure at the box office, “Carnival of Souls,” made on a shoestring budget of less than \$20,000 and with a total crew of six, has since become a highly regarded and well-loved horror cult classic. Upon the film’s re-release in 1989, critic Roger Ebert awarded the film three out of four stars and wrote that the movie was “... an odd, obscure horror film that was made on a

low budget in 1962 and still has an intriguing power. Unlike most of today’s horror movies, “Carnival of Souls” has few special effects. Instead, it depends on crisp black-and-white photography, atmosphere and surprisingly effective acting.” Lead actress Candace Hilligoss studied with famed teacher Lee Strasberg at the Actor’s Studio in New York City, and brings remarkable depth to the character of Mary. This movie’s not to be missed! Grab your candy corn and join LRPA after dark for this fan favorite classic from the past.

**LRPA’s Final Shocktoberfest Halloween treat:**  
Oct. 25 & 26: 1962’s “Carnival of Souls”  
SEE LRPA PAGE A8



### How to Submit Obituaries & Announcements To Salmon Press Publications

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# Photographer Jay Fitzpatrick named LRAA’s Artist of the Month

TILTON — What sets one photographer apart from the rest? It’s how innovative and creative they are, as is the case with photographer, Jay Fitzpatrick, selected by fellow members of the Lakes Region Art Association

tion to be its November, ‘Featured Artist of the Month.’ Fitzpatrick’s exhibit will feature some of his newest works, including wonderful and interesting images from Vietnam, Ireland, and Ameri-

## Big Brothers Big Sisters featured at next Connect event

GILFORD — Patrick’s Pub and Eatery welcomes back Big Brothers Big Sisters of New Hampshire at their networking event, “Connect”, on Thursday, Oct. 24 from 6-8 p.m. Big Brothers Big Sisters of New Hampshire is taking the opportunity at their second Connect to kick off their annual Thankful Giving season by thanking their incredible mentors who are making a difference in their communities, and invite anyone interested in getting involved with the organization to come and learn more.

Serving more than 700 children a year and with more than 270 kids on their waiting list statewide, Big Brothers Big Sisters of New Hampshire is an evidence-based preventive program that is proven to help keep kids in school, improve their self-esteem, and encourage them to avoid risk behaviors such as substance misuse. BBBSNH’s mission is to provide children facing adversity with strong and enduring, professionally supported one-to-one relationships that change their lives for the better, forever. Volunteer mentors meet with children in community-based and site-based settings, empowering and inspiring them to reach their full potential. In 2018, BBBSNH opened an office in Laconia to expand their program into the Lakes Region.

The Community Based Mentoring program carefully matches screened adult volunteer mentors in professionally sup-

ported mentoring relationships with youth. Bigs and Littles spend quality time together participating in a variety of activities of their choosing.

The Site Based Mentoring program utilizes schools, after school programs, and workplace mentoring such as CCA Global Partners and Comcast as the venue in which the mentor (Big) and mentee (Little) meet. Time is spent doing homework, enjoying lunch together, reading, playing a board game or outdoors on the playground.

BBBSNH has been serving New Hampshire for more than 50 years, and merged to become a statewide organization in 2015. This Thursday, get to hear first-hand about this amazing organization from current Big Brothers and Big Sisters, as well as staff members and board directors.

Patrick’s Connect features local businesses and organizations. The evening includes complimentary craft beer sampling from Woodstock Brewery and raffle drawings at 7 and 8 p.m. An additional Grand Prize of an overnight stay, brewery tour and breakfast at the Woodstock Inn is given away at 8 p.m.

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

To learn more about Big Brothers Big Sisters of New Hampshire, please visit [www.bbbsnh.org](http://www.bbbsnh.org).



COURTESY (Left) “Three Trees” is the title of this photo by Jay Fitzpatrick, a member of the Lakes Region Art Association, and November’s ‘Featured Artist of the Month’ who’ll have on display many of his photos taken throughout America, Vietnam and Ireland. Jay’s talents also include his innovative use of infrared photography. His opening reception is Nov. 9, Lakes Region Association Art Gallery, Tanger Outlet Mall, Suite 132, 120, Laconia Rd., Tilton, NH, 5-8 p.m.

ca, most notably the Palouse area of Washington State. Another of his unique talents is how he’s been able to create fascinating abstract images using infrared and digital photography.

Fitzpatrick is also

an active member of the Sunapee Area Center for the Arts, the New Hampshire Association of Photographic Artists, and a camera club in Concord and in the Lakes Region. He also teaches and conducts workshops on digital photography, or private lessons for beginners and accomplished photographers. Contact: [Jall@tds.net](mailto:Jall@tds.net). His November ‘Artist of the Month’ opening reception is Saturday, Nov. 9, Lakes Region Art Association Gallery, Tanger Mall Outlet, Suite 132, 120 Laconia Rd., Tilton, 5:30-8:30 p.m. It’s free, open to the public and includes light refreshments.

