

Scare up some fun for a good cause at White Tiger Karate’s haunted hayride

BY DONNA RHODES
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TILTON — Sensei Sharyl Geisert, the staff at White Tiger Karate and their students invite everyone to come out to enjoy a great scare at the 13th Annual Haunted Hayride and Hike, this year benefiting a local young woman who continues to battle a life-threatening illness.

Geisert said the event began in 2004 to help Molly, a young girl from Franklin who was facing serious health matters. Since that time White Tiger Karate has designated other community members in need to benefit from their Halloween frights and fun but as Molly’s health condition worsens, they selected she and her family to be their focus again this year.

“She’s the one who got this whole thing started and we just want to help her as much as we can,” said Geisert.

Without giving away any of the surprises found along the wooded trail, it’s fair to say that the Haunted Hike is something anyone who likes a good scare should not miss.

It isn’t all just screams and bad dreams though. Young children are asked to come before sundown when they can experience the trail yet not be too frightened. There is also a bounce house, goody bags, crafts, a bonfire (if burn permits are allowed), food and beverages available for purchase, and other fun activities for families to enjoy.

Older individuals of SEE HAYRIDE, PAGE A12



Donna Rhodes

The staff from White Tiger Karate, along with some willing volunteers, hopes to share some thrills and chills with all at their 13th annual Haunted Hayride and Hike in Tilton. Each year, proceeds from the event help local residents in need.

Minor earthquake leaves Sanbornton residents shaken up

BY DONNA RHODES
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SANBORNTON — At 5:41 p.m. on Tuesday, Oct. 17, a 1.9-magnitude earthquake caught the attention of residents in Sanbornton when they not only felt the earth shake, but heard a loud “bang” followed by windows rattling in their homes.

Both the Weston Observatory in Manchester and scientists from the U.S. Geological Survey confirmed that the center of the quake was located approximately three miles northwest of Sanbornton Village, near a section of town know as Gaza Corners. The rumbling also spread from there to other parts of the region, with reports of the noise and strong vibrations coming from Bel-

mont and Meredith as well.

There were no reports of any damage as a result of this latest tremor.

Small earthquakes of this type are not uncommon in New England. IN just the past five months ten quakes, ranging from 1.6 to 2.2 in magnitude, have occurred in a number of areas throughout northern Massachusetts, New Hampshire and southern Maine. Locally, Sanbornton, Laconia and towns on the north side of Lake Winnepesaukee experience several slight tremors over the course of a year but none have ever been the source of any real damage or concern, and most go unnoticed by residents.

Pemi Youth Center Tilton opens its doors

BY DONNA RHODES
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TILTON — Oct. 16 was the much anticipated opening of the new Pemi Youth Center in Tilton, and the facility is ready to welcome select students from Grades five through 12 throughout the Winnisquam Regional School District. The staff and volunteers will provide them with educational and social support as well as encouragement in all they do.

“This center wouldn’t be here, though, without Doug and Karen Rollins, who’ve leased us the building and provided us with a location right across the street from



Courtesy

The new Pemi Youth Center, located at 448 West Main St. in Tilton, is now open and eager to support children in grades five through 12 from the Winnisquam School District.

New Pickle Ball program offers a chance to have fun and forge new friendships

BY DONNA RHODES
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SANBORNTON — Meet Pickle Ball. It’s a little bit badminton, a little bit ping-pong, a little bit tennis, and a whole lot of fun, and each week, the Sanbornton Recreation Commission invites adults throughout the Winnisquam Region to join them for a night out that will introduce them to new friendships and great exercise.

Julie Lonergan, Recreation Coordinator for the commission, said the program began last spring and has seen a lot of enthusiasm from participants.

“This isn’t just for Sanbornton residents, though. I want to see people from Northfield, Tilton and all the surrounding towns come out to have a lot of fun with us,” said Lonergan.



Donna Rhodes

Nancy Stock returns a serve during a low impact but fun and invigorating game of Pickle Ball at Sanbornton Central School last Thursday evening.

The history of Pickle Ball goes back to Bainbridge Island, Wash. in the year 1965. Joel Pritchard, who was elected to the U.S. House of Representatives and later served as Lt. Governor of Washington, came back from a game of golf with his friends one day to find his family sitting home bored. To lighten their spirits, he tried to set up a badminton court, but couldn’t find the shuttlecock, so they used a wiffle ball instead. With a few adaptations to the SEE PICKLE, PAGE A12

the high school and middle school,” said Stephen Rock, the President of the Tilton Pemi Youth Center’s Board of Directors.

The concept for Pemi Youth Center began in downtown Plymouth in 1999, when Glenda Toomey saw a need to provide a nurturing, home style environment for youth in the after school hours of the day. Creating a center for local youth in Plymouth’s former 1800’s firehouse, which was once also the publishing facility for the Plymouth Record Enterprise (a fellow member of the Salmon Press family), she soon found students flocking

there for afterschool assistance and activities.

Rock’s wife Jae-Ann also serves as one of 11 board members for the new Pemi Youth Center Tilton. She said they are SEE PYC, PAGE A12

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PINES HAPPENINGS

Halloween Party
The Pines Annual Free Spook-tacular Halloween Party is coming up on Friday, Oct. 27, from 6 to 7:30 p.m. The party is for kids up through Grade 5. Come dressed to scare! There are free crafts for kids at the make and take tables, free goodie bags for the first 50 kids, prize drawings for kids with costumes, games, and seasonal treats for sale at the concession stand. No advance registration necessary. If you belong to a group or organization that is interested in helping out, or sponsoring, or doing an activity for the kids, please contact Samantha Magoon. She may be reached at 286-8653 or at pccprogramdirector@gmail.com.

Youth Basketball
Register for Pines Youth Basketball through Nov. 1! Practices start in mid-November. We offer Rec Basketball for boys and girls in Kindergarten through Grade 2 at \$455 per child for Tilton-Northfield resi-

dents, \$55.00 for non-residents. We have four Traveling Basketball teams, Boys Grades 3-4, Girls Grades 3-4, Boys Grades 5-6, and Girls Grades 5-6. Traveling Basketball costs \$55 per child for Tilton-Northfield residents, \$65 for non-residents. All practices and home games are at Southwick School. Practice dates and times can be found on our website and our Facebook page Games for Traveling Basketball start in December. Parents are responsible for transporting children to games. Register right away as all teams are capped at 22 participants due to limited gym space. Volunteer coaches are needed for all levels and teams. Please contact Samantha Magoon if you are interested. Our sports programs cannot run without volunteer coaches! Online registration is under 2017-2018 Youth & Family Sports.

Ski & Snowboard Lessons Parent Meeting

The Pines Community Center will have a parent information meeting on Wednesday, Nov. 1, at 6:30 p.m. to explain the changes in the Ski and Snowboard Lessons Program at Gunstock and the new registration process. This meeting is for Tilton, Northfield and Sanbornton residents, and the Sanbornton Recreation Director will also be present. Participants must be registered with both their recreation department and with Gunstock. Attendance at this meeting is strongly recommended for any parent who is considering signing their child up for lessons.

Craft Fair
The Pines first annual Craft Fair is coming up on Saturday, Nov. 4, from 9 a.m. to 3 p.m. We have over 20 vendors selling things such as handcrafted Christmas wreaths, ornaments and decorations, yarn, knitted and crocheted items, hobbyhorses, puppets, stuffed animals, and wooden toys and games, catnip mice, bat and

bird houses, woodcrafts and baskets, jewelry, make up and personal care products, to name just a few. The Pines will be selling concessions and baked goods, and there will be raffles during the day. Stop by and get a head start on your Christmas shopping! Vendor registration ends Friday, Oct. 27. If you are interested in selling your own handcrafted items here, please contact Recreation Director Samantha Magoon at pccprogramdirector@gmail.com or 286-8653.

School Vacation Camps
The Pines is offering Vacation Camps on Thursday, Nov. 9, a teacher workshop day, and on Wednesday, Nov. 22, the day before Thanksgiving when schools are closed. This

program is for children in Kindergarten through Grade 5. Nov. 9, we will eat our lunches with visiting veterans from the Veterans' Home and do some activities with them. Children should bring their own lunches, snacks and drinks, and have outdoor clothing. Register by Wednesday, Nov. 8, cost \$35. On Nov. 22, we will do Thanksgiving themed activities, make ceramics, and send out for pizza for lunch. Register by Tuesday, Nov. 21, cost of \$37 includes lunch and ceramics. Send your child with snacks and drinks, and with outdoor clothing and appropriate shoes. We play outside as much as possible. Children may be dropped off as early as 7 a.m., and must be picked up by 5:30 p.m. Register at the Pines or online under 2017-2018

Vacation Camps.

Yoga Class
Yoga Class with Kelly Lang continues on Mondays, from 7 to 8 p.m. The cost is \$12 per class, or \$45 for a block of five classes. Participants need a yoga mat and a water bottle. You may register in advance at the Pines, or online under Adult Sports and Fitness, or just drop in and check the class out. Kelly is a certified yoga instructor and life coach, and the author of "Live Free & Dream: 7 Steps to Manifest Your True Life Desires." For more information, check out her Web site at livefreekelly.com.

Zumba with Akiesha
Zumba instructor Akiesha Young now offers Zumba classes at the Pines two nights a week. SEE PINES, PAGE A11

Masons hosting monthly breakfast and bake sale Saturday

TILTON — The Masons of Doric-Centre Lodge #20 are continuing their public breakfasts and bake sales on the fourth Saturday of each month except November and December from 7 to 9:30 a.m. at the Masonic Building, located at 410 West Main

St. (Route 3/11 West) in Tilton (where "The Ark" day care center is). Put it on your calendar and come socialize with friends each month. This month's breakfast will be held on Saturday, Oct. 28. They serve a full breakfast, including eggs cooked

to order, and the cost is \$8. Proceeds will benefit the various charities the Lodge supports. The Masonic Lodge will also be open for public tours and information. For more information about the breakfasts or about the Masons, contact Woody Fogg at 524-8268.

SANBORNTON POLICE LOG

SANBORNTON — The Sanbornton Police Department responded to 43 calls for service during the week ending Oct. 21. The breakdown was as follows: one alarm, four calls in the "All Others" category, one animal involved incident, three

requests to assist other departments, one report of conduct after an accident, one criminal mischief complaint, two directed patrols, one failure to report an injury to a dog, three fire/medical calls, five requests for motorist assistance, 12 motor vehicle warn-

ings, one neighborhood dispute, one noise complaint, three requests for police information, one incident of possession of controlled drugs, one incident of recovered property, one report of a suspicious vehicle or activity, and one V.I.N. verification.

BELMONT POLICE LOG

BELMONT — The Belmont Police Department responded to 121 calls for service and made the following arrests during the week of Oct. 13-20. Please note that the names of juveniles, and those of individuals taken into protective custody but not formally charged, have been withheld. James D. Willingham, age 31, of Laconia was arrested on Oct. 13 for Driving After Revoca-

tion or Suspension. Michael A. Vachon, age 48, of Gilford was arrested on Oct. 14 for Driving While Intoxicated and Transporting Alcoholic Beverages. Bryce Steven Eason-Fall, age 22, of Belmont was arrested on Oct. 14 in connection with a warrant issued by Franklin District Court. Crystal M. Joy-Pagliarulo, age 33, of Belmont was arrested on Oct. 17 in connection

with a warrant issued by Laconia District Court. Caleb Young, age 23, of Belmont was arrested on Oct. 17 for Disobeying An Officer, Driving After Revocation or Suspension, and in connection with a drug investigation and three outstanding warrants. A 23-year-old from Belmont was involuntarily admitted for emergency treatment stemming from a mental health issue on Oct. 20.

TILTON POLICE LOG

TILTON — The Tilton Police Department responded to 288 calls for service and made the following arrests during the week of Oct. 9-15. Please note that the names of juveniles, and those of individuals taken into protective custody but not formally charged, have

been withheld. Arrested during this time period were Joseph Huckings (for Driving After Suspension, Aggravated Driving Under the Influence, and Possession of Drugs), Erika Bisson-Tessier (in connection with a warrant), Vincent Scott (for Pos-

session of Drugs), Ronald Menard (in connection with a warrant), Wayne Smith (for Resisting Arrest and in connection with a warrant), Timothy Parsons (in connection with a warrant), and Ryan Bayer (for driving with a Suspended Registration).

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DONNA RHODES

Paige was thrilled with the artistic talents of her dad Adam when he finished her pumpkin at a community pumpkin carving night at Pines Community Center in Northfield last week.



DONNA RHODES

Winnisquam Middle School students Jordan, Amanda and Symphony of Northfield were among many who dropped by Pines Community Center to carve Halloween pumpkins last Wednesday evening.



DONNA RHODES

Eight-year-old Olivia was thrilled with her "I Love Mickey Mouse" themed jack-o-lantern that she and her mom carved last Wednesday night at Pines Community Center in Northfield.

Pines Community Center welcomes boys and ghouls of all ages for pumpkin carving party

BY DONNA RHODES
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NORTHFIELD — Pumpkin carving artists of all ages and skill levels gathered at the Pines Community Center last Wednesday to prepare for the upcoming holiday, and Recreation Director Samantha Magoon was pleased to see such a nice turn out.

"We've done this for a few years now, and it's a lot of fun for everyone," she said.

From tiny toddlers, getting some assistance with their Halloween

pumpkin from moms, dads and grandparents, to teens having fun on their own, there were grins to be seen on more than just the jack o'lanterns that night.

Three Winnisquam Middle School students had a great time as they worked together to carve their pumpkins. Thirteen-year-olds Jordan, Amanda and Symphony have worked together at school on the math team and "almost always won" so for Halloween they decided to team up once again for a winning

holiday experience.

"My mom helps out here, so I told my friends 'Come on, let's go,'" said Jordan, who brought along her teammates for their first Pumpkin Carving Party at the Pines.

