

## Scary fun in Gilford this weekend



Gilford Elementary School kids will line up for their annual Halloween Parade on Friday.

BY ERIN PLUMMER  
mnews@salmonpress.news

Celebrate Halloween this week with some community events for all ages leading up to Halloween night this Sunday. Several activities and events are scheduled later this week throughout Gilford up through Halloween

night. Many of these events are returning after being canceled last year because of the pandemic. The Gilford Public Library will host Adults & Family Pumpkin Decorating/Carving on Thursday from 3-6 p.m. People of all ages can come and decorate a pumpkin. Sign

up is required. The library's Halloween Party will take place on Friday, Oct. 29, from 10:30 a.m.-noon. Kids can come in costume, parade around the library, and meet in the Children's Room to play some games and enjoy treats and music. For more information visit gilfordli-

brary.org. Gilford Elementary School students and staff will take over Gilford Village with the annual Halloween Parade on Friday. Costumed Kids, educators, administrators, school staff, and many others will line up outside GES at 9 a.m. and SEE FUN PAGE A10

FILE PHOTO

## Selectmen get a look at details on solar

BY ERIN PLUMMER  
mnews@salmonpress.news

The selectmen got a look at what kind of solar array might work for town hall and how much such a project would cost, though said the town was nowhere near making a commitment. During a previous meeting resident Carolyn Johnson suggested that the selectmen use some of the ARPA funds for solar panels on town buildings. The board asked her to contact some experts in the field and come back to the board with more details on how this could be accomplished. Connor Sanborn, co-founder of Sunflower LLC in Gilmanton, spoke with the board during the Oct. 13 meeting about how the town could have a solar array and how much money this could save them in the long run. Sanborn said they took a sample of 10 solar installations they have done in Gilford, Belmont, and Gilmanton and broke down what the cost savings has been for those projects. On average those 10 homes saved around \$142 a month and \$1,700 a year. One system the company compared to Gilford's buildings and needs was one done at Crystal Lake Farms in Gilmanton. The first year, the project saved \$556 a month in revenues, and has a projected savings of around \$160,000 in a two-to-five-year period. Sunflower looked at town hall as well as the fire station. "Turns out there's quite a bit of good roof space on both buildings that would be amply suited to accommodate solar panels at a very productive level to allow for a really quick payback, it turns out," Sanborn said. On town hall, Sanborn said solar panels could be installed the section of the roof over the police department section that faces south. He said the project

SEE SOLAR PAGE A10

## Bridge repairs in the planning stages



FILE PHOTO

Repairs on the Tannery Hill Bridge (shown here in the winter of 2020) are going through the review and permitting process. BY ERIN PLUMMER  
mnews@salmonpress.news

Repairs to the Tannery Hill Bridge and the Governor's Island Bridge are in the planning and permitting stages. During the Oct. 13 selectmen's meeting, selectman Kevin Hayes asked about the status on repairs to both bridges. The Tannery Hill Bridge is currently closed after a section of the abutment washed out. Public Works Director Meghan Theriault said the only update so far was Stantech was starting some preliminary details. She said they flagged the wetlands and started the permitting process. She said she was invited to a meeting the next day to talk about permitting. Hayes asked if there were any concerns about the sewer line under the bridge. "They did when we met originally and I gave them the authorization right away and told them to get jumping on it," Theriault said. The selectmen approved \$40,670 for the project. Town administrator Scott Dunn said they initially approved for that money to come from the Sewer Fund for engineering, but asked them to amend that motion since the money needs to come from the Sewer Maintenance Capital Reserve Fund. The board unanimously approved the motion. Hayes also asked about the status repairs on

SEE REPAIRS PAGE A10

## Overtime loss brings Gilford's season to an end



RC GREENWOOD

Olivia Keenan gets off a shot in close against Stevens in the Division III quarterfinals. BY JOSHUA SPAULDING  
Sports Editor GILFORD — The Gilford field hockey team opened up the Division III tournament on Sunday with a quarterfinal game against the Stevens Cardinals. The Golden Eagles jumped out to a 3-1 lead in the first half, but the visitors stormed back in the second half and

forced overtime, where they eventually scored the game winner half way through the extra session to bring Gilford's season to an end. Lexi Shute, Aly Pichette and Maddie Guest all scored in the first half, with Olivia Keenan getting a pair of assists to help propel the

SEE GILFORD PAGE A10



Lexi Shute tries to control the ball in action against Stevens on Sunday.



# ALMANAC

## Notes from the Gilford Public Library

Classes & Special Events  
Oct. 28 – Nov. 4

Thursday, Oct. 28  
Geri Fit, 9-10 a.m.  
Adults and Family Pumpkin Decorating/Carving, 3-6 p.m.

Come carve a pumpkin or decorate one and take it home with you!  
\*Sign-up required.  
French, 4-5 p.m.

Friday, Oct. 29  
Senior Sculpt, 9 a.m.-12:30 p.m.  
Halloween Party, 10:30 a.m.-noon

Come dressed in your costumes ready to play some games! There will be music, candy and more to celebrate Halloween!  
Hand & Foot, 12:30 p.m.  
Knit Wits, 1:30-2:30

p.m.  
Advanced Conversational German, 2:30-3:30 p.m.  
Line Dancing, 4-5 p.m.

Monday, Nov. 1  
Geri Fit, 9-10 a.m.  
Baby Storytime, 10-11 a.m.  
Join Miss Maria for an energetic baby sto-

rytime filled with silly songs & stories!  
Tai Chi, 10-11 a.m.  
Mahjong, 12:30-3 p.m.

Tuesday, Nov. 2  
Senior Sculpt, 9-10 a.m.  
Bridge, 10:30-11:30 a.m.  
Preschool Storytime, 10:30-11:30 a.m.

Line Dancing, 4-5 p.m.

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

Thursday, Nov. 4  
Geri Fit, 9-10 a.m.  
Weather Watch w/ Kevin Skarupa, 10:15-11:15 a.m.

Virtual: Join Kevin Skarupa virtually to see the weather from the viewpoint of a Meteorologist.

French, 4-5 p.m.

## Gilford Public Library Top Ten Requests

1. "State of Terror" by Hillary Clinton & Louise Penny
2. "Jailhouse Lawyer" by James Patterson
3. "2 Sisters Detective Agency" by James Patterson
4. "The Madness of Crowds" by Louise Penny
5. "The Noise" by James Patterson
6. "Dear Santa" by Debbie Macomber
7. "The Burning" by Jonathan Kellerman
8. "Over my Dead Body" by Jeffrey Archer
9. "Peril" by Bob Woodward
10. "Foul Play" by Stuart Woods

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PRESIDENT & PUBLISHER  
FRANK G. CHILINSKI  
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frank@salmonpress.news

BUSINESS MANAGER  
RYAN CORNEAU  
(603) 677-9082  
ryan@salmonpress.news

OPERATIONS DIRECTOR  
JIM HINCKLEY  
(508) 764-4325

DISTRIBUTION MANAGER  
JIM HINCKLEY  
(603) 279-4516

MANAGING EDITOR  
BRENDAN BERUBE  
(603) 677-9081  
brendan@salmonpress.news

PRODUCTION MANAGER  
JULIE CLARKE  
(603) 677-9092  
julie@salmonpress.news

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## GILFORD POLICE LOG

The Gilford Police Department reported the following arrests from Oct. 4-21.

Sage Tiffany Kiedaisch, age 43, of Gilford was arrested on Oct. 4 for Breach of Bail.

Roland L. Patten, Jr., age 50, of Laconia was arrested on Oct. 5 on multiple counts of Violation of a Protective Order.

A 48-year-old male from Northfield was taken into protective custody for intoxication on Oct. 9.

Bradley S. Mobbs, age 31, of Loudon was arrested on Oct. 9 for Conduct After an Accident.