## GILFORD PARKS AND RECREATION NEWS

BY HERB GREENE

Director  
Gilford Parks and Recreation

### Annual "Halloween Happening" Party on Oct. 25

The Gilford Parks and Recreation Department will be sponsoring their annual "Halloween Happening" Party on Friday, Oct. 25 from 5:30 - 7:30 p.m. in the Gilford Middle School Gym and Cafeteria. This party is open to all Gilford children up through the 6th grade. Activities will include; Give-Aways, The Monster Mash Raffle, Costume Contest, Halloween Games and of course the annual Halloween Jail and Pillow Fight Ring. Cupcake decorating and Halloween crafts will again be available in the cafeteria (until 6:30 p.m.)!

As always, the Parks and Recreation Department is looking for volunteers to assist with the party. Help is needed with running games/activities during the party and clean-up following the party.

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

\*The Gilford Police Department has set Trick-or-Treating in Gilford for Thursday, October 31st from 5:00 - 8:00 p.m. During these hours, Belknap Moun-

tain Road will be closed from Potter Hill Road to the Imagination Station Parking Lot at the GES.

### Senior Moment-um Halloween Bingo and Appetizers on Oct. 28

The Gilford Parks and Recreation is sponsoring a Senior Moment-um Program on Monday, Oct. 28. We will meet at the Gilford Community Church Fellowship Hall at noon for an afternoon of Halloween themed Bingo. Participants are asked to bring an appetizer to share with the group and we'll provide coffee, tea, water, a "killer punch" as well as some fun prizes! Participants are asked to RSVP by Friday, Oct. 25.

### Youth Basketball Registration Night on Wednesday, Oct. 30

The Gilford Parks and Recreation Department will begin accepting registrations for the Youth Basketball Program for Gilford children in grades 1-6 on Monday, Oct. 28. The Recreation Department will be holding a Registration Night on Wednesday, Oct. 30 from 5:30 - 7 p.m. in the Parks and Recreation Office. Registration deadline for all divisions is Tuesday, Nov. 12.

For more information, please contact Parks and Recreation Director, Herb Greene at 527-4722.

### Gunstock Ski/Snowboard Program registration deadline Nov. 15!

The Gilford Parks and Recreation Department is sponsoring a four-week learn to ski/snowboard program to be held at Gunstock Ski Area for Gilford children in grades 1-8. This program will be running from 4:30 - 8 p.m. every Tuesday from Jan. 7 - Jan. 28, 2020. There is also rental equipment available to those who need it. Registration deadline is Friday, Nov. 15.

For more information, please contact Parks and Recreation Director, Herb Greene at 527-4722.

### Adult Pick-up Basketball continues on Thursday evenings

The Gilford Parks and Recreation Department is sponsoring a Pick-up Basketball program for adults ages 18 and up, Thursday evening from 7 - 9 p.m. in the Gilford Middle School Gymnasium. This program runs through the Nov. 21 (no program on Oct. 31st or Nov. 14). There is a \$2 fee per participant, per evening. This program is open to any interested adults and no pre-regis-

tration is required.

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

### Boston Celtics bus trip scheduled for March 18, 2020

The Gilford and Belmont Parks and Recreation Departments are co-sponsoring a Bus Trip to Boston to see the Celtics take on the New York Knicks on Wednesday, March 18, 2020. Cost of the trip is \$80 per person and includes round trip motor coach from Gilford or Belmont and your ticket (section 311 of the balcony) to the game. Our deluxe motor coach will depart from Gilford High School at 4:45 p.m. and the Tioga Pavilion in Belmont at 5 p.m. for the 7:30 p.m. game. You will have time to visit the pro-shop and get dinner on your own prior to the game. Seats are limited; a registration form must be completed accompanied by payment and tickets are non-refundable.

For more information, please contact the Gilford Parks and Recreation Department at 527-4722 or visit their Web site at [www.gilfordrec.com](http://www.gilfordrec.com).

## PET OF THE WEEK

## TOBY

Toby has been waiting since July 30th for a new home...that’s a pretty long while. He is a handsome, 4-year-old, 75 pound Bull/Terrier mix who is looking for an active home without other dogs and with children over 10 years of age. He is anxious around men and paper towels likely because he suffered abuse before he was rescued. He has no experience with cats. He loves to run and play fetch. He is current on vaccinations, neutered and microchipped and beyond excited to move into a home of his own soon.

PS - Check out our NEW 3 minute video!



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EARNEST

(Continued from Page A1)

companies including Laconia High School's theater program, the Winnepesaukee Playhouse in Meredith, and others.

Ayer said the Victorian-era language in the play and the abundance of lines does make it a bit more challenging.

"There's a lot of words in this play; learning lines has been a challenge," Ayer said.

He said thought that he finds the lines for a well-written play tend to be a lot easier to learn.

Unlike with "Macbeth," no sections were cut from the script. The script they are using was already a streamlined version of the play, and Ayer said the decision was made to add certain lines from the full original text back in.

Ayer said "The Importance of Being Earnest" is an ensemble play, with only a few characters playing small roles in the story.

Brendan Berube of Laconia plays Jack Worthing, who has a family secret that sets his and his friend Algy's plan in motion.

"He's a very uptight guy," Berube said.

