

Volleyball Golden Eagles power past Plymouth



Harper Meehan of Gilford looks to put the ball over the net around the outstretched hands of Plymouth's Abby Bassingthwaite.

BY JOSHUA SPAULDING
Sports Editor

GILFORD — The defending Division II champion Gilford Golden Eagles volleyball team got off to a quick start against a young Plymouth team

Board approves traffic funds and barn easement

BY ERIN PLUMMER
mnews@salmonpress.news

The selectmen approved the acceptance of over \$18,000 in traffic enforcement grants and approved that a barn on Potter Hill Road meets the requirements for a Barn Preservation Easement during their recent meeting.

The board held two public hearings during the Sept. 22 meeting, one to appropriate unanticipated funds for police details and another to accept a preservation barn easement.

The board approved the appropriation of \$18,475 in funds that came from six different grants from the New Hampshire Department of Safety for different forms of traffic enforcement.

The funds included \$7,387 for the Sustained Traffic Enforcement Program (STEP), \$5,752 for DWI patrols and mobilization, \$1,936 for distracted driving, \$1,700 for Drive Sober or Get Pulled Over, \$850 for Join the NH Clique for seatbelt enforcement, and \$850 for You Drive, You Text, You Pay.

There was no comment during the hearing and the selectmen voted unanimously to accept the funds.

The selectmen also approved an application for a Barn Preservation Easement for a barn on 16 Potter Hill Road.

Under the law the application has to prove that the property has a demonstrated benefit to the public with reasons including scenic enjoyment of the structure from a public way or waterway, historical importance, if the structure has historical features that contribute to the cultural integrity of the property, or is listed on the State Register of Historic Places or by a locally designated historical district.

If the applications are approved, a property with a Barn Preservation Easement would be eligible for a property tax discount ranging from 25-75 percent or \$2,502 to \$5,707 a year for 10 or more years depending on the building.

There was also no comment at this hearing. The selectmen unanimously voted that the structure on Potter Hill Road meets the requirements for the preservation easement and will be granted a 50 percent tax discount for 10 years starting in the 2022 tax year.



Sophia Lehr powers the ball over the net in action last week against Plymouth.

“We were able to play a lot of players and try them in different positions,” said Gilford coach Amy Tripp. “If you can do that in high pressure situations, it’s nice to see what everyone can do.”

“We didn’t have one of our starters, which shouldn’t make a difference, but it always does,” said Plymouth coach

Jonathan VanScoter. “We made some adjustments, but it just wasn’t enough to beat Gilford.”

Gilford came out strong, with Maggie Shute finishing out a 25-7 win with a hard hit.

The second game saw Kate Sullivan for Gilford and Abby Bass-

SEE VOLLEYBALL PAGE 11

Work underway on Northview and other roads

BY ERIN PLUMMER
mnews@salmonpress.news

Work is underway on several town roads, with some significant work happening on Northview Road.

The Department of Public Works has been updating residents on the status of roadwork on both town website and its Facebook page.

The DPW announced on the town Web site that it started working on Northview Road on Sept. 22 with work that included installing drainage and reclaiming the road, then adding stone and gravel material followed by base course asphalt. Work also included tree and limb cutting and ditching.

One lane of Cherry Valley Road was closed off for two days for pipe installation at the Northview Road intersection.

On Sept. 29, the DPW’s Facebook page said the project an into some challenges with the amount of buried utilities. Representatives from the Department of Transportation, Comcast, Consolidated Communications, Eversource, and DigSafe had to come to the scene and identified each utility.

“With the help of each company we were able to identify which lines were not active and could be cut out of the way and which were live and must remain,” read the Facebook post. “Luckily we were able to squeeze the structure in the ground and get backfilled safely without disconnecting any services to the neighborhood.”

They weren’t able to install an underdrain because of the amount of buried utilities, but the improved drainage and reclaimed subbase was still a significant improvement.

Work on Northview was expected to last two weeks and paving was scheduled to begin on Oct. 1.

Public Works has been working on a few other roads from late September through early October.

Paving work was scheduled on Irish Setter Lane on Sept. 30. The DPW shared an update on its Facebook page with a description of how the work would be done. First stone would be put on the road and graded to an even layer. Following this the stone,

SEE WORK PAGE 10

“Urinetown” coming to the GHS stage

BY ERIN PLUMMER
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Gilford High School students will bring to the stage some musical numbers, a lot of colorful humor, and plenty of parodies during the coming production of “Urinetown.”

GHS students are getting ready to put on the classic play in November. In “Urinetown,” a water shortage in a major city brings the government to ban private toilets, requiring people to pay admission to use private toilets managed by one company. This eventually leads to a citizen’s revolt.

“Urinetown” last took the GHS stage in 2008, director Matt Demko’s third year in the school.

“We’re trying to find a show coming out of the pandemic that was a little challenging, but still had some humor in it,” Demko said.

He said he thinks the show has something for everyone, from spoofs of classical musicals to some complicated dance numbers. The show also pokes fun at capitalism, the legal system, and so many other targets while also talking about the environment. The theme of the show also brings in some humor that could be described



Heidi Noyes-Bourgeois works with Gilford High School students during rehearsals for “Urinetown.”

tal eight of the students have never had any theater experience.

Local dance instructor Heidi Noyes-Bourgeois, who also helped them with “School of Rock,” is doing the show’s choreography. Student Marina Beale will also be choreographing three numbers and recent graduate Chelsea Sasserson will also join in and help with some songs.

Demko said it’s great when the students and recent graduates take part. He said the performances become learning labs where these stu-

Demko thanked “the powers that be” for allowing the shows to go on.

Last year, there were two high school and middle school shows each. They performed “Junior” versions of shows that were much shorter with much simpler choreography. Other restrictions included all cast members wearing masks, cutting down the length of shows, limited choreographed numbers, and others.

At this point all those restrictions have been lifted, though they are still taking some precau-

lobby so people can buy their tickets right before the show. The show can also put actor pictures and profiles up on the website, giving the show a more professional appearance.

“Urinetown” will take the stage Nov. 12 and 13 and the following weekend, Nov. 19 and 20.

The GHS theater students will have some more fun things going on this school year. GHS will be hosting one of the regional theater festivals. Theater students will also go to Boston to see “Hedestown” at the Boston Opera House.

Notes from the Gilford Public Library

What's New at the Gilford Public Library?

Happy October from the Library! We've been

plenty busy over here with the back to school crowds visiting once more. We're happy to announce the launching of

some new programs and the revival of some old favorites. On Wednesdays at 1 p.m., feel free to join our Amateur

Painting group. Work on your latest project or gather inspiration for your next great masterpiece. If painting isn't your thing, come around a little bit later and join Jane Ellis and her sing-a-long group at 2:00PM. Sing to some old favorites or discover a new favorite here in the library! In other events news, we are hosting author Dan Koepfel on Thursday, October 7th for a book reading and discussion from his latest novel, "Every Minute is a Day." Koepfel is an author of multiple books and is a senior writer for the New York Times Wirecutter. Koepfel is married to writer Kalee Thompson, a graduate of Gilford High School in 1992 and he comes to the Lakes Region to promote his newest work. The book is "...an urgent, on-the-scene account of chaos and compassion on the front lines of ground zero for COVID-19, from a senior doctor at New York City's busiest emergency room." Keep your eye on the Steamer, our website or our Facebook page for more upcoming events.

our Living Well in the Community Series, our Aging Well segment covers Fall Prevention. Falls can lead to injuries that can decrease your quality of life and your ability to remain in your home. Explore common factors that can lead to falls and simple steps you can take to minimize the risk

French, 4-5 p.m.
Parking Lot Puzzlers: Trivia Night, 5:30-7 p.m.
Author Dan Koepfel Book Reading: Every Minute is a Day, 6 p.m.

Friday, Oct. 8
Senior Sculpt, 9 a.m.
Preschool Storytime, 10:30-11:30 a.m.
Bridge, 10:30 a.m.-12:30 p.m.
Hand & Foot, 12:30-2:30 p.m.
Flu Shot Clinic, 1-3 p.m.

Granite VNA will provide a public Flu Shot Clinic on Friday, Oct. 8 from 1 - 3 p.m. Immunizations are offered at no cost with an ID card from Medicare B, Medicare Advantage, Medicaid, Harvard Pilgrim, Tufts or Anthem. For all others the cost is \$30 payable by check or cash. Sign ups are required and you must wear a mask to your appointment.

Knit Wits, 1:30-2:30 p.m.
Advanced Conversational German, 2:30 p.m.
Beginner Line Dancing, 4-5 p.m.

Monday, Oct. 11
CLOSED FOR HOLIDAY

Tuesday Oct. 12
Senior Sculpt, 9 a.m.
Storytime with Miss Maria, 10:30-11:30 a.m.
Bridge, 10:30 a.m.-12:30 p.m.
Intermediate Line Dancing, 4-5 p.m.

Wednesday, Oct. 13
Check out an Expert, 10 a.m.-noon
Teen Early Release: Virtual Reality Demo, 12:30-2 p.m.
We've got an Oculus Quest on board for this early release. Come try out virtual reality or watch your friends be silly in a three-dimensional video game space. You won't want to miss out on this tech demo! Come hang with peers for this and more this Early Release!

Create a Card, 1-2 p.m.
Create a card with Susan Seeley from Designs by SES. Learn how texture, print, and design works into each card that you make. Materials to make two cards included with the class. Sign up is required, please contact the library to register.

Paint Group, 1-3 p.m.
Early Release: Great Glowing Gourds, 1:30-2:30 p.m.
Join us to paint a variety of gourds and help us give them a special glow!
Music Group/Sing a Long, 2-3 p.m.

Thursday, Oct. 14
Geri Fit, 9-10 a.m.
Babies and Co. Storytime, 10:30-11:30 a.m.
Homeschool Game Club, noon-2 p.m.
French, 4-5 p.m.