Quentin A. Logan, age 47, of Kittery, Maine was arrested on Oct. 10 for Driving After Revocation or Suspension.

James D. Karr, Jr., age 33, of Manchester was arrested on Oct. 10

in connection with a warrant.

A 59-year-old female from Bellingham, Mass. was taken into protective custody for intoxication on Oct. 10.

A 22-year-old male from Pembroke was taken into protective custody for intoxication on Oct. 10.

A 51-year-old female and 53-year-old male from Mount Vernon, Maine were taken into protective custody for intoxication on Oct. 10.

Rory Shane McHugh, age 39, of Stoughton, Mass. was arrested on Oct. 12 for Driving After Revocation or Suspension (subsequent).

Marty R. Byrd, age 54, of Gilford was arrested on Oct. 13 for Criminal Trespassing.

Gene L. Zarella, age 48, of Tilton was arrested

on Oct. 14 for Aggravated Felonious Sexual Assault against a victim under the age of 13.

Barbara N. Reno, age 51, of Laconia was arrested on Oct. 14 for Theft By Deception of an amount totaling less than \$1,000.

Lannie Wayne Scott, age 69, of Frankford, Ky. was arrested on Oct. 15 for Driving Under the Influence-Impairment and Conduct After an Accident.

Brian M. Woolrich, age 31, of Gilford was arrested on Oct. 17 for Criminal Threatening-Conduct.

Alec Z. Karageorges, age 27, of Meredith was arrested on Oct. 19 in connection with a warrant.

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# Lakes Region Scholarship Foundation sponsors Pumpkin Contest to celebrate the season

REGION — The Second Annual Pumpkin Contest has come to a close.

Lakes Region Scholarship Foundation Executive Director, Karen Switzer commented “We are so grateful to all who supported the Foundation with creative pumpkin figure displays, as well as those who donated prizes for our raffle.”

She added, “There were so many wonderful entries this year, it was a difficult decision for the judges.”

LRSF President, Lori Fasshauer said, “It was the intention of the Foundation to provide an opportunity for members of the community to take part in a fun and creative event to celebrate the Fall season, something that families and groups could work on together. We wanted to offer something positive that would involve all segments of the community.”

Pumpkin figures were to include at least one pumpkin and the entrants were asked to use their imagination and come up with something unique and creative. Entries came from a variety of sources: individuals, families, businesses, non-profits, children and local schools. LRSF staff members reported that a number of people, who took part in the event, mentioned that it was wonderful to have something fun to focus on for a few weeks and the business and organizations involved said that it was a real team building event for them.

There were a number of categories for contestants to enter, either schools; businesses; non-profits or families. Awards were presented for best in each of these categories as well as some additional awards for cutest, most unique, scariest and best figure created by child.

One of the most unique group of entries, again this year, were from the Huot Technical Center in Laconia. Ten different department groups created pumpkins relating to their fields of study and LRSF Executive Director, Karen Switzer, noted that they were “outstanding.”

The creations were reviewed by a set of three judges, made up of a member LRSF Board of Trustees as well as two guest judges. The Best Overall winner went to the Barros Family of Gilford for their entry Pumpkin Village People, which is not only lit up at night, but includes a disco ball. The winners in each category were: Best Business: The Galleria Salon and Day Spa for their Pumpkin Bridal Masquerade; Best Non-Profit: Lakes Region Community Services Staffworks Program for their Fall is in the Air at LRCS/We Love Our DSPs; Best School: Pleasant Street School for their Sesame Street/Pleasant Street pumpkin kids and the Best Family

winner was: The Morin/Gagne Family for The Fairy Godmother of Little Pumpkins.

In the special awards categories, the winners were: Cutest: Laconia Housing for The Golden Sunbird Pumpkin People, complete with Danny and Sandy in Grease Lighting; Best by a Child went to the Barry girls of Gilford for their Centipede People Eater; Most Unique: The Butler family for their Alien Invasion and the Scariest award went to Lachance's Water Filtration in Tilton for their Harvest Season with its grim reaper pumpkin driving through a haunted pumpkin patch.

The Huot Technical Center, with their ten entries fell into a special category of Honorable Mention. In addition to the overall winner for Huot, the following departments entered

Huot Allied Health with Healthcare Hero; Auto Tech with their Pumpkin Mechanic; Building Construction built Bob the Builder; Business Education entered Mr. Cash Pumpkin; Law Enforcement students recreated a classic Norman Rockwell picture of a policeman and a young boy at the soda shop; the LNA/Nursing program showed that The Essence of Nursing is Caring; the Personal Finance class presented personal finance planning on “fire” with their Financial Independence Retire Early entry; Digital Arts created Darth Pumpkin with Joda



COURTESY

Best Business Award: Galleria Salon and Day Spa for “Pumpkin Bridal Masquerade.”

Pumpkin and the Teacher Prep students created a bus load of pumpkin figure students filling most of the seats with independent pumpkin figures, complete with a pumpkin figure bus driver.

The overall winner for the Huot this year were the Plumbing and Heating students who created a scene of a pumpkin figure in a tub complete with a fully working shower held up by a skeleton. The LRSF judges reported that choosing a winner from all of these excellent entries was very difficult.

The Foundation staff reported that they were pleased to receive donations of gift cards from local individuals and businesses. These gift cards were used for prizes and for the Pumpkin Figure raffle, which was new for the Foundation this year.

“Although this was not a major fundraiser,” Ms. Fasshauer concluded, “we feel that it

was still an important community outreach activity. Our Facebook page reflected that there were hundreds of people reached by our map showing all of the pumpkin figure locations. We felt that this contest provided an opportunity for families and friends to go out and enjoy beautiful

fall weekend while viewing the creative work of fellow members of their community. If anyone was not able to get out and see the pumpkin figures, pictures of all of the entries are on our Lakes Region Scholarship Facebook page.”

## Lakes Region Chamber celebrates “Ribbon Slashing” at The Escape Room Experience

LACONIA — With Halloween just around the corner, the Lakes Region Chamber celebrated an “Ribbon Slashing” at The Escape Room Experience in Downtown Laconia to launch their newest Escape Room, Camp Winnepesaukee.

The newly renovated room is a 1980s horror themed challenge. Escape rooms are a living

game that places you in a themed room to explore for clues to solve the challenge. Camp Winnepesaukee is a mature room that involves some frightening themes and images as you try to uncover the secret of the Camp Winnepesaukee Slasher.

The Escape Room Experience currently features four escape rooms:

The Fortune Teller, The Hangover CSI Murder Mystery and Camp Winnepesaukee. “Escape rooms are so much fun and working through the challenges with a group of family, friends or even co-workers is an adventure.” shares Christopher McCarthy, Co-Owner & Game Master. For more information and to book a game room experience call 603-366-6296 or online at TheEscapeRoomExperience.live.

The Lakes Region Chamber of Commerce is a non-profit, 501c-6 organization supporting business in 30+ towns/cities. The Lakes Region Chamber is made up of members who make a financial commitment to the Chamber and the business community. The Chamber's vision is to create new opportunities, driving economic growth through collaboration with other organizations and thereby building a stronger community. For more information, visit [LakesRegionChamber.org](http://LakesRegionChamber.org) featuring a local Business Directory and Community Calendar of Events.



JOANNE HAIGHT — COURTESY

Marc McNamara, owner of the Enablement Group and board chair of Lakes Region Chamber, reacts to the Camp Winnepesaukee Slasher (Christopher McCarthy- Co-Owner/ Game Master of The Escape Room Experience) as he appears in the doorway, along with Grace McNamara, Lakes Region Public Access Television/Lakes Region Chamber board, and Kim Sperry, Lakes Region Tourism.



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# Clash of the horror titans

With Halloween taking place in four days, we figured we'd have a bit of fun and pose the question who's scarier — Freddy or Jason?