"We're going to be Alvin and the Chipmunks for Halloween, and thought it would be fun to come out and carve our pumpkins together, too," Amanda and Symphony added.

They first plotted out on newsprint what they would carve. They final-

ly decided to use the first letter of their names, J-A-S, which they have used to represent themselves in math team competitions.

Olivia is a second grade student from Union-Sanborn School who was quite proud to show off her whimsical jack-o-lantern. With help from her mother her pumpkin left the Pines Community Center with an array of carvings that included hearts and Mickey Mouse.

"I really love Mickey Mouse," she said as she

held up the results for all to see.

Another dad took carving to the next level when he first examined a pumpkin carving schematic then skillfully cut out a spooky ghost scene for his young daughter Paige.

"I never did this before but I did it this year because my wife and mother-in-law said I had to," he laughed. Nonetheless, Paige was quite pleased with his very artistic results.

Next up at PCC will be their annual Halloween

Party from 6-7:30 p.m. on Friday, Oct. 28, for children in Grades five and under. The party will include games, crafts, prize drawings for those in costumes, free goodie bags for the first 50 kids and seasonal treats that will be available through their concession stand.

To stay in touch with all the fun happenings available for citizens of any age, please drop by Pines Community Center at 61 Summer St. in Northfield or visit them online at www.pinescommunitycenter.com.

Friendship and community at the Belmont Library

BELMONT — The Friends of the Library group is beginning to take shape. Be there at the beginning! The next organizational meeting is Friday, Nov. 17 at 2 p.m. Can't make it? Contact the library to receive to the e-mail updates. The Friends will be hosting a holiday craft opportunity Saturday, Nov. 18.

A new evening book group will be discussing "The Bookshop around the Corner" on Monday, Nov. 6, at 6 p.m. Nina Redmond is a librarian with a gift for finding the perfect

book for her readers. But can she write her own happy-ever-after? Our Third Friday Book Group reads "The Forgotten Garden" Friday, Nov. 17 at 10:30 a.m. A foundling, an old book of dark fairy tales, a secret garden, an aristocratic family, a love denied, and a mystery. "The Forgotten Garden" is a captivating, atmospheric and compulsively readable story of the past, secrets, family and memory from the international best-selling author Kate Morton. All are welcome and

copies are available at the desk. The Senior Center book group is reading "The Shadow of the Wind" by Carlos Ruiz Zafon Wednesday, Nov. 29, at 12:30 p.m. The international literary sensation, about a boy's quest through the secrets and shadows of postwar Barcelona for a mysterious author whose book has proved as dangerous to own as it is impossible to forget. Copies are available at the Senior Center. Interested in more general book talk? We'll discuss what we've been reading lately,

what we'd like to read, and get a sneak peek at new arrivals Nov. 27 at 11 a.m.

Simple STEM, aimed at grades one through four and available for families, is Saturday, Nov. 18, at 10 a.m. This month, we'll be using Snap Circuit sets on loan from the State Library. Middle School Madness (grades five through eight) stars a new activity each month. In November, it's decoupage gratitude journals. The date is Thursday, Nov. 16, at 3:30 p.m. Preschool-age storytime features stories, movement, music, and crafts to encourage early literacy skills Wednesdays at 10:30 a.m. LEGO Build is Saturday, Nov. 4, from 10 a.m.-noon. The Muppets kick off our holiday movies on Monday, Nov. 27 at 4 p.m.

The library supports the St. Joseph food pantry and the Shaker Closet by serving as a drop-off point for donated toiletries and other items. Those with fines

on their library accounts can work some off by donating. We welcome contributions from everyone.

Adults and teens can explore a new art or craft project each week at Craft and Laugh Wednesdays at 5 p.m. Supplies are provided, with beginners and experts both welcome.

Nov. 1 - Stamping with masking fluid
Nov. 8 - String art
Nov. 15 - Ornament balls
Nov. 22 - Leaf jars
Nov. 29 - Twig wreaths
Papercrafts will meet only on Nov. 3 at 2 p.m. this month.
Do you enjoy playing SEE BELMONT, PAGE A10

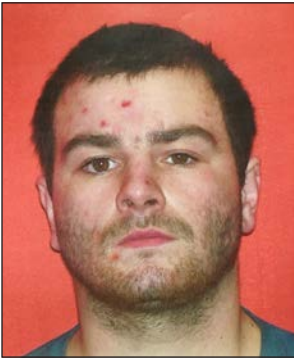
Traffic stop results in crash, arrest in Belmont

BY DONNA RHODES
dhrhodes@salmonpress.news

BELMONT — On Tuesday, Oct. 17, police in Belmont arrested 23-year-old Caleb Young, a transient, after they attempted to stop him on Union Road when a patrol officer noticed he had defective equipment.

According to reports by Lt. Richard Mann, the officer on patrol at that time spotted the vehicle and turned around in order to make a traffic stop to cite the driver for the violation, but the vehicle then fled.

"Once the officer came around a corner, he saw that the vehicle had lost control and struck an Eversource utility pole, smashing it and bringing power lines down onto the roadway," said Mann in his release to the press.



COURTESY

Caleb Young, a transient, was arrested in Belmont last week after a defective equipment stop that resulted in not only a crash, but multiple charges against him.

When the officer was able to eventually make contact with Young, identified as the driver of the vehicle, it was found he had multiple arrest warrants out from both the Laconia Police Department and the Belknap County Sheriff's Office.

A records check fur-

ther revealed that he was driving under a suspended license.

That evening Young was additionally charged by Belmont Police with not only Driving After Suspension, but Disobeying a Police Officer.

He was consequently arrested by BPD, which also called in medical personnel from Belmont Fire Department to evaluate him after the crash.

"He was treated at the scene by BFD medics and taken to the Belknap County Jail, where he was held on cash bail to await arraignment on the open arrest warrants," Mann said last week.

The crash also prompted the shut down of Union Road until power crews could arrive on scene and restring a new electrical pole.



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STRATEGIES FOR LIVING

A living temple

BY LARRY SCOTT

In the final hours of his life, Jesus and his disciples were on their way out of Jerusalem to the Mount of Olives when one of the disciples remarked on the magnificent Temple complex that overlooked the city. Jesus' response was not what they expected. "Do you see all these things? ... I tell you the truth not one stone here will be left on another, every one will be thrown down." In just 37 years, and in reaction to the Jews' refusal to surrender, the Roman General Titus left the city and the Temple totally destroyed, a pile of useless rubble.

The Roman historian Josephus, in his book, "The Wars of the Jews," Book 6, Chapter 5, Section 2, recounts, "Now the Romans judging that it was in vain to spare what was round about the holy house, burnt all those places." And, in Book 7, Chapter 1, Section 1, Josephus continues, "As soon as the army had no more people to slay or plunder, ... Caesar gave orders that they should now demolish the entire city and temple, but should leave as many of the towers standing ... spared, in order to demonstrate to posterity what kind of city it was, and how well fortified."

How tragic an end to the city and a temple that, from the time of the original under King Solomon, was meant to be the place of meeting between the God of heaven and the people of Israel. King David had amassed the material needed for its construction and left his son Solomon to finish the task. Seven years in construction, the day finally came when construction was complete and, in the final act prior to dedication, the Ark of the Covenant was brought into the section of the Temple known as the Holy of Holies. "There was nothing in the ark," we are told, "except the two stone tablets that Moses had placed in it at Horeb. ... When the priests withdrew from the Holy Place, the cloud filled the temple of the Lord. ... [T]he glory of the Lord filled his temple. (I Kings 8:9-11).

The destruction of the Temple under Titus marked the end of an era, and a "new temple" took its place. "Do you not know," writes the Apostle Paul, "that your body is a temple of the Holy Spirit, who is in you, whom you have received from God?" (I Cor. 6:19). Following Jesus' death and resurrection, the temple, the "meeting house" between God and man, would be found, not in a building, but in the life of every follower of Jesus Christ.

We have said much in this column about accepting Jesus Christ as the Lord of our lives. I know that sounds terribly religious and smacks of superstition and fanaticism, but the bottom line here is that God does exist and he desires to have a personal relationship with each one of us. A new temple has replaced the old, found in the life of every one of us prepared to welcome Jesus as our Lord. "Come to me, all you who are weary and burdened, and I will give you rest," Jesus said, and millions of Christians will tell you, God has always been as good as his word.

You want to talk about it? Hit me up at rlarryscott@gmail.com.

PET OF THE WEEK

LUCY

Lucy does not know she is a muted calico cat and should, by definition present an attitude of haughtiness and entitlement, rather, she is so glad to be cuddled by any humane, her purring demeanor wins over absolutely everyone!

We know Lucy is older, perhaps ten, but of course, a lady never divulges her age.

We know she was abandoned. We know she was desperately trying to survive away from the creature comforts she should never

have been separated from. Lucy is so incredibly affectionate and likes to wrap herself around your shoulders, impersonating a warm, fluffy scarf.

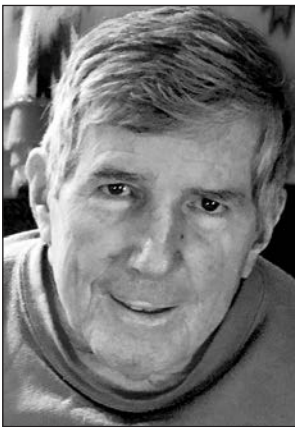
She seems indifferent to life at the shelter, other pets do not register disgruntlement or ire. She truly could assimilate into any home, with one proviso, lots of laps, and cuddling, and cozy, comfy spaces with a family that will not let her wander off.

Check www.nhhumane.org for more details.



North Country Notebook

From opioids to Mountain Men, from freedom to perilous times



By JOHN HARRIGAN
COLUMNIST

The opioid crisis, which is every bit as real in rural and small-town America as in the cities, has spawned a terrific kickback from the medical and law enforcement communities.

Rightly so, but there is a risk of throwing the baby out with the bath-water. Family doctors are getting close scrutiny on the prescriptions they write. But they need running-room to be able to use what are in fact wonder-drugs for people hitting "the wall," and beyond.

There is an "of course," of course, to the fact that so many North Country physicians write so many opioid subscriptions. Northern New England has a much higher percentage of elderly citizens than most other states. And let's not forget the Baby Boomers, who are all hitting the wall of turning 70 at just about the same time, a veritable tsunami in demographic terms.

Who could have not seen this coming? The health industry, from what I've seen, is woefully unprepared.

The opioid crisis stems from illegal street use, and for sure, people



HANK PETERSON — COURTESY

Reader Hank Peterson of Littleton sent me this shot of his wife Jean-Marie and their 17-foot Charles River canoe (note the neat pack basket) beached at Christine Lake.

stealing their Aunt Millie's opioids from the family medicine cabinet. But there is a but.

I would hate to see friends, neighbors, or loved ones denied the full use of the very best pain-killers there are, when they are so obviously and so badly needed, all because of a societal knee-jerk reaction to unlawful misuse.

+++++

Because of a bone chip from an earlier injury, I've developed a bursar on my left elbow that gets aggravated from time to time. This is mostly from one of my favorite things, standing at the kitchen counter and leaning on my elbows to read the newspapers. These tend to be the Union Leader, the Caledonian-Record (St. Johnsbury, Vt.), and, when I can get it, the New York Times. And let's not forget the

weeklies. With a cup of coffee at hand, it is one of my sublime pleasures of the day.

Yes, I know, I know, I could read all these papers and more online. But to me, a computer is a love/hate relationship (i.e., "work"), and in most cases I don't want to be at the keyboard unless I have to be. And reading a newspaper online is just not the same. I want the real deal, the feel and smell of an actual honest-to-gosh newspaper. As the old saying goes, accept no substitutes.

+++++

If you are a true news junkie, and I am, forget daytime TV. All of the major news shows---MSNBC, CNN, and Fox, in descending order of reliability, quickly revert to talking heads after relaying what amounts to headlines on the half-hour. (Caveat: I'm a DirectTV satellite customer, and there's no room in the budget for BBC.)

I suspect that it is cheaper to hire various experts for a segment, and get them ready in the Green Room and trot them out to the newsroom, than it would be to do some actual on-scene reporting or buy some on-scene film footage. CNN, for example, used to be good at that. It isn't.

The medium continues to live up to its early-days moniker as

a "vast wasteland," indeed.

+++++

Longtime readers Hank and Jean-Marie Peterson of Littleton sent me a lovely photo of their beached canoe on Christine Lake in Percy.

Hank offered me the use of the canoe (that was nice, but I have three), and mentioned old shirts or something for soaking up bilge-water. And I wrote back that this would be particularly important to me because I hardly ever sit in a canoe, but kneel.

This is the way I was taught, at an early age--to kneel, with my legs under the seat. This affords far greater leverage with the big stern paddle, so vital in fast water, as the rocks and rapids swish by.

But the seat does come in handy for socializing in still water.

+++++

Another longtime reader drew a permit in the New Hampshire moose lottery and invited me to be his sub-permittee, an honor, and I said so even as I declined with great thanks.

But he still wanted some tips on where to hunt, and I was hard put to provide them, so scarce have moose become. There is a big bull ranging my territory, and a cow with last year's calf. And that's SEE **NOTEBOOK**, PAGE A11

Winnisquam Echo

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Join horror icons Christopher Lee and Peter Cushing on the “Horror Express”

1972 thriller concludes this year’s Shocktoberfest on LRPA

L A C O N I A — Throughout October, join Lakes Region Public Access Television each Friday and Saturday night at 10:30 p.m. for a scary good time! “LRPA After Dark” celebrates Halloween with four frightening films from Hollywood’s past. For our final weekend (October 27 & 28), we present the 1972 horror/sci-fi thriller “Horror Express,” starring Christopher Lee and Peter Cushing, with a cameo appearance 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. Wells’ 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 all

but 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 loosely 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 Ex-

press” 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!

