



THURSDAY, OCTOBER 18, 2018

GILFORD, N.H. - FREE



ERIN PLUMMER

Thousands of pumpkins towered at the head of Pumpkin Fest.



ERIN PLUMMER

Members of the Laconia Congregational Church sold food and drinks during the Pumpkin Festival. From left to right Claudia Wright, Catherine Tokarz, Hollis Thompson, Tessa McCallum, and Sandy Brallier.



ERIN PLUMMER

Crescendos Gate performs at the bandstand in Rotary Park.

Pumpkin Festival brings thousands to Laconia

BY ERIN PLUMMER
mnews@salmonpress.news

LACONIA — Hundreds of pumpkins and two days of events brought thousands to the area for the fourth annual New Hampshire Pumpkin Festival.

On Friday night and all day Saturday, downtown Laconia was the center of fall fun with plenty of food, games, and other special events plus a lot of pumpkins towering over the city. The event is organized by the

Lakes Region Chamber of Commerce and more than 40,000 people were projected to come this year.

The festival held a soft opening on Friday night with a Zombie Walk, an annual event that started last year.

"I think we had a pretty good crowd," said Karmen Gifford, President of the Lakes Region Chamber of Commerce.

Saturday was the big day, with events, vendors, food, and much more spread through the streets of downtown.

The main attraction was the big pumpkin

tower with pumpkins from all over the Lakes Region and beyond. Pumpkins came throughout the day, whether brought from other places or carved right at the festival, and volunteers loaded them up on the big tower. Later in the evening all of the pumpkins were lit.

Gifford said they were not counting the pumpkins for any record attempts this year and just had them out for people to enjoy.

In the parking lot of Bank of New Hampshire, visitors could see pumpkins carved by a number of area

schools. Gifford said they had more pumpkins come in from area schools this year than any previous year.

New this year was an antique car show on Beacon Street East. There were also extra stages for musical acts.

Gifford said Lake Opechee Inn and Spa had a scavenger hunt event for their guests around the festival. Teams of four started on Main Street following different clues.

Gifford said overall everything that went on at the festival was the result of efforts by a business or group.

"It really is a com-

munity," Gifford said.

Visitors could carve their own pumpkins for a \$5 donation at a carving station run by the Chamber.

Volunteer Fran Woodard said all of the pumpkins came from local farms.

Woodard said she really enjoyed meeting all the people and "Seeing these wonderful pumpkins they carve."

Visitors had the chance to get a high view of the entire festival thanks to a free viewing tower.

The city of Laconia owns and maintains the tower that is typically PUMPKIN FEST PAGE A12

Spooky fun at PTA Fundraiser

BY ERIN PLUMMER
mnews@salmonpress.news

Community members put on their costumes and had a night of spooky fun to raise money for kids in Gilford schools.

The Gilford PTA held its annual fundraiser dinner at the Gilford Youth Center on Saturday night. Halloween was the theme of the party with a lot of creepy decorations and many attendees in costumes.

The PTA Fundraiser started four years ago in different locations. This year the Gilford Youth Center donated its space for the event.

The event was started to raise money for scholarships so kids could attend different school camps over the summer. PTA president Gigi Johnson said they then

learned how many more things the school could use some help with. She said there are a lot of miscellaneous costs that come up.

"We've raised over \$100,000 in the last four years," Johnson said.

She said they anticipated at least another \$20,000 to be raised that night.

A number of local businesses provided different levels of sponsorship for the event.

The party has had a different theme and focus each year, this year they decided on Halloween and encouraged attendees to wear costumes.

In addition to providing space, Johnson said GYC director Scott Hodsdon also helped out with the event. The efforts

SEE PTA PAGE A12

Ireland sweepstakes makes travel dreams come true

GILFORD—When Anne DeSantis was six years old, her first-grade teacher traveled to Ireland, and, when she came home, she walked the class through the experience of visiting the sprawling countryside.

"She showed us a whole slideshow," DeSantis recalled. "We saw the day she visited Blarney Castle and kissed the Blarney Stone. She created this image in my mind at a



COURTESY

Anne DeSantis in Ireland with husband Scott.

time when I was just starting to learn about my Irish heritage."

Throughout her life, DeSantis held the fantasy that, one day, she would visit the land of her ancestors and kiss the revered Blarney Stone herself. The stay-at-home mom from Palmer, Massachusetts, thought that trek was still far in the future—until she took part in Patrick's Pub & Eatery's "Take Me to Ireland Sweepstakes" in 2016.

After a long afternoon of dining one fall afternoon that year—and waiting anxiously—DeSantis had a moment that was as magical for her as it was surreal. Patrick's co-owner Allan Beetle announced her name as the winner of the trip for two to Ireland, and she let out a scream her son said could be heard out on Route 11.

Last March, DeSantis and her husband, Scott, joined other travelers on the Patrick's Ireland trip. She has since thanked us over and over, saying she will never forget the experience.

"It was so fun to have Anne on the trip. She was incredibly enthusiastic and grateful," said Beetle.

This fall, some other lucky traveler can take a chance at winning a trip again as Patrick's annual sweepstakes event is back! The winner will receive airfare and luxury accommodations to Ireland for two people from March 9 to 18, 2019, a value of \$2,375 per person.

The trip package puts the winner in Ireland just in time for St. Patrick's Day and includes stops at Belleek Pottery, Blarney Castle, the Cliffs of Moher, the Connemara Celtic

SEE IRELAND PAGE A11



ERIN PLUMMER

Gilford High School students rehearse for the coming production of "Les Miserables."

GHS performers getting ready for "Les Miserables"

BY ERIN PLUMMER
mnews@salmonpress.news

Gilford High School performers are working on their lines, choreography, and singing for the coming production of "Les Miserables."

The musical, based on Victor Hugo's novel, has been hinted by director Matt Demko as being one of the school's biggest productions ever.

Senior Ryan Witham plays the main

character Jean Valjean, who escapes prison in the opening of the play. Witham said when Valjean escapes he is saved by a priest, who insists he become a good man. He later becomes a community

hero, but he can't escape his past.

Witham said Jean Valjean is one of his "bucket list leads."

"It's something I've been working towards my entire middle

SEE LES MIS PAGE A11

Notes from the Gilford Public Library

BY MARK THOMAS
Library Correspondent

You may have seen that we've made a right mess out of the end of the Non-Fiction Section. There was a polite sign asking for you to forgive us for the mess. Now that it is almost done, it was worth it.

We took almost every book in the 900s and changed their labels to categorize them in the new HISTORY section! Just like we have BIOGRAPHY, TRAVEL, GRAPHIC NOVEL, and COOKING sections, now the new HISTORY stands in the same shelves that held the 900s. There are subcategories for major geographic areas, time periods, military conflicts, and generalized studies. Some books would fit in multiple subcategories, but any of the subcategories is better than the former pile of nondescript numbers. For example, Dewey's 915.9 stands for 'Other Europe,' which was replaced with HISTORY EUROPE GENERAL.

So take a look! We are getting new non-fiction books everyday. For recent, local history, try looking in 'HISTORY US NEW ENGLAND.' We just added "Cruising New Hampshire History" by Michael Bruno, who was just here speaking about his book a couple of weeks ago. We also have David McKean's

"The Days That Went Before Us: Stories & Accounts of Lowell's Early Irish." It details how Irish immigrants managed to become central to the growth and cultural identity of Lowell, Mass.

There is a 'HISTORY US GENERAL' section, so that is where you'll find Doris Kearns Goodwin's new book "Leadership in Turbulent Times." She covers some of the most volatile moments in US history and the leaders that helped the nation through them. You'll also find Jill Lepore's "These Truths," which is a history of the United States told in relation to "political equality, natural rights, and the sovereignty of the people." New Political histories, like many of the hundreds of books about Donald Trump and his branch, can be found in 'HISTORY POLITICAL.'

'HISTORY MILITARY' is a huge section with many subcategories. In 'HISTORY MILITARY AFGHAN WAR,' for example, you'll find "The Fighters: Americans in Combat in Afghanistan and Iraq" by C.J. Chivers and "The Bodies In Person: An Account of Civilian Casualties In American Wars" by Nick McDonnell.

There's a new book on the Opium Wars in Asia, the Holocaust, the Romans, and many more.

One unique story is that of "The Last Palace: Europe's Turbulent Century in Five Lives and One Legendary House" by Norman Eisen. It's in 'HISTORY EUROPE EASTERN' because the house is Prague. It was home to alternating powers making moves throughout the century, and evidence of each resident lingers in the building. The scope expands to tell the story of power in Europe with a cynical touch.

These are just a sampling of the new history books added in the last couple months, come by to see entire new section for yourself!

Classes & Special Events Oct. 18-Oct. 25

Thursday, Oct. 18
Yoga Fun for Toddlers, 10:30-11:30 a.m.

Come learn the basics of yoga through fun movement, stories, and play! Yoga has been shown to increase early literacy when paired with books.

Brown Bag Book Discussion, 12:30-1:30 p.m.

This month's book is "Before We Were Yours" by Lisa Wingate, described as "powerful tale of family, of sisters, of secrets kept and secrets shared." Copies are available at the front desk, and the discussion will be led by Maria Suarez.

Homeschool Game Club, 1:15-2:30 p.m.

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

Conversational French, 4-5 p.m.

Evening Book Discussion, 6-7 p.m.

See 'Brown Bag Book Discussion' above.

Friday, Oct. 19

Social Bridge, 10:30 a.m.-12:30 p.m.

Preschool Sign-up Storytime, 10:30-11:30 a.m.

Knit Wits, 1:30-2:30 p.m.

Advanced Conversational German, 2:30-3:30 p.m.

Monday, Oct. 22

Fiber Friends, 10 a.m.-12:15 p.m.

Mahjong, 12:30-3 p.m.

Tuesday, Oct. 23

Bridge, 10:30 a.m.-

12:30 p.m.

Spanish Camp, 3:30-4:30 p.m.

Hola amigos! Spanish camp will provide a basic introduction to the Spanish language and culture. Examples of what will be learned are simple conversations, numbers, colors, names of animals and what animals say in Spanish, as well as other topics. We will also explore the cultures and people of various Spanish speaking countries. This will be accomplished through activities, stories, songs, projects, and games. Grades one through four. Sign-up required.

Book Bites Cookbook Club, 6-8 p.m.

Join us for this month's Book Bites Cookbook Class. Sign up at the library, cost is \$5.

Nightly Knitting, 6-8 p.m.

Mystery Book Club, 6:30-8 p.m.

This month's book will be "Maisie Dobbs" by Jacqueline Winspear, a historical mystery. Copies of the book will be available at the circula-

tion desk. The discussion will be led by Betty Tidd.

Wednesday, Oct. 24

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

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

SAIL: Sing Along in the Library, 11 a.m.-noon

For everyone of all abilities and disabilities (particularly if you think you can't sing). This will be for fun and for those who can or cannot read music. Come sing, hum, or just listen. We'll meet on the second and fourth Wednesday of the month in the meeting room.

Teen Fandom Craft, 3-4 p.m.

Come and make some stuff to use on Halloween or whenever the mood takes you!

Thursday, Oct. 25

Homeschool Game Club, 1:15-2:30 p.m.

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

Conversational French, 4-5 p.m.

Foreign Movie Night, 10:30-11:30 a.m.

This month's movie is "Opal Dream" from Australia.

Gilford Public Library Top Ten Requests

1. "Fear: Trump in the White House" by Bob Woodward
2. "A Spark of Light" by Jodi Picoult
3. "Ambush" by James Patterson
4. "Alaskan Holiday" by Debbie Macomber
5. "Winter in Paradise" by Elin Hilderbrand
6. "Juror #3" by James Patterson & Nancy Allen
7. "Where You'll Find Me" by Ty Gagne
8. "The Witch Elm" by Tana French
9. "The Perfect Couple" by Elin Hilderbrand
10. "Red War" by Kyle Mills

LACONIA — The American Cancer Society's Making Strides Against Breast Cancer celebrates the lives of hundreds of local residents who have survived breast cancer, while offering the hope of finding a cure. To honor the incredible strength and courage of breast cancer survivors, all area survivors and their caregivers are invited to join the Making Strides Against Breast Cancer of The Greater Lakes Region on Sunday, Oct. 21 at, Opechee Park, Laconia.