For those not in the know, Freddy Krueger is the lead character from the 1980's movie series, 'A Nightmare on Elm Street', created by Wes Craven. Donning a black hat and a red and grey sweater, Krueger played by Robert Englund, literally gave all of us '80's kids nightmares for months. With his face shredded and his claw hand, we all definitely slept with the light on for a while.

Enter Jason Voorhees from the famous "Friday the 13th" movies. Voorhees was the young son of a camp cook turned killer, Mrs. Voorhees. This film was created by Victor Miller, Ron Kurz, Sean Cunningham and Tom Savini. The plot begins with a group of teenagers on vacation at a lakeside camp. One by one they start to disappear. What could be scarier than a hockey mask, machete wielding ghost?

A poll we conducted revealed that Freddy is the scarier of the two leading men. This revelation may not offer us anything of real value, but it does give us some insight on what the majority considers 'scary.' We remember watching the "Nightmare on Elm Street" series as adults and actually laughing during parts we thought were scary as youths.

One reader replied, "Freddy, because he's in your dreams."

Another brought up a good point: "You can run away from Jason, but not Freddy."

Another reader took the question quite seriously and gave us a great answer: "I'd argue that Jason was more the product of childhood trauma. A missing father, mentally ill mother who goes on a killing spree after she thinks he's drowned. Freddy's supernatural capabilities far surpass Jason. So I'd say Freddy."

"Freddy is the scarier of the two, but Michael Meyers is a true problem," remarked one person.

Another said, "Freddy, because you can't resist falling asleep, and with Jason there are no facial expressions."

One person called it a draw, stating "Can't do it; it's like the chicken and the egg question. Props to Freddy for the nightmares but props to Jason for the daymares."

We got a chuckle out of 'daymares.'

Of course, our Executive Editor and movie buff gave his take: "Freddy, but I'm going to qualify my answer by saying Freddy from the first two 'Nightmare' movies, before they turned him into Don Rickles in a striped sweater."

We can't write an editorial regarding scary characters without mentioning Gollum from the "Hobbit" and "Lord of the Rings" franchises. No one is scarier than Gollum, and he did it without even trying.

With that, we hope you enjoy Halloween, half off candy sales, a scary movie or two and enjoy the beautiful fall weather before the snow flies.

## Send us your letters!

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

Send your letters to:

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We're looking forward to hearing from you!



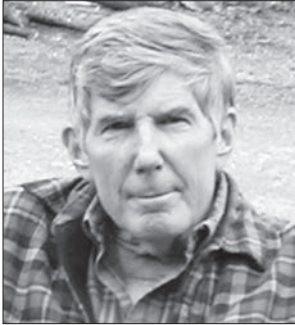
COURTESY

### Lions hold pet food drive

The Laconia-Gilford Lions Club partnered with the Social Justice Committee of the Unitarian Universalist Society on a pet food drive benefitting both the Salvation Army and St. Vincent de Paul Society. "We have all heard about people having to choose between providing for themselves and for their animals," explained Club member Lori Chandler. "Pets are vital to many – seniors, children, families and as service animals. When we learned that both the Salvation Army and St. Vincent stocked supplies to give assistance to those struggling to support their pets, we wanted to help." "We thank the Lions Club for all their help at the pet food drive. This project, "Food for Furry Friends," was a big success. It means so much that you donated your time and energy to help," added Patricia Sommers of the Social Justice Committee. Left to right: Matt Soza, Bill Chandler, Patricia Sommers, Lori Chandler, Inez Andrews, Allyn Bridge

North Country Notebook

## Notes in an old jar, hanging from a tree



By JOHN HARRIGAN  
COLUMNIST

A while back, I was reminiscing with son Mike about an overnight trip into the woods we took when we lived on Route 2 just east of Jefferson. It was not your typical sleepover in the back yard, but instead involved two of the principal peaks north of the Presidentials, and took us navigating the woods by dead reckoning.

The peaks were Mount Starr King at 3,907 feet, and its neighbor Mount Waumbek at 4,006. Our house, far below, was the so-called "red school house," opposite the Cedric Phelps Road (it was never a schoolhouse so far as I could determine, but was indeed a sort of institutional red).

This was in the mid-'80s, when Mike was around 12. We bush-whacked up the south-eastern slopes of Mount Starr King, named for the Rev. Thomas Starr King (1824-1864). The going got more difficult as we neared the summit, mainly because the ground-cover became mostly scrub spruce. This became head-high and then waist high, and ever-more intertwined and impenetrable, and now and then I grabbed Mike by the knees and pushed him through to where he could grab a handhold.

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Many summits have histories of being cleared of low growth for the views they could af-



COURTESY

Hiking right into cold weather is nothing new to many of New England's major peaks, as attested to by this fieldstone fireplace near the top of Mount Starr King. (Photo courtesy northeasthikes.com)

ford, Mount Star King's included, but that was decades ago, so we didn't tarry. Instead, we took a couple of side-trails to views of the Presidentials, and then headed for the summit of Waumbek, reached via an old path through old growth along the backbone of a connecting spine.

Somewhere in my reading I remembered mention of an old message-jar supposedly hanging from a tree atop Waumbek, so we fanned out (difficult for a group of two) and soon found it. Inside were several notes from visitors over the years, and I added ours to the mix and returned the jar to its perch.

After a light lunch, I took a compass bearing on the headwaters of a little brook over the hump in the Kilkenny Basin, although I didn't really need it, having hunted the area often. But that's why they make maps and compasses. Best friend John Lanier was supposed to pick us up on the Kilkenny Loop Road at around noon the next day. We'd never live it down if we were late.

We made our bunks the old way, collecting

fir balsam boughs soft on their ends with spring growth, and layering them so the softest parts of the boughs were up-permost, like shingles.

+++++

Making camp this way always reminds me of accounts about people who travelled through the primeval forests of the East in the late 1600s, with only what they could carry on their backs. These were the trappers, long-hunters, adventurers, and explorers. Ultimately, they supplied the information needed by the treaty-makers of wars between European rulers, who annexed and ceded huge parts of the New World like so many chessboard pawns.

The surveyors and map-makers were often commissioned by the nobility, who were granted lands in the colonies and beyond as the spoils of war. They could afford provisioners and camp-helpers, and established a series of base camps so they could hopscotch across the land, doing their meticulous work.

A Colonial surveying team was using rod and chain to detail what the

Indians already carried (more or less) in their heads. Known today as First People, they described great swathes of lands in terms of watersheds--the lands drained by the Androscoggin, Piscataqua, Merrimack, Ashuelot, and Connecticut rivers, for example. These lands, often vaguely described, were often "sold" by alleged chiefs or sub-chiefs--the supposed representatives of people who had no notion of private property, all lands being held in common.

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At some point early in my newspapering career, when I was mentally collecting material that would stay with me for life, somebody told me about the old habit that summit visitors had of leaving notes in bottles.

This, I think, was Casey Hodgdon of Gorham, a high-country forest ranger who as a side-job held surveying rods for famed mapmaker and mountaineer Brad Washburn. Casey carried a good deal of mountain legend and lore around in his head, and I was lucky to hike with him for many a mile.







# Golden Eagles strong early, but Plymouth pulls away for the win



JOSHUA SPAULDING

Gilford-Belmont's Hutch Haskins tries to haul down Plymouth's Dylan Welch in action on Saturday afternoon.



Michael Macaione shows off the ball after an early interception against Plymouth Saturday.

BY JOSHUA SPAULDING  
Sports Editor

GILFORD — Gilford-Belmont football coach Josh Marzahl knew his team would have to play close to perfect in order to beat Plymouth on Saturday.

Plymouth football coach Chris Sanborn was hopeful his team would bounce back from a flat loss the previous week against St. Thomas to clinch a playoff berth.

