

# Gilford Steamer

THURSDAY, SEPTEMBER 13, 2018

GILFORD, N.H. - FREE



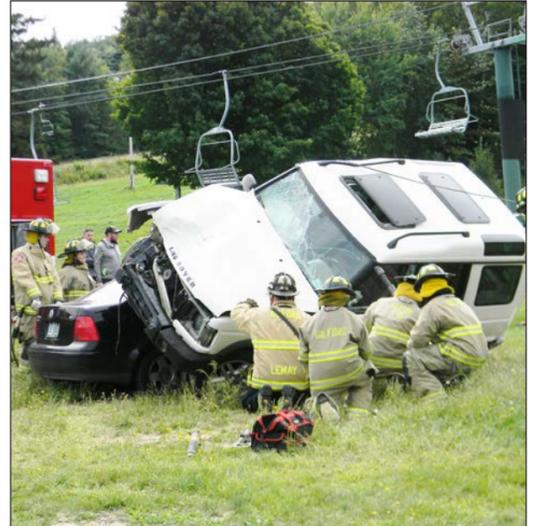
ERIN PLUMMER

Makayla and Gavin Bennett of Gilford stand in the bucket of the Meredith Fire Department's Tower 1 truck during Belknap County Safety Day.



ERIN PLUMMER

James Leach of the Gilford Police Department describes police equipment to visitors.



ERIN PLUMMER

The Gilford Fire Department demonstrates the Jaws of Life.

## Community meets first responders at Public Safety Day

BY ERIN PLUMMER  
mnews@salmonpress.news

Families had the opportunity to meet first responders in a fun, friendly environment during the annual

Belknap County Public Safety Day.

Police, fire, and rescue personnel from across the state set up their vehicles at Gunstock on Saturday

for the public to see along with a number of demonstrations to show what they do.

The event was organized by the Belknap County Sheriff's

Department. Jennifer Schillinger, an administrative assistant for Sheriff Mike Moyer, said the concept behind the event is to give the public an opportunity to meet their first responders in a casual environment.

"We want kids especially to be able to (meet) police, firefighters, EMS, and know they don't have to be afraid of them," Schillinger said.

Schillinger said they had representatives from police and fire departments in every Belknap County community. They also had vehicles and representatives from the

State Liquor Commission, Marine Patrol, Dartmouth Hitchcock Advanced Response Team (DHART), the Belknap Regional Special Operations Group, and Lakes Region Mutual Fire Aid.

She said they try to expand the event a little every year.

This year, they held a raffle and provided live music.

Police motorcycles did an obstacle course. The Gilford Fire Department did a Jaws of Life demonstration with wrecked vehicles provided by Rusty's Towing of Tilton.

The Belmont, Alton, and Gilford Police De-

partments did a K-9 demonstration with their respective dogs.

"That's our goal — to get it a little bit bigger — and I think we did," Schillinger said.

Schillinger also thanked Gunstock for offering their facility and providing some raffle prizes.

Lt. James Leach of the Gilford Police Department said he has done this for a couple years and he loves being part of it.

In addition to showing off the vehicles, Leach also showed their body cameras and how the images can connect to a phone SEE SAFETY DAY PAGE A12

## Another \$400,000 needed to complete recycling center

BY ERIN PLUMMER  
mnews@salmonpress.news

Voters will be asked to approve another \$400,000 for the recycling center facility, which is still expected to be everything town officials wanted from the facility for much less than originally proposed.

Work started on the new recycling facility, which was approved by voters at the 2017 town meeting voting. Richard Grenier, selectmen's rep-

resentative to the Solid Waste Committee, said the new building is supposed to arrive by Oct. 30. All of the concrete is being poured and the retaining wall is being worked on.

Grenier said the project will come back to town meeting in March for another \$400,000 to complete it, though it will still be \$500,000 less than originally proposed.

The original cost of

the project came in at \$1.7 million, though members of the committee felt that was way too high. Lengthy debates went on about the project involving people who are experienced trash hauling and public works.

"We just felt it could be done cheaper," Grenier said.

Grenier said the cost included some redundancies for building ma- SEE RECYCLING PAGE A11

## Military plane tour stop will be a big classroom for GHS students

BY ERIN PLUMMER  
mnews@salmonpress.news

A large number of Gilford High School students will have the opportunity to view four classic warplanes and explore the different things they can learn about them across many different subjects.