SEE EXPRESS, PAGE A11

LRSO concert features concerto competition winner

MEREDITH — The Lakes Region Symphony Orchestra (LRSO) invites you to its season-opening concert on Saturday, Nov. 4 at 7:30 p.m. at Inter-Lakes Auditorium in Meredith.

We are honored to feature the first of our two co-winners of our 2017 Student Concerto and Scholarship Competition, violinist cellist Roric Cunningham. Roric, a sophomore at Manchester Central High School, will be performing Tchaikovsky’s “Rococo Variations,” a dazzling and challenging work that is a staple in the cello repertoire.

Also on the November program are Beethoven’s “Symphony No. 5” - yes, “that” Beethoven’s 5th! - and Franz Schubert’s haunting “Rosamunde Overture,” one of Schubert’s finest



COURTESY
Cellist Roric Cunningham, co-winner of the LRSO’s student concerto competition and scholarship program, performs with the Lakes Region Symphony Orchestra on Nov. 4.

orchestral pieces, seasoned with subtle musical humor.

The LRSO concerto competition, now entering its ninth year, has been an exciting successful journey since its inception eight years ago. Over the years, more than 100 incredibly talented middle- and high-school students have auditioned. Students compete for a scholarship and the opportunity to perform with the LRSO each year. This year’s competition was so difficult we could not pick a single winner. We choose co-winners for the first time in the competition’s history. Along with Roric we selected 15-year-old violinist Danilo Thurber. Danilo will be performing the first movement from Camille Saint-Saens “Violin Concerto No. 3 in B Minor” at our

March 24, 2018 concert.

Roric Cunningham began private lessons at The Manchester Community Music School in early 2015, and currently performs in the Dino Anagnost Youth Symphony Orchestra.

As a freshman at Manchester Central High School, Roric auditioned and was awarded 5th place in the New Hampshire All-State Orchestra auditions. The following year, with only two years of study under his belt, he placed first.

Roric a member of the New Hampshire Philharmonic and has performed with the Nashua Chamber Orchestra.

Tickets are \$20 for adults and \$10 for students college-age and under with ID, are available online at www.LRSO.org/tickets, by phone at 800-838-3006, and at our ticket partners Innisfree Bookshop in Meredith and Greenlaw’s Music in Laconia.

LRSO wishes to thank our sponsor Bank of New Hampshire for their gracious support of the Concerto Competition and this performance. We could not do this without their assistance.

Entertainment by magician BJ Hickman at Taylor Community Nov. 1

LACONIA — New Hampshire Magician BJ Hickman performs audience participation, comedy magic shows through New England, including New Hampshire, Maine, Massachusetts and throughout the U.S., as well as the famous Magic Castle in Hollywood. He brings his magic show to Taylor Community Wednesday, Nov. 1 at 6:30 p.m. in Taylor Community’s Woodside Building. This free event is open to the public.

Hickman is a member of the International Brotherhood of Magicians, Magic Castle and the Academy of Magical Arts.

Taylor Community is a not-for-profit Continuing Care Retirement Community whose mission is to provide the highest quality of



BJ Hickman

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Marion Louise Wells Patterson, 94

MILFORD — Marion Wells grew up in Melrose, Mass. during the Great Depression. She had hoped for a career in nursing, but recognized that the cost of such an education might be too great a burden at a time when money was tight. Still, it was her wish to work in a profession, “Where you wore flat shoes and had a purpose in life.” She turned her attention to nutrition and, after graduating with a BS in Home Economics from Simmons College, Marion began a life as a professional dietician and nutritionist.

After several years, she took a job as Chief Dietician at Syracuse University. It was there that Marion met a student who worked in the kitchen and was eager for them to date. She firmly told him that she had a rule never to date anyone who worked for her. The next day he asked again, and she reiterated her rule. He told her that was no longer problem, because he’d quit that morning. She and Bill Patterson went on their first date that night, and they spent 55 years together.

Marion Louise Wells Patterson passed peacefully away on Oct. 18, a few days shy of her 95th birthday. The daughter of Lewis and Helen Brown Wells, she was the second of six siblings. She was born on Oct. 23, 1922 in Melrose, Mass., graduated from Melrose High School in 1940, and took her degree from Simmons College in 1944. After marrying Bill Patterson on the last day of August in 1950, Marion remained at Syracuse for another year while Bill completed his studies. The cou-



ple moved to Jay, N.Y. in 1951 and over the next five years they had three daughters – Janice, Marcia, and Judith. All three were born in nearby Saranac Lake, an area known for its winter sports. Marion and Bill were avid cross-country skiers and snow-shoers, as well as hikers and swimmers.

Much of Marion’s love of the great outdoors came from spending summers at the family land, lovingly known as Wellwood, on Long Island in Lake Winnepesaukee. Marion was an acknowledged matriarch of the family, Aunt Mimi, much loved by a large and extended circle of relatives. Remarkably, in 1959, Bill was offered a job in Laconia, giving them a chance to spend most of the remainder of their lives very near their beloved summer home.

Ten years later, with the children now older, Marion returned to work as a dietician at Laconia’s Lakes Region General Hospital. By the time she’d retired, in 1987, Marion had left an indelible mark on the hospital, her community, and especially with many friends. She was active within the Congregational Church, taught Sunday School, was a Girl Scout leader, served with The League

of Women Voters, and worked many functions in Laconia. Her friendships spanned many decades, and she was even corresponding with friends from Simmons and her days in Jay until very recently. Not a milestone in the lives her friends and family would pass without a remembrance and kind word from her.

Following Bill’s death in 2004, and a heart attack in 2009, Marion moved to Milford to be closer to her family. Still sharp, and with a keen laugh and bright smile, she played a mean game of Scrabble, cheered for her Red Sox, and stayed in touch with her extraordinarily large circle of loved ones.

Marion is survived, and will be missed, by daughters Janice Locke, Marcia Patterson, and Judith Wing; her sons-in-law, Gary Locke and Michael Wing; granddaughter Mollie Wing; and great granddaughter Rylin.

A service commemorating her life will be held at 1 p.m. on Sunday, Oct. 29, 2017 at the Congregational Church of Laconia, 69 Pleasant St., Laconia.

Burial will be private. Donations in her memory may be made to The Loon Preservation Committee, P.O. Box 604, Moultonborough, NH 03254 or at www.loon.org.

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

Robert W. Haney, Sr., 87

FRANKLIN — Robert W. Haney, Sr., 87, of Franklin, died at Mountain Ridge Healthcare Center on Oct. 18, 2017.

He was born in Concord on July 15, 1930, the son of William and Antoinette (Fontaine). He was Parts Manager for Grappone Industrial prior to retirement in 1999. Bob was aproud American, he loved his family, country and flag. Following his retirement, he and his wife travelled to many places including throughout the US, Canada, Aruba, Jamaica, and Hawaii. He was a former member of the Concord Moose, and a member Whiteman Davidson American Legion Post #49.



Mr. Haney served two hitches with the US Navy.

Family members include his wife of 62 years, Joan (Andrews) Haney; two sons, Robert W. Haney, Jr. and his wife Peggy of Tilton, and George Haney and wife Tammy of Sanbornton; four grandchildren, Matt, Molly, and

Scotty Haney and Amber Grant; and a great grandchild, Cameron Santana.

He was predeceased by two sisters, Marjorie and Mildred Keyser.

Visiting hours were Sunday Oct. 22, 2017 from 5-7 p.m. at Thibault-Neun Funeral Home, 143 Franklin St., Franklin.

The funeral will be private. Mr. Haney’s family requests in lieu of flowers donations in his memory be made to the New Hampshire Humane Society, 1305 Meredith Center Rd., Laconia, NH 03246.

For directions and a virtual guestbook, please visit www.neunfuneralhomes.com.

Patricia Hines, 94



with her family during holidays and special occasions.

She was predeceased by her husband, Harold “Bud” E. Hines; sister Barbara K. Hennessy; and daughter-in-law, Joan C. Hines.

She is survived by her brother, John J. King, Jr., 92, of Brunswick, Maine; her son, John R. Hines, and his wife, Suzi, of Natick, Mass.; her son, Richard J. Hines, and his wife, Darleen of Belmont; five grandchildren (Kimberly McCormack and her husband, Sean of Bristol, R.I., Lisa Wilkins and her husband, Christopher of Natick, Mass., Patty Ma-

cLeod and her husband, Rory of Holliston, Mass., Erin Hines of Canton, Mass., and Jason Hines of Virginia Beach, Va.); and three step-grandchildren, Devon Reed and his wife, Michelle of Medway, Mass., Shelby Kilmister and her husband, Baron of Tilton, and Kyle Reed and his wife, Jacquelyn of Holderness. She loved seeing and hearing about her many great-grandchildren and step-great grandchildren.

There will be no calling hours. A Mass of Christian Burial was celebrated at St. Charles Borromeo Catholic Church in Meredith on Saturday, Oct. 21, 2017, at 11 a.m. with a bereavement reception to be held immediately following. In lieu of flowers, donations may be made to the American Heart Association, the Alzheimer’s Association, or a charity of your choice.

The Cremation Society of New Hampshire is assisting the family with arrangements.

Sharon Strong, 69



Blue Shield, and worked there for 35 years until her retirement. She lived in Concord, Webster, Allenstown and recently lived with her sister and brother-in-law in Northfield.

She loved camping at Old Orchard Beach with her husband Brian, she collected dolls, loved dogs and helping others. She gave second hand Chihuahuas and Pekingese a second lease on life. Her many acts

of kindness touched the lives of many people as well. She loved spending time with friends, but first and foremost, she loved her family.

Family and friends were invited to celebrate Sharon’s life on Monday, Oct. 23, 1 p.m., at the Cremation Society of New Hampshire, 172 King St., Boscawen. Following the service, there will be a graveside committal service at Blossom Hill Cemetery in Concord.

In lieu of flowers, memorial contributions may be made to the American Diabetes Association or the Concord VNA (with contribution directed to the Hospice House). For further information or to sign the online guestbook please visit www.csnh.com.

Douglas C. Dould, 64



friendships.

Doug loved visiting the ocean, particularly Cape Cod, where he spent many years of his childhood. In his free time, he enjoyed gardening, raising geese, ducks and pheasants, and grilling for family and friends. Doug played the drums and a love for music. He would also spend his time in his sugar shack making maple syrup and teaching the craft to anyone who

showed interest.

Doug’s family members include a son, Douglas J. Dould, and wife Amanda of Utah; a sister, Doreen C. Boisselle, and husband Ray of Tilton; grandsons Calvin P. Center, Alex R. Dould; brother John Cole and wife Becky; nephews Aaron Hughes of Concord, John Dould of California, Adam Hughes of California, and Kevin Cole of Vermont.

Visiting hours were Sunday, Oct. 22 from 2-4 p.m. at Paquette-Neun Funeral Home, 104 Park St., Northfield, with a service beginning at 4 p.m.

For directions and online guestbook, please visit www.neunfuneralhome.com.

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LRAA names annual show raffle winner

TILTON — The Lakes Region Art Association announced this past week that Loti McLaughlin won the show’s raffle drawing for a large, framed print of “Summer Poppies” by Dottie Laughlin.

Laughlin has been a member of the LRAA since 2014, and her original oil painting of “Summer Poppies” won First Place in the oil painting category at the Association’s Annual Art Show in 2016. Laughlin was very pleased when she was asked if a print of her painting could be used for the 2017 raffle drawing. Proceeds from the raffle are put toward a fund that is used to award scholarships to local students pursuing art studies in college.

Loti McLaughlin, the winner of the drawing, happened into the art gallery when she had brought a friend from London shopping at the Tanger Outlets. She



Loti McLaughlin, left, is presented with “Summer Poppies” by Marlene Witham of the LRAA Board. Loti won the print after entering the Lakes Region Art Associations Annual Show raffle drawing. The print is from an original oil painting by Dottie Laughlin, a member of the art association.

liked the print and decided to enter the raffle. When she bought her ticket she was thinking about how nice the picture would look in her new home, which they had just bought in the

Canterbury area and were renovating.

McLaughlin has had a lifelong love of art and also draws when she has time. She loves to see what inspires artists and particularly enjoys artwork involving nature. Poppies had a special meaning to her, as dear former neighbor grew poppies and Lori could look out her kitchen window and see her neighbors beautifully poppies. She is looking forward to hanging the print in her home and knows that when looking at it, she will not only be reminded of her trip to the LRAA gallery and winning the drawing, but also of a wonderful neighbor from her past.

The 2017 Lakes Region Art Association Annual Show has concluded but the gallery, located in store #132 of the Tanger Outlets continues to have a large variety of original paintings by local artists in all mediums as well as a large selection of photographs from area photographers. The gallery is open every week from Thursday through Sunday, from 10 a.m. to 6 p.m. and is staffed by the artists and photographers who have work in the gallery. The LRAA Gallery will also be participating in League of New Hampshire Craftsmen’s, “NH Open Doors” event on Nov. 4 & 5, and will have artists demonstrating their craft.

International Film Series continues with “Rabbit-Proof Fence”

LACONIA — The Laconia Human Relations Committee in cooperation with the Laconia Public Library offers the film, “Rabbit-Proof Fence,” on Monday, Nov. 6 at 6:15 p.m. as the November selection for the International Film Series.

Set in 1931, two sisters, 14-year-old Molly and eight-year-old Daisy, and their 10-year-old cousin Gracie live in Western Australia. The three children are referred to as “half-castes” because they have one white and one Aboriginal parent. The official policy of the “White” Australian government is that the Aboriginal people of Australia are a danger to themselves, and

“half-castes” must be bred out of existence.