COURTESY

To honor the incredible strength and courage of breast cancer survivors, all area survivors and their caregivers are invited to join the Making Strides Against Breast Cancer of The Greater Lakes Region on Sunday, Oct. 21 at, Opechee Park, Laconia.

"As a breast cancer survivor, it's a tremendously uplifting feeling to see so many people creating a sea of pink to support all of us who've battled against breast cancer," said Cindy Lapointe, Making Strides Greater Lakes Region Planning Committee Mem-

ber. "It makes you realize that you're not alone and that together we can make a difference."

This is the 26th annual Making Strides walk in Laconia. The event will unite the community to honor and celebrate breast cancer survivors, edu-

cate women about the importance of prevention and early detection, raise funds for the fight to end breast cancer, and commemorate more than two decades of making a difference in the fight to end breast cancer. There is no fee to register.

This year, Making Strides of the Greater Lakes Region will be one of more than 200 events being held across the country, and one of six being held in New Hampshire. Funds raised will help the Society provide free resources and support to the one in two women newly diagnosed with breast cancer who turn to the Society for help and support. Dollars raised also fund groundbreaking research to find, prevent, treat and cure breast cancer, as well as help the Society ensure access to mammograms for women who need them.

The American Cancer Society currently funds 154 breast cancer research projects, totaling more than \$60 SEE STRIDES PAGE A11

2018 Salmon Press

Holiday Gift Guide

Published Thursday,
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GMS students spend an afternoon carving for Pumpkin Fest

BY ERIN PLUMMER
mnews@salmonpress.news

Boxes of pumpkins came into Gilford Middle School and students carved every single one of them during school to be displayed at the New Hampshire Pumpkin Festival.

Around 300 pumpkins were delivered to the school through a donation by MB Tractor and Equipment. On Thursday afternoon, every student in the school carved their own pumpkin and then delivered them to the shed in the back of the building where they

went into their original boxes. On Friday the pumpkins were picked up and put on display at Pumpkin Fest in the Bank of New Hampshire parking lot.

The pumpkin carving started four years ago when the Pumpkin Festival first came to Laconia. For the past two years it has been organized by the Middle School Volunteer Steering Committee.

Committee member Missi Perkins said this is a fun opportunity for the kids and a way to work with the com-



ERIN PLUMMER

Volunteers help pack carved pumpkins brought in by Gilford Middle School students after their afternoon of carving.

munity.

“Every child in the middle school has an opportunity to carve a

pumpkin for Pumpkin Fest,” Perkins said.

Perkins said activities like this are



ERIN PLUMMER

A little rain doesn't stop GMS kids from bringing out their pumpkins.

Gilford Parks and Recreation News

BY HERB GREENE

Director
Gilford Parks and Recreation

Youth Basketball registration night on Wednesday, Oct. 24

The Gilford Parks and Recreation Department will begin accepting registrations for the Youth Basketball Program for Gilford children in grades one through six on Monday, Oct. 22. The Recreation Department will be holding a Registration Night on Wednesday, Oct. 24 from 5:30 – 7 p.m. in the Parks and Recreation Office. Registration deadline for all divisions is Wednesday, Nov. 7.

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, every Thursday evening from 7 – 9 p.m. in the Gilford Middle School Gymnasium. This program runs through the Nov. 15 (no program on Nov. 8). There is a \$2 fee per participant, per evening. This program is open to any interested adults and no pre-registration is required.

For more information, please contact the

Parks and Recreation Department at 527-4722.

Senior Moment-um Blood Pressure Screening and Foot Clinic by VNA – Monday, Oct. 22

The Gilford Parks and Recreation Department will be sponsoring a Senior Moment-um program on Monday, Oct. 22. We will meet at the Community Church, Fellowship Hall at 11:30 a.m. The Lakes Region VNA will be sponsoring a blood pressure screening and foot clinic for any interested participants. Coffee, tea and water will be provided and participants are welcome to bring a lunch or snack. Participants are asked to please RSVP by Thursday, Oct. 18.

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

Gunstock Ski/Snowboard Program registration deadline Nov. 9!

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 one through eight. This program will be running from 4:30 – 8 p.m. every Tuesday from Jan. 8 – Jan. 29, 2019. There is also rental

equipment available to those who need it. Registration deadline is Friday, Nov. 9.

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

Annual “Halloween Happening” Party on Oct. 26

The Gilford Parks and Recreation Department will be sponsoring their annual “Halloween Happening” Party on Friday, Oct. 26 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 sixth 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 Wednesday, Oct. 31 from 5 – 8 p.m. During these hours, Belknap Mountain Road will be closed from Potter Hill Road to the Imagination Station Parking Lot at the GES.

Boston Celtics bus trip scheduled for Feb. 27, 2019

The Gilford and Belmont Parks and Recreation Departments are co-sponsoring a Bus Trip to Boston to see the Celtics take on the Portland Trailblazers on Wednesday, Feb. 27, 2019. Cost of the trip is \$115 for Balcony sideline seats and \$85 for Balcony corner seats and includes round trip motor coach from Gilford or Belmont and tickets to the game. Our deluxe motor coach will depart from Gilford High School at 5 p.m., and the Belmont Park & Rideshare (Route 106) at 5:15 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.



ERIN PLUMMER

The results of Gilford Middle School's Thursday carving session went on display at the New Hampshire Pumpkin Festival.

the kind of things that kids remember as they grow up. Middle School Volunteer Steering Committee president Gigi Johnson said this is an activity that not every kid in the school has been able to do.

“There's a lot of kids in this school who can't afford a pumpkin,” Johnson said.

MB Tractor and Equipment donated all 300 or so pumpkins. Members of the VSC gave big credit to Marc and Heidi Bourgeois from MB Tractor and Equipment for their generous donation.

Johnson said a lot of planning goes into

an activity like this. Perkins said they got a lot of help from parent volunteers.

Both also recognized the custodians for their support and their patience during this messy activity.

The Middle School's Volunteer Steering Committee was inactive for a number of years though has been revived and is getting more active. Johnson and Perkins thanked GMS Principal Peter Sawyer for being so supportive of the Volunteer Steering Committee and letting them come into the school to help out.

Meet your Democratic candidates in Meredith

MEREDITH — Meet Brann at 37 Highland St., and talk with local Democratic candidates for Meredith, on Sunday, Oct. 21 from 1 to 3 p.m. Please RSVP by e-mail to Gayevf@gmail.com.

A lone, forgotten grave located in the woods of Gilford

The Gilford Historical Society is sponsoring a hike in the woods on Saturday, Oct. 20 to visit a lone, forgotten grave of a Civil War soldier. The hike will start at 10 a.m. at the parking lot at Ellacoya State Park, so be there by 9:45 a.m. It will take approximately 10 minutes each way, since it is in the woods it is necessary to wear appropriate shoes.

George W. M. Bean was home on leave when he came down with smallpox/“plague,” a highly contagious and feared disease. He was cared for on the town's “poor farm”, in a building reserved for “pest” cases. So great was the horror and superstition concerning this disease that at his body was buried in this isolated

spot. Come and learn about George Bean, learn about the meanings of “poor farm” and “pest house.”

The hike and discus-

sion will take approximately 45 minutes to one hour. Come and enjoy the hike and learn a bit about our early history at the same time.

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Pet of the Week: Bosley



Meet Bosley. This golden brown, white chested terrier mix little man is about eight years old, and still exudes a gigantic personality that overflows with love. He's the type of guy who bonds quickly and deeply, so much so that his drive to protect his people and keep them safe might be a bit over zealous. So we are recommending that his new angels continue his training so that he might learn to give his people enough space to make their own mistakes. Bosley loves being that big man on campus, so

busy households with children or other dogs are not quite suitable for him. Instead he would prefer a quiet home with soft beds to curl up in, yummy treats to fill his belly and someone to call his one and only love. His love and adoration is contagious and you will be smiling each and every day as you arrive home from your adventures and are greeted by this white toed, fleet footed furball's smiling face as he scurries across the floor to your door. For more information visit nhhumane.org or call 524-3252.

NORTH COUNTRY NOTEBOOK

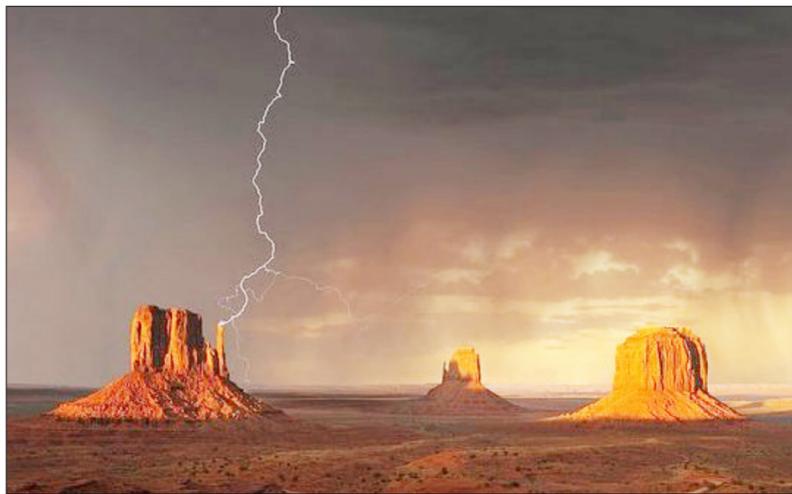
Lots of advice on lightning, and it never left my head



By JOHN HARRIGAN
COLUMNIST

Editor's note: Mr. Harrigan was unable to submit a new North Country Notebook column in time to meet our press deadline for this week's edition. The following column was originally published earlier this year.

A series of thunderstorms swept up from the valley and over my ridge the other night, and I stole out to immerse myself in the event. Well, not literally—I had a porch roof over my head. Still, enough tiny droplets and vapor tend to get blown out ahead of each part of the storm to make you wet, or think you are.



COURTESY

Lightning connects heavens to earth in the Monument Valley, where just as on a pond or a golf course it doesn't pay to stand out.

So I sat down in one of the rockers, alternately scooching it in and out in accordance to which way the rain was coming from, for it invariably reversed. If you are anywhere near an open window or door in a thunderstorm, you're going to get wet, usually right at the end.

These were small storms that came one after the other, the wind reversing at the end of one storm and then turning around the other way before the next. Sometimes, in between, the sun tried to poke

through.

It was 2:30 in the morning. Nobody else seemed to be about, and that was fine, because it would have probably been one of the New Hampshire Electric Coöperative's line crews, summoned to find and fix a break. These squalls are small but they hit hard. Errant lightning plays about.

When we were very young, we were taught not to fear lightning but respect it. Our mother, quick to toss us out to play in a soft June rain,

would draw us into the house for thunderstorms. But she encouraged us to watch, from windows, doorways and porch. The greatest free show on earth, she always said.

Later on, in my years at Clarksville Pond, one of my jobs was to make sure each cabin had a boat, and to round up strays. If I wasn't paying attention, as teenagers are known to do, a sudden thunderstorm could sweep over the ridge and catch me just as I was towing a couple of stray

SEE NOTEBOOK PAGE A11

STRATEGIES FOR LIVING

Open prairies...and no fences!