Classes & Special Events
Oct. 7 - Oct. 14

Thursday, Oct. 7
Geri Fit, 9-10 a.m.
Babies & Co. Storytime, 10:30-11:30 a.m.
Living Well Series: Fall Prevention, 3-4:30 p.m.
In the final week of

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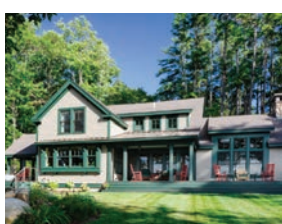
3v STUDENT BUILT HOME
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4 HAYWARD & CO.
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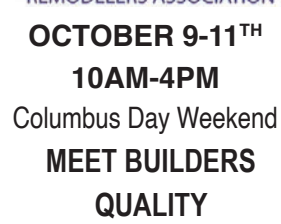
5 CARGILL CONSTRUCTION
28 Winacres Rd., Moultonborough



6 CARGILL CONSTRUCTION
94 Beede Rd., Moultonborough



7 RCB&D
358 Redding Ln., Moultonborough



8 OUTSIDE IN CONSTRUCTION
154 Upper Mile Pt. Dr., Meredith



9v DEVENTRY CONSTRUCTION
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Stay Safe! Stay Healthy!
Wash your hands!

Happy Halloween

Gilford Public Library Top Ten Requests

- "The Jailhouse Lawyer" by James Patterson
- "2 Sisters Detective Agency" by James Patterson
- "The Madness of Crowds" by Louise Penny
- "The Noise" by James Patterson
- "The Burning" by Jonathan Kellerman
- "Foul Play" by Stuart Woods
- "Peril" by Bob Woodward
- "A Slow Fire Burning" by Paula Hawkins
- "Forgotten in Death" by J.D. Robb
- "The Last Thing He Told Me" by Laura Dave

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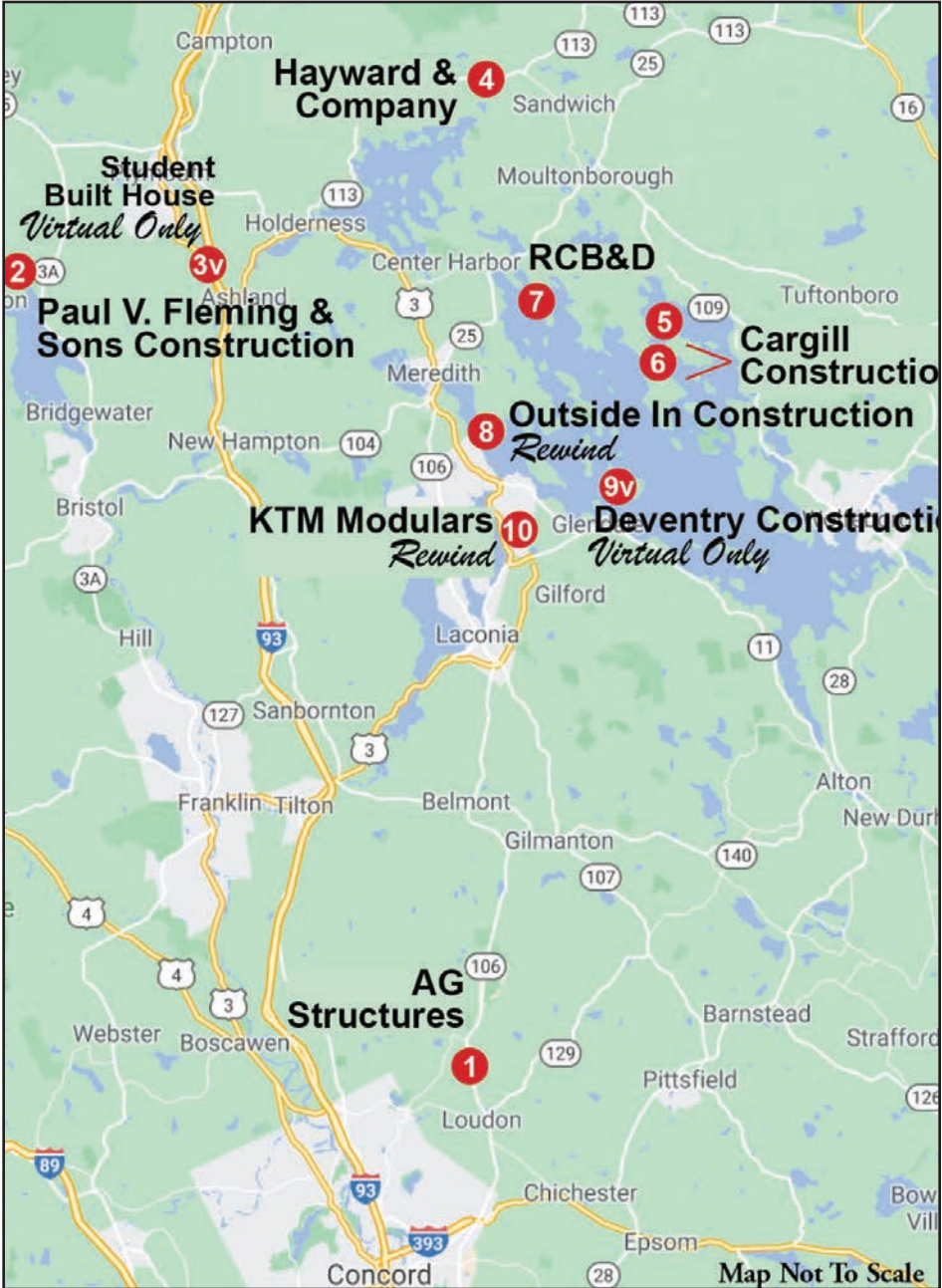
There’s no place like home... for inspiration, for design, for innovation

REGION — Whether you’re looking to build a new home, do an addition or switch up the décor in your home, the annual Lakes Region Parade of Homes is a great place to get ideas! The Parade attracts a wide audience from people looking for remodel inspirations to the serious buyers seeking to find that perfect builder for their next project.

Following last year’s “Virtual-only” tour, Lakes Region Builders & Remodelers Association (LRBRA) are pleased to be able to present the popular 3-day self-guided home tour in person.

The home tour is an opportunity to meet some of the area’s best builders, along with their product and service providers to learn how a home was designed, what materials and techniques were chosen and why, and what went into the construction. No matter where you are in your home search, the Parade of Homes is all about giving visitors the opportunity to explore new possibilities.

What will visitors see?
This year’s homes are all new construction within the last two years. Some of the homes were ready last year but the builder waited to show-



case them this year. Two of the homes are “rewind” homes - they were on the virtual-only tour last year and now available to tour in person this year. There is a great variety of homes to see ranging from 384 square feet (yes, that’s right another student

built home project) to 8,000 square feet - something for everyone. There are four waterfront homes scattered in seven communities including Loudon, Hebron (Newfound Lake), Sandwich, Moultonborough (Winnepesaukee), Meredith, Laconia & Gil-

ford. The styles of builds vary from Adirondack, Classic Log Home, Island Retreat with modern conveniences, a hybrid modular home with many custom features and a carriage house that mirrors the main waterfront home for guests to enjoy. Two

of the projects are virtual-only entries, a feature that allows visitors a look-see without leaving home. And then there is our first ever Barn-dominium (Condo+Toy Box) entry and with 7,000 squarefeet to fill, let’s just say, there will be toys in the toy box for visitors to admire along with separate modern living quarters.

The Lakes Region Parade of Homes takes place annually every year over the Columbus Day Weekend. This year’s event takes place, Saturday, Sunday and Monday Oct. 9-11 from 10 a.m.-4 p.m. daily. This is the 15th annual home tour and continues to grow in popularity every year. This has become a fall favorite and costs \$20/per person. One ticket is good all three days and visitors may visit homes as often as they wish. The money collected helps the Lakes Region Builder’s Workforce Development Initiative of helping the next generation of building trade professionals. Tickets are available on the website or can be purchased at the first home. Visitors are encouraged to download the free app by searching “Lakes Region Parade of Home”. The Parade App allows visitors

to purchase tickets and receive a QR code on their phones that can be scanned at each home much like you would do at a concert. Other features include turn by turn directions, vote for your favorite project, idea book and 360 video-touring. lakesregion-paradeofhomes.com.

Please be sure to check out all of the 2021 parade partners for this event. Thank you to our presenting sponsors Meredith Village Savings Bank, Belknap Landscape, and Cyr Lumber.

Touring the Parade can be a multi-day adventure, or just simply a visit to one or two. All of the homes are available for viewing online and tickets also include special access to builder videos, 360 home tours and online voting. We look forward to seeing you this Columbus Day Weekend!

The Lakes Region Builders & Remodelers Association (LRBRA) is a not-for-profit, professional trade association chartered by the National Association of Home Builders. Our members are dedicated to promoting, protecting and improving the Building Industry throughout the Lakes Region. lakesregiobuilders.com

Bank of New Hampshire welcomes Tamara Blier to Cash Management Team



Tamara Blier

LACONIA — Bank of New Hampshire is proud to announce that Tamara Blier has joined our team as Vice President, Corporate Cash Management Officer.

In this role, Blier will be responsible for the sale and delivery of deposit services, assisting customers with protecting their business finances and creating efficiencies in monitoring accounts and daily operations. She will develop and manage new commercial deposit rela-

tionships in the greater Lakes Region, while also serving existing customers by providing quality service and becoming a trusted resource for customers.

Blier comes to Bank of New Hampshire with 14 years of banking experience. She began her career in banking as a teller and has since advanced her skills and knowledge as she became an office manager and worked at several different banking offices. Tamara demonstrates strong financial modeling and analytical skills; exceptional understanding of financial theory, methodologies and applications; and has a proven ability to analyze and manage risk.

Blier holds an Associate of Science degree in Business Management from Lakes Region Community College, where she was awarded “2009 Business Student of the Year” as well as induct-

ed into Phi Theta Kappa. She recently served as Treasurer of the Alton Business Association, and is looking forward to continuing to serve businesses and organizations across the Lakes Region.