The town they live in lies along the northern part of Australia’s rabbit-proof fence, which runs for several thousand miles. Thousands of miles away, the official Protector of Western Australian Aborigines signs the order to relocate the three girls to a re-education camp where they will grow up. They will then presumably become laborers and servants to white families. This is regarded as a “good” situation for them in their life. Eventually, if they marry, it will be to white people and Aboriginal “blood” will then diminish.

As such, the three girls are forcibly tak-

en from their home by a local constable and sent to a resettlement camp in southern Australia. One day, Molly notices a rain cloud in the sky and infers that she, Gracie, and Daisy should escape and go back home on foot. Rain will cover their tracks, making them difficult to follow. The three girls sneak off, running away. An Aboriginal tracker is called in to find them. However, the girls are well trained in disguising tracks. They evade the tracker several times, receiving aid from strangers in the harsh Australian country they travel. They seek the rabbit-proof fence to follow home.

This is the story of their journey.

“Rabbit-Proof Fence” is a 2002 Australian drama based on the book “Follow the Rabbit-Proof Fence” by Doris Pilkington Garimara. It is loosely based on a true story concerning the author’s mother.

Make sure that you check the International Film Shelf at the Laconia Library for this and other films shown over the past several years. You can always order films from the International Film Series through your own library if you do not live in Laconia!

This series offers a monthly selection shown from September

through June at the Laconia Public Library. The Laconia Human Relations Committee is a committee of the mayor of Laconia dedicated to expanding our horizons for the appreciation of the diversity found among us and in the wider world. For more information, contact Len Campbell at lcampbell@nh-cc.org.

Laconia Library to hold information services session at Taylor Community

LACONIA — Laconia’s Library isn’t your typical small town library. Stop by Taylor Community’s Woodside Building, Monday, Nov. 6 at 2 p.m. for a talk on the various services provided. This free event is open to the public.

Library staff will be on hand to provide information on eBooks, books on tape, Ancestry.com, Hoopla, Free Museum Passes, Microfilm Research and computer access. They will also assist attendees with obtaining a library card.

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TOWN OF NORTHFIELD PLANNING BOARD
NORTHFIELD TOWN HALL
MONDAY, NOVEMBER 6, 2017
7:00 P.M.
AGENDA
1. Informal discussion on 95 Park Street
2. Discussion on proposal to reinstate Cross Mill Village permit
3. Continued informal discussion of Spaulding Development Project.
4. Minutes – October 2, 2017

PLANNING BOARD WORK SHOP
NORTHFIELD TOWN HALL
MONDAY, NOVEMBER 6, 2017
7:30 P.M.
AGENDA
1. Continued discussion of proposed rezoning to create Business Professional District in the town of Northfield.
2. Other Business
Respectfully,
Jason Durgin, Chairman

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MARK ON THE MARKETS

Tax diversification



BY MARK PATTERSON

Most of us would agree diversification is a good thing as it relates to our investment mix but also as it relates to our income as we approach retirement. In all likelihood the tax code will change during

our lifetime, so the ability to switch from least to most tax advantaged income sources as possible is a worthwhile goal.

Tax free income can come in the form of a Roth IRA. You would not have had a deduction from taxes when you put the money in and likely would have paid tax on that income when received, but then the money could grow and after 59 and a half could provide tax-free income. While this is a great tool for retirement savings, it is not without limitations.

The maximum that you can contribute depends on your modified

adjusted gross income. The Roth like other retirement vehicles does not allow, without penalty, for a withdrawal before 59 and a half under most circumstances. But what if there was a way to save for retirement that would not limit how much you could save annually while providing tax-free growth and future tax-free income? There is a financial tool that has been used for many years, but has recently, for a host of reasons, come back into vogue. That financial tool is maximum-funded life insurance.

For certain clients this can be a powerful

tool to amass income that can later be loaned back to yourself, tax free through the loan provisions of the policy. The insurance company uses the death benefit as collateral against the loan. Loans prior to 59 and a half are not penalizes as with qualified plans. These loans also would not affect Social Security benefits.

For clients near retirement or in retirement, assets accumulated may be used for legacy planning.

Structuring a policy to focus on accumulation as opposed to face amount or death benefit will often times increase the accumu-

lation of cash to be distributed as a loan.

Because everyone's circumstances are different, life insurance as a financial tool may be exactly what you were looking for, but may not have considered it because of radio and TV personalities that try to convince their audience that anything other than "term" insurance is not good.

Reviewing some of the better companies Indexed Universal life policies, I have discovered that many IUL's have a better IRR or Internal rate of return than some mutual funds net of fee's plus a death benefit to your heirs!

To paraphrase Darwin; It is not the fittest or strongest that will survive, it will those who can adapt to change. Life insurance is an asset class that should not be ignored.

Many things that have worked in the past must be reviewed with an open mind towards changes for the better in a changing environment. Tax rates and policy will continue to change, we must find ways of mitigating these increases.

Mark Patterson is an advisor with MHP Asset Management and can be reached at 447-1979 or Mark@mhp-asset.com.

Mark Chalifour of NHMB inducted into New England Mortgage Bankers Hall of Fame

NEWPORT, R.I. —Mark Chalifour, Vice President, Residential Mortgage Sales for New Hampshire Mutual Bancorp (NHMB) was inducted at the New England Mortgage Bankers Hall of Fame on Sept. 15 at its annual conference in Newport, R.I.

Hall of fame induction is the highest honor for New England mortgage banking professionals, and is bestowed peer-to-peer. It highlights the outstanding contributions inductees have made to the New England mortgage banking industry as well as the communities they serve. Each New England state

selects two inductees to the Hall who have made an outstanding impact in the mortgage industry. Chalifour is one of two industry professionals chosen to represent New Hampshire.

At NHMB, Chalifour is responsible for residential and mortgage sales for Merrimack

County Savings Bank and Meredith Village Savings Bank. NHMB is a mutual holding company that was formed when two New Hampshire-based community banks, Merrimack County Savings Bank (the Merrimack) and Meredith Village Savings Bank (MVS), for-



Mark Chalifour

to our mortgage department and organization as a whole."

The New England Mortgage Bankers Conference (NEMBC) is an annual three-day event organized and sponsored by the Massachusetts Mortgage Bankers Association (MMBA). Founded in 1976, the MMBA is the largest mortgage association in New England, and is recognized as one of the most successful in the country. The MMBA leads the mortgage industry through continued business development, which supports homeownership, and achieves its mission through education on public policy and advocating for the highest ethical standards in business practices. Members include mortgage professionals from depository institutions, mortgage companies and wholesalers. Affiliate members represent providers to the mortgage industry, including title, credit, appraisal, insurance, technology, legal, accounting and consulting. For more information, visit massmmba.com.


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

ally affiliated – the first relationship of its kind in New Hampshire. This strategic partnership has positioned the Banks to leverage each other's strengths as they work together to advance a shared vision of maintaining and enhancing their community banking standards and values. MillRiver Wealth Management joined as a third subsidiary of NHMB in 2015, combining the financial advisory divisions of the Merrimack and MVS.

Prior to his role at NHMB, Chalifour was Vice President at Merrimack Title Company. He has also been long involved with the Mortgage Bankers and Brokers Association of New Hampshire, previously serving as its President and currently serving as its Treasurer. In 2008, Chalifour received the organization's Excellence Award for his unwavering commitment to the association and the mortgage finance industry.

"I'm humbled to be inducted into this year's hall of fame," said Chalifour. "I dedicate this incredible honor to the wonderful lenders and colleagues I've worked with over the years. All the success I've ever experienced is directly attributed to a remarkable team effort from co-workers who are both customer-facing and behind the scenes."

"I congratulate Mark on this prestigious award," said Carol Bickford, Senior Vice President, Retail Lending. "Mark's leadership, expertise and capacity to build relationships have been an incredible asset



COURTESY

Police seeking information on suspected bicycle thief

Tilton Police are again asking for the public's help in identifying a man caught on camera last week, stealing a bicycle and victimizing local businesses in the area. An ongoing investigation for criminal activity in the area of 7 Tilton Rd. is underway, and anyone with information on either the incident or the identity of the alleged suspect, shown here, is asked to contact Officer Glenn at Tilton Police Department, 286-8207.

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LRGHealthcare signs Statement of Support for Guard and Reserve members

LACONIA — New Hampshire Employer Support of the Guard and Reserve, a Department of Defense program, announced LRGHealthcare, on behalf of President & CEO Kevin W. Donovan, signed a Statement of Support for the Guard and Reserve Oct. 17.

The Statement of Support confirms LRGHealthcare joins other employers in pledging:

We fully recognize, honor and comply with the Uniformed Services Employment and Re-Employment Rights Act (USERRA).

We will provide our managers and supervisors with the tools they need to effectively manage employees who serve in the Guard and Reserve.

We appreciate the values, leadership and unique skills service members bring to the workforce and will encourage opportunities to hire Guardsmen, Reservists and Veterans.

We will continually recognize and support our country's service members and their families, in peace, in crises and in war.

"Today, supportive employers are critical to maintaining the strength and readiness of the nation's Guard and Reserve units,"



LRGHealthcare President & CEO Kevin W. Donovan poses with Employer Support of the Guard and Reserve (ESGR) volunteers. LRGHealthcare has signed a Statement of Support for the Guard and Reserve. From left to right: Woodbury Fogg, Army-Retired Lieutenant Colonel & ESGR volunteer, Donovan, Bruce Thompson, Navy-NH Chair of ESGR, and Lee Chesire, Air Force-Retired Lieutenant Colonel & ESGR Employer Outreach Director.

said Bruce Thompson, ESGR state chair. "I am asking all New Hampshire employers to take a look at their current human resources policies to incorporate policies supportive of Guard and Reserve employees."

Many New Hampshire employers provide support above and beyond their legal requirements by law by offering pay-differential to offset the loss of wages, and extension of health care benefits, which complement coverage provided by the military, when their

employees mobilize.

When asked about the criteria, Bruce Thompson said, "By meeting the Statement of Support criteria, LRGHealthcare pledges to stand proudly with its Guard and Reserve employees, who continue to answer their nation's call to defend our way of life. Their sacrifices are essential to the strength of our nation."

"LRGHealthcare fully supports our Nation's Guardsmen, Reservists and Veterans," said Kevin W. Donovan, LRGHealthcare President and CEO. "Those in the military understand the value of service and of selfless giving of themselves. This giving spirit mirrors the values of our organization and employees in that we exist for a higher purpose of service to our community. For that reason, and others, we are proud to sign this statement of support."

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Edward Jones: Financial Focus

Does Market Volatility Scare You?

Halloween is almost upon us. Of course, on Halloween night, you may see a parade of monsters, demons, Transformers and other frightening individuals stopping by your house, exercising their right to demand candy. Fortunately, their appearance will be unlikely to cause you unpleasant dreams. But some people seem to have real fears about other things – such as what may happen in the financial markets. One way to keep those fears at bay is to avoid certain impulsive moves, such as the following:

Avoid ducking out of the market – Consider this: In March 2007, the Dow Jones Industrial Average stood at about 12,275 points. Exactly two years later, in the immediate aftermath of the financial crisis, the Dow had fallen to about 6,500 – a drop of 47% and the Dow's lowest point in 12 years. By that time, a lot of people had gone to the investment sidelines. So, what did they miss? Depending on how long they stayed out of the market, they may have missed some, or perhaps most, of one of the longest and strongest bull markets in history, because, just eight years later, the Dow had soared to almost 21,000, a gain of 223%. Of course, investing does involve the risk of losing principal, and there is no guarantee the market will perform as it has in the past. However, it's fair to say that if you duck out of the market during its lower points, you might not benefit from the gains that may follow.

Avoid chasing "hot" stocks – By the time you hear about a supposedly "hot" stock, it may already be cooling off. Also, how trustworthy is the source? Does this tip come from an unbiased, knowledgeable individual? If not, you have

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reason to question its value. Even more important, though, you need to ask if the hot stock is appropriate for your needs, goals and risk tolerance. If not, it's not so hot.

Avoid taking on too much – or too little – risk. If you feel the need to push your portfolio toward the maximum possible returns, you might invest too aggressively and take on too much risk. Conversely, if you are determined to avoid any amount of loss, at any time, you might invest so conservatively that your portfolio won't grow enough to help you achieve your long-term goals. You need to strike a balance between risk and reward that is appropriate for you, and you need to make investment choices suitable for your individual risk tolerance.

Avoid owning too many of the same investments – If you own a lot of one particular financial asset and a market downturn affects that asset class strongly, your portfolio could suffer. But if you spread your investment dollars among domestic and international stocks, bonds, U.S. Treasury securities, certificates of deposit (CDs) and so on, you may not be as susceptible to a downturn, because different types of investments often perform differently at any given time. (Keep in mind, though, that while diversification can help reduce the effects of market volatility, it can't guarantee profits or protect against all losses.)

No matter what you do, you can't take all the uncertainty out of investing. But by understanding market volatility and the composition of your portfolio, you can invest with more confidence.

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Prescott Farm announces new Environmental Educator, Andie Hession

LACONIA — Prescott Farm is excited to share that Andie Hession has recently joined their team as the new Environmental Educator!

Hession started her new role at Prescott Farm this month! She graduated from George Washington University in Washington, D.C. with a B.S. in Public Health, where she became interested in the connections between food, the environment, and health. She spent two years as a FoodCorps service member in rural Arkansas, where she managed a school garden and taught food- and garden-based lessons to students of all ages. She has since returned to her native New England to continue working in outdoor education.

Hession enjoys hikes with her dog, kayaking, gardening and cooking with the veggies, and is always looking for new ways to engage in New Hampshire's great outdoors.