BY LARRY SCOTT

As best I can remember, I was headed east in my 18-wheeler on a two-lane highway. This trip had me far off the "beaten track," relaxed, intrigued by the open prairies before me, enjoying the ride. I had traveled but a few miles when I spotted a sign, "WATCH FOR CATTLE." Suddenly I realized, no fences! As far as the eye could see, not a one! It felt as though I was looking at early America, the long since forgotten "home on the range."

Wouldn't it be great if life were like that? No fences! Do as you please, ignore the rules, live for the pleasures life brings. I am well aware there are many who, even now, are attempting to live just that way. We live, after all, in the land of the free; we only go around once. Enjoy!

But can we live without a fence or two? Can life be sustained without restrictions, self-disci-

pline and responsibility? History has shown that unrestrained freedom often leads to chaos, and that we do not want.

Ravi Zacharias, writing in "Deliver Us From Evil," makes this observation:

"[T]here must be fences in life, else predators, with unrestrained and insatiable passions, will break down every wall of protection and relentlessly plunder everything we treasure.

"For America, in particular, her quest is poignantly defined in the noble but difficult pursuit of reconciling liberty with law. 'Confirm thy soul with self-control, thy liberty with law' was not just poetic license. It was the vision. It was the dream. It was the central idea. It is not an accident of American history, therefore, that to this very day the nation is embroiled in debates over rights of privacy versus legislative au-

thority. Morality, freedom, self-determination, happiness, sexuality, and security are all personal in their application. But nationally, they impinge upon the legislative role of government as it makes liberties possible for the protection of each and the benefit of all" (pp. 20, 29).

Perhaps nowhere is the balance between law and liberty more critical than in the home. Some parents, in an effort to teach personal responsibility, have raised their children virtually without restraint. No fences! They demand little self-discipline, issuing requests rather than orders, suggestions rather than rules. And what do you get? A spoiled, self-centered, demanding, brat!

Life isn't designed that way; the fences are there and they stand to our benefit. Happiness is not to be found in what we do, but in who we are.

Character is priority one!

What is true in the natural realm is also true in the spiritual realm. The Apostle Paul put it this way. Special qualities, known in Christian circles as "the fruit of the Spirit," are "love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control." We call that character. These qualities of life are most generally best developed in times of stress, when the "fences" demand restraint and self-discipline.

We are not alone in this struggle, however. Jesus, well aware of the stresses in life we all face, said, "Come unto me, all you who are weary and burdened, and I will give you rest." The fences still stand, and although the Christian life is not always easy, it is always good!

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

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FROM OUR READERS

If you're as boiling mad as I am about Kavanaugh's treatment, vote Republican

To the Editor:

I'm with Rick DeMark, I am "boiling mad" about the events of the last few weeks.

He probably means that Judge Kavanaugh was

Send us your letters!

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We're looking forward to hearing from you!

actually conformed to the Supreme Court.

I'm angry about the way that the hearing was hijacked by people with an agenda: stop the confirmation by any means. Dr. Ford, who provided no corroborating evidence or witnesses incriminating Judge Kavanaugh or even of the attack itself, was made a victim by the Democrats.

Judge Kavanaugh says that he believes that the Constitution is the supreme law of the land. Isn't judging legislation against the standards of the Constitution why the Supreme Court exists in the first place?

Unfortunately, Progressives and Democrats have been using the SCOTUS to legislate from the bench for decades.

If that makes you boiling mad, then vote Republican come Nov. 6 and support the separation of powers in government.

*Rick Notkin
Gilford*

Technically Timeless Gallery opens its doors

Technically Timeless Gallery opened their doors to the public for the first time this past weekend with a grand opening party and announced a weekly schedule for their hours of operation.

To celebrate the opening of their gallery, Technically Timeless hosted a grand opening party on Saturday, Oct. 13 at their 143 Lake St. location in the Pausus Bay Plaza, Gilford. Refreshments were served to the 40 attendees, while Outlet Live (Jon Belfontaine) performed a musical set of electronic music.

Featured at the gallery was the functional art of Technically Timeless owner, Jacob Farrell, who creates handcrafted décor, jewelry and furniture made from reclaimed materials and antiques. Also featured, the surreal collage art of Andrew Hillman, the re-imagined steampunk lamps of Quentin Stockwell at Light-Q Creations, and the eclectic metal sculptures of Matthew Black at Dumb Luck Mantiques & Collectibles. Their work will be on display and available to purchase until December 1st, then new artists will come to be featured in the gallery.

"Everything featured at The Technically Timeless Gallery must fit the theme of 'technically timeless' which to us, is a breath of new life into old or discarded items, the merger of the past and the present into quality art with function or heirloom value," says Cassidy Bisson, media director and curator of Technically Timeless. "We are thrilled to be able to bring other lo-



COURTESY (Left) Technically Timeless Gallery opened their doors to the public for the first time this past weekend with a grand opening party and announced a weekly schedule for their hours of operation.

cal artists and makers into our space to join us in bringing such a unique gallery to the Lakes Region!"

Technically Timeless also announced that the gallery will now be open weekly, Wednesday-Friday, 11 a.m. to 6 p.m. and Saturday 11 a.m. to 8 p.m. or by appointment. To learn more about Technically Timeless, or for footage from the grand opening party, you may visit their social media pages @ TechnicallyTimeless on Facebook and Instagram or their WordPress blog.

Re-visit the zombie classic that started it all on LRPA this weekend

LACONIA— It's baaaaaack! Throughout October, join Lakes Region Public Access Television each Friday and Saturday night at 10:30 p.m. for LRPA After Dark's 3rd Annual "Shocktoberfest," a scary celebration of vintage horror films. This weekend (October 19 & 20), we screen the granddaddy of all zombie movies: 1968's horror masterpiece "Night of the Living Dead," directed by George A. Romero and starring a cast of unknowns who would instantly become cult stars, including Judith O'Dea and Duane Jones.

The plot of "Night of the Living Dead" is very straightforward. Barbara (O'Dea) and her brother Johnny are visiting their father's grave and get attacked by a strange man. Johnny is badly hurt, but Barbara manages to get away and barricades herself in a nearby aban-

doned house. By this time, several other ominous, shuffling figures have joined the original attacker and are trying to break into the house. A man named Ben (Jones) fights off the hoard and joins Barbara inside. He explains what's happening – that radiation has caused the dead to rise from their graves and eat the living! Soon, Ben and Barbara discover that there are other people hiding in the house, including a teenaged couple and a family with a young daughter who has been attacked by one of the undead. What will happen to our survivors? Will they make it out alive?

While not the first zombie movie ever made – films featuring the undead have been around since the 1930s – "Night of the Living Dead" is considered one of (if not the) most influential hor-

ror films ever made, and laid down ground rules for the zombie subgenre that are followed to this day. (Example: the only way to kill a zombie is to destroy its brain.) George Romero shot this film in 30 days for less than \$115,000. Many of the cast also served as crew, makeup artists, production workers and even investors. It was a hit with film goers, who had never seen anything like it. But many critics really didn't know what to make of this low-budget movie that broke so many taboos, was brutal in its gory simplicity, and featured a young, handsome and courageous African American male as its lead. It was a lot to consider in 1968, and 50 years later, "Night of the Living Dead" still has the power to shock and terrify viewers. In 1999, "Night of the Living Dead" was inducted into the National Film

Registry of the Library of Congress, and made the American Film Institute's list of the 100 most thrilling horror films of all time. It's as classic as it gets! So grab your candy corn and join LRPA after dark for this chilling, ghoulish freak show of a film.

Mark your calendars for our final Halloween treat:

Oct. 26 & 27: 1964's "Spider Baby"

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) 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 Atlantic Broadband Channel 24 (educational programming and public bulletin board), Channel 25 (information and entertainment) and Channel 26 (government meetings) to nearly 11,000 viewers in our member communities of Belmont, Gilford, Laconia, Meredith and Northwood. Programming is produced by and for the people of the greater Lakes Region. LRPA's mission is to empower our community members to produce content that

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

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

Folk trio Gathering Time to perform benefit concert for Central NH Vna & Hospice

MEREDITH — Gathering Time, a top New York based folk rock trio, will perform on Saturday, Oct. 27 at the Inter-Lakes High School community auditorium in Meredith. The concert will include the best songs from the era when popular music took up the mantle of civil rights, peace, and social concern... iconic songs by

Bob Dylan, Peter, Paul & Mary, Pete Seeger, Joan Baez, Joni Mitchell and Jefferson Airplane, in addition to the Inter-Lakes High School community auditorium in Meredith. The concert will include the best songs from the era when popular music took up the mantle of civil rights, peace, and social concern... iconic songs by

Gathering Time's stage chemistry and amazing harmonies makes clear that they take the music (if not themselves) very seriously. Yet their infectious energy wins over

even fans who never considered themselves folkies. Listen to their sound online - <https://youtu.be/3BGMx4Wx7xo>.

In a unique charitable twist, concert organizer "We Care" of Temple B'nai Israel of Laconia will donate net proceeds to the Central NH VNA & Hospice. Event sponsors include Meredith Village

Savings Bank, Miracle Farms Landscaping and Golden View Health Care. Refreshments, music, camaraderie and good deeds, all in one great evening for just \$27.50 per person. Doors open at 7 p.m., and the concert begins at 7:45 p.m.

For more information and tickets, visit <https://tbinh.org/>.

Taylor Community hosting Hawkins Brook Natural Trail presentation

LACONIA — Rod Wilson will introduce us to the Hawkins Brook Nature Trail project, which when complete will be universally accessible and connect residents and visitors from Meredith Village to Prescott Park, located along Daniel Webster Highway.

The trail will offer a scenic, off-road pedestrian trail featuring views of Hawkins Brook and self-interpretive educational signage. Planned in a large and diverse wetland complex that drains into Lake Winnepesaukee, the trail will be conveniently located right in the

heart of Meredith Village.

Join us Monday, Oct. 22 at 6:30 p.m. in Taylor Community's Woodside Building to hear more about this project designed to promote physical and mental wellbeing. The event is free and open to the public.

Taylor Community

is the premiere not-for-profit Continuing Care Retirement Community in the Lakes Region. Keep up with all our events on Facebook. For more information about active senior living, visit our Web site at www.taylorcommunity.org, or call 524-5600.



How to Submit Obituaries & Announcements To Salmon Press Publications

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

Please contact Executive Editor
Brendan Berube at (603) 279-4516, ext. 111
with any questions regarding the submission process.

Maureen McConnon, 58

VISTA, Calif. — Maureen Patricia McConnon passed away on Sept. 29, 2018 in Vista, Calif. after a brief illness.

Maureen was born on Oct. 15, 1959 in Évreux, France the daughter of Leo A. McConnon and Anita F. Masella. She lived in Gilford for many years, where she raised her three children: Matthew, Andrew and Erin Pumphret. She will re-

main in their hearts forever.

In addition to her children, Maureen is survived by her brothers, Michael McConnon and Dennis McConnon, and her sister, Diane McConnon. Maureen will also be fondly remembered by numerous nieces, nephews, extended family and dear friends.

A Memorial Service will be held on Saturday, Oct. 20, at 2 p.m.,

at the Wilkinson-Beane Funeral Home, 164 Pleasant St., Laconia, NH 03246.

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.

Weight Institute of NH receives “Comprehensive Center” designation

LACONIA — The Weight Institute of NH (WINH), a Department of LRGHealthcare, recently completed the renewal process for its accreditation by the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program (MBSAQIP). LRGHealthcare is proud to announce that WINH has received a higher level of accreditation designating it as a comprehensive center.

Because it is now a comprehensive center, more opportunities will be available at WINH for patients interested in undergoing bariatric surgery.

Benefits of a “comprehensive center” designation include:

- More insurance carriers are expected to approve of surgeries taking place with WINH.
- When deemed appropriate, WINH may perform bariatric surgery on patients aged 65 and up as well as those who are at higher risk.
- Revisions may be

performed by WINH on patients who have had bariatric surgery in the past.