“Tamara is a tremendous addition to our Cash Management team,” said Jim Hayes, Vice President, Commercial Cash Management Manager for Bank of New Hampshire. “Tamara’s experience in the Lakes Region along with our suite of cash management products will allow us to continue providing white glove service to new and existing customers.”

Tamara can be reached at the Gilford Lakeshore office located at 1441 Lakeshore Road, via phone at 603-527-3305 or by e-mail atblier@banknh.com.

Bank of New Hampshire is excited to have Tamara on our team as we aspire to remain an independent mutual fi-

nancial institution, delivering innovative solutions and exceptional service, while assisting our employees, customers and communities to build brighter futures.

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

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Our love/hate relationship with leaf peepers

Fall is the second busiest tourist season in New England, after winter. Our area, as we all know, depends heavily on tourism. Most residents welcome tourists graciously; however, when fall foliage hits, our true feelings emerge. There is a love/hate relationship with leaf peepers. We love them because they boost our economy, we dislike them because after a busy summer season, we just want our home to ourselves.

We don't want to wait in lines. We don't want our trails so crowded that we can't enjoy the sanctity of nature, and we don't want to drive through Crawford Notch in between a thin lane of parked cars and a guard rail.

Speaking of Crawford Notch, if you have driven through over the past month or two, you will see that tourists seem to go blind while looking at the signs that prohibit parking along the highway. But we digress.

We prefer to have the city life far away from us; leaf peepers tend to bring that flare when they arrive. Some locals despise it; others are un-phased. We appreciate that tourists appreciate where we live, however we'll say it again, our true feelings show themselves right at the peak of foliage. After a brief break between October and November, before the snow falls, we all seem to be welcoming once more.

Fall in the North Country has a certain feeling to it. The cool, crisp, dry air complete with the smell of apple crisp, leaves, wood fire, pumpkin spice and the sound of dry leaves racing along the sidewalks, make this the coziest season of them all. We pull on our sweaters and grab old books we haven't had a chance to finish yet and relish in the comforts of it all.

It is still warm enough to take long walks outside without getting too cold. There is nothing better than kicking the leaves on a wooded trail with a hot mug of Earl Grey tea in your hand. Fall evenings are even better. After a hard day at work, there is nothing more satisfying than cooking a nice fall meal, perhaps pumpkin squash ravioli or a nice roast vegetable soup. On occasion we like to replace the evening news with the sounds of vinyl, preferably, Cat Stevens, Paul Simon, Hank Williams, Johnny Cash and Frank Sinatra.

It is no wonder the North Country is a fall destination for many seeking to experience all that the season offers that feeds the soul. The highlight of course is the way the forest sets itself on fire with bright yellow, orange and red leaves.

Interesting to note: the term 'leaf-peeker' was first used last century before it was changed to 'leaf-peeper.' The term was spotted in Vermont newspapers as far back as the 1960's. 'Leaf-Peeper' was used during foliage time, in many headlines. Articles in the mid to late 1960's discussed alternate highway routes to make the trek north easier for tourists and would help to avoid traffic jams.

At first, the term 'leaf-peeker' or 'peeper' was used in a derogatory way, however now it is used to lure tourists who want to partake in leaf-peeper tours, or receive a leaf-peeper discount.

In New Hampshire, more than ten million visitors will enter the state during foliage season and will spend approximately \$1.5 billion.

We hope that you all take the time to slow down and enjoy Autumn before talk of Jack Frost nipping at your nose surfaces.

RC GREENWOOD

Golden Eagles win

Aiden Bondaz stretches out for the ball in action against Winnisquam last week. The Golden Eagles defeated the Bears by a 4-1 score and also beat St. Thomas by a 5-0 score. Next up, the Gilford boys are at Bishop Brady on Friday, Oct. 8, and will be hosting Kearsarge on Tuesday, Oct. 12.



While humming silent bawdies, hunters bumble onto bodies

It's no good to yelp about it, he can't really, you know, help it



By JOHN HARRIGAN
COLUMNIST

(This could get a whole lot worse, we might stumble into verse)

Hunters began heading into the woods Oct. 1, with the beginning of the upland game season. "Upland game" means mainly ruffed grouse and snowshoe hare, and the release of pen-raised birds for the pheasant season.

This last is indeed a put-and-take program, with Fish and Game's oft-stated goal being that as many birds as possible wind up in the hunter's bag. Pheasants are not native to New Hampshire and cannot survive winters except in the mildest parts. Any birds killed by predators or the elements are seen as wasted, even though in theory there is no such thing as waste in Mother Nature.

Any mention of the pheasant program is bound to bring calls for its demise, it being seen as the epitome of stretching the resource (the habitat) rather than curtailing human use (hunting). It is regarded as akin to stretching a pond by stocking it so people can fish for trout.

To be fair, pheasant hunters pay for stretching the resource by buying a special pheasant stamp--in the best sense, we're told, of "let the user pay." Of course, this doesn't cover such incidentals as law enforcement.

Stretching a resource is not cheap. Hatchery fish, for instance, cost

big bucks. I can remember when pheasants the state raised in its own pens at the Brentwood Game Farm were something like \$3 a copy. The last time I checked around it was \$7.50 a bird. These days I'm afraid to look.

+++++

Hunters are the Snidely Whiplashes of the outdoor world, because ever-fewer people hunt (at least as a percentage of the population), and ever-fewer people have any family tradition or understanding of the hunt.

Much of public perception is based on the old "non-consumptive" user thing, the hiking community's fave, except for the bothersome fact that some hikers have also been hunting since they could hold a gun, like me. But let's let that go for a moment.

Show me a "non-consumptive" user. The last time I looked, everything from vehicles and gas (getting there) to granola bars and even the lug-soles for waffle-stompers carried an environmental price-tag. In fact, upon close inspection I don't think there's any such thing as a free lunch, unless maybe it's your actual lunch, like, bean sprouts, from your own little patch of beans.

+++++

A few decades ago, when I owned three newspapers and was a hard-bitten (polite term) editor, I used to write incredulous editorials about newcomers who called 911 because they heard gunshots around the first of October. Didn't they know it was opening day of bird-season?

No, they didn't, any more than they'd know that mid-November might be the beginning of deer season. Neither did they know it was somehow "okay" to see people out tramping

around on snowshoes and carrying shotguns right up to the Ides of March (Caesar's bad hair-day).

Increasingly, people didn't know anything at all about hunting, except for the fear factor. It was all about big bad men, out there in the woods with their big bad guns (never mind that plenty of women hunt too).

It was all plenty enough for yet another TV documentary or sit-com. Cue the gap-toothed cousin and the hillbilly music.

+++++

Every year, because it helps further the cause, I write about the fact that hunters constitute an army in orange scouring the woods for various clues, one spinoff being the solving of crimes. Lots of bad actors think they can hide loot or other evidence in the Empty Woods, and hunters, who tend to notice things, find stuff.

Ergo, most police departments have a cross-file called Hunters' Finds, or something like that, depending on the apostrophe. "Hunter Stumbles onto Cracked Safe," the headline goes, or much worse.

I mention this kind of thing often enough that longtime readers kid me about it. "Hey Harrigan," they say. "You gonna tell us how to take care of cast-iron frypans again?"

It's like a garden, I say. Every ten years or so you have a whole new generation of readers (you hope), and a whole new crop of editors, who'll put finger to temple and think "Hey, that looks familiar..."

Just add water, directly on the brain.

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



COURTESY

Elmer Fudd, in all his meaningful best. This is not me, or at least I hope not. (Courtesy — Disney)

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Comfort Keepers

Alzheimer’s Disease: Dealing with difficult behavior

BY MARTHA SWATS

Owner/Administrator
Comfort Keepers

More than 16 million Americans provide unpaid care for people with Alzheimer’s or other dementias. Caring for a loved one can be a rewarding experience, but it’s not without challenges. These

challenges can be significantly more impactful for those caring for a senior with Alzheimer’s disease or other form of dementia. Changes in behaviors can occur for a variety of reasons, including over-stimulation, physical discomfort, confusion, exhaustion caused by sleep

problems, medication, or changes in routine. Understanding the cause of behavioral changes is critical for caregivers, families and friends. And, it’s helpful for caregivers to know how to manage behaviors that will allow them to provide safe and effective support and diffuse tense situations. These behaviors can include: Depression Anxiety Confusion Aggression or anger Suspicion Hallucinations Pacing or wandering

The most important thing that caregivers need to remember is that challenging behaviors may not be entirely avoidable. It’s also not the fault of the person with Alzheimer’s or dementia. These behaviors are sometimes a common product of the disease. And, there is specialized support a caregiver can use to help keep a challenging behavior from escalating. While there is no guaranteed approach that will work with every person or situation, there are some methods that can help caregivers manage trying times: Staying calm– It’s not uncommon for caregivers to feel attacked or helpless when they are

caring for someone exhibiting difficult behaviors. Remembering that it isn’t personal and that it’s a symptom of the disease, can help caregivers manage their emotions and avoid contributing to tense or difficult situations. Arguing or reasoning can often escalate an outburst, so it’s necessary for caregivers to stay calm and supportive. Keeping a schedule– Seniors that suffer from Alzheimer’s disease and other dementias often find it reassuring to have a set schedule for meals, activities and daily tasks. Creating a schedule, and sticking to it as much as possible, can help prevent anxiety, confusion and anger. Exercise– Exercise, with approval from a physician, is a great stress reliever for both seniors and caregivers. And, participating in activities together helps foster important emotional connections. Participating in activities– Whether it’s an enjoyable hobby, household chore or physician-approved exercise, participating in joyful activities has shown to help manage challenging behaviors. These can be pre-scheduled or introduced when difficult behaviors are recognized. For example, caregivers can ask for help folding laundry to ease anxiety or can play music or sing to calm someone feeling confused, angry or depressed. Mindful communication– Caregivers shouldn’t underestimate the power of communication. Caregivers can use soothing tones, speak in a friendly way

and make eye contact to convey normalcy, understanding and compassion. This can help seniors experiencing anxiety or frustration to calm themselves. Comfort Keepers® can help. At Comfort Keepers®, we provide specific training for our caregivers and individualized care plans to provide care and support to seniors with Alzheimer’s disease and to their families. Our specially trained Comfort Keepers engage clients in intellectual, physical and emotional interactions that complement medical treatment and improve the quality of life for everyone involved. And, they can facilitate stress management activities, support for physician-approved diet and exercise plans, provide transportation to appointments and will evaluate a home for safety as part of an in-home assessment. For more

information on how in-home caregiving can help those with Alzheimer’s disease or dementia, contact your nearest Comfort Keepers® office today. About Comfort Keepers Comfort Keepers is a leader in providing in-home care consisting of such services as companionship, transportation, housekeeping, meal preparation, bathing, mobility assistance, nursing services, and a host of additional items all meant to keep seniors living independently worry free in the comfort of their homes. Comfort Keepers have been serving New Hampshire residents since 2005. Let us help you stay independent. Please call 603-536-6060 or visit our Web site at nhcomfortkeepers.com for more information.