"There are a lot of opportunities to explore the outdoors with Prescott Farm! I look



Andie Hession

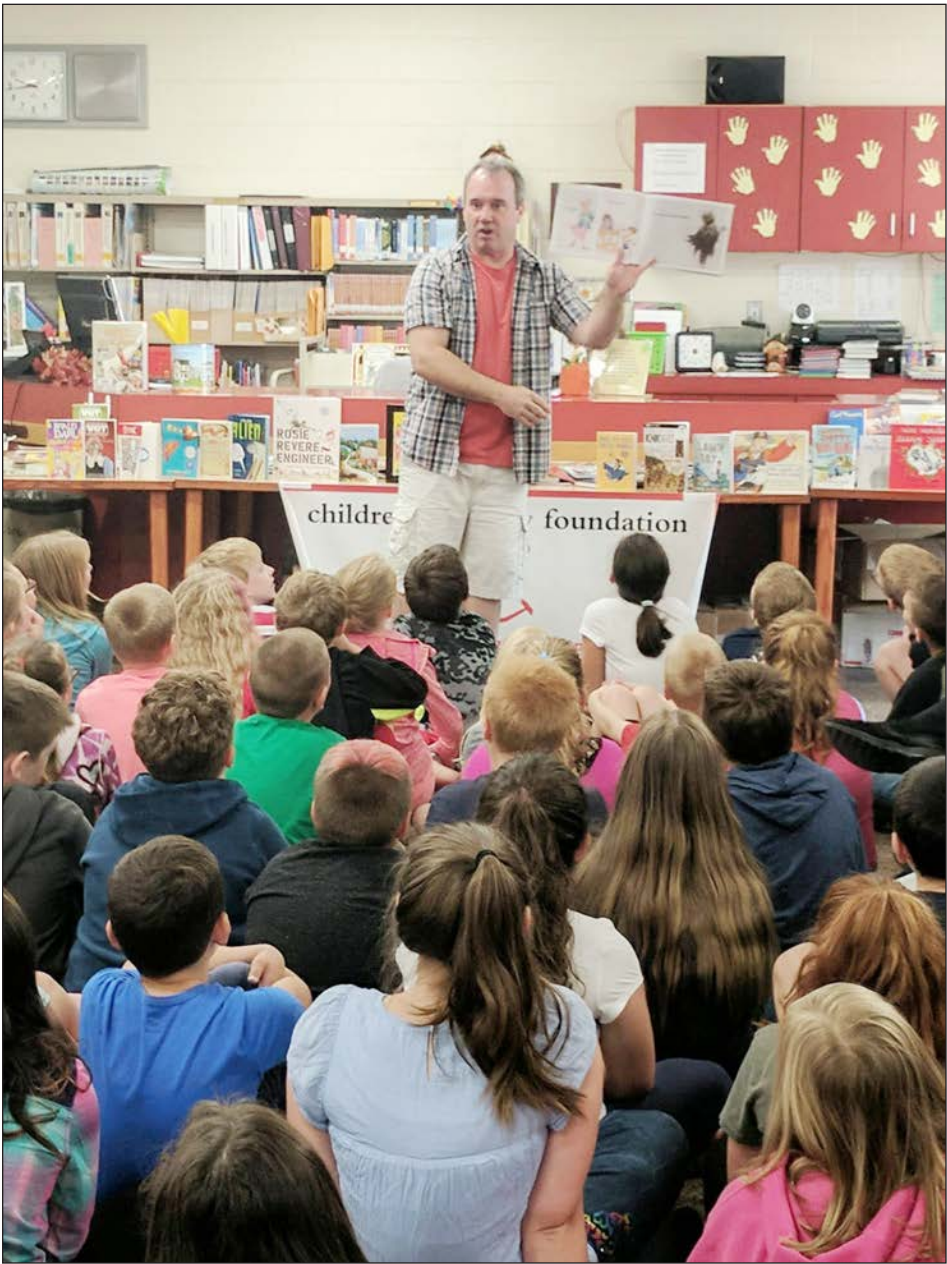
forward to discovering the fields, forests, and ponds at Prescott Farm with kids, families, and adults, through camps and public programs. The Naturalist in the Classroom program with area schools helps every student, regardless of previous experiences, get outside. It is inspiring to see students make connections between what they learn in their

classrooms and what is happening in the world around them, as they build an appreciation for their own communities," stated Hession.

Prescott Farm is a nonprofit environmental education center that offers children ages four through 12 the opportunity to learn and play in nature during nine weeks of environmental-themed WildQuest

Summer Camps and during its WildQuest Winter and Spring Camps offered during February and April school vacation weeks. Prescott Farm also hosts public programs designed to encourage environmental exploration for all ages; field trips; a Naturalist in the Classroom program which fosters long-term partnerships with local elementary schools; and Fledglings, a nature-based preschool. The 160 acre historic farm features woodland and field trails, historic barns, an old-fashioned maple sugaring operation during the month of March, heritage gardens, and a forested pond. Prescott Farm is open year round, seven days a week from 9 a.m. – 4 p.m. Hiking trails and the Natural Playscape are open to the public daily from dawn to dusk.

For more information about Prescott Farm Staff and our public programs, please visit www.prescottfarm.org.



COURTESY

Author-illustrator Marty Kelley is pictured here sharing his own book *October 5* at the Children's Literacy Foundation sponsored event kicking off our Reading Buddies partnership with the elementary school and the Belmont Senior Center.

BELMONT

CONTINUED FROM PAGE A3

card games like Spades, Hearts, Canasta, Rummy, or Bridge? Would you like to learn how to play these different card games? We are currently looking for someone who can show us the rudiments of bridge. Come Tuesdays

at 2 p.m. Bring a friend!

The library will be closed Friday, Nov. 10 and Saturday, Nov. 11 in honor of Veterans' Day. We will also be closed Thursday, Nov. 23 and Friday, Nov. 24, for the Thanksgiving holiday. We will be open Saturday, Nov. 25. The Belmont Public Library is open six days

a week and any time at www.belmontpubliclibrary.org, serving the community with books, digital resources, and cultural programming.

For more information, contact:
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Belknap Landscape supports Tanger's Pink Campaign

TILTON — Belknap Landscape Company of Gilford is once again a proud sponsor of the Tanger Fit For a Cure 5K Run/Walk. Held at the Tanger Outlets in Tilton in September, this event has raised funds to benefit LRGHealthcare breast health initiatives and to generally promote a healthy, happy lifestyle in our community for the past nine years. Belknap Landscape has also purchased \$700 in Tanger Pink Cards to hand out to its employees as a way to say thank you for all of their hard work and at the same time help support the Tanger PINK Campaign. The cards offer a 25 percent discount at participating Tanger Outlet stores through October 31st.

Becky Doherty of

LRGH would like the community to know, “A portion of the proceeds raised from the Tanger Pink Campaign will benefit breast health initiatives at LRGHealthcare. Over the years, Tanger’s philanthropic donations (made possible by shoppers and businesses such as Belknap Landscape Company) have had an enormous impact on the purchase of state-of-the-art digital mammography technology. In addition, funds raised in recent years have allowed the staff in the Oncology Department to offer a helping hand in a number of ways to those patients battling breast cancer, ranging from prosthetics to wigs to gas cards to get to appointments. It’s these small gifts that often offer a bright spot during



Left to right: Becky Doherty of LRGHealthcare; Randy Wood, BLC Account Manager for Tanger Outlets; Eric Proulx, Tanger Outlets GM; Hayden McLaughlin, BLC GM; and Angie Carignan, BLC Human Resources Manager.

what can be a very difficult time.” Eric Proulx, General Manager of the Tanger Outlets in Tilton, is passionate about the Pink Campaign, stating, “We are committed in helping breast cancer/health patients on a local level

as well as trying to help find a cure on a national level. Together with our retailers, shoppers and area businesses like Belknap Landscape Company, we unite in the fight every October. Whether it’s supporting the 5K or Pink Card Program, we can always count on Belknap Landscape Company to sup-

port Tanger’s efforts to give back to the community in which we work or live - our collective efforts are a huge win!” A sponsor since its inception, Belknap Landscape is proud to support this partnership and to help raise funds and increase awareness in the community. For more information on the

Tanger Pink Campaign or to purchase Tanger Pink Cards for yourself or your employees, check out their Web site at <http://www.Tanger-outlet.com> or the Tanger Outlets Tilton Facebook page.

About Belknap Landscape Company
Belknap Landscape Company, Inc. is a family owned full service business located in the beautiful Lakes Region of New Hampshire. Established in 1988 by Hayden McLaughlin, Belknap Landscape owes their 28 plus years of longevity to a commitment to quality and horticultural expertise while exhibiting a unique concern for the Lakes Region, the environment, and their community connections. Visit <http://www.belknaplandscape.com> or Houzz for more information.

NOTEBOOK

CONTINUED FROM PAGE A4

fine, but where now, and thither?

Bob Vashaw and I had just motored up the Vermont side of the Connecticut and crossed back into Colebrook the other day when we spotted a moose meandering around a field. “Hey, there’s a moose,” we both more or less said at once, an event that two decades ago would have merited hardly a murmur.

+++++

I’ve been re-reading “Journal of a Tapper” (1834-1843), by Osborne Russell. This is the original manuscript, obtained with some effort, and edited by Aubrey L. Haines. It is an insight on a very brief

time in history before what passes for civilization swept over the vast lands west of the Mississippi.

Lest we be caught up in the romance of the era, it was also a time when tribes were at constant warfare, women were often treated as chattels, and American and Canadian fur-traders encroached on the land.

But of course, there was the independence and grandeur that the Rockies and other high country had to offer, and the wayward freedom of it all.

Like many of the mountain men, Russell was quite literate, and carried in his packs (via a spare horse and a mule or two) a little library. These books would be shared between trappers at the annual sum-

mer rendezvous, usually held around the Fourth of July, so as to have even more to celebrate.

There came a time when, as he said, “We had nothing to do but to eat, attend to the horses, and procure firewood.” He pulled from his packs “some books to read Byrons Shakespeares and Scotts works the Bible and Clarks Commentary on it and other small works on Geology Chemistry and Philosophy.”

(This column runs in a dozen papers covering two-thirds of New Hampshire and parts of Maine and Vermont. Letters should include town and telephone numbers in case of questions. Write to campguyhooligan@gmail.com or Box 39, Colebrook, NH 03576.)

PINES

CONTINUED FROM PAGE A2

Tuesday classes are the regular Zumba (if there is such a thing!). Thursdays are Zumba Gold, which is an easier to follow, lower intensity and impact form designed for those who are new to fitness, or recovering from an injury, new

mothers or active older adults. Both classes are at 5:30 p.m., and the first class is always free. The drop-in rate is \$5 per person, or you can purchase a punch card for \$45. Fill it and earn a free class!

From now through December, Freudenberg NOK employees will be able to take Zumba classes for free, paid for

by Freudenberg. Just tell the Pines staff person at the front desk that you’re an employee.

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The Pines will be closed on Friday, Nov. 10, in honor of Veterans’ Day, and Thursday and Friday, Nov. 23 and 24, for the Thanksgiving holiday.

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Hermit Woods Winery to hold “Judgment of NH” wine event

Can a NH wine hold up next to five world class Rhone Style Reds?

MEREDITH — On Thursday, Oct. 26, Hermit Woods Winery will pit one of their fruit wines up against five world class Rhone wines from wine regions across the globe in a blind tasting. Just as it was discovered at the “Judgment of Paris” in 1976 that California wines could compete head to head with classic French Bordeaux, we would like to find out if Hermit Woods fruit wine can hold up to the classic vinifera wines of the world.

The event will take place at Hermit Woods Winery’s new Deli. Attendees will receive a brief instruction on wine appreciation and judging, including the use of

a classic 20 point scoring system. Guests will then be invited to sample six wines in a completely blind tasting and then asked to score the wines, identify the wine they like the best, and if possible, identify the wine that was not made from grapes.

Upon the conclusion of the tasting, guests will be invited to enjoy a glass of wine with a selection of charcuterie and seacuterie prepared by Hermit Woods

Winery’s new Deli. The event will be held from 6:30 to 8 p.m.

“The event is intended to be both fun and educational,” explained Bob Manley, one of the founding partners at Hermit Woods. “As far as we know, nothing like this has ever been tried before. We are very pleased with the Hermit Woods wine we will be pouring and feel strongly it will hold up well against world class wines, but we are going

to let our customers be the judge.”

Tickets for this event are \$30 per person (20 percent discount to wine club members), and can be purchased at www.hermitwoods.com/the-judgment-of-nh-wine-event. Seats are limited to 25 and will need to be purchased in advance.


Founded in 2011, Hermit Woods is a small boutique winery producing fruit wine, meads, and ciders. Our wines and ciders are local (as much

as possible), vegan (except the honey wines), gluten free, raw, and made from non-certified but mostly organic fruit. We always use whole fruit, never use heat, and always use gentle hand processing. Our wines, meads, and ciders are styled after classic dry European grape wines. Hermit Woods sees more than 8,000 visitors in their tasting room every year, and its wines are available throughout New Hampshire and di-

rect to consumer in 37 states.

Hermit Woods Winery and Deli is located at 72 Main St. in Meredith, just a stone’s throw away from New Hampshire’s famous Lake Winnepesaukee. The winery is open seven days a week year round. Wine tastings are offered during all open hours, while tours are available on weekends or by appointment. Visit them at www.hermitwoods.com to learn more.

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PICKLE

CONTINUED FROM PAGE A1

court and equipment, a new sport was soon born.

There is some controversy over whether the name of the game was derived from Pritchard’s dog named “Pickles” or from the term “Pickle Boat,” referring to the last boat to return to the nearby docks with their daily catch, but in either case the name “Pickle Ball” stuck.

Lonergan gives the credit for the idea to Donna Ledgard who brought the concept of Pickle Ball to Sanbornton after a trip to see her family in California.

“She started bugging us all to bring Pickle Ball to New Hampshire, so the Recreation Department bought the equipment and Donna taught us all how to play,” said Lonergan.

Two courts are now set up inside the Sanbornton Central School gym each week and players rotate through so all can enjoy time on the courts.