“We are very excited about our latest designation as a comprehensive center for bariatric surgery,” states Dr. Raza Shariff, WINH Medical Director and Bariatric Surgeon. “We have a great team here at WINH; that has strived to meet and exceed national standards, resulting in excellent outcomes.”

A bariatric surgical center achieves accreditation following a rigorous review process during which it proves that it can maintain certain physical resources, human resources, and standards of practice. WINH meets essential criteria for staffing, training and facility infrastructure and protocols for care, ensuring its ability to support patients with severe obesity. The center also participates in a national data registry that yields semiannual reports on the quality of its processes and outcomes, identifying opportunities for

continuous quality improvement.

The Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program works to advance safe, high-quality care for bariatric surgical patients through the accreditation of bariatric surgical centers.

About Weight Institute of NH

As a medical weight loss center, the Weight Institute of New Hampshire (WINH) provides comprehensive weight loss options such as; bariatric surgery, OPTIFAST® Weight Management Program, lifestyle and nutritional counseling programs, behavioral weight loss and management programs. We offer the education and resource tools you need to achieve lifelong weight loss success.

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.

MARK ON THE MARKETS

Mutual fund expense



BY MARK PATTERSON

On a very regular basis, I will sit down with a potential new client who brings their account statements into the meeting, which typically are full of managed mutual funds. These mutual funds have an assortment of fees attached to them that we can see, but sometimes they are disguised hidden deep in something called “statement of additional information,” which is a document mutual fund companies make available upon request but don’t generally distribute to investors.

The most obvious fee attached to a mutual fund is the expense ratio. The expense ratio is typically not hard to find and ranges from about 0.07 to 2.65 percent, which sounds very high, and it is! I did not realize that there were still mutual funds that had that kind of expense ratio, but I witnessed one yesterday in a new client account that his “investment rep-

resentative” from a local bank brokerage placed in his account. Brokerage and wealth management arrangements inside of banks are a topic for another article, just be aware in many cases the brokers are not bank employees. They often just have commission splitting arrangements with the bank. Selling product is their goal, not advice delivered in a fiduciary capacity.

So, why is it that it seems the client never really makes money in these mutual funds? Another key statistic to look at regarding your mutual fund is the turnover ratio. The turnover ratio is simply the amount of times that stock, or bonds are bought and sold which leads to increased operating costs and tax ramifications if this fund is not in a tax qualified account. These transaction costs lead to roughly 1.44 percent additional expense in the typical mutual fund. Cash drag is simply a term used to explain an additional 0.83 percent of expense per year in a mutual fund according to Ty Bernicke, CFP. This cash is not used for tactical purposes, but only for liquidity in funds that must carry adequate cash for investor outflows.

All mutual funds carry these additional hidden expenses to

some degree, however low-cost index funds fees are typically much lower.

Broker sold funds may also carry a load or commission that you must consider as well. Usually “A” shares have an upfront commission somewhere around 5 percent, so only 95 percent of your money is invested and is subject to these additional ongoing fees. C shares usually don’t have an upfront commission but have a very high expense ratio of which approximately 1 percent annually goes back to the broker as a trail commission.

I don’t know many circumstances when you would not do better for yourself and your money to use low-cost mutual or exchange traded funds. If you wanted help you can hire an advisor on a fee basis to manage these funds. Make sure that the advisor you hire is working for you with a fiduciary duty and makes their fee structure very transparent.

If you would like to discuss this topic or anything else, give my office a call or send me an email.

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

Taylor Community hosting TED Talks on Cancer Survival, followed by open discussion

LACONIA — Join us for three TED Talks, Tuesday, Oct. 30 at 1 p.m. in Taylor Community’s Woodside Building Theater. Deborah Rhodes on A

test that finds three times more breast tumors and why it’s not available to you; Jorge Soto: “The Future of Early Cancer Detection;” and David Agus, “A New Strategy in the War on Cancer.”

There will be open discussions and personal stories shared during these presentations. The event is free and open to the public.

TED – Technology, Entertainment, Design – is a media

organization which posts talks online for free distribution, under the slogan “ideas worth spreading.”

Taylor Community is the premiere not-for-profit Continuing Care Retirement Community in the Lakes Region. Keep up with all our events on Facebook. For more information about active senior living, visit our Web site at www.taylorcommunity.org, or call 524-5600.

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Pitman's welcomes Entrain this weekend

LACONIA — Pitman's Freight Room, located on New Salem Street in Laconia, is excited to announce the following lineup of shows this weekend.

Thursday night, Oct. 18: Zeke Martin & The Oracle

Born in Brussels in 1973, Zeke Martin entered the world with a pair of drumsticks in his hands. Influenced by his father, Stu Martin, who played with Jazz greats such as Herbie Hancock, John McLaughlin, Charles Mingus, Dave Holland and Quincy Jones to name a few, Zeke's musical repertoire includes a blend of Jazz, Funk, R&B, Reggae, Rock and more. In 1985, at the age of 12, Zeke had his first gig with Steve Lacy, in France.

Shortly after, he moved to the United States where he began a successful career, including the formation of Zeke Martin & The Oracle in 2000. Since then The Oracle has released six CD's entitled "LANDSCAPES" (2001), "FUNKY STUFF" (2006), "U4RIA" (2009), "4" (2012), "SAY WHAT" (2014)



Entrain

and "#SUF" (2016). Zeke's band, The Oracle, was awarded Best Jazz CD (U4RIA) by the New England Urban Music Award (2010). The band has been reviewed in Jazz Times Magazine (April 2010 and January 2012) and by Scott Yanow from LA Jazz Scene (Jun. 2009, Jan. 2012). Their last CD, "Say What," was Grammy mentioned two years in a row (2014) and (2015). Zeke's unique and soulful style has enabled him to secure endorsement deals with Vic Firth Sticks (2005), Creation Drums (2009), Zildjian Cymbals

(2015), Kickport (2010), Sedo Audio (2016), Kaces (2013), Grombal (2014), Cymbal Chief (2014), Rooster Thrones (2013), Beato Bags (2010), Mono Cases (2009) and DeCreshendo Jewelry (2014). Zeke Martin has also received accolades from Drum! Magazine (August 2002).

Zeke Martin has performed in many locations throughout the world, including NAMM The Venue Stage in Anaheim, Calif., The Berklee Performance Center, The House Of Blues in Boston, The Black Repertory Theater in

Rhode Island, Min-ton's Playhouse and Sweet Rhythm in New York City, New Mexico, Chicago, Minnesota, Wisconsin, all along the East Coast and tours to Malaysia and Europe. Additionally, Zeke has shared the stage with such star performers as The Neville Brothers, The Funk Brothers, Ali-Ollie Woodson from the Temptations, three time grammy winner Justin Raines (Israel Houghton), Nicole Nelson ("The Voice"), Drop Kick Murphy's, Rie Tsuji (Beyonce), Jason Langley (Dream Girls, Memphis), Bron-



Zeke Martin

son Arroyo, and Regina Bell to name a few. Currently, Zeke resides in Boston, Mass. and he continues to perform with his band and teaches at numerous music stores (Music and Arts) as well as Northeastern University and Berklee College of Music.

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

Friday, Oct. 19: Entrain

Epic in sound and kaleidoscopic in vision, the eclectic Martha's Vineyard-based six piece Entrain has been thrilling critics and fans alike since its inception. Formed by drummer Tom Major in 1993, Entrain is also lead singer/guitar wiz Brian Alex. Joining them is bassist M'Talewa, saxophonist/keys/percussionist Rob Loyot, saxophonist/percussionist Hilary Noble and Trombone/keys Lennie Peterson Veterans all, their collective resume includes stints with such diverse players as Bo Diddley, Carly Simon, Chuck Berry, Southside Johnny, James Montgomery, Flor

De Cana, and Blood, Sweat, and Tears.

Entrain has been praised for their ability to shift effortlessly between musical styles - from rock, blues, calypso and ska, to zydeco, jazz and funk - often within the same song.

Admission \$20 in advance, \$25 at the door. Doors open at 7 p.m., and we are a BYO Venue. For reservations, call 527-0043.

Comedy Night Saturday, Oct. 20 featuring Core Rodrigues & Drew Dunn

Rodrigues is a highly sought after national touring college, club, corporate and cruise ship performer. He was the winner of The Catch a New Rising Star, The Funniest Comic in New England and the 2017 Big Sky Comedy Festivals. Rodrigues has been featured on the hilarious Gotham Live, Laughs on Fox and can be heard on Sirius XM. He combines comedy from his own life and the lives of those around him. Mix that with a hilarious point of view and is able to

SEE PITMANS PAGE A11

Register your Making Strides team now

LACONIA — American Cancer Society Making Strides Against Breast Cancer® walk to fight breast cancer is just around the corner. Team leaders are needed to pull together friends, family members, co-workers, and others to participate in Making Strides in The Greater Lakes Region on Sunday, Oct. 21 at, Opechee Park. Individual walkers are also welcome!

This is the 26th annual Making Strides walk. The event will unite the community to honor and celebrate breast cancer survivors, educate women about the importance of prevention and early detection, raise funds for the fight to end breast cancer, and commemorate 26 years of making a difference in the fight to end breast cancer. There is no fee to register but all walkers are encouraged to raise \$100 in order to receive a long-sleeve Making Strides t-shirt. If you raise \$500 or more, you get a Making Strides Tote bag!

Making Strides Against Breast Cancer is a noncompetitive, three mile walk that unites hundreds of women, men and children in the community to raise funds and awareness to fight breast cancer while offering hope to all people facing the disease.

Walkers can also enjoy any community sponsored entertainment like a Pink Out Station, group photos, a Warm up with Body Design by Joy, cool down yoga with YOurGA, caricatures by Larry Frates Creates, an obstacle course for children by The Downtown Gym, and much more. We are excited to welcome Nazy Entertainment as this year's event emcee.

Funds raised will help the Society provide free resources and support to the one in two women newly diagnosed with breast cancer who turn to the Society for help and support. Dollars raised also fund groundbreaking research to find, prevent, treat and cure

breast cancer, as well as help the Society ensure access to mammograms for women who need them.

The American Cancer Society invests more in research to find, prevent, treat, and cure cancer than any other nongovernmental organization. The Society as played a role in nearly every major breast cancer research breakthrough in recent history, including establishing mammography as the screening standard, discovering lifesaving treatments, and better understanding factors that can reduce our risk of getting breast cancer.

This year, Avon joins Making Strides as the first ever National Presenting Sponsor. Locally Making Strides Against Breast Cancer of the Greater Lakes Region is sponsored Meredith Village Savings Bank, Belknap Subaru, Ippolito's Furniture, Inc., Irwin Automotive Group, Remax Bayside/Bayside Rentals, Price Chopper, Cup-

ples Car Company Laconia Rod & Gun Club, and statewide media sponsors The Union Leader, NH1 and LNH. Additional sponsorship opportunities are also available.

To join Making Strides Against Breast Cancer, visit makingstrideswalk.org/greaterlakesNH or call Kathy Metz at 512-490-8787 for more information. Help the Society make strides toward a world without breast cancer. For more information about breast cancer, contact the American Cancer Society at 1-800-227-2345 or visit cancer.org.

There are 6 convenient walk sites in New Hampshire. Nashua, Concord, and North Conway will take place on Sunday, Oct. 14. Lakes Region, Manchester, and Exeter will take place on Sunday, Oct. 21. Help us make strides to end breast cancer. For more information on Making Strides in New Hampshire call 1.800.227.2345 or visit makingstrideswalk.org.



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Binnie Media / NH1 featured at Patrick's

Weekly event aims to help local businesses gain visibility

GILFORD—Patrick's Pub and Eatery will host Binnie Media / NH1 at their weekly networking event, Patrick's "Connect," on Thursday, Oct. 18 from 5-7 p.m.