From Sept. 17-19, four warplanes will be on display at the Laconia Airport as part of The Wings of Freedom Tour. Students will have the opportunity to explore B-17, B-24, and B-25 bombers and a P-51 Mustang, tying what they learn to different subjects.

The Wings of Freedom tour is put on by the Collings Foundation, which provides living history exhibits across the country. The planes on the Wings of Freedom Tour will stop in the area after coming from Burlington, Vermont, and before going to South Portland, Maine.

Teacher Dan Caron said they have been trying to do STEM ac-

tivities for the past few years and show the students the different subjects that can be combined.

"The Wings of Freedom seemed like a real easy way of doing it," Caron said.

Caron said the program will use aviation to connect a number of different subjects.

Around 220 GHS students are expected to be part of this program on Sept. 18. Throughout the day, groups of students will take buses during different blocks of the school day to Laconia Airport to see the planes.

Exploration of the planes will be integrated into many different classes and school subjects.

Caron himself teaches an aviation class and said the experience with the bombers can be used to teach about aviation. He also teaches a Material Design class and students can also look at the different materials the planes are made of.

Students in Amy

Tripp's Conditioning for Maximum Performance class will learn about the effect high altitudes have on the bodies of pilots, especially considering most of those who flew in them were under 21.

Scott Hutchison's Creative Writing class will explore all the ways these planes could inspire writing.

Aaron Witham's photo class will do a photo essay on the project.

The Digital Connections Class will take a look at the old steam gauges.

They are also lining up speakers that can speak to the class during the school day. One possible speaker is Don Morrissey of Camp Resilience who flew bombers and Huey helicopters in the military during the Vietnam War Era. Another is a fighter pilot who has also flown for a regional airline and a Cessna who has broken the sound barrier. He will talk to the stu-

SEE PLANE PAGE A11



ERIN PLUMMER

Gilford High School chorus director Denise Sanborn works with students on the upcoming production of "Les Misérables."

## "Les Misérables" coming to the stage at GHS

BY ERIN PLUMMER  
mnews@salmonpress.news

The classic musical "Les Misérables" will come to the stage at Gilford High School this fall in what is anticipated to be one of the school's largest productions. Rehearsals are underway

for "Les Misérables" with a large cast and plans for some huge production values.

Director Matt Demko said will be one of the largest productions the school has ever done complete with big sets, elaborate lighting, and

some other remarkable features in the works.

"Because so many people know this show you have to do it the way people kind of want to," Demko said.

This fall's musical SEE LES MISÉRABLES PAGE A11

# Notes from the Gilford Public Library

BY MARK THOMAS  
Library Correspondent

Now, I know that you had so much time this summer that you were able to read everything on your 'to-read' list, right? No? You were busy with work or beaches or life? Well, let's catch you up then on some good reads that you might have missed this summer.

You may have missed "Fruit of the Drunken Tree" by Ingrid Rojas Contreras. A coming of age contrast story juxtaposing the perspectives of privilege and want in Bogota, Colombia at the height of Pablo Escobar's infamy. The young, sheltered Chula is fascinated by her maid-from-the-slums Petrona, just as Petrona is torn between young love, the needs of her family, and her new affection for Chula. It's a multifaceted story where the description of the setting is as admirable as the tale.

You may also have missed "Three Things About Elsie" by Joanna Cannon. Elsie is 84-year-old Florence's best life-long friend. At this late stage in Florence's life, there is little that she

can count on, but Elsie is one of them. Threatened by the possibility of being moved to a more restrictive home, Florence strives to make sense of the confusing irregularities in what she witnesses and what she remembers. The story is part mystery, part exploration of late-stage life, and part an outpouring of emotion and cliché. The characters are stereotypes, but they are adorable in their roles, and Florence, most of all, has the reader aching for her to be treated with the dignity that she craves.

You may not have missed "I'll Be Gone in the Dark" by Michelle McNamara because it has been outrageously popular. If you did, however, know that it merits its reputation. McNamara relentlessly researched the 'Golden State Killer' and the hurt he caused, writing a gripping and apparently obsessive account of his crime spree. She draws upon interviews with victims, police reports, and other evidence dug up by the true crime community. The acclaimed book was finished by another researcher and a colleague, as she passed

away before the work was finished.