"The deeper he gets into this, the more upset he becomes and the more nightmarish the situation becomes."

He said the language is still a challenge, but after playing the lead in "Macbeth" last year, the language of this play was "a breeze."

Dave Nelson of Gilford plays Algernon Moncrief, who has the polar opposite personality from his friend Jack. While Jack is stuffy, Nelson said Algy is boisterous.

"(He) likes to get into scrapes and causes Jack nothing but trouble," Nelson said.

He said the language of the play is a bit more difficult compared to a musical.

Nelson co-produces the show with Oriana Filiault. He said he grew up working with Streetcar and this is the first time he has taken on a role this big.

Zoe Lehneman of Gilford plays Cecily Cardew, Worthing's young ward.

"Cecily is very much a hopeless romantic type of character, but she's also very proper," Lehneman said.

She said it was a challenge learning the lines from this wordy

script as well as keeping the exact wording.

Oriana Filiault of Laconia plays Jack's romantic interest, Gwendolyn Fairfax.

"She's a flirtatious, uptight 20-something," Filiault said. "Her ideal husband has always been someone by the name of Ernest, and she falls in love with someone she thinks is Ernest."

Overall, Filiault said she is loving the experience of working on this show, She said she's not a singer so it's nice to be able to perform front and center on a "straight play" and not take part in the ensemble for a musical.

Filiault is also a co-producer and manages the costumes. Most of the costumes come from the company's collection, and they have also received special permission to borrow some pieces from the Winnepesaukee Playhouse.

"We're trying to be really simple about it," Filiault said.

"The Importance of Being Earnest" will be Performed at the Laconia High School auditorium Nov. 1 and 2 at 7 p.m. and Nov. 3 at 2 p.m.

BUDGET

(Continued from Page A1)

was reduced from the originally proposed 2.5 percent.

The 2020 budget includes \$954,387 in warrant articles, including capital outlay and special warrant articles.

At the end of the meeting, the recommended selectmen's budget was \$15,109,979, an increase of \$357,898 or 2.43 percent over last year.

The increase also included adding \$450,000 to the road improvement budget and two new full-time firefighters.

The board agreed to have Dunn and Finance Director Glenn Waring recheck all the numbers and come back with any changes. On the Oct. 9 board meeting Dunn said he

and Waring added up all the numbers and all added up with the board's vote. Dunn did propose two possible changes to the budget.

He said they initially thought the fire department didn't need a new air compressor and talking with Chief Steve Carrier confirmed that, resulting in \$12,600 being eliminated for the line.

The budget process also missed \$25,000 going into the capital reserve fund for fire water supply. Dunn said that amount, if approved, will be coming from fund balance and won't have a tax impact.

Board chair Richard Grenier asked how that figure was missed. Dunn said the amount

was too small to fall within the CIP plan, though it was a special warrant article.

In the end this brings the selectmen's recommended budget to \$15,122,379. This is an overall increase of \$370,298 or around 2.5 percent. The estimated municipal portion of the tax rate will be \$4.76 per \$1,000 in assessed valuation, which is the same as the 2019 projected tax rate.

The selectmen unanimously approved adopting the revised budget. The Selectmen's recommended budget is now going through the Budget Committee, which will decide the final budget numbers early next year.

PUMPKIN

(Continued from Page A1)

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HALLOWEEN

(Continued from Page A1)

Raffle.

The Gilford Youth Center will hold two Halloween events for

people of all ages. The GYC will turn into The Haunted Village on Oct. 25, 26, and 31 from 7-10 p.m. For something less frightening come to the Not-So-Scary Haunted Village Stroll on Sunday, Oct. 27 from 1-3 p.m. and Oct. 31 from 4-6 p.m. Families can stroll Gilford Village in costumes with special guests Mickey and friends.

The Children's Halloween Party will take place at the Gilford Public Library on Thursday, Oct. 31 from 10:30-11:30 a.m. Kids can come in their costumes, parade through the library, have a special story time, and enjoy snacks and games.

Kids from Gilford Elementary School can show off their costumes and spread Halloween fun through the village with the annual Halloween parade. Kids and educators will leave GES around 9 a.m. and go down Belknap Mountain Road to the Gilford Village

Store and turn around and return to school.

Trick-or-treating in Gilford will take place Halloween night, Thursday, Oct. 31, from 5-8 p.m. Belknap Mountain Road will be closed from Potter Hill Road to the Imagination Station at Gilford Elementary School during this time.

Dogs and their humans will have their own Halloween party with a race on Nov. 2 for the Muddy Puppy Costume Fun Run and Canicross. Participants in the 5K run/walk can bring up to two dogs, costumes are encouraged. Registration starts at 10 a.m. and the Cani Cross starts at 11 a.m. Awards will be handed out at noon for the best Cani Team costume for humans and dogs and the best individual costume for dogs as well as the fastest three race times. Participants need to bring a proof of rabies vaccine for their pooches.