Binnie Media / NH1 is the largest independently owned Media Company North of Boston, owning 16 radio stations throughout New Hampshire and Maine, along with a Digital Billboard on I-95, and NH1.com

Juliann Marshall, the Sales Manager at Binnie Media for 98.3 WLNH, 93.3 The Wolf, 105.5 WJYY, 107.3 WEMJ and 99.1 True Oldies will be the Binnie Media representative at Patrick's this Thursday Night.

"I am looking forward to the opportunity on seeing new and old faces at the Binnie Media Connect event," said Marshall. "I love working with our community and being a platform for their successes."

The grand prize of the evening is a pair of



COURTESY

Samantha Macdonald of Patrick's Pub & Eatery and Juliann Marshall of Binnie Media invite the public to come out to Patrick's Connect event on Thursday, Oct. 18 from 5-7 p.m. for a networking event featuring Binnie Media, along with raffles, beverage sampling and live music.

Lakes Region Mental Health Center

to hold 52nd Annual Meeting

PLYMOUTH — The Board of Directors of Lakes Region Mental Health Center will hold their Annual Meeting, "Embracing the Growing Years" on Tuesday, Oct. 23 at 5:30 pm at the Common Man Inn & Spa in Plymouth.

Although the evening's program will highlight the many ways the organization has experienced growth over the past year, the primary focus will examine the impact of trauma and adverse experiences on the growth and development of young children.

"The early years in childhood provide the best opportunity to develop a child's full potential; as well as form academic, social, and cognitive skills that determine not only

success in school but also their entire life. Ensuring that young children have safe, secure environments in which to grow, learn, and develop healthy brains and bodies is not only good for the children themselves but also builds a strong foundation for a thriving, prosperous society. It's an important part of the work that we do," said Maggie Pritchard, Executive Director of Lakes Region Mental Health Center.

Lakes Region Mental Health Center served 1,077 children in FY 2018.

Cassie Yackley, Psy.D., the evening's keynote speaker, has spent more than 25 years committed to understanding and effectively addressing the

impact of traumatic/adverse experiences on children, caregivers/families, and systems. She brings together recent discoveries from developmental neuroscience, attachment, implementation science, and reflective practice to help audiences develop skills of relationship and self-awareness in ways that transform organizations, promote staff professional growth and wellness, and improve outcomes for the consumers they serve.

"Cassie has collaborated with individuals, providers, and agencies across child-serving systems to employ this approach and we are delighted to have Cassie speak at our Annual Meeting," said Deb Pendergast, President of the Board of

Directors for Lakes Region Mental Health Center.

Lakes Region Mental Health Center will present the 2018 Helen Holbrook Leadership and Service Award and the Dr. George "Pete" Harris Community Service Award at the Annual Meeting. The Holbrook Award is given to an individual in the community who leads by example and gives of themselves to strengthen the cause of mental health in the Lakes Region, while the Harris Award is presented to an individual in the community who promotes increased awareness, sensitivity, understanding and acceptance of mental health issues in the Lakes Region through educating the public.

Members of the

community who wish to attend the Annual Meeting should register their attendance at www.lrmhc.org or contact Ann Nichols at 524-1100, ext. 445 or email anichols@genesisbh.org.

The Lakes Region Mental Health Center, Inc. is designated by the State of New Hampshire as the community mental health center serving Belknap and southern Grafton Counties. A private, non-profit corporation, LRMHC has two campuses, in Laconia and Plymouth, that serves nearly 4,000 children, families, adults and older adults each year. LRMHC provides Emergency Services 24 hours a day, seven days a week, to anyone in the community

SEE LRMHC PAGE A11

tickets to Kane Brown at SNHU Arena Feb. 21, 2019. Courtesy of Binnie Media / NH1.

Patrick's Connect allows the featured business to create a "pop-up" display featuring their products and/or services, giving people a chance to meet the staff and connect with other entrepreneurs in the area.

The evening will include complimentary beverage sampling and raffle drawings at 6 and 7PM, followed by live music.

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

To learn more about Corporate Images, visit www.nh1.com.

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Edward Jones: Financial Focus

How Should You Respond to Record-Breaking Bull Market?

The investment world recently observed a milestone: the longest bull market in history. But what does this mean to you, as an individual investor?

For one thing, it suggests that patience and perseverance can pay off. From October 2007 to March 2009 – just 17 months – the S&P 500 stock market index fell more than 56 percent. That's a big drop, of course, but what if you had told yourself that "enough is enough" and you decided to sell? Consider this: The S&P 500 has now risen about 320 percent since its low point on March 9, 2009. So, if you had

stayed invested during these last 9-1/2 years, your portfolio might have achieved impressive results.

How long will this bull market last? No one can say for sure, and it's usually something we don't anticipate that ends a bull market. (In fact, there's no one agreed-upon definition of a "bull market," although many financial experts define it as a period of rising stock prices without a drop of at least 20 percent.) Right now, the investment environment still looks pretty good: U.S. economic growth is strong, corporate earnings

are healthy and consumers are spending. As always, though, potential concerns lurk, including the effects of a looming trade war with China.

Regardless of the prospects for this bull market, here are some questions to ask yourself:

Am I still on track toward meeting my goals? Your investments' performance may not match that of the S&P 500 or the Dow Jones Industrial Average – and that's not a problem. These indices only track the returns of U.S. stocks, but to reach your goals, such as a comfortable re-

irement, you will likely need a diversified array of investments: U.S. stocks, international stocks, bonds, government securities and so on. Rather than compare your investment results to those of a single market index, you should measure your progress by your own "yardstick," based on a variety of factors, including your portfolio's performance but also taking into account your age, retirement goals, risk tolerance and family situation. A financial professional can help you create a personalized measurement tool.

Do I need to rebalance? Over

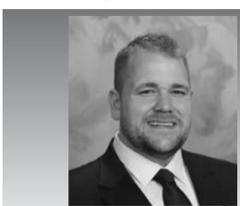
time, your investment portfolio can become over-concentrated in some areas. For example, you might have wanted a certain percentage of your portfolio to be held in stocks, but during a long bull market, the value of U.S. stocks may have risen so much that they now take up more space than you had intended, possibly subjecting you to a higher level of risk. Consequently, you may need to "rebalance" your portfolio by adjusting your investment mix.

Am I maintaining a long-term perspective? The 9 -1/2 years (and counting) run of the bull

market should remind you that successful investing is not a "get-rich-quick" endeavor, but rather a gradual process requiring you to focus on the long term. Even during this lengthy run-up, we've seen "corrections" – short-term declines of 10 percent or more. But if you can stick with your long-term investment strategies, you will be less tempted to over-react to the inevitable bumps along the road.

The record bull market makes for some interesting headlines for a few days – but in the long run, it's what you do, year in and year out, that will help you write your own story.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. For more information or to sign up for their monthly newsletter, contact your local Financial Advisor.



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Philip Emma appointed Chief Operating Officer of New Hampshire Mutual Bancorp

MEREDITH — Philip Emma has been appointed Chief Operating Officer of New Hampshire Mutual Bancorp (NHMB), effective Oct. 1.

As Chief Operating Officer, Emma will oversee Digital Banking, Deposit and Loan Services, IT, Risk, Compliance and Facilities for Merrimack County Savings Bank (the Merrimack), Meredith Village Savings Bank (MVS), Savings Bank of Walpole and MillRiver Wealth Management (MillRiver). Additionally, he will lead the NHMB team charged with the integration of Savings Bank of Walpole. Emma, who currently serves as President of the Merrimack, will also continue in this role while a search for his successor is conducted.

Emma has had an extensive career in financial and operational roles for public and private companies and financial institutions, spanning 42 years. He became Executive Vice President of NHMB upon its formation in 2013, continuing in the position through his promotion to Chief Operating Officer. He

joined the Merrimack in 2000 as Senior Vice President, Chief Financial Officer and Treasurer. In 2008, he was promoted to Executive Vice President and in 2010 added the responsibilities of COO for the Bank. He also served as President of MillRiver Wealth Management (MillRiver) from April 2015 through June 2016.

“Phil has successfully served as President of the Merrimack since January 2016,” noted Gregg Tewksbury, CEO of New Hampshire Mutual Bancorp. “Under his leadership, the Merrimack has sought every opportunity to lend responsibly, while supporting both personal and business customers with a diverse array of deposit products, cash management and digital banking services. Additionally, the Bank has increased its lending capacity, managed the growing cost of regulation and technology and has provided more career opportunities to employees. Moreover, his commitment to expanding the exceptional Merrimack brand as its leader has benefited the communities served by this 150 year institution. His bank-



COURTESY PHOTO

Philip Emma

ing knowledge and expertise coupled with his unwavering desire to retain the best of community banking in our state will be essential to the organization as Chief Operating Officer.”

Emma’s guidance was essential during the formation of New Hampshire Mutual Bancorp, when the Merrimack and MVS, two New Hampshire-based community banks, formally affiliated in January of

2013. The first relationship of its kind in New Hampshire, NHMB has positioned the Banks to leverage each other’s strengths as both work together to advance a shared vision of maintaining and enhancing community banking standards and values.

Emma has played a significant role with the American Bankers Association’s accounting group, and continues to serve on its Community Banking Council. He is an active Board Member of the Greater Concord Chamber of Commerce,

Concord Hospital and New Hampshire Bankers Association. He previously served on the Boards of CATCH Neighborhood Housing, White Birch Community Center in Henniker, Riverbend Community Mental Health, Second Start, Canterbury Shaker Village and Mount Kearsarge Indian Museum. Emma is a graduate of Bentley College, and resides in Henniker.

New Hampshire Mutual Bancorp is a mutual holding company formed in 2013 from the formal affiliation of Meredith Village Savings Bank and Merrimack County Savings Bank. MillRiver Wealth Management joined as a third subsidiary of NHMB in 2015 and Savings Bank of Walpole joined as a fourth subsidiary in July of 2018. NHMB combined assets total more than \$2.2 billion. For more information, about NHMB visit nhmutual.com.

John Ganong of Roche Realty Group sells Tower Hill Cottages

LACONIA — Tower Hill Cottages, located at 220 Endicott St. North in Laconia, has recently been sold to Richard Spinosa. The seller, Michael Croteau of MPC Hospitality, did a great job operating the property over the years with a strong repeat business.

John Ganong of Roche Realty Group Inc in Meredith represented both the Seller and the Buyer in this transaction. The property includes 12 individual cottages, 12 RV sites, a year-round, four-bedroom owner’s home with office, a beautiful in-ground pool with sundeck, a new bathhouse with laundry and a two-car garage with city water and sewer on two acres.

Richard Spinosa and his family are very excited to become part of the Weirs Beach community.



COURTESY

Richard Spinosa (left) and John Ganong.

Spinosa commented “We love the location, it’s a short walk to Weirs Beach and all

the activities around like the Mount Washington Boat, the beach and boardwalk.”

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COURTESY

The Gilford Parks and Recreation Department would like to thank the Gilford High School Varsity Girls Soccer Team for assisting with our PeeWee Soccer Program throughout this fall. Being short on volunteers in that division, players on this team generously volunteered to step up, with various girls helping on different days throughout the season. Three girls in particular; Hannah Perkins, Maddi Rector and Jaylin Tully volunteered as head coaches and were there with their teams each day of the program. Pictured, left to right, are GHS Varsity players Hannah Perkins, Abby Jarvi, Molly McLean, Jaylin Tully, Maddi Rector along with parent volunteer Kathryn Johnson and players from Pee Wee teams Fire (red) and United (blue).

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EXP. 8/9/18

Discover a pair of lost worlds with the Winni Players

MEREDITH — Join the Winni Players for their annual staged radio play, Sept. 28-29. Remember the good old days of radio—when people had to use their imaginations—when the mind was a stage? Those days are back—only better! You can see as well as hear radio programs. This year's double feature includes two exciting stories from legendary authors — "Journey to the Center of the Earth" by Jules Verne and "The Lost World" by Sir Arthur



COURTESY

Join the Winni Players for their annual staged radio play, Sept. 28-29.