Gilford Parks and Recreation news

BY HERB GREENE
Director
Gilford Parks and Recreation

Coed Adult Volleyball begins Tuesday, Oct. 5 The Gilford Parks and Recreation Department is sponsoring a pick-up co-ed volleyball program for adults ages 18 and up, to be held every Tuesday evening from 7 - 9 p.m. in the Gilford Middle School Gymnasium. This program begins on Tuesday, October 5th and runs each Tuesday through the spring. There is a \$1 fee per participant, per evening. No pre-registration is required.

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

FROM OUR READERS

Grateful for the support of Beans and Greens Farm

To the Editor:
We would like to publicly recognize and thank the amazing team at Beans and Greens Farm in Gilford for generously allowing us to glean the fields at their farm on Sept. 26. We have been welcomed to this beautiful farm for many years in a row and allowed to pick vegetables. Most of our harvest was in turn made into delicious soups to be served at Salvation Army lunches by our synagogue’s Social Action Committee. The rest of the vegetables were donated directly to the St. Vincent De Paul Society Pantry.

We were so pleased that the new owners of the farm were excited to continue to support this effort, and to know that the farm continues to be community minded! Their continued support is not only an inspiration, but also a great teaching tool for our children. The children learn about the biblical command to “leave the corners of your fields for the widow, the orphan and the stranger” and the importance Judaism places on acts of loving kindness.

Sincerely,
The Religious School students, teachers and families of Temple B’nai Israel Laconia

Thanks to Belknap County volunteers

To the Editor:
And now for the good news! All across Belknap County, hundreds of volunteers are donating their time and talent to make a difference for our environment and communities. Those volunteers deserve our thanks. A special Belknap County Volunteer Recognition event and Volunteers Job Fair on Sept. 19 at Gunstock showcased local conservation and food assistance programs. The Belknap County Conservation District (BCCD) hosted this event with assistance from the Belknap County Farm Bureau, Belknap Range Trail Tenders, Bolduc Park, Boys and Girls Club, the Community Action Program (CAP), CASA, Farm to School, Got Lunch?, Gunstock Mountain Resort, Lake Winnepesaukee Association, NH Lakes, Prescott Farm Environmental Education Center, Society for the Protection of NH Forests, Town Conservation Commissions, Watershed Associations and Volunteer NH. This event launched Belknap Volunteers!, a new county-wide collaborative volunteer network. Our thanks to all event participants, the Volunteer Job Fair hosts and demonstrations, and speakers Dr. Shanita Williams, Chris Emond (Boys and Girls Club) and Allan Beetle (Wow Trail and Lake Opechee Assn.) and Mikayla Collins (Volunteer NH). Thanks also to our event supporting sponsors, Volunteer NH, Gunstock Mountain Resort, BCCD and Chicobags. Participation in the Job Fair makes it clear that more people are looking for volunteer opportunities to help make a difference. That’s more good news.

Belknap County Conservation District Associates:

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Jessica Bailey
Earle Chase
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VIRTUAL LECTURE SERIES

October 14 at 7pm

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



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

November 11 at 7pm

The Technological Revolution in Rowing with Jim Dreher



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

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



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

399 Center Street, Wolfeboro
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Edward Jones: Financial Focus

What does retirement security mean to you?

October is National Retirement Security Month. But what does retirement security mean to you? And how can you work toward achieving it? Here are some suggestions: • **Build your resources.** While you’re working, save in tax-advantaged accounts such as your IRA and 401(k) or similar employer-sponsored retirement plan. In your 401(k), contribute at least enough to earn your employer’s match, if one is offered, and increase your contributions whenever your salary goes up. Remember, especially early in your career, time is often your biggest asset. Be sure to save early, since the longer you wait, the more you’ll need to save to help reach your goals. • **Look for ways to boost retirement income.** When transitioning to retirement, you can take steps to align your income with your needs. For example, consider Social Security. You can start collecting it as early as

62, but your monthly payments will be much larger if you can wait until your “full” retirement age, typically between 66 and 67. (Payments will “max out” at age 70.) So, if you have sufficient income from a pension or your 401(k) and other retirement accounts, and you and your spouse are in good health with a family history of longevity, you may consider delaying taking Social Security. You also might want to explore other income-producing vehicles, such as certain annuities that are designed to provide a lifetime income stream. • **Prepare for unexpected costs.** During your retirement, you can anticipate some costs, such as housing and transportation, but other expenses are more irregular and can’t always be predicted, such as those connected with health care. Even with Medicare, you could easily spend a few thousand dollars a year on medical expenses, so you may

want to budget for these costs as part of your emergency savings, and possibly purchase supplemental insurance. You may also want to consider the possibility of needing some type of long-term care, which is not typically covered by Medicare and can be quite expensive. The average annual cost of a private room in a nursing home is more than \$100,000, and it’s about \$55,000 per year for a home health aide, according to Genworth, an insurance company. To address these costs, you may want to consider some form of protection, such as long-term care insurance or life insurance with a long-term care component. • **Do your estate planning.** It’s hard to feel totally secure in retirement if you’re unsure of what might happen

if you have an unexpected health event, become incapacitated or die earlier than expected. That’s why you’ll want to create a comprehensive estate plan – one that might include documents such as a durable power of attorney, a will and a living trust. A review of your insurance coverages and beneficiaries can also help protect your assets and ensure they are distributed the way you want. In creating your plan, you will need to work with your financial advisor and a legal professional, and possibly your tax advisor as well. Thinking holistically about your retirement holistically and developing and executing a strategy aligned with your goals may help free you to enjoy one of the most rewarding times of your life.



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This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones, Member SIPC
Before investing in bonds, you should understand the risks involved, including credit risk and market risk. Bond investments are also subject to interest rate risk such that when interest rates rise, the prices of bonds can decrease, and the investor can lose principal value if the investment is sold prior to maturity.

Gilford field hockey battles but falls to Newfound



JOSHUA SPAULDING
Lindsey Lacasse of Newfound tries to get the ball on net as Gilford's Kayla Gallagher defends in action last week.



Jordyn Byars of Gilford and Adeline Dolloff of Newfound battle for the ball in action last week.

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — The Newfound and Gilford squads have been two of the top field hockey teams in the Lakes Region in the 2021 season and the battle between the two teams on Tuesday, Sept. 28, in Bristol showcased that.

After a first half that saw the two teams tied at one, Newfound scored twice in the second half to pull away for the 3-1 win.

“We were ready to play today,” said Newfound coach Kammi Williams. “We knew we’d have to score three goals to win.”

“They beat us to too many balls and when we got the ball, we didn’t take advantage of it,” said Gilford coach Dave Rogacki. “They’re the kind of team you have to keep the ball out of the middle because every time it goes the other way.”

Newfound had some early chances, with Adeline Dolloff sending a nice cross through the middle and then sending a ball to Cassie Zick, but Gilford blocked it. The

Bears also had a corner chance but the Golden Eagles cleared the ball out of the zone.

Gilford was able to score the game’s first goal with 12:47 to go in the first quarter, as Olivia Keenan put the ball in the net for the 1-0 lead.

Gilford continued some pressure with a penalty corner, but Maggie Bednaz and Zick were able to get the ball out of the zone. Lindsey Lacasse had a shot for the Bears that was blocked by the Gilford defense. Aly Pichette had a run into the zone for the Golden Eagles but Matti Douville was able to turn the ball around.

The Bears then came through with five corners in a row, with Bednaz sending the ball into Lacasse and Douville ripped a shot wide of the net. Zick had a shot go wide and Kayla Gallagher had a nice defensive clear for the Golden Eagles. Taryn Wernig had a shot for the Golden Eagles that Newfound keeper Alli Normandin stopped and Addy Wernig sent a shot wide of the net.

Newfound was able to

tie the game up with just 41 seconds to go in the first quarter, as Dolloff got in on net on a feed from Savannah Bradley to send the game to the second quarter with the score tied at one.

Gilford got good defensive stops from Madie Guest, Taryn Wernig and Shea Brown, while keeper Lilly Winward, who worked the second and fourth quarters, made a nice save on a bid in close from Bradley. Gilford also had a couple of penalty corners, but good defense from Bednaz helped to keep the Golden Eagles off the board.

Newfound had a corner, with Dolloff sending a shot wide and then Bradley had a bid in the zone, with Lauren Nash-Boucher coming through with a nice defensive stop. Newfound came back with a couple more corners, with Douville sending the ball in to Lacasse and Dolloff, but the ball went wide of the net.

Gilford came back with a bid from Taryn Wernig, as she just missed Emily Watson in front of the net. Wernig and Gallagher also

nig and Gallagher also combined for a bid that was turned away by Newfound’s defense and Keenan had a bid stopped by Normandin in the final minutes, with the game going to halftime tied at one.