"Meet Me at the Museum" by Anne Youngson is an immediately likeable read about correspondence between a Danish museum curator and widower and a plucky history enthusiast in America. 'An Unwanted Guest' by Shari Lapena takes another direction entirely, telling the story of several guests trapped in an inn with a murderer by a blizzard.

So many good reads have come out recently or will come out soon, so it is always time to check back in to find a new book for you.

## Classes & Special Events Sept. 13-20

### Thursday, Sept. 13

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

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

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

A mixed gaming club for the homeschoolers. Blends into Teen Game Club.

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

A mixed gaming club for teens. We play D&D, Magic: the Gathering, misc. tabletop

games, and reference geek culture too much! New players always welcome.

Conversational French, 4-5 p.m.

The Great Sheep Boom, 6:30-7:30 p.m.

In a brief 30-year period in the early 19th century the New Hampshire countryside became home to hundreds of thousands of sheep. Production of wool became a lucrative business, generating fortunes and providing the only time of true agricultural prosperity in the state's history. Steve Taylor discusses how farmers overcame enormous challenges to make sheep husbandry succeed, but forces from beyond New Hampshire were to doom the industry, with social consequences that would last a century. This is a joint program with the Thompson-Ames Historical Society

### Friday, Sept. 14

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

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

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

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

### Monday, Sept. 17

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

Mahjong, 12:30-3 p.m.

### Tuesday, Sept. 18

Baby/Toddler Drop In Storytime, 10-10:30 a.m.

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

Preschool Sign-up Storytime, 10:45-11:45 a.m.

5G Wireless: What is it? 6:30-7:30 p.m.

Carolyn Larocque, an Environmental Biologist and founder of the Lakes Region Disclosure Network, will be provided a free awareness presentation on the health hazards and environmental damage related to the rollout of the 5G network. The lecture will describe what 5G is and how it works, including photos of the equipment and diagrams of network coverage and operations. The hazards will be outlined with references and resources for further research, protection strategies and equipment will be described, and protection resources will be provided.

### Wednesday, Sept. 19

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

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

Teen Early Release Improv, 12:30-1:30 p.m.

Try out some scenes at the Gilford Public Library during Early Release!

Minecraft Party! Ele-

mentary Early Release, 1:30-2:30 p.m.

Enjoy Minecraft? Come over to the library for some low tech Minecraft projects and an experiment! Ages K-4.

### Thursday, Sept. 20

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

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

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

This month's book is "Daring to Drive" by Manal al-Sharif, described as "brave, extraordinary, heartbreakingly personal..." Copies are available at the front desk, and the discussion will be led by Molly Harper.

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

A mixed gaming club for the homeschoolers. Blends into Teen Game Club.

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

A mixed gaming club for teens. We play D&D, Magic: the Gathering, misc. tabletop games, and reference geek culture too much! New players always welcome.

Conversational French, 4-5 p.m.

Evening Book Discussion, 6-7 p.m.

See 'Brown Bag Book Discussion' above.

## Gilford Public Library Top Ten Requests

1. "The Perfect Couple" by Elin Hilderbrand
2. "Paradox" by Catherine Coulter
3. "Texas Ranger" by James Patterson
4. "The Outsider" by Stephen King
5. "Beneath a Scarlet Sky" by Mark Sullivan
6. "Shelter in Place" by Nora Roberts
7. "The President is Missing" by Bill Clinton & James Patterson
8. "The Great Alone" by Kristin Hannah
9. "Crazy Rich Asians" by Kevin Kwan
10. "Where the Crawdads Sing" by Delia Owens

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Melanie Mardin, LRCS Resource Coordinator

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## GILFORD POLICE LOG

The Gilford Police Department responded to 281 calls for service and made the following arrests from Aug. 28 to Sept. 5. Please note that the names of juveniles, and those of individuals taken into protective custody but not formally charged with a crime, have been withheld from publication.

Richard J. Conrod, age 47, of Belmont was arrested on Aug. 28 for Negligent Homicide (DUI-related).

Maggie Jane Doorlag, age 26, of Gilmanton was arrested on Aug. 29 for Driving After Revocation or Suspension and Breach of Bail.

Caitlyn Larson, age 40, of Gilford was arrested on Aug. 30 for Driving While Intoxicated.

Daniel G. Briggs, age 49, of Belmont was arrested on Aug. 30 for Theft By Deception in an amount totaling more than \$1,500.