Leadership Lakes starts its 21st year

GILFORD — Leadership Lakes Region, the regional non-profit leadership program, began its 21st year of providing an educational, informative immersion program for area professionals recently. The leadership Class of 2019 kicked off the new Program Year with orientation at Gunstock Mountain Resort.



COURTESY

Leadership Lakes Region Orientation Day speaker (left) Julie Baron, President and CEO of Make-a-Wish NH, is shown with leadership class members Todd Calder of LR Community College, Emily Ferrer of LR Community Services and Greg Goddard, GM of Gunstock Mountain Resort.

"This new class is our largest ever with 27 people enrolled" said Program Coordinator, Jennifer McLean.

"Class 2019 includes banking, education, healthcare, insurance, engineering, marketing, retail, hospitality, social services and facilities management professionals," added McLean.

The 27 class members represent 14 different hometowns including the Lakes Region, Manchester, Thornton, Elkins, Concord and Rochester. Orientation Day is a get acquainted session involving student-staff introductions, a leadership speaker and rec-

reational team bonding experiences. The leadership speaker at orientation was program graduate Julie Baron, President/CEO of Make-a-Wish New Hampshire.

Another highlight of the day was the lift ride to the summit at Gunstock where Rich "Mr. Rich" Regione, founder of YouthBeatz, led the group in a highly interactive drumming session and friendly drum competition with leadership lessons woven into the fun. The

day concluded with an afternoon reception for the new class with alumni members of Leadership Lakes Region. McLean pointed out that over 360 professionals have graduated from Leadership Lakes Region since 1998. Orientation Day was another success due to the advance planning by graduates Willow Furey, Mike Roth, Bryan Murphy and Andrew Gilman and sponsorship of the event by Gunstock SEE LEADERSHIP PAGE A11

Conan Doyle, adapted by John de Lancie from scripts by Nat Segaloff and John de Lancie. "Journey to the Center of the Earth" will see a professor and his nephew set off to retrace a famed explorer's footsteps and make their mark on history, while in "The Lost World," another professor embarks on an expedition to prove that prehistoric animals still exist.

Winni Players member Margaret Lundburg takes the helm for this production.

"It has been an absolute delight to direct the Radio Plays this year. Though I'm usu-

ally the one being directed and not the one directing, I could not have asked for a better cast to work with," Lundburg says. "Each night we rehearse, I find a new thing to love about these shows. I hope you will enjoy it as much as I have!"

Additional local favorites participating in this year's radio play are Laurel Briere, David Bownes, Andrew Burke, Angela D'Onofrio, Charles Fray, Stephen Hird, Gail Ledger, Christina Mason, Kayla Pingree, John Piquado, Evelyn Taylor, and Leigh Webb. With live foley sound, the Winni Players staged radio

dramas are always a fall favorite.

Admission is \$15 and available online at www.winnepesaukee-playhouse.org or over the phone at 279-0333. Show times are Friday and Saturday at 7:30 p.m.

The Winnepesaukee Playhouse, a year-round theatre, is a 501(c)3 organization supported in part by the New Hampshire State Council on the Arts, New Hampshire Charitable Foundation, the Shubert Foundation, the Steinwachs Family Foundation, and by contributions from members of this community.

Edward Jones to host Open House

Nick Trudel, a local financial advisor for the financial services firm Edward Jones, invites the public to attend an open house from 3:00-6PM on Tuesday October 23rd at 1934 Lakeshore Rd., Suite 104, Gilford.

"We are happy to be part of the Lakes Region community, and would like to express our appreciation for the confidence and support we receive year-round," Trudel said.

Appetizers will be served.

Nick Trudel may be reached at 293-0055.

Edward Jones provides financial services for individual investors in the United States and, through its affiliate, in Canada. Every aspect of the firm's business, from the types of investment options offered to the location of branch offices, is designed to cater to individual investors in the communities in which they live and work. The firm's 10,000-plus financial advisors work

directly with nearly 7 million clients to understand their personal goals -- from college savings to retirement -- and create long-term investment strategies that emphasize a well-balanced portfolio and a buy-and-hold strategy. Edward Jones embraces the importance of building long-term, face-to-face relationships with clients, helping them to understand and make sense of the investment options available SEE OPEN HOUSE PAGE A11

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IRELAND

(Continued from Page A1)

Crystal Factory, the Glasnevin Cemetery Museum, and Slieve League Cliffs.

Beetle will select the 10 finalists in random drawings on Saturday, Nov. 17, beginning at approximately 3 p.m. Contestants must be 21 or older and must be present to win.

"Make sure you commit to attending," Beetle said. "Anne was almost not there the year that she won!"

That year, DeSantis had learned about the contest while visiting her condo in Laconia in October 2016, and she'd filled out an entry form to win. She also marked her calendar, noting the date she needed to be at Patrick's for the drawing.

But when that day came, there were many obstacles to DeSantis leaving her home in Palmer. Her daughter had strep throat, and her husband had a commitment that would not allow him to care for her. So, DeSantis improvised a plan. But then she couldn't find her car keys.

Finally, DeSantis and her son Ryan broke away with just enough time to arrive at Patrick's for the beginning

of the sweepstakes. The parking lot was packed with cars. The restaurant was standing-room-only, but DeSantis had called ahead to reserve a table in the Emerald Room.

"It was electric in there," she said. "My son and I kept saying, 'Somebody in this building is winning a trip to Ireland today.'"

Live Irish music played while Allan and Jennifer Beetle called out names. Dozens of people were not present, but soon they were down to the 10 finalists. When the ninth was called, it was time for DeSantis to pay her check. She had nearly given up.

As she was searching for her wallet in her purse, she heard her name announced as the last finalist, and she bolted to the pub stage. She waited through the reverse drawing of the 10 finalists, with each receiving a prize as they were eliminated from the grand prize. DeSantis was the last of two to survive.

"I literally was shaking when it got down to two," DeSantis said. "When Allan called my name, my arms shot up, and I screamed. I felt

nauseous, like I was going to faint. It was the most unbelievable, fabulous moment.

"I just had a feeling," DeSantis added. "I can't explain it. I felt like I had to be there, and I couldn't leave until I was sure they didn't say my name. It was such a surreal experience."

The trip itself, in March, also exceeded DeSantis' expectations. She saw beautiful castles, went on horse-drawn carriage rides, and she did get to kiss the Blarney Stone. She loved the sheep that dotted the countryside best.

"They were everywhere!" DeSantis said. "Some were painted with green or purple spots, which is how the shepherds tell them apart. I even got to hold a day-old lamb. It was such a magical trip, one that will live in my heart and memory forever."

Visit Patrick's "Take Me to Ireland Sweepstakes" page at www.patrickspub.com/ireland-trip for this year's contest rules and trip details. For more information, email Beetle at info@Patrick'sPub.com.

LES MIS

(Continued from Page A1)

school and high school career," Witham said.

Witham was one of the ensemble performers in the production by Streetcar Company a few years ago. He said he loved doing that production, and always wanted to do this show again.

Witham said despite the fact that a lot of people have been out sick, he thinks they are ahead of schedule.

Junior Joshua Testa plays Valjean's former jailer Javert, who hunts him down in his new life. Testa said Javert is a complex person.

"He believes that he's doing God's work," Testa said. "The whole hunt for Valjean is him praying to God that he's worthy."

This is the first time Testa has been in a production of "Les Miserables" and it's his first real musical.

"It's always been my favorite musical," he said.

He said everyone has been amazing to work with and his co-stars make rehearsals fun.

Senior Sisi Zarella plays Eponine, who works for her con artist parents. She deals

with her love for Marius, who loves someone else.

"She's a very strong character," Zarella said. "She has a terrible life, but she always perseveres through it."

Zarella performed in the Streetcar production, and said she was really excited to find out the school was doing it.

"I love it, it's one of my favorite musicals," Zarella said.

She said the production is coming together and everyone is developing their characters well.

STRIDES

(Continued from Page A2)

million. There are 740 grants for general cancer research and other cancer sites in effect that may directly impact breast cancer in the future because discoveries in one area can often help find answers in another. Sixty-one breast cancer research grants are in effect across the Northeast totaling nearly \$23 million in funding.

To join Making

Strides Against Breast Cancer, visit makingstrideswalk.org/greaterlakesNH or call Kathy Metz at 512-490-8787 for more information. Help the Society make strides toward a world without breast cancer. For more information about breast cancer, contact the American Cancer Society at 1-800-227-2345 or visit.cancer.org.

There are six con-

venient walk sites in New Hampshire. Nashua, Concord, and North Conway will take place on Sunday, Oct. 14. Lakes Region, Manchester, and Exeter will take place on Sunday, Oct. 21. Help us make strides to end breast cancer. For more information on Making Strides in New Hampshire call 1-800-227-2345 or visit makingstrideswalk.org.

PITMANS

(Continued from Page A7)

talk about just about anything. Corey has used his comedic gift to impact the community by raising money for Dana Farber, The Pan Mass Challenge, The American Cancer Society, Rebuilding Boston Together, The Jimmy Fund, The Blue Angels of Manchester, CT and countless other charities.

Drew Dunn started performing comedy at

the age of 21 and hasn't looked back since. This New Hampshire based comic performs all over New England and New York City. Drew's quick wit and unique point of view has allowed him to quickly establish himself as one of the regions fastest rising comedians. Coming from a large family and being a young newlywed provides this comic

with endless stories to entertain crowds of any age. Drew's use of voices and accents always leaves audiences laughing and wanting more. Drew is the most recent winner of one of the longest running comedy competitions, the Beantown Comedy Riots.

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

NOTEBOOK

(Continued from Page A4)

boats across the pond. It bears noting that the motive power was oars.

Because I also cad-died when I could, I'd heard the stories about golfers struck by lightning. Both scenarios, golf course and pond, featured people as the tallest objects in the vicinity. This is why I was always among the first to quit the golf course, fee or no fee, and why I rowed to beat "the Volga River Boat Song" on Clarksville Pond.

Rudy Shatney was

my mentor at Clarksville Pond, and taught me about guns and axes and firewood and building fires in challenging conditions and a lot else. He had first-hand knowledge of a fly fisherman being struck by lightning, but it wasn't on Clarksville Pond. Still, the story resonated.

Rudy's Uncle Gerard had a nice sheep and cattle farm down on Route 145, next to the old Batchelder Place. Everyone knew where the Gerard Hurlbert farm was, because it was in a beautiful setting and was neat as a pin, every blade of grass in place.

One time, Rudy and his wife Joan had to be away for a day, and left us kids with the Hurlberts. This was uneventful enough until a thunderstorm loomed.

Into a small bedroom we all went. As the sky went dark, out came a

lamp. And then, with a thud on the bed, out came the big Bible. On our knees, we heard and repeated scripture until the skies cleared and the birds sang once again.

This was my first experience with that particular precaution regarding lightning, and one thing I can say is that it was a whole lot easier than towing boats across the pond. But all I truly remember about the incident is that like all of the other advice on how not to get struck by lightning, it worked.

(This column runs in a dozen newspapers covering the northern two-thirds of New Hampshire and parts of Maine and Vermont. Letters, with town and telephone numbers in case of questions, are welcome via campguyhooligan@gmail.com or Box 39, Colebrook, NH 03576.)

LRMHC

(Continued from Page A8)

experiencing a mental health crisis, regardless of their ability to pay. Additionally, LRMHC provides individual, group and family therapy; mobile crisis teams in the event a tragic event occurs that impacts a community at large,

psychiatry; nursing; community support programs for people with severe and persistent mental illness; care management; community-based supports; housing; supported employment; substance use disorder treatment; and spe-

cialty services and evidence-based practices for children and their families, including trauma-focused therapy, art therapy and play therapy. Child Impact seminars are offered in Laconia and Plymouth for divorcing families.