Newfound got a couple of early chances, with Bradley, Zick and Dolloff all getting bids, but Taryn Wernig turning in good defense. The Bears had a corner that Nash-Boucher was able to clear out and at the other end, Lexi Shute and Keenan made a run toward goal, but the Mackenzie Jenkins held tight on the defensive end.

The Bears had a corner that Nash-Boucher was able to clear out, but with just a minute left to play in the quarter, Bednaz fired in a shot on a feed from Dolloff to give Newfound the 1-0 lead. Dolloff had another late chance that missed the net and the quarter ended with Newfound up 2-1.

Pichette sent a shot just wide off a cross from Alexandra Fay and then Pichette had another shot that was stopped by Normandin. Bradley

had a centering pass at the other end and then Lacasse got in close, only to see Brown turning the ball away.

Newfound got a little insurance with 9:20 to go in the game on a corner, as Bednaz put the ball in the net following a scrum in front of the net, with Zick getting the assist.

Gilford had a nice cross from Keenan and then had a corner chance that Bednaz was able to push out of the zone. Douville also had a good clear for the Bears and Electra Heath made a nice stop on a run from Keenan as time closed down on Newfound’s 3-1 win.

“This team is really good at corners, they’re one of the stronger offensive teams I’ve had over the years,” Williams said, noting that the third goal was on a new corner setup the team had been working on. “It’s exciting when they take what you do in practice and put it in the game.”

“The first goal (for Gilford) was a miscommunication,” the Bear coach continued. “But I

felt good about the flow of the game.”

“We’ve been playing great, we just have to finish things,” Rogacki said. “They had too many corner opportunities.”

“Instead of being proactive, we were reactive,” the Gilford coach continued.

Gilford came away with a 6-0 win over Littleton later in the week. Bella Rosniak had what Rogacki called her best game of the year, while Keenan scored two goals and Shute had two assists. Pichette and Watson each scored a goal as well and Brown, Guest and Jordyn Byars were strong in the midfield.

Gilford is slated to be at White Mountains today, Oct. 7, at 4 p.m. and will be hosting Mascenic on Wednesday, Oct. 13, at 4 p.m.

Newfound will be at Winnisquam on Tuesday, Oct. 12, or a 4 p.m. game.

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

Tough end to the week for Gilford soccer girls

BY JOSHUA SPAULDING
Sports Editor

GILFORD — The Gilford girls’ soccer team opened last week with a big win, but closed the week with a pair of losses.

The week started with a 9-0 win over Mascoma Valley, as the Golden Eagles came out and dominated possession and play with five goals in the first half and four in the second.

“The girls were focused and moed the ball well,” said coach Rob

Meyers. “We were able to move a lot of players through the lineup and try out a couple of new formations we may utilize in future games.”

Allie Kenyon finished with three goals and an assist to lead the Golden Eagles, while Geena Cookinham had two goals and two assists and Anna Coapland finished with a goal and an assist. Reece Sadler, Ashley Kulcsar and Marlow Mikulis each had a goal and Alyssa Craigie, Molly McLean and Gracey

LeBlanc each finished with an assist.

The Golden Eagles dropped an 8-2 decision on the road at Hopkinton on Wednesday, Sept. 29.

“This was a game of two halves,” Meyers stated. “Going in we knew it would be a tough game and that Hopkinton is one of the best teams in the state.”

“We came out and played the first half well and stayed with them,” the Gilford coach continued.

The Golden Eagles scored first but the Hawks came back and tied the game and added another to take the 2-1 lead. Gilford did finish the half strong, scoring the equalizer with about five minutes to go for a

2-2 score at the break.

Hopkinton scored their third goal about seven minutes in and then scored their fourth midway through the half. From there, the Hawks scored four goals in the next seven minutes to put the game away.

“At about the 20-minute mark, we moved some players around to try to create some chances and it backfired,” Meyers said. “At this point, the wheels came off, the girls got a little frustrated and Hopkinton took advantage.”

“We are going to have to work hard to improve to be able to compete with Hopkinton for the full 80 minutes,” Meyers added.

Hannah Gannon had

10 saves in net for the Golden Eagles, while Cookinham and Sadler each had a goal and Molly McLean added an assist.

The week concluded with a trip to St. Thomas and Gilford fell by a 4-0 score, with the Saints scoring once in the first half and adding three in the second half.

“This was a tough game to end a tough week,” Meyers said. “We came into the game feeling good about our chances and knowing what we would have to do to win.”

“We let in a tough goal in the first half and just never really got our game moving,” Meyers continued. “We struggled to move the ball in the midfield and were

forcing the ball long to our forwards, which just wasn’t working.”

Gannon finished with 11 saves in net for Gilford.

“The girls had a tough week with four games in seven days including our Homecoming game and I think the grind showed,” Meyers stated. “We just seemed a little slow to the ball and off our regular pace.”

The Golden Eagles will be in action on Friday, Oct. 8, at 4 p.m. at home against Somersworth and will be at Laconia on Wednesday, Oct. 13, at 4 p.m.

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



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Thursday, Oct. 7		
GILFORD	Boys' Soccer vs. White Mountains; 4	
GILFORD	Field Hockey at White Mountains; 4	
Friday, Oct. 8		
BELMONT	Boys' Soccer at Mascoma; 3:30	
BELMONT	Cross Country at Gilford; 4	
BELMONT	Girls' Soccer vs. Mascoma; 4	
BELMONT	Volleyball at Mascoma; 5:45	
GILFORD	Boys' Soccer at Bishop Brady; 4	
GILFORD	Cross Country Home Meet; 4	
GILFORD	Girls' Soccer vs. Somersworth; 4	
WINNISQUAM	Cross Country at Gilford; 4	
WINNISQUAM	Field Hockey at Berlin; 3:30	

Volleyball at Con-Val; 5:45	
Saturday, Oct. 9	
GILFORD-BELMONT	Football vs. Kennett; 2
WINNISQUAM	Football vs. Kearsarge; 2
Tuesday, Oct. 12	
BELMONT	Boys' Soccer at Bishop Brady; 4
BELMONT	Girls' Soccer at White Mountains; 3:30
GILFORD	Boys' Soccer vs. Kearsarge; 4
GILFORD	Unified Soccer at Winnisquam; 4
GILFORD	Volleyball vs. Laconia; 5:45
WINNISQUAM	Boys' Soccer at Newfound; 4
WINNISQUAM	Field Hockey vs. Newfound; 4
WINNISQUAM	Unified Soccer vs. Gilford; 4

Wednesday, Oct. 13	
BELMONT	Cross Country at Hopkinton; 4
BELMONT	Girls' Soccer vs. Berlin; 3:30
BELMONT	Volleyball vs. Nute; 6:15
Thursday, Oct. 14	
BELMONT	Boys' Soccer vs. Campbell; 4
GILFORD	Volleyball vs. John Stark; 5:45
WINNISQUAM	Field Hockey at Franklin; 4
WINNISQUAM	Volleyball at Hanover; 5:45

All schedules are subject to change.

Lon Chaney, Jr. portrays “The Indestructible Man” on LRPA TV

LACONIA— Do you like scary movies? If you do, then LRPA TV has got you covered! Celebrate the scariest month of year with our Fifth Annual Shocktoberfest, a month devoted to vintage horror films. This weekend (Oct. 8 & 9 at 10 p.m.), we feature an LRPA premiere – 1956’s horror/crime/sci-fi mashup “Indestructible Man,” starring Lon Chaney, Jr., Max Showalter and Marian Carr.

Los Angeles Police Lt. Dick Chasen (Showalter, credited as Casey Adams) relates, in flashback, a recent, difficult case. Convicted murderer Charles “Butcher” Benton (Chaney, Jr.), scheduled to be executed in the gas chamber at San Quentin prison, is visited on death row by his lawyer, Paul Lowe. Lowe tells Benton that the governor has turned down his appeal. It’s revealed in conversation that Benton and Lowe were part of a gang that stole \$600,000 in an armored car robbery. Two

of the accomplices, Joe Marcellia and Squeamy Ellis, have turned state’s evidence, and all three have double-crossed the killer. But Benton has gotten the last laugh – he’s hidden the montage where it’s located. When Benton angrily vows to kill the three accomplices, Lowe just laughs: how does a dead man get revenge? Meanwhile, Lt. Chasen, who has been working the armored car robbery, is told by his captain that Benton’s execution has effectively closed the case and that he will be reassigned. Chasen vows to keep working the case on his own time. He visits a local strip club to meet with Eva Martin (Carr), thought to be Benton’s girlfriend, to get more info. But Eva swears that she and Benton were only friends and that she knew nothing about the robbery or missing money. As Chasen is leaving, he notices Lowe going in to visit Eva. In San Francisco, biochemist Dr. Bradshaw

is working on a cure for cancer. He has tasked his assistant (played by noted character actor Joe Flynn) with procuring a corpse on which to experiment. Upon applying nearly 300,000 volts of electricity to the dead body, the scientist and his assistant are stunned when the body reanimates – and even more horrified to discover that the revived corpse is none other than Benton the Butcher! The electricity has rendered Benton’s flesh impenetrable and made a once dangerous man a more lethal monster. Benton sets out to get revenge on those who have done him wrong (and anyone else who might get in his way). What will happen to Lowe, Marcellia and Ellis? Will Chasen be able to close this case for good?

Despite starring in a few major films early in his career, Lon Chaney, Jr., son of the great silent film star, ended up making many forgettable movies. Health and

personal issues kept him from achieving great fame and fortune. “Indestructible Man” is undeniably a low-budget film. However, over the years it has won an avid cult following. Some love it as a noir-ish crime drama; others see it as an overlooked sci-fi achievement. Many just love the wacky monster angle. In an article on TCM.com, film critic Nathaniel Thompson noted, “‘Indestructible Man’ in enjoyable as a fusion of three different genres: crime film, science fiction, and rampaging monster horror...it’s fair to say that this film has actually proven far more indestructible than its resuscitated title character.” “Indestructible Man” also boasts some iconic B/W shots of old Los Angeles landmarks, including the historic Bradbury Building, with its ornate atrium and staircases, and the Angels Flight funicular Railway. What’s not to love? Grab your candy corn and join LRPA after dark for this cult classic

from the past.