A 40-year-old male from Gilford was taken

into protective custody for intoxication on Aug. 30.

Eric Kyle Gonyer, age 35, of Belmont was arrested on Aug. 31 in connection with an outstanding bench warrant, and for Possession of a Controlled Drug.

Steven Jones, age 52, of Gilford was arrested on Sept. 1 in connection with several outstanding warrants.

A 27-year-old male and a 28-year-old female, both from Millis, Mass., were taken into protective custody for intoxication on Sept. 1.

A 33-year-old male from Braintree, Mass. was taken into protective custody for intoxication on Sept. 1.

Kristyn N. Brackett, age 30, of Naples, Maine was taken into protective custody for intoxication on Sept. 1, and subsequently arrested for Simple Assault — Physical Contact or Bodily Injury and Resisting Arrest or Detention.

A 34-year-old male from Braintree, Mass. and a 32-year-old male from Needham, Mass. were taken into protective custody for intoxication on Sept. 1.

A 32-year-old male from Dorchester, Mass. was taken into protective custody for intoxication on Sept. 1.

A 29-year-old male from Newport, Vt. was taken into protective custody for intoxication on Sept. 1.

Brady J. Libby, age 45, of Gilford was arrested on Sept. 2 for Aggravated Driving While Intoxicated, a separate count of Driving While Intoxicated, and two counts of Endangering the Welfare of a Child.

Robert Steven Lintneri, Jr., age 37, of Gilford was arrested on Sept. 3 for Domestic Violence — Simple Assault or Physical Contact and Domestic Violence — Obstructing a Report of a Crime or Injury.

Danny R. Hines, age 35, of Gilford was arrested on Sept. 3 for Violation of a Protective Order and Breach of Bail.

Caig Sanville, age 41, of Laconia was arrested on Sept. 4 for Driving After Revocation or Suspension — Subsequent.

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# Gilford Parks and Recreation News

BY HERB GREENE

Director  
Gilford Parks and Recreation

## Gilford Old Home Day Wrap Up

The annual Gilford Old Home Day celebration was held this past Saturday, Aug. 25 and the weather was beautiful! Annual activities included the parade, entertainers, pie-eating contest, egg toss, band concert, community dance and spectacular fireworks! The parade award winners were as follows:

Grand Prize, Best Overall- Make-A-Wish NH

Neighborhood Floats - 1st Place to Gilford Cal Ripken, 2nd Place to Gilford Library and 3rd Place to Street Car Company

Commercial Floats - 1st Place to Make-A-Wish NH, 2nd Place to Gunstock and 3rd Place to Gilford Buildings and Grounds

Mini Floats - 1st Place to Under His Wings Pre-School and 2nd place to Gilford Robotics

Neighborhood Marchers - 1st Place to Gilford Farmer's Market, 2nd Place to the Gilford School District and 3rd Place to 1st United Methodist Church

Individual Marcher - 1st Place to Tim Godbout, 2nd Place to Miss Teen Winnepesaukee and 3rd Place to Darren Brown

Antique Vehicles - 1st Place to the Village Store, 2nd Place to Tim Albert and 3rd Place to Hayden McLaughlin

Classic Vehicles - 1st Place to Neil Flaherty

Other Vehicles - 1st Place Bolduc Park, 2nd Place to Bob Blake and 3rd Place to Gilford Public Works

Oxen - 1st Place to Kathy Salanitro

Equestrian - 1st Place to the Uicker Cowgirls "Our Town" Kids Entry - 1st Place to Gilford Library, 2nd Place to Under His Wings and 3rd Place to Gilford Cal Ripken

The Parks and Recreation Department

would also like to offer a special thanks to all the people who have worked so hard to make Gilford Old Home Day a success. A special thank you to the Old Home Day Committee for their tireless effort and time, the Gilford High School Football Team for their assistance with the day before prep and the morning after clean-up, the Bank of New Hampshire for their sponsorship of the musical performance of the Stolen Thunder Band and all the Town Departments for their assistance throughout the event. To all others who helped to make the day so great, Thank You!