LRPA

(Continued from Page A6)

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

**About Lakes Region Public Access Television (LRPA)**  
Lakes Region Pub-

lic Access Television (LRPA) is a nonprofit, noncommercial public access TV station and community media center located on the Laconia High School campus in Laconia, NH. LRPA cablecasts locally on Atlantic Broadband Channel 24 (educational programming and public bulletin board), Channel 25 (information and entertainment) and Channel 26 (gov-

ernment 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

- 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](http://www.lrpa.org).





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Think Pink

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

Potential treatment options after a breast cancer diagnosis

A breast cancer diagnosis is something no one wants to receive. But the burden of breast cancer is substantial. In fact, the World Health Organization notes that breast cancer is the most commonly occurring cancer in women worldwide.

Thankfully, breast cancer survival rates are high in many parts of the world, particularly in developed countries such as the United States, Canada and Japan. While survival rates are lower in developing countries, it is encouraging to know that the average five-year survival rates are as high as 90 percent in some nations. That suggests that the strategies used to successfully fight breast cancer in developed nations may one day prove as effective in developing nations, potentially leading to a sharp decline in global breast cancer deaths.

Upon being diagnosed with breast cancer, patients will be educated about a host of potential treatment options. The Centers for Disease



Control and Prevention note that breast cancer is treated in several ways, and the course of treatment a doctor recommends will depend on the kind of breast cancer and how far it has spread. In addition, according to

Breastcancer.org, breast cancer is made up of many different kinds of cancer cells, which often necessitates the use of various types of treatments to get rid of the cancer.

The following are

some treatment options doctors may discuss with breast cancer patients.

•Surgery: Breastcancer.org notes that surgery is typically the first line of attack against breast cancer. The CDC says the goal of surgery is to cut out

cancer tissue. Some common breast cancer surgeries include lumpectomy, in which the tumor and a small amount of surrounding tissue is removed, and mastectomy, in which all of the breast tissue is removed.

•Chemotherapy: Chemotherapy is used to treat various types of cancer and involves the administration of special medicines to shrink or kill existing cancer

cells. Breastcancer.org notes that chemotherapy is sometimes administered prior to surgery in an attempt to shrink the cancer.

•Radiation therapy: Radiation therapy aims to kill cancer cells using high-energy rays that are similar to X-rays. Sometimes referred to as “radiotherapy,” radiation therapy is overseen by a radiation oncologist who specializes in this type of treatment.

• Hormonal therapy: Estrogen makes hormone-receptor-positive breast cancers grow, and hormonal therapy, which may be referred to as “anti-estrogen” therapy, aims to reduce the amount of estrogen in the body and block its action on breast cancer cells.

• Targeted therapies: These therapies, which Breastcancer.org notes are generally less likely than chemotherapy to harm normal, healthy cells, target specific characteristics of the cancer cells. Cancer cells can have many characteristics, so there are various types of targeted therapies.

Breast cancer treatments can be highly effective in the fight against breast cancer, particularly when the disease is caught in its early stages.

Breast cancer signs and symptoms

Breast cancer is a formidable foe. According to the World Health Organization, an estimated 627,000 women lost their lives to breast cancer in 2018. But women are not helpless in the fight against breast cancer, as the WHO notes early detection is critical and could potentially save thousands of lives each year.

A proactive approach is a key component of protecting oneself against breast cancer. While the National Breast Cancer Foundation, Inc.® notes that many breast cancer symptoms are invisible and not noticeable without a professional cancer screening, women can keep an eye out for certain signs of breast cancer they might be able to detect on their own. Monthly self-exams can help women more easily identify changes in their breasts. During such self-exams, women can look for the following signs and symptoms and are advised to report any abnormalities they discover to their physicians immediately.

• Changes in how the breast or nipple feels: The NBCF says nipple tenderness or a lump or thickening in or near the breast or underarm could indicate the presence of breast cancer. Some women may notice changes in the skin texture or an enlargement of the pores in the skin of their breast. In many instances, skin texture has been described as being similar to the texture of an orange peel. Lumps in the breast also may indicate

breast cancer, though not all lumps are cancerous.


• Change in appearance of the breast or nipple: Unexplained changes in the size or shape of the breast; dimpling anywhere on the breast; unexplained swelling or shrinking of the breast, particularly when the shrinking or swelling is exclusive to one side only; and a nipple that is turned slightly inward or inverted are some signs and symptoms of breast cancer that can affect the appearance of the breast or nipple. It is common for women’s breasts to be asymmetrical, but sudden asymmetry should be brought to the attention of a physician.

• Discharge from the nipple: The NBCF notes that any discharge from the nipple, but particularly a clear or bloody

discharge, could be a sign of breast cancer. The NBCF also advises women that a milky discharge when they are not breastfeeding is not linked to breast cancer but should be discussed


with a physician.

Learning to recognize the signs and symptoms of breast cancer can increase the likelihood of early diagnosis, which greatly improves women’s chances of surviving this disease.



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

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# Annual Pumpkin Festival draws crowds

BY ERIN PLUMMER  
mnews@salmonpress.news

LACONIA — A tower of pumpkins, rows of decorated pumpkins, pumpkin treats, and so much more could be found in downtown Laconia during the annual New Hampshire Pumpkin Festival. This year's festival saw big numbers thanks to a week-end of sunny weather.