Mark your calendars for Shocktoberfest’s delicious Halloween treats:
Oct. 8 & 9: “Indestructible Man” (1956)
Oct. 15 & 16: “Planet of the Vampires” (1965)
Oct. 22 & 23: “Shock” (1946)
Oct. 29 & 30: “Horror Express” (1972)

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

About Lakes Region Public Access Television (LRPA)
Lakes Region Public Access Television (LRPA) is a nonprofit, noncommercial public access TV station and community media center located on the Laconia High School campus in Laconia, NH. LRPA streams via the web at live.lrpa.org, and cablecasts locally on Atlantic

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

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

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

Gilford Rotary goes country Nov. 6

Prepare to kick up your boots and get ready to dance! The Gilford Rotary Club is going “Country” for their fall fundraiser on Saturday, Nov. 6, 5:30-10 p.m. Join the fun as The Eric Grant Band takes the stage at the Gilford Youth Center.

“Gilford Rotary Goes Country” is sponsored by All Metals Industries of Belmont and Lakes Region Dental Care. The evening will feature a Western Barbecue Dinner by Tidewater Catering, delicious signature drinks, and ice cream sundae buffet for desert. Cash bar, 50/50 raffle, photo booth, a fabulous Silent Auction and dancing to the fabulous tunes of The Eric Grant Band.

The Gilford, New

Hampshire based Eric Grant Band has taken the music scene by storm playing in front of thousands of fans in northern New England since their inception in 2009. They have been featured as a supporting act for national headliners such as Jason Aldean, Tim McGraw, Blake Shelton, Trace Adkins, Toby Keith, Eric Church, Lady Antebellum, Keith Urban, Brantley Gilbert, Lee Brice, Craig Campbell, Randy Houser, Keith Anderson, Lonestar, Sugarland, Zac Brown Band and Jo Dee Messina.

The band has soared to success over the past 10 years as they’ve opened for several headlining acts. They’ve won the



COURTESY

“Gilford Rotary Goes Country” sponsors and Gilford Rotary Club’s Fundraising Committee members. L-R Standing: “Gilford Rotary Goes Country” Chair Don Clarke; Tom Space representing All Metals Industries, Belmont; Gilford Rotary Member Alley Boucher for T-Bones Cactus Jacks, Laconia; Dr. Ashleigh Jones and Dr. Chandler Jones of Lakes Region Dental Care, Gilford; Adam Hirshan, Publisher, Laconia Daily Sun media sponsor, and Eric Grant for headliners Eric Grant Band.

Another win for Gilford’s Gandini

BY JOSHUA SPAULDING
Sports Editor

BELMONT — The Gilford cross country team made the short trip to Belmont on Friday afternoon for the Jeri Blair Invitational.

The Gilford boys finished in seventh place on the day and the girls finished in fourth place overall.

Patrick Gandini took the overall win with a time of 16:39, winning by more than a minute over his closest competitor.

Alden Townsend came home in a time of 19:01 for 18th place and Mitchell Townsend was 23rd overall in 19:21.

Dane DeHart ran to a time of 22:15 for 61st place and Dylan Wright rounded out the scoring for the Golden Eagles with a time of 23:11 for 70th place.

Joseph Schelb finished in 82nd place in 24:28 and Benjamin Smith placed 94th overall with his time of 27:39.

In the girls’ race, Catherine Stow finished in fifth place overall with a time of 20:55.

Georgia Eckhardt finished in 11th place in 22:20 and Vanessa Genakos finished in a time of 24:30 for 26th place.

Tessa Tanner placed 45th overall with a time of 26:40 and Madeline Burlock rounded out the scoring with her 47th place finish in a time of 26:57.

Gilford is slated to host the Lakes Region Invitational on Friday, Oct. 8.

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

national titles for New Country Band of the Year and Best Vocal Group of the Year. The band has also released two CD’s and have had multiple songs in rotation on the local country radio stations as well as streaming media worldwide on Radio Gold and Nashville favorite “The Iceman.” Eric Grant band has also acquired national recognition after winning the Southwest Airlines “Calling All Musicians” contest while at the same time

completed production on their second CD in Nashville with some of the biggest names in the industry.

“Gilford Rotary Goes Country” Associate Sponsors include: T-Bones/Cactus Jacks, Fireside Inn & Suites, Gilford Home Center, Laconia Daily Sun, 93.3 The Wolf, Bank of New Hampshire, Gilford True Value, and Franklin Savings Bank

Admission for this adults-only event is \$50 per person. Tickets can

be purchased online at <https://gilfordrotary-goescountry.eventbrite.com>.

It is preferred that attendees be vaccinated or have had a negative COVID test within 72 hours of the event.


Fireside Inn & Suites located in Gilford, NH is offering discounted overnight accommodations to event attendees.

For more information contact Don Clarke at email: clarkefamily@metrocast.net or phone/text: 603-455-9909. Pro-

ceeds from “Gilford Rotary Goes Country” will benefit nonprofit organizations supported by the Gilford Rotary Club including the Gilford Youth Center.

Bring your friends and family members to “Gilford Rotary Goes Country” and enjoy the social reception beginning at 5:30 p.m., dinner at 6 p.m., with dancing with the Eric Grant Band starting at 7 p.m.


PETS OF THE WEEK



Gannon


Meet Gannon! This big doofus loves to play, go for walks and eat treats. He's an inexperienced fella who needs an experienced owner to help him lean his manners! Gannon isn't a big fan of other dogs or cats, so he's seeking to be the only pet in his new home. Because Gannon is inexperienced with petting and handling, and he's still learning to share his things, he will do best in a home without children. Gannon is currently being treated for a skin condition that may or may not resolve with his current treatment plan. His adopters should speak to their veterinarian, and be prepared for the possibility that Gannon will need to take medication or be on a prescription diet for the rest of his life.

If you are looking for a mature dog who needs help learning what love is really all about, then ask us about Gannon!



Meeko

Hello, my name is Meeko. I arrived at NH Humane as a stray and have bonded well with my friends here at NH Humane. I am a sweet and affectionate boy looking for a home to call mine. I would do well in most homes with proper introductions.



NH Humane Society
Over a century of love for those without a voice.

1305 Meredith Center Rd Laconia, NH 03246 • (603) 524-9539

Belknap Mill's Community Fest and Riverside Duck Derby set for Oct. 16

LACONIA — Ducks will drop from the foot bridge over the Winnepesaukee River, adjacent to Rotary Riverside Park at 4:15 p.m. on Saturday, Oct. 16 as part of the Belknap Mill's Fifth Annual Riverside Duck Derby! Rotary Riverside Park provides the ultimate viewing spot to cheer on your duck! Your adopted duck(s) gives you the chance to win prizes from our very generous Lakes Region businesses including a first place \$250 cash prize sponsored by Laco-

nia Kiwanis. All Quack Packs (a package of five ducks) purchased before Oct. 8 will be entered into a raffle to win a Turkey Dinner for four from Hart's Turkey Farm Restaurant. The Belknap Mill's Community Fest returns to the Derby with more than 17 local nonprofits and civic organizations offering games and activities from noon - 3 p.m. in Rotary Riverside Park. Come find out what our community has in store for 2022! The Winni Wagon Food

Truck will also be on site offering lunch favorites for all! Gilford native Katie Dobbins will perform on the bandstand from noon - 2 p.m., followed by award-winning kids' musician, Mr. Aaron who will get all ages movin' and groovin' from 3 - 4 p.m. with his thrilling musical adventures. A special surprise you won't want to miss is brewing before the ducks drop at 4:15 p.m. The Belknap Mill also invites all community members to participate in the Second Annual

Community Duck Decorating Exhibit to add fun and color to Rotary Riverside Park during the Derby! Paint, color, add glitter or feathers, draw with ink, whatever creative design you want to use is up to you to decorate your wooden duck. Once purchased, Belknap Mill staff will have your duck ready for pick up at the front desk. This year's event is sponsored by the Small Business Community of Salons, Spas, and Barbershops. The sponsorship opportunity that is

regularly offered to larger businesses was given to this local small business community and the Belknap Mill is thrilled to have their support! Thank you to Che Bella Beauty Salon, and Eleganza LLC, Beauty by the Bridge, Behold the Beauty, Shh. It's a Salon, Polished & Proper Barbershop & Shave Parlor, Jerico's Full Service Salon & Tanning and Jennifer's Color Bar! For more information about purchasing a duck for the Duck Derby or participating in the

Community Duck Decorating Exhibit please visit our website at www.belknapmill.org or call 603-524-8813. All proceeds benefit the Belknap Mill's programming for children and adults in support of our mission to preserve the Belknap Mill as a unique historic gathering place and to celebrate the Lakes Region's cultural heritage through the arts, education, and civic engagement.

Land and Water Conservation Fund grants awarded to seven NH Communities

REGION — The United States Department of the Interior-National Park Service (NPS), through the State of New Hampshire Department of Natural and Cultural Resources-Division of Parks and Recreation, has recently approved \$1.6 million Land and

Water Conservation Fund (LWCF) local assistance grants to the communities of Keene, Enfield, Lancaster, Concord, Franklin, Barnstead and Littleton. With matching contributions from these municipalities, the grants will support projects

for the development of public recreation lands including new and replacement playgrounds, multi-use trails and parking, whitewater structures and bathrooms support facilities. "The increased demand for outdoor recreation and the number

of grant applications received over the past year shows how important these LWCF-funded projects are to improve outdoor recreation opportunities in our NH communities," said Phil Bryce, Director of the NH Division of Parks and Recreation. "The New

Hampshire Department of Natural and Cultural Resources, Division of Parks and Recreation, is proud to support and manage this program so local communities are able to make these investments." The LWCF State and Local Assistance Program is administered in New Hampshire by the Division of Parks and Recreation on behalf of the National Parks Service, providing 50/50 matching grants to public outdoor recreation projects. Since

land acquisition and/or development projects by the States or local governments. Program information and a list of current open projects for NH can be found at www.nhstateparks.org/about-us/community-recreation/land-water-conservation-fund-grant.