## Senior Moment-um End of Summer Beach Potluck on Sept. 10th

The Gilford Parks and Recreation Department will be sponsoring an end of the summer Senior Moment-um program on Monday, Sept. 10. Participants are invited to join us at Gilford Town Beach at 11:30 a.m. for potluck lunch and a

game of bocce ball. The Parks and Recreation Department will provide the drinks and paper goods and participants are asked to bring a dish to share with the group. If you have a lawn chair,

please bring it! Come and enjoy the last of our summer days at the beach. Participants must RSVP with the dish they plan to bring with the Parks and Recreation Department at 527-4722 by Sept.

6. The rain date will be Tuesday, Sept. 11.

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

## Local dog walking company featured in national magazine

Alix DiLorenzo, owner of Homeward Bound Professional Animal Care, LLC was featured in the September 2018 issue of Pets+ Magazine. The full page spread appears in the "Sanity Files: How Pet Business Owners Keep Sane in a Crazy World" section that Pets+ runs every month featuring pet business owners throughout the country.

According to DiLorenzo, "We were very excited to be contacted by the magazine, to work with Clifford Photography for the photo shoot and to have Homeward Bound and the Lakes Region receive national recognition! In addition, we walk a fine line of being a very professional business and treating our clients and their pets like family, so it was fun to be able to



give them a relaxed, inside look at my personal life and down time."

So, what exactly keeps DiLorenzo sane while running her business? "My husband, for

sure, my fabulous employees, and I can't live without coffee and ice cream, and of course, dogs!" she said.

To see the whole list, SEE MAGAZINE PAGE A11

## Sportsmen's Association hosting annual chicken barbecue

GILFORD —The Belknap County Sportsmen's Association will host its annual chicken barbecue Thursday, Sept. 20 at its club house, located at 182 Lily Pond Rd. (Route 11-C) in Gilford. Doors open at 5 p.m., with dinner at 6 p.m.

The menu includes barbecue chicken, corn on the cob, homemade potato salad, and dessert. Cold drinks and water will be provided BYOB.

Eric Masterson an expert ornithologist will speak about his journey with broad-winged hawks. Broad-winged hawks travel in huge flocks called kettles, flying along the Appalachians to the gulf coast and Mexico and some as far as the Amazon basin. Eric Masterson has

been fascinated with bird migration since he started birding at age 11. He boarded a flight in Manchester in October 2015 bound for Kekoldi, Costa Rica to witness the world famous hawk migration that passes south through the Central American isthmus, but quickly realized that the story was in the journey, not the destination. Thus he began to plan his own journey following several GPS-tagged birds on their flight south, leaving NH by bicycle in September 2016, and arriving at the Panama Canal Zone in March 2017. Eric and his "Kettle of One" crossed five time zones 40 degrees of latitude and travelled about 5,000 miles. Masterson is working on a book about bird migration as told through the hawks' and

his journey.

Masterson grew up roaming the Irish countryside for birds. When Ireland got too small, he started roaming the continent, and then that got too small, so he moved with his wife to North America. It couldn't last, and so on Sept. 6, 2016, he left his Hancock house, jumped on his bicycle and started pedaling south in the wake of four satellite-tagged broad-winged hawks on their migration to South America. The trip was part documentary for a book project and part pilgrimage to follow what Masterson characterizes as the eighth natural wonder of the world.

The barbecue is open to all members of the community. Come get a great meal and hear a fascinating story.

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## The Plate Lunch



## At The Beach

The Plate Lunch would like to express our gratitude to each and every one of our customers for your patronage, support, kind words and good wishes during our first season at Gilford Town Beach. Thanks to all of you we exceeded our expectations of what we would accomplish our first season and our goal to make our customers happy!

We look forward to seeing you all next summer!

Again, many thanks!  
Dan

Autumn

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## Pet of the Week: Chance



CHANCE: so named by his original shelter, all the way down in South Carolina, this sturdily built canine travelled a very long way for his "second chance". Sadly overlooked, he's been waiting since June 1st for his lasting forever home.

Medium sized brown dog, just about 50lbs – he seems to have faded into the background of the adopting public's consciousness and after this length of time, as the prettier, more obviously purebred, and cute tiny puppies leave the building, he remains, forlorn and lonely.

We know he would be a good dog with some guidance away from the shelter. For some dogs it's just is too loud, too busy, to reactive for them to cope with the constant

stream of visitors, and proximity of other canines.