For more information or to schedule an appointment, call 524-1100 or visit the website at www.lrmhc.org. Find the Lakes Region Mental Health Center on Facebook and follow us on Twitter for updates and information.

LEADERSHIP

(Continued from Page A10)

Mountain Resort and its in-house caterer, Centerplate Food Service. Next up for the leadership group is November's History and

Culture Day. For more information and to view photos of Orientation Day, please visit www.leadershiplakesregion.org.

OPEN HOUSE

(Continued from Page A10)

today.

Edward Jones is headquartered in St. Louis. The Edward Jones interactive Web

site is located at www.edwardjones.com, and its recruiting Web site is www.careers.edwardjones.com.



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PUMPKIN FEST

ERIN PLUMMER

(Right) A view of the New Hampshire Pumpkin Festival from the viewing tower.

cally used at the Weirs during Bike Week. For the past four years the city has brought it out for the Pumpkin Festival, where Laconia Eye and Laser Center have sponsored the attraction. Last year the city repainted the tower right on time for Pumpkin Fest.

Visitors could climb the tower a few at a time for free and get a bird's eye view of the festival for a few minutes.

"I love the children; I love seeing their faces as they get to go up," said Brenda Duggan, Marketing and LASIK



Schools across the area contributed pumpkins to the Pumpkin Festival.



ERIN PLUMMER

(Continued from Page A1)

ERIN PLUMMER

(Left) Pumpkin fest visitors could carve their own pumpkins to contribute to the big collection.

Coordinator for Laconia Eye and Laser.

Duggan said this year they added a few free raffles for all ages. One prize included free tickets to the Extreme Chunkin the next weekend at New Hampshire Motor Speedway. The practice also partnered with Mix 94.1 to for a contest for a free LASIK procedure.

Duggan said she enjoys being part of this community and being part of the festival.

"Every year, we see it get bigger and bigger," Duggan said.

The Laconia Congregational Church has sold homemade food at their own cafe since the festival came to Laconia. Congregants made food and volunteered at the table.

Hollis Thompson, chair of the church's Personal Account Committee, said funds raised at their tables will go to the church's communications fund to help upgrade some technology. This includes putting security cameras outside the church because of some vandalism.

Thompson said the day was going really good overall. She said they were a little concerned about the rain earlier that morning, but were happy with the nicer weather.

"It's just fun seeing everyone out here having a good time," Thompson said. "I love doing this for the church."

PTA

(Continued from Page A1)

were mutually beneficial, as the GYC will have their own Halloween event next weekend and members of the PTA will be helping out there too.

Guests came out in various creative costumes and enjoyed a buffet dinner. Guests could look over a table of silent auction items and place bids.

Later in the evening, David McGreevy lead the live auction where Gunstock passes, an Inner Circle membership with Bank of New Hampshire Pavilion, tuition for a week of youth sailing classes with the Lake Winnepesaukee Sailing Association, an adventure for kids with Gilford Elementary School principal Danielle Bolduc,



Dave McGreevy runs the live auction at the Gilford PTA's annual fundraiser.

and a handmade wooden sign received high bids. All proceeds from the auction will go toward scholarships for school camps. McGreevy emphasized that for every \$125 donated one kid would get sent to camp and the high bids would send multiple kids.

Bolduc said it is amazing how the parents support the schools.

"I'm so grateful for the community we live in," Bolduc said. "It just gets better and better."

She thanked the PTA for putting this event together.



Guests came in Halloween costumes to the PTA's annual fundraiser, this year with a Halloween theme.

ERIN PLUMMER



Guests take a look at the selection of silent auction items. The Gilford sign by Jim Boudreau sold in the live auction for more than \$600.

ERIN PLUMMER

Open House

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Rogacki notches 400th win as Gilford sweeps week

BY BOB MARTIN
Bob@Salmonpress.news

GILFORD — The Gilford field hockey coach ended the season with a three shutout wins, with one being the 400th career win for coach Dave Rogacki.

On Oct. 8, the Golden Eagles defeated rival Laconia thanks to strong play by the seniors. The star of the game was senior Brianna Salanitro, who had five goals and an assist in the game.

The following day Gilford beat Franklin 8-0, with strong play by senior Nicole Berube. She had a goal and an assist in the win, and was the leader in the blowout win for the Golden Eagles.

The Golden Eagles wrapped up the regular season on the road at St.



BOB MARTIN

Dave Rogacki tallied his 400th career win in an 8-0 shutout against Franklin last week.

Golden Eagles upend Kennett in low-scoring battle

BY JOE SOUZA
Contributing Writer

NORTH CONWAY — Kennett and Gilford/Belmont headed into Friday's Division II schoolboy football clash heading in opposite directions.

Both stayed on those paths.

The Golden Eagles took advantage of a couple of personal fouls on Kennett and came up with a big play to score nine points in the fourth quarter to upend the struggling hosts, 9-3, on a brisk evening at Gary Millen Stadium. Alex Cheek connected with Curtis Nelson on a perfectly executed play for a



JOE SOUZA

Kennett's Braeden Bailey gets a hand in to break up a pass for Gilford/Belmont's Ethan Roy in Friday's Division II contest in North Conway.

37-yard touchdown, and the Golden Eagles held on for the win.

"This is a big win," said Gilford/Belmont head coach Josh Marzahl after his Golden Eagles climbed above the .500 mark to keep their playoff hopes alive in D-II.

"Kennett is a strong team, a program with a rich history. It's nice to come up here and get a

win," Marzahl continued.

For the Kennett Eagles, the slide continues. Kennett drops its fourth straight contest and is looking at the outside of the playoff field at 2-5.

"It's been a tough year," Kennett head coach Vaughn Beckwith said, searching for answers in the middle of

SEE FOOTBALL PAGE B8

Thomas Aquinas with a 4-0 win, with Laurel Gingrich leading the way with a hat trick.

"It is always good to end the regular season with a win like that," said Rogacki. "Looking at us as a team, I think the big things is the kids are starting to communicate more and react to each other on the field. When you have a young team it is hard to get us to do that, and we only have two seniors."

Rogacki has noticed that over the past three weeks the players are starting to understand their position, and how their position complements the rest of the players on the field.

"That is really nice because you never know when it will kick into place," Rogacki said. "It is nice to see the kids understand that concept."

The win over Franklin was the milestone victory for Rogacki, who now had 401 wins over the course of his 31-year career. When Rogacki was asked how it felt to reach the mark, he said "it seems like I've been doing this a very long time."

Rogacki recalled more than three decades ago when he was a middle school coach in Connecticut. He said he was new to field hockey, but the athletic director at the school said if he knew ice hockey he would catch on. Rogacki said he fortunately did, although it is clearly nothing like ice hockey.

"As you know it is two completely different worlds, but really that is what started it," Rogacki said. "I moved to New Hampshire and was at Winnisquam for 23 years, and now the last eight I've been here. It's been an enjoyable 31 years and I've been

SEE ROGACKI PAGE B8

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BOB MARTIN

Catherine Stow placed fourth in the Gilford Central Lakes Invitational last week in front of a home crowd at Gilford High School.



BOB MARTIN

Bethany Tanner, front, and Kayla Loureiro, back, run up the road adjacent to Gilford Elementary School in the Gilford Central Lakes Invitational.

Gilford hosts Central Lakes Invitational

BY BOB MARTIN
Bob@salmonpress.news

GILFORD — Gilford High School hosted the Gilford Central Lakes Invitational on Friday and several Golden Ea-

gles had solid races in front of a home crowd. For the girls' team, Catherine Stow continued her strong freshman season. She placed fourth with a

time of 20:44. Bethany Tanner was in 10th place while Kayla Loureiro was 11th with times of 24:02 and 24:04 respectively. Chloe Schwartz was

17th with a time of 26:03 and Alaina Osburn was 23rd with a time of 28:17. The boys' team was led by Jonas Bilodeau, who was ninth with a

time of 18:32. Harrison Laflamme was 19th with a time of 19:44. Charles Townsend and Mitchell Townsend were 19th and 20th with time of 19:51 and

19:57. Matthew McDonough was 25th with a time of 20:15. Moritz Lietz was 34th with a time of 21:44. Jordan Witham was 49th with a time of 24:37.



COURTESY

Cody Boucher finished with a 97 at the Division 3 individual golf championship last week, placing him 24th overall.

Rain washes out golf team championships

BY BOB MARTIN
Bob@salmonpress.news

LACONIA — The Gilford High School golf team made it to the Division 3 state tournament match, but unfortunately Mother Nature didn't cooperate and it was cancelled. The Golden Ea-

gles finished the season 11-10, which put Gilford in 10th place. Bow finished with a 21-1 record and claimed the Division 3 state title. In the individual championship match at Laconia Country Club on Saturday, Cody Bouch-

er and Connor Sullivan competed. Boucher finished with a 97, coming in 24th, while Sullivan was 27th with a score of 100. "Both kids played well in cold, rainy conditions," said coach Tom Carr.

Monster truck show Saturday in Belmont

BELMONT — The Belknap County Fairgrounds, 174 Mile Hill Road in Belmont, will be hosting a Monster Mash - Monster Truck / Mud Bog Show on Oct. 20. Gates open at 10 a.m., event starts at noon. General admission is \$10, children under three are free. Pit passes available for an additional \$10, under 16 years old not allowed in pit. Ride alongs in a mon-

ster truck will be available for \$10 per person. Kids six and under can bring their battery-operated power wheels to the event. Kids will be allowed to race their power wheels. Parents interested in entering their child in the kids' power wheel races should call 267-6947 for details and reserve your spot early. You will need tickets to attend show. The will be holding a Halloween

costume contest. Mud bog registration opens at 8 a.m. Registration fee is \$25. To pre-register, call 267-6947. No outside food/drinks or coolers allowed into facility. The event is loud, hearing protection encouraged. Parking is free. Event runs rain or shine. To purchase tickets, go to <https://www.eventbrite.com/d/nh--laconia/monster-truck>.

Gilford volleyball sweeps Somersworth

BY BOB MARTIN
Bob@salmonpress.news

SOMERSWORTH — The Gilford High School volleyball team continued its dominating season and remained undefeated with a 3-0 victory on the road against Somersworth on Oct. 11.

Gilford swept the match with set scores of 25-5, 25-7 and 25-18. The Golden Eagles were led by Maggie McNeil, who has had a great season

as an outside hitter. She continue to be steady offensively and defensively with seven kills and four digs. Lexi Boisvert anchored the defense with eight digs. Starting setter Karly Sanborn had 10 assists and was perfect from the serving line.

Naomi Eldrige entered the game in the second set as a setter and had seven assists and also served well. Defensive specialist Jennie Gannon was a

substitute that coach Amy Tripp said served well in the win.

"We played well as a team, and I was very happy about the way the game flowed especially when the subs went in," said Tripp. "I was excited that the level and intensity remained the same."

The Golden Eagles finish out the regular season on Oct. 18 on the road against Manchester West for a 5:15 p.m. matchup.

Learn to skate at Laconia rink

LACONIA — The 2018-19 Learn to Skate Program at the Merrill Fay Arena in Laconia has been officially announced.

LTS is a "learn to skate" program with an emphasis on skating skills. Each session includes one hour of on-ice instruction per week, games and fun activities including skating skills, stride development, fun-filled drills to encourage the child's love of the ice.

Required equipment includes hockey skates with nylon laces, helmet (HECC approved helmet and face mask with side and chin straps). Players seeking equipment, check out the Lakes Region Lakers equipment page.