1965, more than \$88 million (\$44 million in grant funds) has been invested in public outdoor recreation projects in NH State lands and in more than 180 counties, cities, towns, and other local government properties. With program funding appropriated by the US Congress to the States, LWCF State and Local Assistance Grants are available for eligible public recreation

The Division of Parks and Recreation is one of five divisions of the Department of Natural and Cultural Resources. NH State Parks and Recreation is comprised of the Bureau of Parks Operations, the Bureau of Historic Sites, the Bureau of Trails, the Bureau of Community Recreation, and Cannon Mountain Ski Area. The Division manages 93 properties, including state parks, beaches, campgrounds, historic sites, trails, waysides, and natural areas. To learn more, visit www.nhstateparks.org, follow NH State Parks on Facebook and Twitter, or call 603-271-3556.

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ON NEWSSTANDS LATE NOVEMBER

GILFORD POLICE LOG

The Gilford Police Department reported the following arrests from Sept. 20 to Oct. 3.

Bounthavy Sonthikoummane, age 40, of Laconia was arrested on Sept. 23 for Driving Under the Influence-Impairment, Possession of a Controlled Drug, Operating Without a Valid License, and Disobeying an Officer.

Barry G. Kimball, age 45, of Wolfeboro was arrested on Sept. 25 for Resisting Arrest or Detention.

Kevin J. Laflamme, age 51, of Pembroke was arrested on Sept. 25 for Driving Under the Influence-Impairment.

Justin R. Breton, age 31, of Gilford was arrested on Sept. 28 for Resisting Arrest or Detention and multiple counts of Simple Assault-Bodily Injury.

Gregory Joseph, age 33, of Rochester was arrested on Sept. 29 for Second Degree Assault-Serious Bodily Injury.

Michelle Lee Peters, age 34, of Laconia was arrested on Sept. 29 for Driving Under the Influence-Impairment and Possession of a Controlled Drug.

A juvenile, age 17, was arrested on Oct. 1 for Conduct After an Accident and a Yellow/Solid Line Violation.

Melissa A. Pratt, age 37, current address unknown, was arrested on Oct. 2 for Driving After Revocation or Suspension.

A 62-year-old male from Manchester was taken into protective custody for intoxication on Oct. 2.

A 33-year-old male from Tamworth was taken into protective custody for intoxication on Oct. 2.

A juvenile, age 17, was arrested on Oct. 3 for Reckless Operation, Transportation of Alcohol by a Minor, an Open Container violation, Unlawful Possession of Alcohol, and multiple counts of Driving Under the Influence.

A 22-year-old from Nickerson, Kan. was taken into protective custody for intoxication on Oct. 3.

A 33-year-old male from Sanford, Maine was taken into protective custody for intoxication on Oct. 3.

TO PLACE AN AD PLEASE CONTACT:

Tracy Lewis

(603) 616-7103

tracy@salmonpress.news

or

Lori Lynch

(603) 444-3927

lori@salmonpress.news

More GYC Playways programs coming this month

BY ERIN PLUMMER
mnews@salmonpress.news

Toddlers and preschoolers can have fun dancing, meet some special characters, learn to make snacks, explore the outdoors, and more with some special programs at the Gilford Youth Center.

The GYC is running a new series of programs over the fall for toddlers and preschoolers from

across the Lakes Region. Playways programs started in September and will continue through the fall. Toddler programs will involve more interaction between parents and children and preschool programs will have a teacher/student setting.

Little Explorers is a five-week program where kids ages two to four and their caretak-

ers can get outside and explore local paths and fields. Kids can take part in different games and activities as well as a weekly outdoor scavenger hunt.

The program runs every Thursday from 9:30-10:30 a.m. for five weeks starting on Oct 21. The program is \$30 per child, caretakers are required to be with each child and aren't required to pay.

Participants are asked to bring weather appropriate clothing.

Space for the program is limited.

"Ready...Set...Play" will kick off on Oct. 19 and offer interactive games and play for toddlers and their caretakers. Kids ages 204 can have fun with dancing, parachutes, games, and more. The program can help kids with balance, fine motor skills, coordination, and social skills.

Families can enjoy some Halloween fun at the "Not So Scary Halloween Stroll" on Oct. 30 and 31. Kids and families can go through a pumpkin maze, collect candy, and meet some favorite characters.

Each session costs \$5 per child and are free for the accompanying parent. Preregistration is required for the two sessions at 2-3 p.m. and 4-5 p.m. on Oct. 30. The Event on Oct. 31 will run

from 3:30-5:30 p.m., and is pay at the door.

"Ready...Set...Play" starts on Oct. 19 and runs every Tuesday through Nov. 23 from 9:30-10:30 a.m. The program is \$30 per child, and free for participating caretakers.

Preschoolers will learn to make snacks during the "I'm Hungry" program starting Nov. 3. Kids ages three and four will learn to make no-bake snacks and foods Kids will learn about nutrition, food groups, measuring, kitchen safety, and more skills.

The class will run every Wednesday from Nov. 3-Dec. 1 from 1:30-2:30 p.m. The cost is \$45 per child.

The class is a drop-off class. Kids from the Village Nursery School who want to participate will be taken over to the GYC by a staff member at 1:30 p.m.

Starting Nov. 11 is

the weekly "Playtime with Special Friends" on Wednesdays from 11 a.m.-12:30 p.m. The program will give kids and caretakers a place to have fun over the winter months. Kids can have fun on the big inflatable slide and other equipment and enjoy games and crafts They can also enjoy time with some special guests such as Elmo, Mickey, Minnie, Olaf, and others.

Pre-registration is required. The program costs \$10 per child and is limited to 20 kids per week.

More activities are scheduled including "Mommy and Me Spa Day" on Nov. 13 and Santaland on Dec. 3 and 4.

For more information on Playways and to register for the programs, visit <http://www.playwaysnh.com>.

Eastern Propane & Oil presents Runaway Pumpkin 10K & 5K



COURTESY

WOW Trail Board Member/Event Director Jennifer Beetle and Race Director Jamie Poire thank Eastern Propane & Oil's Whitney Cloutier, Brand Manager (center) for their Presenting Sponsorship of The Runaway Pumpkin 10K & 5K Run/Walk.

LACONIA — Eastern Propane & Oil is back as the Presenting Sponsor for The Runaway Pumpkin 10K & 5K Run/Walk that will take place at Opechee Park on Saturday, Oct. 16.

"Eastern Propane & Oil is proud to support the efforts of all those involved in the continued development of the WOW Trail," said Whitney Cloutier, Eastern Propane & Oil Brand Manager. "We are not only committed to supporting the communities we serve but supporting events like the Runaway Pumpkin that raise necessary funds to help encourage the community to enjoy the outdoors."

"Eastern Propane & Oil is an amazing community-oriented, family-run company that has supported this project since the very beginning and we are very grateful for their partnership and support," added Allan Beetle, WOW Trail President.

The Runaway Pumpkin courses offer views of Lake Opechee, chip timing, cash awards for

the top male and female finishers and 'delicious' age category awards courtesy of Annie's Café & Catering.

The event also offers Youth (13-20) and Kids (12 and under) discounted entry fees and a Kids Fun Run put on by The Downtown Gym.

Event Director, Jennifer Beetle explains, "The Runaway Pumpkin is a way for the whole family to get out and have some fun while supporting the WOW Trail."

Participants are encouraged to register by Oct. 1 in order to receive a Meredith Village Savings Bank sponsored long-sleeve tech shirt. In addition, participants that would like to fund-raise for the WOW Trail are invited to do so by soliciting sponsorship donations. Participants that raise \$100 or more will receive a WOW Trail wearable.

Event details and on-line registration are available at wowtrail.org or for more information email info@wowtrail.org.

About Eastern Propane & Oil

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

Delivery is available in New Hampshire, Maine, Massachusetts, Rhode Island, and Vermont and we offer the sale, installation and service of propane or oil appliances including central home heating systems, water heaters, fireplaces and space heating solutions. Free consultations, 24/7 service, online bill pay, installment plans, service plans, budget plans and pre-buy plans are all available through Eastern Propane & Oil.

MVSB Fund grant applications due Oct. 15

MEREDITH — Local nonprofits who wish to apply for the MVSB (Meredith Village Savings Bank) Fund grants can do so prior to Oct. 15.

Established in 1997, under the leadership of John Starrett, then-President and CEO of the Bank, the MVSB Fund at New Hampshire Charitable Foundation makes grant-based contributions to nonprofit organizations that enrich and improve the quality of life for residents living in the Bank's service areas. Since the Fund's inception, 417 grants have been awarded, totaling more than \$1.6 million dollars in contributions to a wide range of environmental, social, educational and historic projects throughout the greater Lakes Region, Plymouth and Seacoast areas of New Hampshire.

The MVSB Fund has supported literacy programs, after-school programs, environmental monitoring, as well as education and restoration of historic structures, organizations that provide support for individuals and fami-

lies in challenging circumstances and equipment that helps save lives. While not focused on a particular category, Fund administrators are mindful of the receiving organization and their contribution to the quality of life in the communities being served.

Grants generally range from \$1,000 to \$15,000 and are awarded to 501©3 nonprofits and public agencies based in the Lakes Region, Plymouth and Seacoast areas. Projects supported are of high priority and need for the applicant organization and are related to their mission or development; demonstrate a clear, practical plan with objectives for services, participation and results; leverage other funding and/or voluntary support; offer evidence that project objectives will be accomplished within the grant period and demonstrate cooperation and collaboration with other organizations to provide greater community impact.

More information about the Meredith Village Savings Bank

Fund and application, visit mvsb.com/about/community-involvement/.