The 2019 festival got started on Friday afternoon and ran through Saturday night. Downtown Laconia was closed off to most traffic to create a traffic-free space for walking, vendors, and activities.

A number of different events and activities were scheduled through the two days including games, live music, the Zombie Walk, the pumpkin cookoff, Jumpin' Jack's Car Show, the Gunstock Outdoor Adventure Expo, and so many others. Visitors could also enjoy food and drink from numerous vendors, a beer tent, pumpkin carving, and more.

The star of the show was of course the pumpkins. The 34-foot-high Tower of Jack-O-Lanterns rose above Veterans Square, and local students showed the pumpkins they decorated in school in the school display in the Bank of New Hampshire Parking lot.

The New Hampshire Pumpkin Festival is organized by the



The Tower of Jack-O-Lanterns stands high above Veteran's Square in Laconia for the annual Pumpkin Festival.



Visitors look through the rows of pumpkins decorated by kids from several area schools.

Lakes Region Chamber of Commerce. Within a few hours after the event opened chamber Executive Director Karmen Gifford said the attendance overall was fantastic. The high turnout was credited to

the nice, sunny weather that weekend whereas last year numbers were down due to rain.

"I love the community camaraderie," Gifford said. "This festival wouldn't take place without all the people

running and organizing it."

She said every year, a new business or group will want to get involved.

Gifford said she spent some time by the pumpkin carving station and just loved seeing the look on the faces of people

who had never carved a pumpkin before.

For the second year the festival featured Jumpin' Jack's Car Show, a display of antique cars along Beacon Street East and a part of the Bank of New Hampshire parking lot.

The event was sponsored by Meredith Insurance with all proceeds from entry fees going to the chamber.

Awards were handed out for the best vehicles later that day. Ted Fodero of Meredith Insurance and chair of the chamber board said they had two secret judges who were walking around reviewing each of the cars. Last year one judge was looking at the entries.

Fodero said they had around 60 cars this year, more than double from last year. Fodero said they got closer to 25 in 2018, especially because of the rainy weather during last year's festival.

"Pumpkin Fest is just an amazing family event," Fodero said. "It brings everyone together."

He said this is a community event with something for everyone.

"It's the whole community that makes it what it is," Fodero said.

New this year was the Gunstock Outdoor Athletic expo in the Hector's parking lot, showcasing a number of the different outdoor activities people can do in New Hampshire. The expo featured Segway rides

from Gunstock, a 100 foot mountain bike track from Highland Mountain Park, along with the "Forever Locked" exhibit depicting two moose who locked horns in a fight and died as a result. There was also a Snowcat vehicle with snow gear that people could get a close look at. People could also try out a tree tent that was suspended in a low area to show what it was like to sleep in one.

"The whole idea is get a bunch of people together talk about how cool it is to do stuff outdoors," said Gunstock marketing manager Rachel Templar.

Templar said they were getting steady traffic in the early part of the festival. The expo was also a way to promote Gunstock, whose ski season will be opening on Black Friday.

A number of different activities went on throughout the festival.

In Rotary Park Downtown Gym of Laconia held a mini obstacle course for kids with different physical activities.

"Good to get them out there running around on a beautiful day," said personal trainer Matt Martin.

He said quite a few kids came over and did the course.

This was Martin's first time taking part in Pumpkin Fest with the gym and he said he enjoyed the festival overall, saying it was nice to have a fun, family event.

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## SPORTS

## Gilford golf team wraps up the season



JOSHUA SPAULDING

Connor Sullivan was the team's top golfer throughout the season.

BY BOB MARTIN

Bob@Salmonpress.news

BRETTON WOODS – The Gilford High School golf team traveled to the Mount Washington Golf Club for the Division 3 golf championship and came in seventh place out of 12 teams.

The Golden Eagles had a combined score of 363 and was +75 on the day. Derryfield finished off a dominant season with a score of 320 and a +32 for first place.

Gilford was led by Cody Boucher, who had a score of 85. Boucher has come on strong this season, with Coach Tom Carr saying that

he has been putting in a lot of time at the driving range and practicing his swing.

Boucher shot par on five of the first nine holes, en route to a score of 42. On the back nine he shot a 43 and had two pars.

Connor Sullivan and Joey Blake both shot 92, with 48 on the front nine and 44 on the back nine. Brady Reynolds shot a 94, including a birdie on a par three on hole 14.