“I can tell you that if you’re a tennis player, you’ll enjoy this,” Lonergan said.

But so will everyone else, as those who arrived at Sanbornton Central School for a game (or two, or three) last week will tell you.

Since they began

playing the game, a few players have now even invested in their own composite Pickle Ball paddles while others take advantage of the paddles provided by the Recreation Commission.

“For those of us who are a little bit older, this is very doable. It’s low impact, low injury, [takes place] in a controlled indoor environment, and a very sociable night out,” said Dick and Anne Howe, two of several couples who come out each week.

In fact, the Howes said they enjoy it so much that they even set

up a Pickle Ball court in their driveway so they can practice.

Jackie Bonafide is another regular on the Pickle Ball court, and said she believes the sport is even more fun than tennis.

“Best of all, there is a really positive attitude here with the players,” she added. “Everyone is friendly, and we have a great time.”

Steve Cobb is a relative newcomer to Sanbornton, and said that Pickle Ball helped him meet three goals. First, he wanted to learn about this new indoor sport.

Secondly he wanted to get up off the couch and get some exercise, and finally, he wanted to meet other people in his new town.

“Over the past year, it’s met all my goals. It’s an excellent time,” said Cobb.

For Nancy and Jasen Stock, it’s become a great way to spend time together while exercising and having fun with other adults.

“We like it because you can come and go during the night; you don’t have to show up right when it starts,” said Nancy Stock. “It’s a

great thing to do together but we can come on our own if the other one’s busy. We didn’t know how to play this at first but now we try to make sure we’re available every Thursday night.”

For those interested in joining the growing group of Pickle Ball players, the sign-up fee is \$20 for Sanbornton residents and \$30 for neighboring citizens. Games take place each Thursday evening from 6-7:30 p.m.. For more information, contact the Sanbornton Recreation Department at 393-6665.

PYC

CONTINUED FROM PAGE A1

pleased to help spread the same spirit of community support that Glenda inspired, providing local youth with a place that’s all about “love, mentoring and homework support.”

Stephen Rock said the board was pleased to bring in Jessica Decoteaux of Northfield as director for their center. Decoteaux also serves as the Needs and Eligibility Coordinator and Communications Director for the System of Care grant that was awarded to WRSD, an award that has been beneficial in the establishment of the Tilton Youth Center. Rock said De-

scoteaux’s knowledge and enthusiasm have helped make a seamless partnership between the center and the schools.

“The kids know her, and they know she cares about them. Now they can spend their after-school hours in a safe, caring environment, which also focuses on building their self-esteem and confidence,” he said.

In addition to homework assistance, the center will also provide group gatherings and discussions, along with an array of activities and special programs involving the arts, technology and even home economics, all available thanks to donations, grants and community

volunteerism.

“Everybody has played an integral role in this, from the Board of Directors, members of Winnisquam school district and representatives from Tilton School to the library, area businesses and the police departments,” Rock said. “Our Mission is to provide a safe and welcoming environment where our youth may gather outside of school and gain a sense of community, belonging and self-esteem.”

Residents of Tilton, Northfield and Sanbornton with a child who

may be eligible for the program are encouraged to contact the school guidance department or principal for more information on how to enroll their child. The public is also encouraged to visit the Pemi Youth Center Tilton Facebook page or Web site to learn more about the local nonprofit organization and ways in which they can support the facility.

We hired a Director who also works in the school and this has allowed us to build a seamless partnership with our schools.

HAYRIDE

CONTINUED FROM PAGE A1

strong heart and mind are encouraged to arrive after 7 p.m., however, when the real thrills begin.

The final nights of the Haunted Hayride and Hike will be this Friday and Saturday, Oct. 27-28, from 5-9 p.m., with a rain date of Oct. 29, from 5-8 p.m.. The cost is \$3

for children, \$5 for teens and adults, and \$20 for a family.

The Haunted Hayride and Hike is located at 142 Calef Hill Rd. in Tilton, approximately a mile and a half off Route 3 at the lights by Smitty’s Cinema. For directions and more details on this great Halloween tradition, please check their Facebook page, White Mountain Karate, LLC.

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Breast Cancer Awareness 2017

Common causes of cancer that people can control

A cancer diagnosis can be shocking. After receiving such news, many people are filled with questions such as, “How did I get this disease?” That question often has no definitive answer, though physicians may be able to work with patients to determine the various factors that contributed to their cancer diagnosis.

Cancer does not discriminate. People from all walks of life are diagnosed with cancer every day. Certain contributors, such as family history of cancer, may be beyond a person’s control. But the American Cancer Society notes



that people can avoid some potential cancer contributors by making healthy choices.

Alcohol consumption can raise a person’s risk of getting cancer. Alcohol has been linked to cancers of the mouth, throat, esophagus, liver, and breast, among others. The ACS notes that regular, heavy alcohol use can damage the liver and cause inflammation and scarring that might increase a person’s risk of developing liver cancer. Women who consume a few alcoholic beverages may be increasing their risk of developing breast cancer, which the ACS believes might be a by-product of alcohol’s affect on estrogen levels in the body.

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Evidence suggests that the ethanol found in alcohol is what increases a person’s risk of developing cancer. All alcohol beverages contain ethanol, so drinkers should not assume that one type of alcohol is safer than another.

Diet and sedentary lifestyle According to the ACS, research has shown that poor diet coupled with a sedentary lifestyle can increase a person’s risk of getting cancer. In fact, the World Cancer Research Fund estimates that roughly 20 percent of all cancer diagnoses in the United States are related to body fatness, physical inactivity, excessive alcohol consumption, and/or poor nutrition. Men and women who can control their weight and maintain a healthy weight throughout their lives can reduce their risk of getting cancer as well as other conditions, including heart disease and diabetes.

Anyone can be diagnosed with cancer. But men and women who make healthy choices can greatly reduce their risk of getting this deadly disease.



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Tobacco

Anti-smoking campaigns have done much to impact the number of people who smoke, but tobacco remains one of the leading causes of cancer across the globe. The ACS notes that while cigarettes, cigars and pipe tobacco are made from dried tobacco leaves, in order to make smoking more flavorful and pleasant, tobacco companies add various substances. As the resulting products burn, the smoke they produce is made up of thousands of chemicals, at least 70 of which are carcinogens.

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Breast Cancer Awareness 2017



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Radiologists like myself worried about tomosynthesis, also known as “tomo” or 3D mammography, when it first emerged as a tool to look for breast cancer several years ago. We thought it might be more uncomfortable to women, and worried that the amount of radiation used would be too high. We also wondered if tomo would



A 3D mammogram does use slightly more radiation than a standard 2D mammogram. However, it's important to note that for any mammogram, the radiation used is significantly less than the amount of background radiation we are exposed to each year from the environment.

Every year over 200,000 women in the U.S. are diagnosed with breast cancer. According to 2013 CDC statistics, New Hampshire has the highest incidence of breast cancer for any state. When breast cancers are found early—before they have spread to other parts of the body—women have a much better chance of surviving. Mammograms are still the best way to screen women for early breast cancers, and I strongly believe that 3D mammography addresses many of the shortcomings of standard mammography. Because there is no better proven way to detect early breast cancers, we recommend annual mammograms beginning at age 40.

Dr. Eva Lizer is a fellowship trained breast imager on staff at Women's Life Imaging Center - a joint venture between Wentworth-Douglass and Frisbie Memorial Hospitals to provide breast imaging and bone densitometry services - located in Somersworth, NH. Women's Life Imaging Center is recognized as a Breast Imaging Center of Excellence by the American College of Radiology. Visit www.womenslifeimaging.com.



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be less useful than standard mammography in identifying certain signs of breast cancer. However, four years into our experience with tomosynthesis at Women's Life Imaging Center, I can't imagine ever going back to 2D mammography again. Tomosynthesis is really that much better.




Tomosynthesis is an x-ray of the breast, just like a regular 2D mammogram. From the patient's perspective tomo is nearly identical, except that the exam will take a few seconds longer. Instead of taking one picture at a time the machine moves through a short arc and takes multiple low-dose x-rays; a computer puts these together as a 3D set of images. In a 2D mammogram, the radiologist looks at the complex architecture of breast tissue in one flat image. Overlapping normal breast tissue can appear abnormal on a 2D mammogram, but with

a 3D mammogram a radiologist can more confidently see that there is no true abnormality. This prevents “call-backs” for additional mammograms or ultrasound. In fact, multiple scientific studies have shown a significant reduction in the percentage of women asked to return for more testing – somewhere between 15 and 40%. In addition, these studies have found higher cancer detection rates with tomo. That's because a 3D mammogram provides better visibility of small cancers that could be hiding in breast tissue.



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BOB MARTIN

Makenzie Snow fires a shot toward the goal in the win against Mascenic.



BOB MARTIN

Cailey Clogston battles a Mascenic defender.

Bears vanquish Vikings in first-round matchup

BY BOB MARTIN
Bob@Salmonpress.news

TILTON — The eighth ranked Winnisquam Bears field hockey team knocked off the ninth ranked Mascenic at home last week in a 2-0 shutout win in the opening round of the Division III tournament.

It was a scrappy and physical game right from the beginning between the Bears and the Vikings on Oct. 19 in the first-round playoff matchup. Winnisquam wasted no time to get going with a goal by Emily DeCormier at the 21:22 mark. However, much of the rest of the half was played in the middle of the field with no clear advantage.

With about 1:37 left in the half, Winnisquam had the ball right in front of the Mascenic goal. Through the chaos, Cailey Clogston

knocked the ball in for a goal to put the Bears up 2-0. This was all Winnisquam would need to secure the win.

There were multiple penalties called on Winnisquam throughout the game, giving Mascenic the upper hand as

Winnisquam was short-handed. However, the Bears persevered and kept the Vikings from scoring.

Coach Cherie Snow expressed frustration with the team at points, saying the Bears seemed flat at times and making

mental mistakes. She said the team needed to work on staying in their lanes and keeping focused.

"They were a little sluggish," Snow said. "They didn't come out as strong as they normally do, but they did

pick it up especially when we were down two players from the penalties. I felt Kaylee Tierney and Emily Decormier really stepped up and did an excellent job, as well as Cailey Clogston. Those three really did an awesome job."

The Bears went on to play top-ranked Newfound on Sunday and lost a 1-0 nail biter to be eliminated from the playoffs. This marked the second-straight year the two teams met in the quarterfinals.

Embree's PK delivers victory for Belmont

BY BOB MARTIN
Bob@Salmonpress.news

MEREDITH — In what was a playoff caliber matchup between two Lakes Region rivals, the Belmont boys' soccer team beat the Inter-Lakes Lakers 2-1 in dramatic fashion, through a goal by Griffin Embree on a penalty kick in overtime.

The Red Raiders and the Lakers only faced each other once during

the regular season, but there is a chance the two teams could meet again. Both teams are slated to make the state tournament, but the final rankings are still up in the air.

Inter-Lakes struck first about halfway through the first half, with a goal by Alex Losada assisted by Ian Daly.

"This was all about being resilient," said Belmont coach Mike Fo-

ley. "We were down at half and had great opportunities to score in the first half and missed."

While the Lakers had the first half advantage, Foley said his team put the pedal to the metal in the second half. With 12:02 left in the half, Hunter Dupuis scored with an assist by Zach Ennis.

Belmont had a plethora of near misses that could have put the Red

Raiders up before the overtime started. At the end of the second half, Sottak hit the crossbar and Embree missed a shot about an inch over it from point blank range.

"In the second half, we came at them with everything but the kitchen sink," said Foley. "Nate hits the crossbar, Griff misses, a few other guys like Nolan (Gagnon) had some good looks."

Players on both sides got chippy as regulation time ended, with some roars of frustration coming from the field. Some players had words with each other and there were some nudges as they were jockeying for position.

This type of play continued in overtime, and with 7:59 left in the game, Embree was hit inside the box, which set him up for a penalty kick. Embree knocked the penalty kick past goalie Hunter Sanders for the game-winning goal.

"We started out a little slow, but we knew what we had to do," said Embree. "We are a strong, resilient team and nothing phases us too much. We had to go out and play like we can, and we knew we could win the game."

Foley said it was the first game on turf, and in the first half it showed as he said the team was "as flat as can be." He added that it may have been a hangover from the game against Franklin the day before, where Belmont beat the Tornadoes 7-0. He said there were players playing all over the place, with a few scoring their first career goals.

"It took my guys some time to lock in, but I tip my cap to Inter-Lakes," SEE SOCCER, PAGE B3

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Gabby Isabelle goes up for a spike against Inter-Lakes.

BOB MARTIN



Madisyn Skeats spikes the ball in the loss to Inter-Lakes last week.

BOB MARTIN

Lakers hand Bears first loss of season

BY BOB MARTIN
Bob@Salmonpress.news

TILTON — In what was a matchup of Division 3 volleyball titans, undefeated Winnisquam took on undefeated Inter-Lakes late last week. On paper it looked like it would be a close match, but Inter-Lakes capitalized on mistakes and had a convincing 3-1 win over the Bears.

Winnisquam came out strong with a 25-11 win, and it seemed that it might be a lopsided affair. The Bears went on multiple runs where the team seemed as strong as ever. Inter-Lakes didn't appear to be able to handle the spikes by Shannon Goodwin and the intensity of playing the undefeated Bears on the road.

That all changed, however, in the second

set. Inter-Lakes came out strong with a 5-0 run on strong serves, sets and spikes. Winnisquam inched its way back into the game but then Inter-Lakes took off for a 9-0 run, led by incredible play by sophomore Emma Wheeler. The Lakers took the set 25-14.

The third set saw an up and down battle for both teams. Inter-Lakes came out with another early 5-0 run before Winnisquam called timeout and turned things around. The Bears ended up tying the game at 12 and the set was close the rest of the way. Goodwin brought the Bears to game point with a nice spike, making it 24-20, but Winnisquam couldn't hold off Inter-Lakes, who battled back for a big 27-25 win.