Program is divided up into two sessions on Saturday mornings. Session 1: Nov. 10 to Dec. 15. Session 2: Jan. 5 to Feb. 9. Program runs for six weeks and

will be held on Saturdays from 10:50 to 11:50 a.m. Coaches include members of the Lakes Region Lakers coaching staff, Andrew Trimble of the New England Wolves Junior Program and current New England Wolves hockey players. Costs is \$75 - when signing up for one session or \$100 total for two sessions. For more info, visit The Lakes Region Lakers web site at <https://www.lryha.org>.

Ben Baldwin Memorial Tournament is this weekend

WOLFEBORO — The inaugural Ben Baldwin Memorial Tournament will take place on Oct. 20 and 21 from 9 a.m. to 2 p.m. each day at the Pop Whalen Arena.

The tournament is open to mite level teams, with eight to 10 teams from around the state taking part. Saturday will be cross ice games

and Sunday will be full ice games.

All proceeds will go to the Ben Baldwin Scholarship Fund, which has been set up to help kids stay involved with sports that otherwise could not afford to be. T-shirts will be available to purchase at the tournament.

This is a great opportunity to come watch the

game that young Ben Baldwin loved.

The tournament is sponsored by the Yum Yum Shop, the Kelly family, Carroll County Construction, Image Awnings, Ken's All Season Maintenance, D.F. Richard, T. W. Excavating, Mobility and More, Baldwin Excavating and Avery Insurance.

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COURTESY OF JOHN DEAN

Abby Jarvi has been a force for the Gilford soccer team posting 39 goals through 14 games this season.



BOB MARTIN

Troy Gallagher makes a nice save in Friday's game against rival Laconia.



BOB MARTIN

Sam Sawyer (27) handles a ball for the Golden Eagles in a win over Laconia last week.



BOB MARTIN

Finn Baldwin goes after a ball for Gilford during Friday's win over rival Laconia.

Golden Eagle boys and girls each notch soccer wins

BY BOB MARTIN
Bob@Salmonpress.news

GILFORD — The Gilford girls' soccer team improved to 11-3 with a pair of big wins over White Mountains and Derryfield, highlighted by fantastic offensive output by Abby Jarvi.

Jarvi scored six goals against White Mountains and had a hat trick against Derryfield. Jarvi has had an incredible season with 39 goals over the course of 14 games.

On Oct. 9, Gilford defeated White Mountains 7-1 in a dominant performance where the Golden Eagles had 32 shots and 22 shots on goal. Jarvi had an assist to go along with her six goals. Reece Sadler had a goal and an assist. Maddi Rector had two assists in the game. Callie Carpenter and Kyla Mercier both had an assist. Hannah Perkins had four saves in goal.

The Golden Eagles came out firing early

and scored two quick goals, setting the tone for the rest of the game.

"Good win," said coach Rob Meyers. "We scored goals and put the game away early. We got a little sloppy a few times and ended up giving away a goal. This late in the season, we had the opportunity to rest some players and give others some playing time as well as try out players at different positions."

On Oct. 13, Gilford beat Derryfield 3-1

with Jarvi providing all the scoring. Sadler, Rector and Carpenter had an assist apiece. Meyers said Hannah Waite and Gwen Knipping played well at midfield and stopper respectively. He also commended Emma Ramsey and Kyla Mercier for their play on defense. Perkins had seven saves in the win.

Gilford has turned things on as the season winds down, with six straight wins. Meyers said it was a good

win, but also that there is room for improvement.

"We came out a little flat, allowed an early goal, but fought right back to take the lead," said Meyers. "We did not play our best game. Derryfield moved the ball well through the midfield to keep us off balance. In the second half, the players did a good job of pinning Derryfield in their own end and put a lot of shots on net, hitting the post or missing just wide a number of times."

The Golden Eagles finish their season this week with an away game against Hopkinton on Oct. 19 at 3:30 p.m.

The boys' soccer team had a 2-1 victory on Oct. 12 over Laconia but lost a tight battle with top ranked Campbell by a score of 2-1 on Oct. 13.

The Golden Eagles won in double overtime over the rival Sachems in front of a home crowd. Mike Eisenmann scored at 19:42 in the first half with assists by Finn Baldwin and Colton

Workman. Laconia then tied the game just before halftime with a goal by Kaleb Shumway. The game was won at the 96:40 mark with a header off a corner kick by Anthony Aguiar, and a flick pass from Sam Sawyer.

Gallagher had two saves for Gilford in what coach Dave Pinkham called "a well-played game with a playoff atmosphere."

Eisenmann scored in the loss to Campbell. Despite not coming away with a win, Pinkham was happy with the play of the Golden Eagles.

"They are a very talented and unbeaten team and we gave them a run for their money," said Pinkham. "We played with a great deal of energy on a cold and rainy day and scored with one minute left in the game to make it a 2-1 game and ran out of time. I am proud of the effort demonstrated by the players."

Gilford plays its final regular season game at home against Berlin on Oct. 19 at 3:30 p.m.

Nick cornhole tournament set for Oct. 27

WOLFEBORO — The fourth annual Nick Cornhole tournament, a fundraising event for The Nick, will be held Saturday, Oct. 27, at the Kingwood Golf Course Club House from 4 to 9:30 p.m. They invite all competitors to join in for the double-elimination tournament. Cornhole is a lawn game in which teams of two take turns tossing small bags filled with corn at a target consisting of an inclined

wooden platform with a hole at one end. Points are scored for bags that land on the board or go through the hole, and play continues until a team or reaches the score of 21.

The cost to participate is \$70 per team. The entry fee includes appetizers, music and a chance to win tournament prizes. The tournament is limited to 32 teams so be sure to register ASAP if you wish to participate.

To register please e-mail Holly@thenick.org for a copy of the registration form or visit thenick.org.

For those not interested in competing, but would still like to partake in the cornhole and Halloween festivities, tickets will be on sale at the door for \$20 per person. Your ticket entitles you to food, music, Hal-

loween costume competition and possibly some late-night dancing. All proceeds from this event will go directly to The Nick, thanks to generous sponsors Bradley's Hardware, Eastern Propane and Oil, the Poor People's Pub, Key-Day Builders, Horigan Painting and Restoration LLC and Lewis Property Maintenance.

PMHS seeking winter, spring coaches

ALTON — Prospect Mountain High School is accepting applications for a number of coaching positions.

Open positions include girls' varsity tennis, boys' JV basketball,

boys' varsity tennis, varsity softball, spirit, JV baseball and assistant track and field.

Contact Corey Roux at croux@pmhschool.com or 875-8600 for more information.

Foley 5K is this weekend in Rochester

ROCHESTER — The fourth annual James W. Foley Freedom Run will take place on Saturday, Oct. 20, at 10 a.m. at the Rochester Community Center, located at 150 Wakefield St. in Rochester.

This flat, fast, chip-timed 5K through the streets of Rochester will benefit the James W. Foley Legacy Foundation, which is dedicated to the vibrant legacy of Foley as a courageous, committed freelance journalist and a compassionate teacher and mentor.

Challenge your friends to run too. And if you can't make it to Rochester on race day, you can register to run virtually. To find out more and to register, visit foleyrun.org.

Additionally, organizers are still seeking additional sponsors for the race and those interested can visit the web site for more information.

Foley was a 1992 graduate of Kingswood Regional High School who was kidnapped and eventually murdered in northern Syria while serving as a freelance journalist.



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FOOTBALL

(Continued from Page B1)

the field.
 “In a close game like this any play can make a big difference,” added Beckwith. “They had that big pass play and that’s them. They make those plays. We had two personal fouls that led to the field goal, but give them credit they made the plays.”

The Golden Eagles certainly did in a contest that was dominated by both defensive units.

Neither team moved the ball with success in the opening two drives.

After going backwards on their first three plays, the Golden Eagles went to the power inside running of John Mitchell and found some success with the bruising fullback. Gilford moved from its own 30 down to the Kennett 44, but that’s where the Kennett defense tightened up and pushed the Golden Eagles back.

From that point, Kennett enjoyed the better chances.

The host Eagles put their best drive together, starting late in the first quarter and capping it in the second. Running back Dominic Jones did most of the damage on the ground as Kennett took the ball from its own 27 and drove it inside in the Gilford/Bel-



JOE SOUZA

Gilford/Belmont's Nick Arenstam hauls in a pass in front of Kennett's Gaven Gagne during Friday's Division II contest. Gilford/Belmont won 9-3.

mont 10. The promising drive stalled out there though and Sam Pollard booted a 23-yard field goal to put the Eagles up 3-0 with 7:19 left in the second quarter.

Kennett could not add to its lead before the break despite controlling the ball and the clock.

After stopping the Golden Eagles, Kennett took the ball from its 48 down to the Gilford/Belmont 21 in 11 plays.

The Gilford/Belmont defense stood tall though stopping Kennett quarterback Parker Coleman short of a first down on a fourth-and-one play, and Kennett would take a 3-0 edge into the halftime break.

“We felt good about the first half,” Beckwith said. “We were able to run the ball and control the clock. In the second half, Dominic (Jones) tweaked his ankle and he

wasn’t moving as well.”

With the hard-hitting play resuming on the defensive sides for both teams, the aggressive play would come back and bite Kennett.

Kennett appeared to stop the Golden Eagles again, but the hosts were whistled for roughing the passer when Cheek was thrown to the ground after releasing the ball down field. That moved the ball to the Kennett 41.

Following three incomplete passes, the Golden Eagles punted the ball back to Kennett. This time the Eagles were whistled for roughing the punter and Gilford/Belmont got the ball back on the Kennett 26. Cheek completed an eight-yard pass to Patrick Carr, putting the Golden Eagles at the Kennett six. Mitchell went for two yards to the four, but the drive stalled there. Carr booted a 21-yard field goal to tie the game with 10:15 remaining in the fourth.

The Eagles moved across midfield on their next possession but could do little with decent field position.

Taking over on their own 20, the Golden Eagles would go 80 yards in eight plays. Cheek used his legs to pick up two key first downs, go-

ing for two-yards on a third-and-one play. The big one came on a third-and-10 play as the young signal caller went for 13 yards.

On the next play, Cheek found Nelson behind the Kennett defense for the go ahead touchdown with 3:56 remaining in the contest. Kennett’s Sloan Rogers broke through the Gilford/Belmont line to block Carr’s PAT kick, giving Kennett and opportunity to win with a touchdown and successful kick.

The Gilford/Belmont defense though would not give it and held Kennett out of the end zone.

“We were just missing early on in the game and we finally clicked on one,” Marzahl said. “While we clicked, at the end of the day it was our defense. Our defense has been leading the way for us.”

“Gilford/Belmont is a team playing hungry and it showed tonight,” Beckwith said.

Gilford/Belmont finished with just 42 yards rushing with Mitchell leading the way with 28 on nine carries. Cheek completed 10 of 31 passes for 138 yards, and interception and the winning TD. Blake Desceautax hauled in five passes for 56 yards.

That added up to a big road win.

“We’re on our way... We’re closer,” Marzahl said when asked if his Golden Eagles have arrived among the Division II contenders.

For Kennett, Jones led the way with 85 yards on 27 carries. Coleman completed 6 of 17 passes for 59 yards. Pollard caught five passes for 37 yards.

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ROGACKI (Continued from Page B1)

really lucky to have really good kids at both schools.”

Rogacki said he is proud to have helped lead the Golden Eagles to championships and playoff seasons, especially since the Gilford program was not very strong when he got there. He also said it helps when the student athletes are not only good on the field, but also in the classroom as well.

“They are good academic students, too, and that has really been a joy,” Rogacki.

Rogacki said when I got to 300 wins people

asked if I would retire and he said he didn’t feel like it. Then when he won his second championship at two schools, people asked if I would retire and he again said no. This is also the case with win number 400.

“The day I don’t want to plan a practice is the day I know I’ve done it long enough,” said Rogacki. “I feel dedicated to the kids in that if they are willing to put in the practice time it is my job to prepare that time for them. When I become less dedicated than the kids it is time to get out. Not yet.”

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