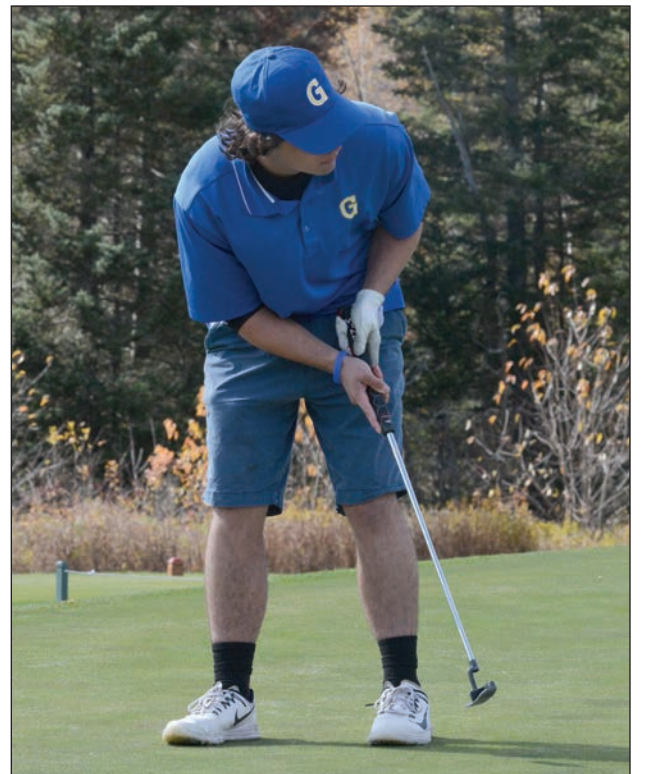
Not included in the scoring was Anthony Flanders with a 96, Hunter Wilson with a 102 and Austin Milligan with a 106.

Carr was happy with the team's performance on what was a very cold day with weather in the upper 30s at tee time.

"Cody finished the year playing his best golf and improving rapidly," said Carr. "Hunter was another player who was making some nice progress at the end of the year. Hunter had a couple of bad breaks at the team championship and his score blew up. His score wasn't indicative of how hard he worked over the last few weeks and the improvement he made."

Carr said that Sullivan played very well throughout the season and was the team's clear number one player going into the playoffs. Reynolds, he said, was also peaking as the season ended. Carr said

SEE GOLF PAGE B3



JOSHUA SPAULDING

Brady Reynolds came on strong for the Gilford golf team as the season wore on.



JOSHUA SPAULDING

Hunter Wilson putts for Gilford in the state finals.



JOSHUA SPAULDING

Cody Boucher finished 14th in the state for Division 3 golf this season. He shot an 85 at the state finals last week.

SEE FIELD HOCKEY PAGE B3

## Field hockey Golden Eagles finish at 11-3

BY BOB MARTIN

Bob@Salmonpress.news

GILFORD –The Gilford High School field hockey team had a pair of wins last week and finished out the regular season with an 11-3 record.

On Tuesday the Golden Eagles had a dominant victory over the Franklin Golden Tornadoes by a score of 7-0. Laurel Gingrich and Aly Pichette each had two goals to lead the offense. Also scoring for Gilford was Shea Brown, Syni Lehr and Avery Totten, who scored her first varsity goal as a freshman. Coach Dave Rogacki said he was also happy with the play of the defense led by Taryn Fountain and Emily O'Connor.

"Taryn Fountain and Emily O'Connor continued to develop their transition game that helped the defense keep Franklin out of the circle," said Rogacki.

On Friday, the Golden Eagles hosted St. Thomas Aquinas and came away with another shutout win by a score of 5-0. Gingrich and Byars shined in the senior game with two goals each, while freshman Lexi Shute also scored. The game was controlled by Gilford from start

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# Volleyball Golden Eagles win again

BY BOB MARTIN  
Bob@Salmonpress.news

GILFORD – It was another dominant performance for the Gilford volleyball team who remained unbeaten with a sweep win over Somersworth last week.

The Golden Eagles won in dominating fashion by scores of 25-5, 25-17 and 25-7. Senior defensive specialist Michelle Gallant had seven serves in a row with four aces, and was very good for the service line. Sophomore setter Riley McDonough also had a big night with 11 assists, one block, one kill and six consecutive serves.

Senior middle blocker Abby O'Connor was the leader on offense with seven kills and a block. Senior outside hitter Abby Warren had four spike kills in the win.

“Overall I was happy with how my team played,” said coach Amy Tripp.

Gilford had an away game against Plymouth on Tuesday after deadline, which was bound to be an exciting match as the Bobcats are on a 10-game win streak. The Golden Eagles finish the regular season on Oct. 24 at home against Manchester West for senior night.



Riley McDonough has been impressive at setter in her sophomore season with Gilford.

BOB MARTIN



Lindsey Sanderson goes up for a spike kill against Somersworth.

BOB MARTIN



Reagan McIntire, left, and Kate Sullivan jump for a block attempt near the net for Gilford.

BOB MARTIN

## Gilford boys blank neighboring Sachems

BY BOB MARTIN  
Bob@Salmonpress.news

LACONIA – The Gilford boys' soccer team traveled to nearby Laconia High School for a game under the lights where the Golden Eagles shutout over the Sachems.

Daegan Boucher scored his eighth goal of the year about 23 minutes into the first half, with an assist credited to Anthony Aguiar. Aguiar sent a nicely placed

through ball to Boucher who knocked it in from eight yards out.

Then 28 minutes into the second half, Gilford had a corner kick and Sam Sawyer put the ball in the net from about four yards away. The goal was assisted by freshman Alex Burnham. It was the 23rd goal of the season for Sawyer.

Freshman Thomas Donnelly had one save in the win while Laconia goalkeeper Lucas Beane stopped five shots.