Both teams came out in the first quarter and basically did what they needed to do, with the Golden Eagles holding the Bobcats to just three points in the frame, but Plymouth turned the heat up the rest of the way and pulled away for the 40-13 win to earn a spot in the Division II tournament.

“We needed to get back on track, we didn’t play well last week,” Sanborn said. “We lacked intensity and focus, I was very disappointed in that.

“We still made some mistakes, but we definitely had more intensity,” the Bobcat coach said. “The seniors brought the intensity today.”

“We knew to win we had to be close to perfect,” Marzahl said. “We weren’t as close to that as we needed to be.

“Our defense was definitely a little banged up and a little gassed in

the second half,” he added.

Plymouth started the game with their traditional ball-moving down the field, with Anthony Ciotti and Matt Cleary doing the carrying. However, on fourth and three inside the 15-yard line, Michael Macaione came up with a huge stop and Gilford-Belmont got the turnover.

After Austin Normandin carried a pile of would-be tacklers on the first play for 22 yards, the Golden Eagle drive stalled and they punted away. Two plays later, Normandin got to Plymouth quarterback Kurtis Cross as he was throwing the ball and Macaione got the interception to the hosts the ball back.

The Golden Eagle drive didn’t last too long, as on the third play from scrimmage, the ball was fumbled and Jaivon Cadore came up with the ball for the Bobcats. Plymouth then moved the ball down the field exclusively with the legs of Ciotti, getting to the four before the Gilford-Belmont defense held tight and forced a field goal try, with Will Fogarty booting in through from 21 yards out for the 3-0 lead.

Gilford-Belmont went three and out on the next drive and Plymouth closed out the quarter with a runs from Dylan Welch and Brock Tan-

ner. The second quarter started with the Bobcats moving the ball with Welch, Ciotti and Tanner carrying the ball. Ciotti scored from one yard out with 6:41 to go in the first half and Fogarty’s extra point made it 10-0.

The Plymouth defense again held the Golden Eagles to a three and out. Macaione and Hutch Haskins had big defensive stops for Gilford-Belmont to put Plymouth in a fourth and one situation, but Welch picked up the first down. One play later, Tanner broke free for a 65-yard touchdown run and Fogarty’s extra point gave the Bobcats the 17-0 lead.

The Golden Eagles didn’t wait long to get on the board, as quarterback Isaiah Reese hit Logan Grant with a pass along the Plymouth sideline and Grant went all the way to the end zone for an 81-yard touchdown with just a tick less than three minutes to go to make it 17-7.

Gilford-Belmont pinned Plymouth inside the 25 with the ensuing punt, but a pass to Jake Crowley picked up 13 yards on the first play and a pass to Welch picked up another first down as the Bobcats moved down the field quickly. Welch carried in from three yards out with 30 seconds to go and Fogarty’s foot made it 24-

17. Gilford-Belmont attempted to get to the end zone and got to the 11-yard line before having to settle for a field goal attempt, which missed the mark and Plymouth took the 24-7 lead to halftime.

On the third play of the first drive of the half, Crowley came down with an interception for the Bobcats and on the first play of Plymouth’s ensuing drive, Tanner caught a Cross pass for a 26-yard gain inside the 10 and on fourth and goal from the one, Ciotti carried in and the extra point made it 31-7 with 9:06 to go in the third.

Reese carried for a first down on Gilford-Belmont’s next drive and hit Haskins with a pass and Michael Kitto carried on fourth and inches for a first down. After Reese ran for another first down all the way to the 10, a fumble on the next play was recovered by Plymouth’s Mason Lessard and the Bobcats had the ball back.

Plymouth’s drive didn’t last long, as Zakary Ober intercepted a Cross pass on the first play of the drive and Gilford-Belmont needed just four plays to get to the end zone, with Reese connecting with Haskins on fourth down for a 13-yard touchdown pass. The Golden Eagles went for two and Plymouth’s lead was 31-13 with 5:45

to go in the third.

Ciotti and Tanner carried the ball for the Bobcats on the next drive and on fourth and eight, Cross hit Brennan Johnson with a screen pass, but it came up just short of the first down mark and Gilford-Belmont took over.

Four plays later, Nate Ruff picked off a Reese pass and the Bobcats had the ball to end the third quarter. Two plays into the fourth quarter, Ciotti ran in his third touchdown of the game from one yard out and Plymouth led 38-13 with Fogarty’s extra point.

Cadore, Lessard and Caden Sanborn combined for a sack on the first play of the next Golden Eagle drive, but Reese broke free for a big run that got the hosts inside the 25. However, they couldn’t convert on fourth and 15 and Plymouth took over. Parker Eastman took over as quarterback and the Bobcats eventually had to punt away. Tyler Dekutowski recovered a Gilford-Belmont fumble on third down a play after a Calvin Swanson sack, but Plymouth went three and out, thanks in part to a good defensive stop from Riley Marsh for the Golden Eagles.

Gilford-Belmont was pinned deep and a bad snap sent the ball out of the end zone on the second play of the next drive, earning the Bobcats a safety and they took a knee to run out the clock on the 40-13 win.

“We came out flat last week (against St. Thomas) and we learned you can’t do that and win football games,” Sanborn said. “We battled and came out with a good win and got into the playoffs.

“I saw some good stuff today,” the Bobcat coach noted, pointing out it was nice to get senior captains Eddie Camp and Swanson back after

not having any of the three captains available for last week’s game (Joe Peters has been out since early in the season). “It was good to get a win against a pretty good team.”

Sanborn noted next week’s regular season finale should have a big crowd for Bobcat Nation Day and with the Chuck Lenahan dedication, it should be a big day. Because of the loss the previous week, however, it will be the final home game, as the Bobcats will have to go on the road in the playoffs.

“I thought our defense did a nice job today,” said Marzahl. “Looking at the scoreboard, 40 points looks like a poor defensive effort, but I thought on the field, the play of the defense was better than a 40-point game.”

He noted that Plymouth has a way of chipping away play after play and that can wear down any team.

“They are really good at not getting negative plays,” he said. “I also thought our offensive line did well.”

In that vein, he praised the work of Macaione, who had some good pressure up front from the nose tackle position.

The Golden-Eagles head to the final week of the regular season treating their game at St. Thomas as a one-game playoff.

“We’re treating it like a one-game playoff,” Marzahl said. “If we win, we have a shot of getting into the playoffs.”

Gilford-Belmont will be at St. Thomas on Friday, Oct. 29, at 7 p.m. and Plymouth will be hosting Sanborn on Saturday, Oct. 30, at 2 p.m.

Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or [josh@salmonpress.news](mailto:josh@salmonpress.news).

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# Gilford soccer girls finish regular season strong

BY JOSHUA SPAULDING  
Sports Editor

GILFORD — The Gilford girls’ soccer team finished up an impressive regular season with two more wins in the final week and head to the playoffs with plenty of momentum.

The week started with a 9-1 win on the road at Mascota.

“Overall, a dominating performance from the team,” said coach Rob Meyers. “We moved the ball well and were able to score on a lot of our chances.”

The Golden Eagles came out and scored six goals in the first half after dominating possession. The Royals got one shot on net in the half and managed to score. Gilford then added three more goals in the second half to close things out.

Geena Cookinham had herself a day, finishing with three goals and two assists, while Addy Harris had two goals and an assist, Allie Kenyon had two goals, Molly McLean had a goal and three assists and Gracey LeBlanc added a goal. Millie Caldon, Anna Coapland, Maddie McKenna and Reece Sadler all had assists and Han-



Gilford’s seniors pose for a photo prior to their final home game of the regular season. Left to right, Alannah Penney, Avery Marshall, Maura Hughes, Ashley Kulcsar, Alyssa Craigie, Marlow Mikulis, Reece Sadler, Molly McLean and Jaiden McKenna.

nah Gannon and Maura Hughes combined for the win in net.

Gilford finished the regular season at home against Prospect Mountain on Friday and recorded a 7-0 win.