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

Public Hearing Notice

A Public Hearing for the Special District Meeting of the Shaker Regional School District relative to the revised Adequacy Education Funding will be held on Thursday, October 7, 2021 at 6:30 pm in the Belmont High School Cafeteria.

The meeting will be available to view via livestream and can be accessed by clicking on the YouTube link on the district website, www.sau80.org.

SHAKER REGIONAL SUPERVISORS OF THE CHECKLIST

The Canterbury Supervisors of the Checklist will be in public session at the Elkins Public Library, Canterbury Center, Canterbury, NH for any changes and corrections to be made to the vote checklist on:

Wednesday, October 13, 2021,
from 6:00 – 6:30 p.m.

Supervisors of the Voter Checklist:
Mary Ann Winograd, Denise Sojka,
Brenda Murray

SHAKER REGIONAL SUPERVISORS OF THE CHECKLIST

The Belmont Supervisors of the Checklist will be in public session for any additions, changes, or corrections to be made to the voter checklist at the Belmont Town Hall, 143 Main Street, Belmont NH on:

Wednesday, October 13, 2021,
from 6:00 – 6:30 p.m.

DUE TO COVID restrictions, MASKS are required.

Supervisors of the Voter Checklist:
Brenda Paquette, Donna Shepherd,
Nikki Wheeler

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PROGRAM ASSISTANT I

The State of New Hampshire, Department of Safety, Division of State Police - Marine Patrol Unit has a full time vacancy for Program Assistant I. This position is 37.5 hours per week and is non-exempt.

SCOPE OF WORK:

Performs diverse administrative duties in support of Marine Patrol by processing transactions for the general public, entering data and information into databases, and preparing and maintaining various documentation.

MINIMUM QUALIFICATIONS:

Education: High school diploma or high school equivalency credential. Each additional year of approved formal education may be substituted for one year of required work experience.

Experience: Three years of experience in a responsible clerical position, including experience in customer service and data entry.

License/Certification: None required.

SALARY:

Labor Grade 12
30,576.000 - 35,587.50 USD

LOCATION:

Gilford, NH

Applications must be submitted by Wednesday, 10/20/2021.

Job ID #22281: For complete job posting and to APPLY TODAY go to www.nh.gov (Online Services, State Employment).

For more information, please contact: Stephanie.D.Colcord@dos.nh.gov or call (603)227-2135.



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Learn more about the NH Veterans Home on our website (www.nh.gov/veterans) and view our Facebook page (www.facebook.com/nhveteranshome) to see the NHVH team working together to serve our Veterans.

- Ensure the facility and its operation are in compliance with all life safety, clinical care, and support programs to meet or exceed all standards and regulations through internal Quality Assurance programs and external audits and surveys.

- Serves as the Home's liaison and representative to State, Federal and other officials. Also serves as the Commissioner and Department Head in the New Hampshire State Government.

- Plans, develops and secures necessary resources for existing operations, new facilities and capital improvements; coordinates the development of the Home's biennial budget, appears at finance hearings and legislative budgetary committees as requested.

- Promotes the Veterans Home and its programs to veterans and community groups; primary liaison with residents, their families and the general public; oversees and often personally performs fundraising and public relations activities.

- Actively participates in Veterans Home, Nursing Home, Veterans Administration, and related groups to increase financial, political, and community support and awareness in veterans' health and long term care issues.

- Advances the Home's mission and goals as developed by the Strategic and Master Plans.

Preferred Qualifications:

Education: Master's Degree in Health Care, Business, Public Administration or in a related field.

License required: N.H. Nursing Home Administrator's License.


Compensation: \$85,514 - \$119,184 (Position #9U102)

How to apply: Submit a cover letter and resume for this position to: vethomebomchair@gmail.com

Contact: For questions about this opportunity, please contact Paul J. Lloyd at (603) 715-5579.

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Special Knowledge, Skills and Abilities Required:

- Able to speak, read and write English
- Have basic knowledge of computers or tablets
- Willing to learn
- Enjoy working with your hands
- Able to sit and/or stand for long periods of time
- Able to lift approximately 30 pounds
- Strong organization skills and high attention to detail

Candidates with experience in the following areas
are encouraged to apply:

- Quality Control and Inspection
- Machine Operation
- Assembly / Crafting / Knitting
- Stitching / Quilting

Cutting Room Associate

- Work in a fast paced environment preparing materials and fabrics used to create the firesuits / turnout gear
- Will spread fabric on one hundred foot table, perform quality inspection, and measure and mark fabric to be cut to specification
- Cut fabric into pieces using a Gerber Cutter
- Place cut goods on rolling racks
- Prepare material for other areas of production
- Bag goods

Special Knowledge, Skills and Abilities Required:

- Able to speak, read and write English
- Have basic knowledge of computers or tablets
- Able to use and understand a ruler and measurements
- Must be able to stand/walk, bend, reach and work with your hands for full shift
- Able to assist in team lifting of approximately 30 pounds
- Strong organization skills and high attention to detail
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Math Blocks

Fill in the missing blocks with numbers between 0-10.
The numbers in each row add up to the totals on the right.
The numbers in each column add up to the totals on the bottom.

2		1	5
		5	14
0			12
8	13	10	

4	8	0
5	3	9
1	2	2
Solution		

THIS DAY IN...



HISTORY

- 1927: "THE JAZZ SINGER," THE FIRST FULL-LENGTH TALKING FEATURE FILM, DEBUTS.
- 1973: EGYPT AND SYRIA LAUNCH ATTACKS ON ISRAEL, BEGINNING THE YOM KIPPUR WAR.
- 1979: PRESIDENT JIMMY CARTER RECEIVES POPE JOHN PAUL II AT THE WHITE HOUSE.



HOW LONG SHOULD YOU
BRUSH YOUR TEETH IN EACH
BRUSHING SESSION?

ANSWER: TWO MINUTES

Get Scrambled

Unscramble the words to
determine the phrase.

QRUTIS PTOETATOH S

Answer: Squirt toothpaste

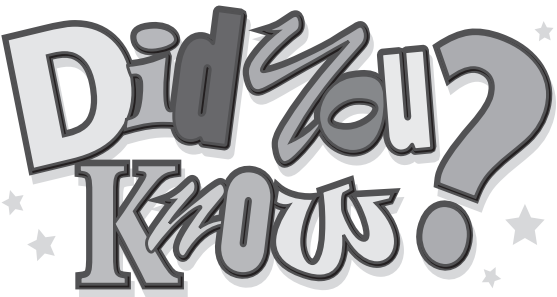


GINGIVITIS

inflammation
of the gums

How they
SAY that in...

- ENGLISH: Tooth
- SPANISH: Diente
- ITALIAN: Dente
- FRENCH: Dent
- GERMAN: Zahn



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TEETH PROFESSIONALLY CLEANED
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CHECKUP AT EACH
VISIT.



Can you guess what
the bigger picture is?

ANSWER: ORTHODONTIC BRACES

CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to American cheese.
Each number corresponds to a letter.
(Hint: 21 = E)

- A. 7 18 21 21 15 21
Clue: Dairy food
- B. 23 21 3 8
Clue: Make or become liquified
- C. 16 6 4 26 22 13 7 18
Clue: Meal of food between bread
- D. 17 21 3 3 19 22
Clue: Sunny color

Answers: A. cheese B. melt C. sandwich D. yellow

SUDOKU

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

Level: Intermediate

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

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

ANSWER:

Breast Cancer awareness

Are there different types of breast cancer?

Millions of women are diagnosed with breast cancer every year. According to the Breast Cancer Research Foundation, more than 2.3 million women across the globe were diagnosed with breast cancer in 2020. The BCRF also notes that breast cancer is the most frequently diagnosed cancer among women in 140 of 184 countries worldwide.

Breast cancer statistics can give the impression that each of the millions of women diagnosed with the disease is fighting the same battle, but breast cancer is something of an umbrella term. In fact, there are various types of breast cancer, including ductal carcinoma in situ, invasive ductal carcinoma, inflammatory breast cancer, and metastatic breast cancer. Learning about each type of breast cancer can help women and their families gain a greater understanding of this disease.

Ductal carcinoma in situ (DCIS)

DCIS is a non-invasive cancer that is diagnosed when abnormal cells have been found in the lining of the breast milk duct. The National Breast Cancer Foundation notes that DCIS is a highly treatable cancer. That's because it hasn't spread beyond the milk duct into any surrounding breast tissue. The American Cancer Society notes that roughly 20 percent of new breast cancer cases are instances of DCIS.

Invasive ductal carcinoma (IDC)

IDC is the most common type of breast cancer. The NBCF reports that between 70 and 80 percent of all breast cancer diagnoses are instances of IDC. An IDC diagnosis means that cancer began growing in the milk ducts but has since spread into other parts of the breast tissue. This is why IDC is characterized as "invasive." Though IDC can

affect people, including men, of any age, the ACS notes that the majority of IDC cases are in women age 55 and older.

Inflammatory breast cancer (IBC)

The NBCF describes IBC as an "aggressive and fast growing breast cancer." Breastcancer.org notes that IBC is rare, as data from the ACS indicates that only about 1 percent of all breast cancers in the United States are inflammatory breast cancers. Many breast cancers begin with the formation of a lump, but Breastcancer.org reports that IBC usually begins with reddening and swelling of the breast, and symptoms can worsen considerably within days or even hours. That underscores the importance of seeking prompt treatment should any symptoms present themselves.

Metastatic breast cancer

Metastatic breast cancer may be referred to as



stage IV breast cancer. When a woman is diagnosed with metastatic breast cancer, that means the cancer has spread, or metastasized, into other parts of the body. The NBCF indicates that metastatic breast cancer usually spreads to the lungs, liver, bones, or brain. Symptoms of metastatic breast cancer vary depending on where the cancer has spread. For example, if the cancer has spread to the lungs, women may experience a chronic cough or be unable to get a full breath.

These are not the only types of breast cancer. A more extensive breakdown of the various types of breast cancer can be

found at <https://www.breastcancer.org/symptoms/types>.

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