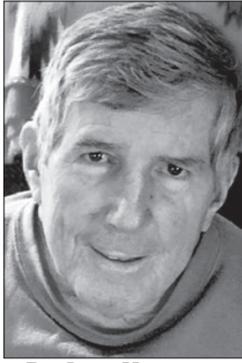
Ideal home, Chance is actually afraid of cats! He may be able to enjoy the company of another dog at some point in his life, maybe a local canine playmate. We must be very clear, he has had no experience that has been positive with children and really needs an adults only home.

Please come and visit this sweet two-year-old Shepherd mix today and chat with one of our knowledgeable adoption staff. We really want to make the right match for him.

Shelter is open on Weekends, 11-4 and every day except Mondays and Wednesdays Noon to 5p.m Check [www.nhhumane.org](http://www.nhhumane.org)

## NORTH COUNTRY NOTEBOOK

*The thing about a nursing rehab home is, you get to meet some pretty nice people*



By JOHN HARRIGAN  
COLUMNIST

There is a device, made of a piece of plastic and a piece of rope, for putting your socks on if this is a major challenge in your life. There probably is a professional name for this contraption, but I just call it my sock-putter-on'er. If only I owned the patent.

About two months ago, I disappeared from most people's radar screens, unable (or even unwilling) to answer e-mail. A detailed explanation for this isn't really necessary. Suffice to say that it involves a hip surgery gone terribly awry.

The sock device enables me to get my socks on without too much



JOHN HARRIGAN

Millie the fierce guard dog takes a moment off from vigilance to relax amid flowers on the front lawn. Both she and the lawn need one more haircut before the next hard frost.

effort, and slide my feet into the warm embrace of a pair of moose-hide moccasins. Writing this column is sort of like that, as comfortable as an old shoe. It'll be good to slip back into it.

+++++

The lion's share of my obscurity was at Country Village in Lancaster, from which I emerged on Sept. 7. I now have been a guest at two of the North Country's major

long-term care and rehabilitation facilities, and can say that the food and housing are pretty much the same.

What makes a place stand out it its people. At Country Village, there are dire situations all around, yet visiting and laughter abound. It is, to understate things, a good facility with a fine crew.

+++++

Long-term recuper-

ation leaves you with three main sources of entertainment: television, books, and the company you keep. The usual cast of characters sought me out, Baker Bob chief among them. Their familiar faces peering around the doorway were a sight to gladden the heart.

Even a good book or two, plus magazines and the like, get tiring to hold, and anyway, SEE **NOTEBOOK** PAGE A11

## FROM OUR READERS

### Direct support professionals make a difference

To the Editor:

This week Lakes Region Community Services (LRCS) joins with thousands of organizations around the country to celebrate Direct Support Professionals (DSPs). While it is both fun and important to dedicate a week to recognizing our DSP's and their career choice, at LRCS we work all year round to support the challenging work of DSPs and value all they give to our community.

DSPs are on the front line of LRCS - directly supporting our most vulnerable population day in and day out, throughout the greater Lakes Region. They are asked to always maintain a positive approach while working in a career that includes an incredible range of duties and challenges, as well as offering the emotional rewards inherent in helping others.

While we have made tremendous strides in the field, there are still barriers and challenges that individuals experiencing an intellectual disability, an acquired brain disorder or physical disability face ev-

ery day. Access to their community, to living safely, to adequate transportation and housing, to finding employment and enjoying the same opportunities that living in the Lakes Region provides to the rest of us, presents a constant struggle. Thanks to DSPs - individuals and families do not face these challenges alone. DSPs stand side by side with them to access the community and push the limits to achieve better quality of life for everyone.

So we thank our DSP's this week, we celebrate the profession to which they have been called, and we hope that their work and dedication to others is recognized not just here at LRCS, but throughout our community, all year long.

Thank you to the over two hundred DSP's that we have working for LRCS. You make a difference!

Sincerely,

Rebecca Bryant  
President & CEO  
Lakes Region Community Services

### Thank you for supporting Laconia's Multicultural Festival

To the Editor:

The 18th annual Laconia Multicultural Festival was a resounding success! The perfect weather set the stage for a day full of great music, food and celebration of diversity, culture and our various heritages. The thousands of attendees gathering in our downtown for this festival made for an exciting and rewarding day. The smiling, happy faces of all the people, of all ages, gathered at Rotary Park, the Belknap Mill and the City Hall parking lot thrilled us all!