“A great win to end the season and celebrate senior night,” Meyers stated. “While we controlled play throughout the game, it took us a little while to get going.

“In the second half, the girls came out strong and dominated possession and put the game away,” the Gilford coach

continued.

The game was close in the first half, as Gilford had just one goal in the first half but they exploded for six in the second half to seal the win.

Cookinham and Sadler each had two goals on the day while Kenyon and Caldon each

had a goal and an assist. LeBlanc had two assists and Alyssia Craigie and Coapland each had an assist. Gannon had four saves in net to earn the shutout.

Meyers extended his appreciation to the nine seniors on his squad.

“The nine seniors

have been outstanding players and great representatives of GHS over the last four years,” he said. “In addition to being the core of the team on the field, they have volunteered with the Gilford Parks and Recreation to run the PeeWee soccer program.”

The Golden Eagles finish the regular season at 14-2 and are unofficially ranked fourth in Division III (official brackets were due out after deadline Monday). Gilford scored 89 goals and allowed just 20 on the season, recording nine shutouts. A total of 13 different players found the back of the net and 13 players also registered assists.

The Division III tournament was slated to begin after deadline Wednesday, Oct. 27, and continues on Sunday, Oct. 31, both at the home of the higher-seeded team. The semifinals are Wednesday, Nov. 3, at Manchester Memorial High School at 4 and 6:15 p.m.

Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or [josh@salmonpress.news](mailto:josh@salmonpress.news).



Brendan Slagle and Carrie Pierce in Akureyri, Iceland.

## GHS alum sails across the Atlantic

Brendan Slagle and his wife, Carrie Pierce have been on a sailing adventure over the past two and a half years, leaving to cross the Atlantic on their 45-foot sailboat (SV Creeky) in May 2019. This adventure had been a dream of Brendan’s, having grown up sailing on Lake Winnepesaukee and then pursuing his sailing dreams further. This trip involved years of planning and preparation once he met Carrie in Boston. Carrie and Brendan started their married life in 2017 as “Live Aboards,” living full time on their sailboat, working and planning their Atlantic crossing.

Slagle and Pierce have been working remotely and exploring all over Europe during this time, and of course had not planned on being at sea during a global pandemic. The pandemic stranded them in Morocco for several months, before they were able to continue their journey to the Mediterranean, and then back through Europe and north for their return journey. They are currently on their return journey back to the United States via the “Viking Route”, through the Faroe Islands, to Iceland, Greenland, Newfoundland/Labrador and Nova Scotia. Brendan’s brother, Ryan Slagle, joined them on the return journey for the crossing from Iceland to Greenland, where they had to wait out Hurricane Larry before being able to continue their adventure. The crew of SV Creeky left Nova Scotia yesterday with plans to arrive in Portsmouth on Friday, Oct. 22.

Slagle, a 2002 graduate of Gilford High School, works for Halloran Consulting in Boston as a Senior Consultant. Pierce was most recently a Lead Technologist with Booz Allen Hamilton. They have managed working remotely from their boat during their travels while in ports prior to the pandemic, and had to further adjust their plans as the pandemic took hold and impacted their travels.



RC GREENWOOD

### Undefeated

Drake Bolduc and his Gilford teammates finished up the regular season undefeated, knocking off Berlin by a 4-0 score on Oct. 19, and Inter-Lakes on Friday, Oct. 22, by a 5-0 score. The Golden Eagles head to the Division III playoffs, which got started after deadline on Tuesday. The quarterfinals are Friday, Oct. 29, at the home of the higher seed and the semifinals are Monday, Nov. 1, at Bank of New Hampshire Stadium in Laconia at 4 and 6:15 p.m.

## Gandini wins Capital Area Championship

BY JOSHUA SPAULDING  
Sports Editor

PENACOOK — Gilford junior Patrick Gandini continued his impressive season by winning the Capital Area Championships on Thursday afternoon at Merrimack Valley High School.

Gandini crossed in a time of 16:07, seven seconds ahead of Sam Hilts of Concord, who finished in second place.

Alden Townsend was the second Golden Eagle runner, finishing in 18:40 for 20th place overall and Mitchell Townsend was 27th with a time of 19:12.

Dane DeHart finished in a time of 21:35 for 56th place and Joseph Schelb finished in 73rd place in 23:22.

Carter Forest finished in 84th place with a time of 27:15.

Overall, the Gilford boys finished in fifth

place and the girls finished in third place, led by Catherine Stow with a 12th place finish in a time of 20:54.

Sydney Eastman finished in a time of 23:04 for 29th place and Vanessa Genakos was 35th overall in a time of 23:43.

Tessa Tanner was 44th with a time of 24:24 and Madeline Burlock finished out the scoring with a time of 25:59 for 61st place.

Next up for the Gilford squad is the Division III State Meet, which will take place on Saturday, Oct. 30, at Manchester’s Derryfield Park. The girls will race at 10 a.m. and the boys will follow at 10:40 a.m.

Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or [josh@salmonpress.news](mailto:josh@salmonpress.news).

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# Lake Winni art to benefit area families



Artist Cat Magnant (left) created an original birch bark painting of Lake Winnepesaukee and area wildlife, and donated it to Tagg Team Captain Judi Taggart to benefit the Greater Lakes Region Children’s Auction.

GILFORD — Cat Magnant, a Gilford resident and distinguished muralist, decorative and faux painting master, has created an original painting and donated it to the Community Challenge Tagg Team. The spectacular painting celebrates Magnant’s love of Lake Winnepesaukee

and surrounding nature scenes. The 30-by-36-inch design was skillfully hand painted on birch bark. Harvested from a New Hampshire fallen tree, the birch bark was carefully processed by the artist and transformed into a durable painting backdrop. The rustic design features the outline of Lake Winnepesaukee and includes lifelike vignettes of area wildlife... a moose, deer, eagle, cardinal, chickadee and loon. To learn more about this talented artist and view her portfolio, visit Cat Magnant on Facebook or email [dafinishes@gmail.com](mailto:dafinishes@gmail.com). Tagg Team Captain Judi Taggart shared, “This large statement piece is sure to be a focal point and treasured addition to the high bidder’s Lakes Region property or could be purchased as a holiday gift. One hundred percent of the proceeds will benefit the Greater Lakes Region Children’s Auction.” Interested bidders can contact Taggart at [tagtem@metrocast.net](mailto:tagtem@metrocast.net) to be informed of the bidding process. To truly appreciate this exceptional painting, Taggart is setting up public viewing at local businesses. The painting is now displayed at Winnepesaukee Bay Gulls at 18 Weirs Rd. in Gilford. The 40th Children’s Auction is all about raising money, giving children and families a helping hand and being part of something fun and exciting that makes a significant impact in our community. Learn more about sponsorship opportunities, how to donate or volunteer at [childrensauction.com](http://childrensauction.com). The auction will be broadcasting live from the Tanger Outlets in Tilton from Dec. 7 to 10, and broadcasting live on Lakes FM 101.5 Radio, streaming and locally on Atlantic Broadband Channel 12 and LRPA Channel 25, and covered by The Laconia Daily Sun.