Coach Dave Pinkham

was pleased to pick up the win, but knows that the Golden Eagles still had some things to work on.

“We moved the ball well, but tried to force the ball too much down the middle, which led to turnovers,” said Pinkham. “We continue to play great team defense recording our 10th shutout of the season.”

Gilford played Trinity on Tuesday after deadline. The final game of the regular season is on Friday at Berlin.

## Golden Eagles can't keep up with Kennett

BY BOB MARTIN  
Bob@Salmonpress.news

GILFORD – In what was a pivotal game for the Gilford/Belmont football team, Division 2 powerhouse Kennett came to town and while it was a fairly close game, the Golden Eagles couldn't slow the Kennett offense and took a 41-28 loss.

Kennett jumped out to a quick 14-0 start before the Golden Eagles were able to put points on the board with a 10-yard pass to Brandon Gallagher.

The defense stepped up to the challenge and put together multiple big stops to keep the Golden Eagles in the game. John Mitchell and Logan Hughes were outstanding with 13 tackles apiece. Cooper Brown also was big on defense with eight tackles at the nose tackle position. Malik Reese was also big on defense.

Keeping things close, Jack McLean blocked a field goal at the end of the first half to make it 14-6 and anyone's game.

At the beginning of the second half, the Golden Eagles struck with a 48-yard touchdown pass by McLean to Gallagher once again. Alex Cheek,

the team's other quarterback, hit Liam Merriam for a two-point conversion and suddenly it was a tie ballgame.

After several stops by both defenses, Kennett took a 21-14 lead after a long quarterback scramble for a score. Gilford/Belmont had a big chance when the team drove the length of the field, but Kennett cut that short with an interception run back for a touchdown to go up 28-14.

Gilford/Belmont would not give up and scored next on a long touchdown from Cheek to Curtis Nelson, and also completed the two-point conversion. Kennett then took a long kick return and followed with a rushing touchdown to go up 35-22. On the next possession, McLean hit Merriam on a 50-yard touchdown for bring the score to 35-28. Kennett answered with an insurance touchdown to finish the game with a 41-28 win.

Cheek was 17/31 passing with 215 yards, two touchdowns and two interceptions. McLean was 4/6 passing with two touchdowns, an interception and 110 yards in the air. Blake Descoteaux

also had one pass for 40 yards.

Descoteaux ran the ball seven times for 57 yards to lead the ground attack. McLean had six rushes for 13 yards and Mitchell had six rushes for 20 yards.

Nelson had four catches for 130 yards and a touchdown while Gallagher had five catches for 89 yards and a pair of touchdowns. Merriam had a big day with five catches for 116 yards. Jackson Ruelke also pitched in with two catches for 20 yards.

“Too many mistakes and turnovers led us to constantly finding ourselves in a hole,” said coach Josh Marzahl. “Poor tackling and poor ball security is a recipe for defeat. We gave ourselves plenty of chances to win that game but didn't capitalize on a lot of those chances. I was proud of the effort of the team not giving up when we found ourselves down and constantly battling to try to get back into the game. However, we need to perform better to win games against strong opponents like Kennett.”

Gilford/Belmont plays Sanborn at home on Oct. 26 at 1:30 p.m.

## Gandini finishes second at Capital Area Championships

BY BOB MARTIN  
Bob@Salmonpress.news

PENACOOK – Freshman Patrick Gandini of the Gilford High School cross country team continued his outstanding season with a second place finish at the Capital Area Cross Country Championship.

Gandini had a time of 16:17, which was just four seconds behind junior Eben Bragg of Concord. Gandini held off Clemens Harfarth of St. Paul's School who was third with a time of 16:18.

Harrison Laflamme placed 40th with a time of 19:32, Mitchell Townsend was 50th with a time of 20:08 and Dane DeHart was 79th with a time of 23:39.

The girls' team was led by Vanessa Genakos with a time of 22:19 for 28th place. Fellow sophomore Catherine Stow was 38th with a time of 23:34.

Next up is the the state championship meet at Derryfield Park in Manchester.



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Please submit your resume, a letter of intent, and references to: Mike Hatch, Director of Facilities, Barnstead Elementary School, PO Box 289, Center Barnstead, NH 03225.

**BARNSTEAD ELEMENTARY SCHOOL**  
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**Center Barnstead, NH 03225**  
**(603) 269-5161**

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Map 223 Lot 511  
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**55 Farm View Lane**  
Map 212 -016-009  
4.3 acres  
Assessed Value - \$100,110  
Minimum Bid - \$30,500



**Guild Circle Lot**  
Map 240 Lot 031  
0.7 acres Gunstock Acres  
Assessed Value- \$10,570  
Minimum Bid \$1600



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**TUFTONBORO:** Meticulously maintained 3,700 sq. ft. farmhouse in quaint Melvin Village features 6 bedrooms, 3 bathrooms, an attached barn with plenty of storage space and views of the water. There's also boating access across the street!  
**GOV. WENTWORTH HWY. \$625,000**