Great events like this can only happen with the support of many sponsors, advertisers, committee members and volunteers. We cannot thank you all enough. We are so very grateful to our major sponsors, Laconia Human Relations Committee, Lakes Region Mental Health, our anonymous friend, and the Penny Pitou-Milo Pike Family Fund of the New Hampshire Charitable Foundation. To produce an

event like this requires substantial funding. The Multicultural Festival recognizes, with gratitude, all of our program advertisers. To our many patrons and supporters of this wonderful event — our heartfelt thanks for your donations.

To all the volunteers who are there for us each year, as well as the many new volunteers that joined us this year, we salute you! A huge shout out to our "muscle," the New England Wolves hockey team. You made set up easy! To the helpers from the Belknap County House of Corrections, Dept. of Public Works, and Laconia Police & Fire Department, we thank you all! Our thanks go out to all the flag bearers led by our Mayor, Ed Engler, for kicking off the day with the colorful Parade of Flags! To the staff at the Belknap Mill, thank you so much for your hospitality. This building is truly a local treasure!

We hope everyone enjoyed the incredible, varied & diverse group of entertainers we had this year. Our sound engineers, Wayne & Kevin, rock! There wouldn't be a festival without our great vendors and non-profit/service agency friends. Thank you all for participating. Finally, and most importantly — to all of you that attended, we so appreciate your continued support and encouragement of the Laconia Multicultural Festival. For more information about getting involved, check out our Web site: [laconiamulticulturalfestival.org](http://laconiamulticulturalfestival.org). Mark your calendars for next year's date of Sept. 7! Again, thank you Lakes Region! Please follow us on Facebook and check our website for some great photos!

Becky Guyer  
Executive Director  
Laconia Multicultural Festival

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We're looking forward to hearing from you!

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# Ben & Jerry's supports local nonprofits

MEREDITH — Ben & Jerry's Meredith supports local nonprofits and encourages more local nonprofits to find out how by contacting Liz Breton, Manager, at 279-2200.

"Ben & Jerry's believes in giving back to the community," stated Ms. Breton. "We are happy to share our delicious and popular ice cream to support worthy local causes."

Ms. Breton went on to state that one of the ways the company does this is by donating ice cream for nonprofits' fundraisers and other events. Examples of recent donations include those to a variety of causes. Tubs of ice cream were donated to the Make a Wish Foundation for the participants during their recent 24-hour rafting fundraiser on Meredith Bay. The Loon Preservation Society received



Ben & Jerry's Meredith supports local nonprofits at fundraising events and other activities. Pictured here are Interlakes Community Caregivers Board Members Robin Woodaman and Darlene Fritz at the Ben & Jerry's ice cream buffet for all team members and volunteers at this nonprofit's recent annual mini-golf tournament.

mission is to operate the company in a way that actively recognizes the central role that business plays in society by initiating innovative ways to improve the quality of life locally, nationally and internally.

Ben & Jerry's Meredith is located at Mill Falls Marketplace, 312 Daniel Webster Highway, Meredith. The scoop shop is open daily at 11 a.m. through Dec. 31. The indoor seating area, a new expansion last year, is climate-controlled and offers free Wi-Fi and USB charging ports so customers can stay and enjoy their ice cream in a relaxed and comfortable setting. The indoor seating area is also available for parties, meetings and events. Ben & Jerry's also caters special events, weddings, meetings, parties or other get-togethers and will deliver.

For more information on how Ben & Jerry's can support your nonprofit or for other questions, please call Liz Breton at 279-2200. Follow them on Facebook @Ben & Jerry's (Meredith).

tubs of ice cream for their recent Loon Court get together.

The list of local nonprofits that Ben & Jerry's Meredith support also includes Interlakes Community Caregivers and the NH Humane Society.

Part of Ben & Jerry's



## New Horizons Band prepares for final concert of the season

After performing concerts in several towns and two parades this summer, the New Horizons Band of the Lakes Region is preparing for the final outdoor concert of 2018. Weather permitting, it will take place at 2 p.m. on Saturday, Sept. 15, in the Weirs Community Park (near the fire station). Already, the band, co-conducted by Mary Divers and Debbi Gibson, has also started rehearsals for the upcoming holiday concerts at many venues, including the Tilton Veterans' Home, the Belknap County Home, the Taylor Communities, and many other locations. New and returning musicians are always welcome in the band, which practices Tuesday nights from 7-9 p.m. and Saturday afternoons from 2-3 p.m. at the Music Clinic in Belknap.