# Ooo LaLa Creative Cakes supports Canal Street neighbors, Penny Pitou Travel

LACONIA — Chef LaShunda Allen is always thinking of new ways to support her community and her local neighbors. During this pandemic, she has watched her neighbors struggle with their business. Certainly, few businesses were hit harder than Penny Pitou Travel. Now that Chef Allen sees them slowly climbing out of this pandemic, she wanted to find a way to celebrate a small victory with their staff. Marie Caprario, Group Specialist at Penny Pitou Travel, is excited to announce that group travel is making its comeback with the launch of their first group trip since Scotland in the Fall of 2019. Clients that were slated to leave on March 14, 2020 have patiently been waiting through the pandemic for their turn to head out on their adventure to Ireland! The group will depart Oct. 27

and enjoy Fall and Halloween on the Emerald Isle. Penny Pitou Travel cannot express enough their appreciation for their clients that stayed with them through the disappointment of trips being cancelled. Penny Pitou Travel is actively re-scheduling these trips with their clients for new adventures. Group travel is taking off for 2022 and there are many opportunities for travel when you do not want to go it alone, but prefer to be part of a group. OOO LaLa Creative Cakes created a special IRISH Cupcake just for the staff to join in their celebration of the return of travel, a group ready to explore Ireland for eight days, and our world re-opening. Kim Terrio, new owner of Penny Pitou Travel is seeing the return of travel along with, new clients that now prefer working with a travel agent. OOO LaLa Creative Cakes is a welcome addition to Canal Street and they are what makes this corner of the-world a little sweeter.



From left to right: Kim Terrio, Kim Chase, Penny Pitou and Chef LaShunda.

# Runaway Pumpkin raises more than \$21,000 for WOW Trail



Twelve-year-old Carter Buxton helps lead the pack at the start of The Runaway Pumpkin 10K & 5K and finishes as the top 5K male. The Sixth Annual event, presented by Eastern Propane & Oil, raised over \$21,000 for the WOW Trail (Photo Courtesy of Ian Bryson)

REGION — On Saturday, more than 300 participants came out for the Sixth Annual “The Runaway Pumpkin 10K & 5K Run/Walk” raising more than \$21,000 for the WOW Trail. Highlights of the day included, Jaidiby Zapata of Milford breaking his own 10K Course Record with a time of 32:48 (5.17/mile) shaving 3 seconds off his 2018 pace. Top female for the 10K was Laconia’s own Victoria Dean (44:50, 7.12p). Finishing first and top female for the 5K was Andee Swann of Morristown, Tenn. (19:18, 6.13p) followed by second place finisher and top male, 12-year-old Carter Buxton of Concord (21:13, 6.50p). Although some contenders were vying for cash prizes, the majority of participants were after the event’s signature delicious pumpkin bread prizes, provided courtesy of Annie’s Café & Catering. Even cash-winning Zapata stated with a smile that he “was back this year for the bread.” “It was a great day for the WOW Trail and we’re so thankful for the generosity of our sponsors and for the many volunteers that make it all happen,” said Event Director Jennifer Beetle. “We are especially fortunate to have the support of our Presenting Sponsor, Eastern Propane & Oil, and our Shirt Sponsor, Meredith Village Savings Bank along with our Event Sponsors, Franklin Savings Bank, Fratello’s Italian Grille, Opechee Construction, Patrick’s Pub & Eatery and US Foods, Kids Fun Run Sponsor, The Downtown Gym and our Race Director, Jamie Poire. We are so grateful for their partnership and commitment to the WOW Trail.” For more information about the WOW Trail and to view full race results visit [wowtrail.org](http://wowtrail.org).

# Gilford Parks and Recreation News

BY HERB GREENE  
DIRECTOR  
Gilford Parks and Recreation

Annual “Halloween Happening” Party on Oct. 29 The Gilford Parks and Recreation Department will be sponsoring their annual “Halloween Happening” Party on Friday, Oct. 29 from 5:30 - 7:30 p.m. in the Gilford Middle School Gym and Cafeteria. This party is open to all Gilford children up through the 6th grade. Activities will include; Give-Aways, The Monster Mash Raffle, Costume Contest, Halloween Games and of course the annual Halloween Jail and Pillow Fight Ring. Cupcake decorating and Halloween crafts will again be available in the cafeteria (until 6:30 p.m.)! As always, the Parks and Recreation Department is looking for volunteers to assist with the party. Help is needed with running games/activities during the party and clean-up following the party. For more information or to sign up to volunteer, please call the Parks and Recreation Office at 527-4722. \*The Gilford Police Department has set Trick-or-Treating in Gilford for Sunday, 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.

Youth Basketball registration night on Wednesday, Oct. 27 The Gilford Parks and Recreation Department will begin accepting registrations for the Youth Basketball Program for Gilford children in grades 1-6 on Tuesday, Oct. 26. The Recreation Department will be holding a Registration Night on Wednesday, Oct. 27 from 5:30 - 7 p.m. in the Parks and Recreation Office. Registration deadline for all divisions is Tuesday, Nov. 10. For more information, please contact Parks and Recreation Director, Herb Greene at 527-4722.





SOLAR

(Continued from Page A1)

could install an array of 104 panels.

Such a project could cost around \$100,000 and could immediately save the town \$660 a month in the first year.

Solar electricity could cover 20 percent of the town’s electric bills, especially on energy demand. Sanborn said while this can’t cover the entirety of someone’s bill, a portion could still save a lot of money in the long run.

Sanborn said the town is currently buying electricity from an

alternate supplier, saying this alternate supply could be coming from clean energy.

Sanborn said the ARPA funding is an exciting opportunity because it would mean the town would now have to take money out of their budgets for this, giving it this opportunity to move forward.

“...This is a really amazing opportunity, not just for Gilford but for a lot of towns in New Hampshire to kind of kickstart their energy production from a

more environmentally focused perspective but also a financially focused perspective long into the future in terms of how long these assets are going to be generating energy,” Sanborn said

One resident said It didn’t make sense for the town to spend over \$100,000 for a project that would only save 20 percent on its electric costs.

Sanborn said 20 percent didn’t seem like much, but the electrical costs for a building like that aren’t what people

would see in an average home and some savings would be better than nothing.

The panels would have a lifespan of around 20-25 years. Selectman Chan Eddy asked how they would be disposed of at the end of their lifecycle. Sanborn said Sunflower recommends to its customers that they “dispose of them in an environmentally responsible manner” and they are in contact with companies that recycle

the panels.

When asked about solar capacity, Sanborn said solar panels can actually be more efficient in colder areas and solar exposure can be high on cold days. He later said the panels can hold up to any weather conditions, especially winter weather in New England.

Johnson said there was a question about whether the ARPA funds could be used for this project. She said she looked into the details of the fund and the uses listed are not exclusive.

The selectmen said this was something they would have to examine further before thinking of making any steps further.

“This is a lot for us to think about,” said Selectman Kevin Hayes. “It is a long way to go before we even talk about a bid for solar.”

Sanborn said he understood, also suggesting they speak with Gilman-ton’s energy committee for more information.

REPAIRS

(Continued from Page A1)

the Governor’s Island Bridge’s expansion joint. Theriault said she had a draft of plans and specifications for the project. Permitting was submitted, but the permits were pending as of that meet-

ing. Hayes asked if there might be any progress this fall or before the winter, Theriault said it was unlikely on that “massive” expansion joint.

“We were going to go

out again and see how it’s holding up,” Theriault said.

They will also check on the quickset concrete that was left in and possibly add a little more.

“Obviously it’s very

disruptive every time we’re out there so unless it really needs to be done, we’re just trying to leave it be,” Theriault said.

parade down Belknap Mountain Road to the village store and walk back to the school.

The Gilford Youth Center will have two different Halloween offerings for people of all ages and levels of fright.

Get some scares in The Haunted Village on Oct. 29-31 from 7-9:30 p.m. each night where the GYC will be turned into a fright fest.

For some less scary fun for the whole family, come to the Not-So-Scary Halloween Stroll on Oct. 30 and 31. Kids along with their guardians can come in costume and walk through a Halloween maze. Kids can collect candy and meet some special friends like Mickey, Millie, Olaf, Donald, Daisy, Elmo, and more.

Admission is \$5 per child. Families can preregis-ter and choose a session on Saturday (Session 1 from 2-3 p.m. or Session 2 from 4-5 p.m. Sunday, Oct. 31 is pay at the door from 3:30-5:30 p.m. The GYC will try to accommodate everyone, but will need to end on time to get the Haunted Village set up.