  
**TUFTONBORO:** One of a kind 3-acre island property boasts a 4 bedroom/3 bathroom home, 225 feet of water frontage, dock, bathroom, hot tub, outdoor shower, incredible views and more!  
**COW ISLAND \$1,299,000**

**LAND**

  
**MOULTONBOROUGH:** Sited on the grounds of Bald Peak Colony Club, this home enjoys fantastic views of the 14th green & fairway and maintains a classic style with a fireplace, great room, formal living room, 3-season porch & more.  
**VIEW DRIVE \$875,000**

  
**TUFTONBORO:** 92.1 acres atop a 3.5 - 4 million cubic yard sand bank that is fully permitted for industrial sand removal! The property has been core tested and has two points of access.  
**SANDY KNOLL ROAD \$3,900,000**

**WOLFEBORO:** This 1.2 acre lot offers privacy due to its location at the end of the road, yet it's close to town and only a short walk to the beach!  
**APPLEWOOD DRIVE \$55,000**

  
**TUFTONBORO:** Marvelous 6 acre building lot in the beautiful hamlet of Melvin Village offers privacy, yet it's conveniently located in the village close to the town beach.  
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**Wolfeboro Waterfront!** Over 5 acres of land and 170 feet of water frontage on tranquil Sargents Pond. This quaint cabin is on a full foundation, has a full basement and is insulated! Drilled well and septic in place. Ready for your finishing touches.

  
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**Cow Island Lake Winnepesaukee**  
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**TUFTONBORO:** 2-story cottage w/ 250' of shorefront, breakwater & dock. **\$399,000**

  
**LACONIA:** Sizable 2-family w/ 4BR unit & 3BR unit. Separate utilities & garage. **\$289,000**

  
**GILFORD:** 1BR Lakes Region get-away condo. Updated & fully furnished. **\$69,900**

  
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**LACONIA:** Move right in! Updated home w/ 3BR. Back deck & fenced in yard. **\$215,000**

  
**25 Village Lane, Meredith:** 2BR/2BA townhouse available immediately. **\$1,500/mth**

  
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**118 Morrill St., Gilford:** 3R/3BA renovated ranch on gorgeous lot. **\$329,000** MLS# 4776108

**WOLFEBORO** 15 Railroad Ave. 569-3128  
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**MOULTONBOROUGH** // Spacious 3BR/1.75BA home on .93 acre in Suissevale beach community. Granite kitchen, master bath updated with ceramic tile, marble. Perfect for year round or summer home.  
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**WOLFEBORO** // 2BR raised ranch in desirable Wedeln Association in Winter Harbor. New improvements, nicely landscaped on .50 acre. Waterfront neighborhood with gorgeous beach and docks.  
**\$290,900 (4781059) Call 875-3128**



**EFFINGHAM** // Located on a lake road near Province Lake, 2 bedroom, 1 bath, double wide on its own land. Golf course nearby.  
**\$129,000 (4768075) Call 875-3128**



**ALTON**  
Looking for a project! This 2-3 bedroom log home, with cathedral ceilings, stone fireplace and sun room sits on 30 acres. Needs some work but has great potential.  
**\$229,000 (4758236) Call 875-3128**

### LAND and ACREAGE

**ALTON** // Nice 1.04 acre lot located in a quiet neighborhood just off 28A/East Side Dr. Deed access to Lake Winnepesaukee. Driveway, septic plan, lot has been cleared.  
**\$52,500 (4729993) Call 875-3128**

**GILFORD** // Gunstock Acres lot w/southerly & western views of mountains. Sloping lot has expired septic design and a perc test. Enjoy swimming at Gilford Town Beach. Easy access from Rt. 11-A.  
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**MOULTONBOROUGH** // Come and build your dream home in this nicely wooded .23 acre corner lot in the private beach access community of Suissevale. Lots of Amenities to enjoy!  
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GOLF

(Continued from Page B1)

he had some very good tournaments this fall, earning medalist once and a share of a medal another time. Carr was pleased with his performance at states.

Joey Blake and Cameron Jarvi were both seniors who played on the golf team for the first time this year. Both averaged almost 15 points per match this season.

“These two players were great additions to our team both in terms of team chemistry and their ability to play,” said Carr. “They definitely helped us get some extra wins this year.”

Carr said that Austin Milligan and Anthony Flanders improved greatly over last season. Flanders straightened out his ball flight, Carr said, and Milligan improved his game all around.

Boucher qualified for the individual state championship in Concord on Sunday. He shot a 92 and had a combined score of 177, which was good for 14th in the state. The state champion was Russell Hamel of Pel-



JOSHUA SPAULDING

Joey Blake was a senior in his first season playing golf, and was impressive averaging about 15 points a match.

ham, who shot a combined score of 143, which was one stroke under par.

Each of these players

are graduating in the spring. Returning next season is sophomore Bradley McIntyre, along with freshmen Cole

Howard and Rory Davis.

“These three make up the core of next year’s team,” Carr said.



JOSHUA SPAULDING

Austin Milligan takes a swing for Gilford in the state finals.



JOSHUA SPAULDING

Anthony Flanders was a senior with the Gilford golf team.

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