The fourth set was all

Inter-Lakes, who won 25-18 and secured the victory.

For Inter-Lakes, Wheeler had an outstanding match with 17 kills, 15 digs, eight points and five blocks. Jessalyn Brown had 33 assists, nine digs and 11 points. Other key contributions came from Morgan White with 13 points, nine digs, and six kills; Hailey Hart with 10 points, four kills and 12 digs; Sarah Seeley with 10 digs and six points; Jordan Durand with 13 digs, six kills; Aria Shufelt with five blocks and four kills and Madisyn Wilson with nine passes, four digs.

"I thought we started off a little bit tentative in the first set and seemed a little bit off, but I think the team realized there is no pressure on us,"

said Inter-Lakes coach Randy Mattson. "We are here at their home. We are going to play as well as we can. After we relaxed I thought our ball control was fabulous."

Mattson said it was good to see the team persevere and push toward the win. She said she did not expect it to be a 3-1 win, recognizing how strong of a team Winnisquam was.

"I fully expected them to come back," said Mattson. "They played a little hesitantly."

Mattson commended the play of Wheeler, saying she is an incredible athlete. Wheeler had the final point of the game for Inter-Lakes, and Mattson said this was exactly the person she wanted going for the kill.

"She has been developing as the year has

gone on and the last few matches we have played she has really come forward with the intense leadership," Mattson said.

For Winnisquam, Goodwin led the way with 17 kills and 14 digs. Gabby Isabelle had 12 kills and six digs; Talia DeBlasie had 32 assists and nine digs; Madisyn Skeats had 12 digs and Aubrey St. Onge had 20 digs.

"I thought we put forth a good effort," said coach Mike Livernois. "We definitely struggled on some things. We lost the match when we lost game three. We were up 24-22 and had that set, but let them come back and take it. They took the momentum into game four and wore us down."

The game puts In-

ter-Lakes at the one spot and Winnisquam at number two for the playoffs, with both teams getting a first round bye. Livernois said the team will be preparing hard to get back into the win column.

Livernois recognized that this was a battle between two good teams, and said he would rather have a loss come now than later.

"I don't worry about the undefeated thing," said Livernois. "Some people do. It is fun if they can do it but sometimes it is more hassle than it is worth. We will learn from it and hopefully grow from it. If we can do that we should be in good shape."

Both teams start the playoffs on Saturday at home.

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Belmont girls earn fifth seed in D3 tourney

BY BOB MARTIN
Bob@Salmonpress.news

BELMONT — The Belmont girls' soccer team wrapped up the regular season with a pair of wins last week, which is part of a seven-game winning streak that the team has been on.

On Oct. 17 Belmont beat Berlin 7-1 at home during the senior game, where seniors Brianna White, Chloe Sottak and Maddie Basha were honored. Makenzie Donovan had three goals,

Julianna Estremera had two goals and Becca Fleming had two goals. Also playing well were Morgan Ruhl, Emma Cochrane and Kaitlyn Delisle.

On Oct. 19 Belmont traveled to Somersworth for the final game of the regular season where the team won 3-0. Fleming had two goals and Estremera scored her 20th goal of the season. Cochrane also had a great game, as well as Sottak, Delisle, Donovan, Maddie

Lima, Sana Syed and Lizzie Fleming.

Coach Mark Dawalga commended the play of Estremera this season, saying she is one of the top strikers in the division. He said not only is she a great player, but also a great leader in her junior season. Dawalga said the team is fortunate to have her coming back for a senior season.

"She has had a fantastic year," said Dawalga. "She is our leading scorer and also done so well leading the younger

players. She is not only a phenomenal player. She is near the top of her class and a hard worker. She does a lot for the program."

Dawalga also spoke highly of the seniors, saying that Chloe Sottak is an anchor for the team that the team will be losing. She is the returner from last year's team and has been vital to helping younger players. He said she has had four coaches in four years, and played four different positions,

and Dawalga said it has been amazing that she has stuck with it and been a positive part of the team.

"She had a great season and was a big part of our back four," said Dawalga. "We gave up 10 goals all season and she was a big part of that."

Tournament brackets came out on Monday morning and Belmont is ranked number 5. They faced number 12 White Mountains on Wednesday after deadline.



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IN THE CLASSIFIEDS

Riley, Mann bank top 10 finishes at Merrimack Valley

BY BOB MARTIN
Bob@Salmonpress.news

PENACOOK — The Belmont and Winnisquam cross country teams were well represented at this year's Capital Area Cross Country Championship, with Winnisquam's Kyle Mann coming in 10th in the boys' race and Alice Riley of Belmont placing second in the girls' race.

Overall the Belmont girls placed third as a

team. Riley had a time of 20:01, which was just behind Mya Dubie of Kearsarge, who had a time of 19:58 for the win. Jessica Hutchinson was 14th with a time of 21:47, Alexis Day was 17th with a time of 21:58 and Makayla Palmer was 39th with a time of 23:51.

"That's an impressive showing as we're certainly peaking at the right time," said coach Aaron Hayward, who

added that it was a tough race with a lot of fight.

The Belmont boys were led by Aidan Rupp with a time of 18:15, good for 17th place. He was only one second ahead of teammate Nick Randos, who was 18th with a time of 18:16. Connor Jackson was 34th with a time of 19:08.

For Winnisquam, the girls were led by Faith Gosselin, who placed 13th with a time of 21:44.

Jasmine Piper was 25th with a time of 22:37. Hannah Swain was 75th with a time of 26:49.

The Winnisquam boys' team was led by Mann, who had a time of 17:42 for 10th place. His brother Riley Mann placed 25th with a time of 18:41. Dylan Robert was 28th with a time of 18:43. Andre Cormier was 40th with a time of 19:18.



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BOB MARTIN

Chantelle Martin goes up for a spike against Franklin in a 3-0 win for Belmont.



BOB MARTIN

Jordan Lavallo sets the ball for Belmont High School.

Trio of wins sends Raiders to tournament

BY BOB MARTIN
Bob@Salmonpress.news

BELMONT — The Red Raiders volleyball team ended the regular season strong with three straight wins over Trinity, Prospect Mountain and Franklin with hopes of squeezing into the playoff picture with an 8-8 record.

Belmont traveled to Trinity on Oct. 16 and won 3-2, hosted Pros-

pect Mountain on Oct. 18 and won 3-2 and then swept Franklin to finish the season on Oct. 19.

Coach Adam Gaulin said being 8-8 is tough, as the team is on the bubble with many teams right in the middle. He said with the team playing the best it has all season, he hopes the Raiders will make it in. The Raiders earned the 11th seed and will

be at Mascenic tonight, Oct. 26, at 6 p.m.

“I think we can do some great things in the playoffs,” said Gaulin. “Things started to come together at the end of the season. We showed some grit, which is what I wanted to have.”

Gaulin said the win against Prospect Mountain was a bit of redemption after losing 3-0 less than a week earlier. The

team was led by Jordan Lavallo’s 15 kills

The win against Franklin was convincing, but Gaulin said it was a great way to end the season on a confident note. The team was led by setter Bryhannah Pinard who had seven assists. Becca Camire also pitched in with nine assists. Chantelle Martin and Jenny Joyce had three kills

apiece. Lavallo also had a strong game with four kills. Amber Lemay had nine digs and a couple of pancakes, showing great defensive work.

This was Gaulin’s first year coaching Belmont, but said that this is exactly the time a team wants to come together and shine. He said the team, which started off 0-3, has come a long way.

“It is about who comes together at the right time and who wants it more,” said Gaulin. “If we get to the tournament I hope they continue the upward trend of playing well together like this. I think they can be great. In my experience it is all about timing and we are hitting the timing. I’m proud of the girls.”

Cougars too much for gridiron Bears

BY BOB MARTIN
Bob@Salmonpress.news

TILTON — It was a tough day for the Winnisquam football team on Saturday, as the Bears hosted Campbell and were beaten 51-0.

Campbell is one of the top teams in Division 3, and the Cougars have had blowout wins in every game en route to what has been an undefeated season so far. Winnisquam couldn’t get anything going against the team, with Campbell’s junior varsity squad in by the second quarter. It was a 51-0 game at halftime.

The game was scores-



BOB MARTIN

Evan Judkins fires a pass during a 51-0 loss to Campbell.

less for the first six minutes of the game, but then Campbell unleashed an onslaught of big plays throughout the first half. With 6:17 remaining, Keegan Mills ran the ball in for 22 yards. The two-point conversion was good and it was an 8-0 game.

Winnisquam’s starting running back, and arguably the best player, sustained a leg injury in the opening quarter to make things worse.

Campbell then recovered an onside kick and quickly scored again on a 41-yard touchdown run by Ryan Yanuszewski to make it 14-0 with six minutes left in the quarter.

The next drive was another blow for Winnisquam, as quarterback Evan Judkins went down hard on a player where roughing the passer was called after a 20-yard pass on a scrambling throw to Philip

Nichols. Nichols, who had an arm injury earlier in the year during his time as quarterback, got behind center and didn’t have much luck as the Bears turned the ball over on downs.

Campbell took over at their own 31-yard line and Nick Boucher ran 63 yards for a touchdown to make it 20-0, and then 22-0 after the two-point conversion. Yanuszewski scored again minutes later and after the two-point conversion it was 30-0. Before the first quarter ended Mills ran it back 53 yards for his second touchdown to make it 37-0 at the end of the first quarter.

The Bears had a three and out the next series and had to punt. Garrett Walker ran the ball 30 yards for a touchdown, and after a point after attempt completed it was 44-0. Connor Sweeney had the final touchdown to make it 51-0.



BOB MARTIN

Jake DeWare had a good week in goal last week for Belmont.



BOB MARTIN

Dylan Greer handles a ball against Inter-Lakes in a win last week.

SOCCER

CONTINUED FROM PAGE A1

said Foley. “They came out firing and were physical. It helped us and surprised us a little bit. Late in the second half was where we went back to basics, passed the ball to the feet and stopped being fancy. The goal Hunter scored was just that. Take the ball to the corner, beat the end guy and slid it across to the wide open kid.”

When asked how Embree feels about his team with the regular season coming to a close, and the playoffs looming, he was confident but said there is still plenty of work to be done.

“I like our chances,” Embree said.

Belmont played Raymond on Friday and lost 1-0 when Raymond scored with two minutes left in the game. Foley said goalie Jake DeWare

was outstanding, stopping three breakaways in the first half. He also said there were strong games by Embree, Gagnon, Brown and River Mathieu. The Red Raiders ended the regular season with a 10-5-1 record.

This was the final regular season game for Inter-Lakes, who ended with an 8-7-1 record.

“We have a good group,” said Laker coach Dan Curnyn. “We have played a lot of the top teams tough, but we have had a lot of those being 1 goal losses.”

Inter-Lakes lost by one goal to Prospect Mountain, Gilford, Berlin and White Mountains.

“A lot of the teams at the top, we were either right there or have beaten them,” said Curnyn. “I don’t think I’ve had a group in my three years that is more ready for the playoffs. I think we are

good going in. We’ve got some stuff to work on but we have plenty of time to get ready.”

Belmont earned the eighth seed and

hosts Mascoma and Inter-Lakes is the 13th seed and will be at Raymond, both today, Oct. 26, tentatively scheduled for 3 p.m.

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**9 a.m. - Sanbornville, NH
Selling to the Highest Bidder
Above: \$15,000**
39 Rines Road is a 1,059± sq.ft.
New Englander that includes 2
bedrooms and 1.5 bathrooms. The
home sits on an in-town .19± acre
lot. Tax Map 183, Lot 11. Assessed Value: \$99,600.



**12 p.m. - Bartlett, NH
Selling to the Highest Bidder
Above: \$80,000**
88 Albany Ave is a 1,862 sq.ft. New
England that was built in 1880±
includes 4 bedrooms, 2.5
bathrooms and a full basement.
The property totals .3± acres and is serviced by municipal
water. Tax Map 102, Lot 65. Assessed Value: \$164,900.



**2 p.m. - Littleton, NH
Selling to the Highest Bidder
Above: \$50,000**
27 Evergreen Lane is a 1,432± sq.ft.
Ranch that includes 3 bedrooms
and 1 full bathroom. Located at
the end of a dead end street this
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Value: \$139,700.



**4 p.m. - Rumney, NH
Selling to the Highest Bidder
Above: \$50,000**
69 Water Street is a 1,275± sq.ft.
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An estimated 3,000 Americans die from a foodborne
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they might be there. Always separate raw meat from
vegetables by using two cutting boards.

CLEAN SEPARATE COOK CHILL



KEEP YOUR FAMILY SAFE AT
FoodSafety.gov



SCHOOL ADMINISTRATIVE UNIT #18

FRANKLIN SCHOOL DISTRICT

Substitute Custodians

Franklin School District is currently seeking substitute custodians.

Please send a letter of intent, resume, application & 3 letters of reference to:

Superintendent of Schools

Franklin School District

119 Central Street, Franklin, NH 03235



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King Forest Industries, Inc.



GOOD PAY
FOR HARD WORK

King Forest Industries, located in Wentworth, NH, is currently accepting applications and resumes for full and part time work as lumber handlers, equipment operators and experienced maintenance personnel. Individuals must be hardworking, able to take and follow directions, dependable and able to do hard work for good pay. You must be able to lift at least 50 lbs.

As a full-time employee, you will qualify for health insurance/dentail/401K retirement plan/paid vacation/paid holidays and production bonuses.

If you wish to apply, stop in to our Wentworth office for an application or drop off a resume and a completed employment application, which can be downloaded from our website and dropped off in person Monday thru Thursday 7am-4:30pm and Friday until 4pm. No phone calls please.

King Forest is an equal-opportunity employer.