Visit gilfordyouthcenter.com for more informa-tion.

Trick-or-treating is on Sunday, Oct. 31 from 5-8 p.m. Belknap Mountain Road will be closed during that time from Potter Hill Road to GES so families can go trick-or-treating.

GILFORD

(Continued from Page A1)

Eagles out to the 3-1 lead.

“The young Eagles just couldn’t handle the hard-hitting aggressive-ness in the second half,” said veteran coach Dave Rogacki. “Senior Shea Brown leaves a major hole to fill for the Eagles, but the scoring trio of Shute, Pichette and Keenan should help the Eagles adjust to a new defense.”

He also pointed out that goaltenders Car-oline Guest and Lily Winward both picked up valuable experience in the season that saw Gilford go 12-2 before the opening playoff loss.

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



Maddie Guest fires a shot during her team’s playoff loss to Stevens Sunday afternoon.



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Shipping Coordinator  
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Quality Inspector  
Engineering Technician - 2nd shift  
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# Take a trip on the “Horror Express” with LRPA this weekend

LACONIA— Do you like scary movies? If you do, then LRPA TV has got you covered! Celebrate the scariest month of year with our Fifth Annual Shocktoberfest, a month devoted to vintage horror films. For our final weekend (Oct. 29 & 30), we present the 1972 horror/sci-fi thriller “Horror Express,” starring Christopher Lee and Peter Cushing, with a cameo by Telly Savalas!

The year: 1906. While on expedition in remote Manchuria, British anthropologist Alexander Saxton (Lee) discovers the remains of a primitive creature that may be the “missing link” in human evolution. The specimen is packed in a crate to be shipped back to Europe on the Trans-Siberian Express. Also boarding the train in Shanghai is Dr. Wells (Cushing), a colleague and friendly rival of Saxton’s in the British scientific community. Saxton has some trouble getting his discovery onto the crowded train. While the crate sits on the platform waiting to be loaded, a thief dares to peek inside at contents. Minutes later he is found dead, his corpse bleeding from blank, white eyes. Panic ensues, and a Russian monk claims that the crate’s contents are evil and must be destroyed. Saxton dismisses the monk’s warnings and the train, loaded with passengers and the specimen, begins its long journey to the West. Dr. Well’s curiosity about the crate gets the best of him, and he bribes a baggage handler to look inside and report back with his findings. The handler never gets to tell Wells what he sees, because staring at the

creature’s red eyes puts him into the same death trance that killed the thief on the platform. The creature escapes and begins a murderous spree. Saxton confesses his discovery to Wells and together, they race against time to contain the beast and stop the killings. Yet each time they seem to get closer to stopping the carnage, someone else aboard the train gets drawn into the killings. How can one creature attack so many passengers? What is the secret of the mysterious creature?

When “Horror Express” was first released in 1972, it was ignored by critics. Yet over the years, it has grown into a cult favorite for its mash up of genres, including horror, sci-fi and period adventure-thriller. The story was adapted from John Campbell Jr.’s novella “Who Goes There?” which was the inspiration for the films The Thing from Another World and both versions of “The Thing.” “Horror Express” is also notable for its two leads, British Hammer Horror greats Christopher Lee and Peter Cushing. The two actors were colleagues and friends. In fact, legend has it that Cushing, whose wife had died earlier that year, arrived on the set and told the director that he couldn’t work on the film because he was still in mourning. Lee stepped up and worked closely with Cushing to create a relaxed and supportive atmosphere on the set – and the film was finished on time. Fans return to “Horror Express” again and again for its brisk pacing, quirky characters (Telly Savalas’s cameo is a true 1970s pleasure!)

and its comically dark humor. What’s not to love? So grab your candy corn and join LRPA after dark on the train ride of your life – or death!

Mark your calendars for Shocktoberfest’s final Halloween treat: Oct. 29 & 30: “Horror Express” (1972) And coming next month: Noir in November!

You can’t find television like this it anywhere but LRPA TV, At-

lantic Broadband 25. Not a subscriber? Log onto [www.live.lrpa.org](http://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](http://live.lrpa.org), and cable-

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

## Bank NH focuses on food insecurity with funds for Food Drive

REGION - Bank of New Hampshire is continuing to make an impact on food insecurity across the state with its’ annual Banking on Kindness Funds for Food Drive. From Oct. 12 through Nov. 12, each customer who visits a Bank of New Hampshire office will have the opportunity to donate \$1, \$5, \$10 or an amount of their choice to the Drive. Bank of New Hampshire will match donations up to \$250 per office for a potential total match of \$5,500.

The Funds for Food Drive collects monetary donations for local food pantries so they are able to purchase the food they need to be able to stock their shelves. Each Bank of New Hampshire office will donate the funds raised in their office to

a local food pantry of their choosing, allowing the Bank to have a widespread impact across the state.

“As Bank of New Hampshire seeks to further our impact on food insecurity in our communities, we are excited to once again partner with our customers through our annual Funds for Food Drive,” said Chris Logan, President and CEO for Bank of New Hampshire. “With the holidays right around the corner, our friends and neighbors struggling with Food Insecurity are feeling the weight of that struggle even more. Our customers have demonstrated their generosity and compassion year after year, and I am confident that they will continue that demonstration this

year as we partner to lessen the weight of food insecurity in our communities.”

Customers and community members who choose to donate to the Drive will be invited to write their name on a fall nametag and those nametags will be displayed on each office’s “Board of Givers” until the end of the Drive. After the Drive ends on Nov. 12, those who donated will be updated as to how much was collected, matched and donated to the office’s selected food pantry, showcasing the total impact.

Bank of New Hampshire is proud to be hosting this Drive as we aspire to remain an independent mutual financial institution, delivering innovative solutions and exceptional service,

while assisting our employees, customers and communities to build brighter futures.

Bank of New Hampshire, founded in 1831 provides deposit, lending and wealth management products and services to families and businesses throughout New Hampshire and southern Maine. With 21 banking offices and assets exceeding \$2 billion, Bank of New Hampshire is the oldest and one of the largest independent banks in the state. Bank of New Hampshire is a mutual organization, focused on the success of the bank’s customers, communities and employees, rather than stockholders. For more information, call 1.800.832.0912 or visit [www.BankNH.com](http://www.BankNH.com).

## Circle Program Announces New Executive Director

### *A Warm Welcome to Beth Dever*

PLYMOUTH – Beth Dever has accepted the position of Executive Director for Circle Program. Beth comes to Circle with 25 years of leadership experience in the nonprofit recreation and education fields. Beth is an established leader in the Lakes Region and Concord areas.

“Over the last two decades I have been privileged to witness the impact Circle Program has had on the girls in New Hampshire,” Dever said. “I believe that empowering young girls to become strong and passionate individuals who learn to understand themselves so they rise above oppression and pettiness and infuse generosity and kindness to

those less fortunate and those they may not understand is the key to a successful life’s journey. Through camp, community, connections, and mentorships Circle Program gives all of us a chance to show our young girls how to empower and believe in themselves so the life they create allows them to maneuver through adversity and life’s struggles. I can’t wait to roll up my sleeves and work alongside all of you as we strengthen Circle Program’s mission and make a lasting impact for more girls in New Hampshire.”

Most recently, Beth served as Executive Director for the Penacook Community Center; pri-

or to that position, Beth was Executive Director for Girls At Work in Manchester. In addition to her many years of nonprofit administration and management experience, Beth has also volunteered her time as a member of the Bristol Rotary Club, the Bristol Recreation Advisory Council, and CADY (Communities for Alcohol and Drug Free Youth).

“After a comprehensive and rigorous search process by the Search Committee, comprised of board and staff members, I am thrilled that Beth Dever has taken the helm of Circle Program as Executive Director,” said Sarah Crane, board presi-

dent. “Her compassion, nonprofit management knowledge, and passion for youth, especially girl serving organizations, makes her uniquely suited to lead Circle Program.”

Circle Program is a non-profit organization based in Plymouth. The organization, whose mission is to empower, transform, and enrich girls’ lives through community, connection, camp, and mentorship, provides a unique combination of year-round mentorship and residential summer camp to financially disadvantaged girls throughout New Hampshire.

## Town expecting big health insurance savings

BY ERIN PLUMMER  
[mnews@salmonpress.news](mailto:mnews@salmonpress.news)

The town will have some unexpected surpluses from its health and dental insurance carrier including a projected lower rate increase and surplus funds.

Town administrator Scott Dunn updated the selectmen on the changes from its carrier HealthTrust, including the need for a public hearing on the more than \$129,000 in surplus funds.

Dunn said the board met the week before to go over the preliminary budget numbers. He said the next day their insurance company notified them that a few of the projected rate increases would be much smaller than anticipated.

The budget included a projected increase in the health insurance’s guaranteed maximum rate of 7.5 percent, an amount updated to 1.3 percent. Dental insurance was expected to go up by five percent, but instead it will go up 1.5 percent.

Dunn said this will save the town around \$50,000. He adjusted the budget numbers to account for this savings and asked the board to approve the amended budget memo. The board voted unanimously in favor of approving the memo to the new amount, which will take the next steps in the budget process.

The town also learned it will receive almost \$130,000 in surplus money from HealthTrust and has scheduled a public hearing to accept the funds.

Dunn said a public hearing was scheduled for the next meeting to accept \$129,034.45 from HealthTrust as surplus funds from the town’s health and dental insurance for the period that ended on June 30.

## Plymouth State University Introduces Block Transfer Program

New Hampshire Transfer Connections application will be guaranteed enrollment in the program.

This block transfer program is the first and only program of its kind in New Hampshire, and highlights PSU’s commitment to providing accessible and affordable transfer pathways for students from the state’s community college system. In following this pathway, a student’s associate degree will be credited as years one and two of their undergraduate coursework. When students enroll at PSU for year three, they will be

taking classes alongside PSU’s four-year business administration students. Upon graduation from the program, transfer students will receive a certificate in Transformative Innovation & Design Entrepreneurship, in addition to a Bachelor of Science degree.

“We wanted to create an easy pathway for students who have completed an associate degree to continue their education. We designed this program with a student-centric approach to transfers admissions,” said Matt Wallace, Director of Admissions at PSU. “Too often, transfer

credits are treated on a course-by-course basis and students tend to lose credits for courses they have already completed and paid for. Our program acknowledges all the work students have done to achieve an associate degree.”

Students who are interested in the transfer program should follow the admissions deadline outlined at [www.plymouth.edu/transfer](http://www.plymouth.edu/transfer) for the semester in which they plan to enroll.

For more information about the transfer program, visit [go.plymouth.edu/transferagreements](http://go.plymouth.edu/transferagreements).



# Breast Cancer awareness

## How breast cancer treatments can affect the immune system



Treatment for breast cancer is highly effective. Five-year survival rates for breast cancer have increased dramatically in recent decades, and much of that success can be credited to cancer researchers and campaigns designed to inform women about the importance of screenings.

Breast cancer is highly treatable, but treatment typically leads to some unwanted side effects. According to Johns Hopkins Medicine, women undergoing treatment for breast cancer may experience a host of side effects, including fatigue, pain, headaches, and dental issues. Cancer treatments, most notably chemotherapy, also can take a toll on women's immune systems.

Why does chemotherapy affect the immune system?

Cancer is caused by an uncontrolled division of abnormal cells in the body. According to Breastcancer.org,

chemotherapy targets these abnormal cells, but also can affect fast-growing cells that are healthy and normal. So chemotherapy can damage cells throughout the body, including those in bone marrow. When bone marrow is damaged, it's less capable of producing sufficient red blood cells, white blood cells and platelets. Breastcancer.org notes that the body is more vulnerable to infection when it does not have enough white blood cells.

Does chemotherapy always weaken the immune system?

The effects of chemotherapy on the immune system depend on various factors. According to Breastcancer.org, a patient's age and overall health may influence the effects of chemotherapy on their immune systems. Young, healthy patients may be less vulnerable to infections from weakened immune systems than aging, less healthy patients. How-

ever, Susan G. Komen notes that the median age for breast cancer diagnosis in the United States is 63, so many patients are likely to be affected by the impact that treatment can have on their immune systems. The length of treatment and amount of medicines patients receive also can affect the impact of chemotherapy on patients' immune systems. Breastcancer.org notes that being administered two or more chemotherapy medicines at once is more likely to affect the immune system than just one medication.

Other treatments

Chemotherapy is not the only treatment that can affect breast cancer patients' immune systems. The Cancer Treatment Centers of America® notes that surgery, radiation, CAR T-cell therapy, stem cell transplants, and even immunotherapy can affect the immune system. Surgery can overtax the immune system and compromise its ability to prevent infections and heal wounds caused by the procedure. Like chemotherapy, radiation therapy can damage healthy cells and lead to an increased risk of infection. And while immunotherapy is designed to boost the immune system by helping it recognize and attack cells more effectively, it also can lead to an overactive immune system that attacks healthy cells.

Cancer treatment is often highly effective. However, patients may need to work with their physicians to combat treatment side effects that can adversely affect their immune systems.

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# Taylor Community

## CAREER OPEN HOUSE

### AT SUGAR HILL | WOLFEBORO

### Saturday, October 30<sup>th</sup>, 10 am – 3pm

83 Rolling Wood Drive, Wolfeboro NH 03894



**We are interviewing for the following positions:**

**LNAs, LPNs and RNs, Waitstaff, Dishwashers, and a Recreation Coordinator.**

Do you know Taylor Community?  
Come meet our staff & supervisors.

Just for visiting you will be entered into a drawing for one of four \$25 gift cards.

We will be serving complimentary hamburgers, chips and drinks between 11:30 a.m. and 1:00 p.m.

For more information about the open house please contact our Director of HR, Eliot Davis.

[taylorcommunity.org](http://taylorcommunity.org) **TEXT OR CALL 603-464-9851**

## Randy Woods joins Bank of New Hampshire team



Randy Woods

LACONIA — Bank of New Hampshire is excited to be welcoming Randy Woods to Bank of New Hampshire as he joins our team as Vice President – Information Technology Manager. In this role, Randy will be responsible for effectively managing the day-to-day operations, activities and performance of Network Services, Engineering and Application areas of the IT Department.

Woods has a strong background in information technology, with over twenty years' success leading technology strategy through customer analysis, risk assessment and performance measurements. He is a highly talented and results-oriented technical professional with experience in utilizing emerging technologies to maximize operational impacts. His expertise in implementing information technology solutions to ensure organizational achievements and business resolution will make him a strong leader for our information technology team.

"We are very excited to have Randy join our IT team," said Cheri Caruso, SVP, Chief Technology, Digital Banking & Operations Officer. "He is a seasoned business professional who has experience building strong IT teams in order to provide opportunities for staff and to increase productivity."

Woods holds a Bachelor of Science degree in Information Systems Technology from Seminole State College and is in progress to receive a Master of Science in Information Technology from Florida State University. He has accomplished many certifications including Cisco-CCNP, CCNA, CCDA; SBE-Certified Broadcast Network Engineer; Certified Tower Climber, CompTIA-A+; Novell-CNE. In 2009 he was recognized as one of Radio Ink's Top 30 Tech and Engineering Pros.

Bank of New Hampshire is proud to be welcoming Randy to our team as we aspire to remain an independent mutual financial institution, delivering innovative solutions and exceptional service, while assisting our employees, customers and communities to build brighter futures.

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

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LAKES REGION COMMUNITY COLLEGE

## FALL OPEN HOUSE

Tuesday, November 9th  
5pm – 7pm



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