53 East Side Road • Wentworth, NH • www.kingforest.com

Join Our Team

Part-Time Positions Available:

Waitstaff

Bartender

Busser

Brunch Chef

Dishwasher/Prep

Full-Time positions:

Waitstaff

The Corner House Inn

Center Sandwich, NH

284-6219

info@cornerhouseinn.com



CROSS INSURANCE®
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INSURANCE
ACCOUNT
MANAGER

Cross Insurance has an employment opportunity in our Personal Lines Dept in our Meredith office. 3-5 years experience in this field is preferred. Salary is commensurate with experience and industry accomplishments. State of NH license required.

A generous benefit package is offered.

Please respond in confidence by resume to:

Debra Davis

Cross Insurance

45 NH Route 25

Meredith, NH 03253

debddavis@crossagency.com

Cross Insurance is the largest privately held insurance agency in the states of Maine and New Hampshire.

We are an equal opportunity employer.



Ashland Lumber

Division of BELLETETES, INC.

Kitchen & Bath Design Specialist

We are looking for an experienced Kitchen and Bath Designer with initiative and enthusiasm for a rewarding career. This position requires someone with excellent customer service skills in a service friendly work environment with attention to detail and the ability to multi-task. The successful candidate will be responsible for field measuring, 2020 design, scheduling of installations and invoicing. Work schedule includes Saturday hours.

If you have the skills required for this position and are willing to work in a team-oriented environment, please send your resume and references to:

Human Resources, c/o Belletetes Inc.

51 Peterborough Street, Jaffrey, NH 03452

or you may email to dbelletete@belletetes.com

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Will Train. Valid Driver's License required.

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Plymouth, NH 03264

(603) 536-3533

Leading Pre Engineered Metal Building Co.



Energysavers Inc.

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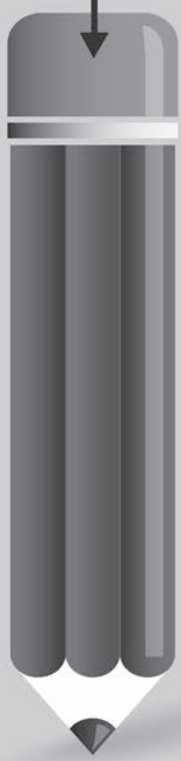
Full-Time Entry Level
Retail Position

Energysavers Inc. is expanding its sales team and looking for its next "Dedicated Sales Advisor". We are a highly recommended 40+ yr old Lakes Region retailer of well known hearth & spa products. You can earn while you learn! No prior experience required. All Energysavers employees are expected to participate in all aspects of the business. Must have a valid driver's license & be able to lift/carry an 80lb min. Hourly pay plus commission. Stop in to fill out an application:

Energysavers Inc,

163 Daniel Webster Hwy, Meredith NH

THE ONES
WHO
ACTUALLY
DO.



THE NUMBER
OF PEOPLE
WHO
THINK
THEY HAVE
THEIR CHILD
IN THE RIGHT
SEAT.

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

VISIT SAFERCAR.GOV/THERIGHTSEAT

Ad Council

NHTSA
www.nhtsa.gov

Child Car
Safety

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Is WHERE you work...
and WHO you work WITH
as important as WHAT you do?

Most of us spend at least 8 hours a day working. Shouldn't where you work, and who you work with be a key factor in choosing a place of employment? At ACHS, we think so. Our teams are made up of exceptional people, doing great things for local residents and their health. If you want to be a part of an organization that truly cares about their patients, their co-workers and their communities - come join ACHS!

ACHS is growing and HIRING for the
following full-time postions:

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Dentist DDS, DMD
Behavioral Health - Substance Use
Disorder Case Manager
Community Health Care Worker
Registered Dental Hygienist
Certified Dental Assistant
New Patient Coordinator
Certified/Registered Medical Assistant
Front Desk Receptionist -
Medical & Dental



ACHS

ACHS is a Federally Qualified Health Care Center with 5 sites providing integrated primary, dental and behavioral health care, as well as pharmacy services to nearly 10,000 area residents. Come work at an active, fun and caring organization with coworkers who really care. Interested? Please send cover letter and resume to: HR@achs-inc.org

EOE

Ammonoosuc Community Health Services

Littleton • Franconia • Warren • Whitefield • Woodsville www.ammonoosuc.org

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CLASSIFIED
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**Full-Time and Part-Time Positions:**

Loon is hiring for the winter season. Full-time and part-time, day shift and night shifts available. Snowmaking, shuttle bus drivers, food & beverage workers, parking attendants, IT Technician and many more positions are available.
Free Skiing & Riding, On-Job-Training and Food & Beverage discounts.

For more info or to apply on-line visit www.loonmtn.com

Human Resources

60 Loon Mountain Road, Lincoln NH 03251
Equal Opportunity Employer

**Full-Time, Year-Round**

Full-time, year-round, benefited positions available immediately at Loon Mountain.

**Heavy Equipment Mechanic
Retail Assistant Manager
Assistant Ticket Manager
Custodial Assistant Manager
IT Technician**



For more info or to apply on-line visit www.loonmtn.com

Equal Opportunity Employer

**2017-2018 SCHOOL YEAR VACANCY****INTER-LAKES SCHOOL DISTRICT****SUBSTITUTE SCHOOL NURSES**

The Inter-Lakes School District is seeking substitute school nurses.
Must have valid R.N. license;
experience in a school setting preferred.

Rate of Pay: \$150 per day

Please visit our website for application at www.interlakes.org/employment.html

Please submit applications to:
Ashley Dolloff, Human Resources Director
103 Main Street, Suite #2
Meredith, NH 03253

2017-2018 SCHOOL YEAR COACHING VACANCY**INTER-LAKES HIGH SCHOOL****JH Boys B Basketball Coach**

Please visit our website for application at www.interlakes.org/employment.html
Coaching Application

Please submit applications to:
103 Main Street, Suite #2
Meredith, NH 03253

Position open until filled



"with us, it's personal"

CASHIERS & SHIFT SUPERVISORS

Do you have excellent customer service and want to work in a friendly rewarding environment? Are you looking to join a company that offers competitive wages and benefits as well as career growth?

Rite Aid is currently hiring for the following positions in Littleton, NH:

**CASHIERS
SHIFT SUPERVISOR**

Apply online at: www.riteaid.com/careers OR stop in and apply at your local RITE AID!

RITE AID is an Equal Opportunity Employer



A Casella Company

JOB: FULL TIME LABORER

JOB DESCRIPTION: North Country Environmental Services in Bethlehem, NH is accepting applications for a full-time laborer. Responsibilities include, but are not limited to, grounds keeping including litter pickup, snow shoveling, minor maintenance of buildings. Qualified applicants must enjoy working outdoors, have a strong work ethic, be safety conscious, be able to lift 50 pounds and be able to tolerate working outside in various weather conditions and terrains. 40 hours per week with some overtime when needed, uniforms, benefits including 401k, health, vision, and dental.

PLEASE SEND RESUME TO:

NCES Landfill • Attn: Joshua Casey
PO Box 9 • Bethlehem, NH 03574
Or apply on-line at www.casella.com

Waterville Estates

Experienced, Reliable,
Seasonal Plow Driver Needed.
Weekends and Nights a Must.

Apply In Person at
Waterville Estates Recreation Center
562 Winterbrook Road in Campton.
603-726-3082 • Ask for Steve

**Executive Director****Great Waters Music Festival**

Great Waters Music Festival, a not for profit music organization featuring high quality performances during the summer season, is looking for a full time Executive Director.

The successful candidate will have proven experience in relationship building with donors, sponsors and ticket buyers. Responsibilities include maintaining the fiscal integrity and financial management of the organization, fundraising and marketing, community outreach, day to day operations, coordination of efforts to build strong programs and increase attendance, and working with the Board to fulfill the organization's mission.

Requirements: bachelor's degree, experience with budgets and financial management, successful experience with fundraising and grant writing, solid technological skills and strong verbal and written communication skills.

Interested candidates should e-mail cover letter, resume and reference contacts to info @ greatwaters.org.



A Casella Company

JOB: PER DIEM SCALE OPERATOR

JOB DESCRIPTION: North Country Environmental Services in Bethlehem, NH is accepting applications for a part-time Scale Operator with potential for full-time employment. Responsibilities include, but are not limited to, maintaining accurate scale operations, reports and controlling the flow of traffic on the scales. Qualified applicants must be computer literate and possess strong people skills. Familiarity with PC Scale and a current NH Weighmasters license a plus.

PLEASE SEND RESUME TO:

NCES Landfill • Attn: Kevin Roy
PO Box 9 • Bethlehem, NH 03574
Or apply on-line at www.casella.com

JOB FAIR!

It All Starts Here!

KING PINE
Purity Spring Resort, NH

Purity Spring Resort, a New Hampshire leader in the outdoor recreation industry, is searching for motivated individuals to join the King Pine Winter team!

Sunday, October 29th, 9:00AM to 11:30AM
King Pine Milt's Place Lodge
at the base of our North Triple Chair

Now accepting applications for all positions.
Part and Full Time Seasonal

Applicants must be at least 16 years of age. Resumes to:
1251 Eaton Road, East Madison, NH 03849



SAU 68
Lin-Wood Public School
Lincoln-Woodstock Cooperative School District
72 Linwood Drive
Lincoln, New Hampshire 03251
Telephone (603) 745-2214



The Lincoln-Woodstock Cooperative School District, Recognized as one of the Best Schools in NH, and located in a year round recreational setting in the White Mountains announces an immediate full-time opening for the 2017-2018 school year:

ELEMENTARY BEHAVIORAL INTERVENTION SPECIALIST

Bachelors Degree preferred in childhood studies or equivalent. Interested parties should send transcripts, a letter of interest, a resume and three letters of reference to:

Frances Bean
Lin-Wood Public School
P.O. Box 846
Lincoln, NH 03251
603-745-2051

The Lincoln-Woodstock Cooperative School District is an equal opportunity employer.

Job Applications are available on our website at www.lin-wood.org under the "Employment" section.

Middle/High School Fax Number (603) 745-6797
Elementary Fax (603) 745-3730 • SAU Fax (603) 745-2352
Accredited by New England Association of Schools and Colleges



WHITE MOUNTAIN OIL & PROPANE

Office Administrator

White Mountain Oil & Propane is currently seeking an **Office Administrator** for our Lincoln, NH office.

Duties include: answering customer telephone calls, general customer service, payment processing, daily mail pick-up and general data entry tasks.

This is a year round full time permanent position. We offer a full benefits package including paid vacation, holidays, health & dental insurance, 401 (K), and profit sharing.

Minimum requirements:

High School Diploma, valid driver's license, and proficient use of PC, Microsoft Word and Excel

Interested experienced applicants can fill out an application in our 264 Main Street, Lincoln showroom or should email or mail a resume to:

Attn: Lincoln Office
PO Box 690, North Conway, NH 03860
Fax: (603) 356-7181

jobs@whitemountainoil.com

No phone calls please

White Mountain Oil & Propane is an equal opportunity employer



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FULL TIME OPPORTUNITIES

- LNA – 36 hours (night shift)
- INFORMATION SYSTEM SUPPORT SPECIALIST – 40 hours
- NIGHT CHARGE NURSE – 36 hours
- RN MED SURG - 36 hours (2 positions: night shift)
- RN MED SURG/ED – 36 hours (night shift)

PART TIME OPPORTUNITIES

- OR NURSE SUPERVISOR

PER DIEM OPPORTUNITIES

- CARDIAC REHAB NURSE
- HOUSEKEEPER
- CENTRAL STERILE TECHNICIAN
- SURGICAL TECHNICIAN
- UNIT SECRETARY
- REGISTRATION CLERK
- RN

Apply Online at www.ucvh.org

Upper Connecticut Valley Hospital

181 Corliss Lane, Colebrook, NH 03576

Phone: (603)388-4236

ucvh-hr@ucvh.org

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 2016 KIA SOUL <small>FREE OIL CHANGES FOR LIFE! * FREE STATE INSPECTIONS FOR LIFE!</small>	MSRP \$17,115 AutoServ -\$206 Customer Cash Rebate -\$1500 #KC7208	SAVE UP TO \$1,706	SIGN IT & DRIVE IT LEASE \$226 /36 MO* ZERO DOWN!
 2017 KIA OPTIMA LX <small>FREE OIL CHANGES FOR LIFE! * FREE STATE INSPECTIONS FOR LIFE!</small>	MSRP \$24,220 AutoServ -\$637 Customer Cash Rebate -\$3000 #KC7165	SAVE UP TO \$3,637	SIGN IT & DRIVE IT LEASE \$246 /36 MO* ZERO DOWN!
 2017 KIA SPORTAGE LX AWD <small>FREE OIL CHANGES FOR LIFE! * FREE STATE INSPECTIONS FOR LIFE!</small>	MSRP \$26,010 AutoServ -\$808 Customer Cash Rebate -\$1000 #KT7262	SAVE UP TO \$1,808	SIGN IT & DRIVE IT LEASE \$262 /36 MO* ZERO DOWN!
 2017 KIA NIRO LX <small>FREE OIL CHANGES FOR LIFE! * FREE STATE INSPECTIONS FOR LIFE!</small>	MSRP \$24,625 AutoServ -\$651 Customer Cash Rebate -\$500 #KT7237	SAVE UP TO \$1,151	SIGN IT & DRIVE IT LEASE \$279 /36 MO* ZERO DOWN!
 2017 KIA SORENTO LX AWD <small>FREE OIL CHANGES FOR LIFE! * FREE STATE INSPECTIONS FOR LIFE!</small>	MSRP \$31,835 AutoServ -\$817 Customer Cash Rebate -\$3000 #SKT7295	SAVE UP TO \$3,817	SIGN IT & DRIVE IT LEASE \$323 /36 MO* ZERO DOWN!

AutoServKia.com

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