## Governor's Diversity Council hosting local forum

LACONIA — The Governor's Council on Diversity and Inclusion

will host a community forum Monday, Sept. 17 from 6:30-8:30 p.m. at Laconia Middle School, 150 McGrath St.

The Council will use the information gathered from this listening session to guide its work, including reports and recommendations, over the coming months.

For more information on the Council, including dates and details for upcoming meetings, please visit [www.governor.nh.gov/diversity](http://www.governor.nh.gov/diversity).

# Join Lakes Region Community Developers' Third Annual Putt Putt fundraiser

BELMONT — Lakes Region Community Developers (LRCD) is hosting their 3rd Annual Putt-Putt Tournament on Saturday, Sept. 29 from 10 a.m. to 2 p.m.! Thanks to this year's sponsor, Meredith Village Savings Bank, this event will be held at Pirate's Cove Winisquam.

Lakes Region Community Developers has proudly provided 341 affordable apartments around the Lakes Region, enabling more than 2,000 Lakes Region residents to live and thrive in a healthy home in their past 25 years of operation. Healthy homes are safe, affordable, and energy efficient. LRCD builds healthy homes so that everyone can afford a nice place to live in the Lakes Region.

For just \$100, you and your team of four get to play 18 holes of mini-golf, enjoy lunch catered by the Common Man, and participate in a raffle with lots of great prizes!

If you cannot attend this family-friendly event, you can still support this critical LRCD fundraiser by sponsoring a team for one of LRCD's tenant families. For some families, a day of mini-golf and lunch out is just too expensive. Your \$100 sponsorship makes it possible for one of our families to enjoy a fun day out together, which

is important for family bonding and making lasting memories.

All proceeds from this fundraiser go directly to LRCD's resident services like; transitional services, housing for homeless families and their camp scholarship program.

Registration is limited to the first 144 paid registrants, with registration starting at 10 a.m. The format is a four-person team, but if you do not have more people to sign up with, we will match you with other individuals, so you can still be in on all the fun. Prizes will be awarded to the top three teams!

Teams and/or individuals can sign up by going to [www.lrcommunitydevelopers.org](http://www.lrcommunitydevelopers.org) or check out their Facebook page that will then bring you to an Eventbrite page to register and purchase tickets.

For more information on single player registration or a donation, please contact Caitlin Meaney at 524-0747, ext. 108 or at [cmeaney@lrcommunitydevelopers.org](mailto:cmeaney@lrcommunitydevelopers.org).

Lakes Region Community Developers creates opportunities for the Lakes Region to thrive by developing healthy homes, creating vibrant community assets, and engaging residents. We are a proud member of HOMEteam,

which provides first-time home-buyer education and financial counseling to hundreds of New Hampshire families every year.

We were founded in 1988 as the Laconia Area Community Land Trust. For the past 25 years, we have developed high-quality, affordable rental housing throughout the Lakes Region. We currently own and operate a \$46 million real estate portfolio comprising 341 affordable apartments in Ashland, Laconia, Meredith, Tilton, and Wolfeboro.

We also operate a four-unit transitional housing program for homeless families. These families

stay with us for approximately 18 months while they focus on securing stable employment and permanent housing.

Today, in addition to building affordable rental housing, we are working to develop other types of real estate that respond to local community needs. This includes affordable, single-family homes for sale; mixed-income multi-family rental properties; and community facilities for child care, health care, and workforce development.

In addition, we are increasing our capacity for community building and engagement. As we deepen our relationships with our tenants and their

neighbors through public safety and neighborhood improvement initiatives, we will coordinate mentorship and training opportunities to help residents achieve their goals for financial mobility and meaningful participation in civic life.

Today is a great time to START the discussion!

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

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

# LRSO announces 2018-2019 Season

MEREDITH — The Meredith-based Lakes Region Symphony Orchestra (LRSO) is proud to announce its upcoming 2018-2019 season. Celebrating our 43rd year, the LRSO introduces its concert lineup beginning Saturday, Nov. 3rd at 7:30 p.m., at Inter-Lakes Auditorium in Meredith.

This season is filled with a variety of Classical and Popular classics sure to appeal to every taste. Thanks to you we had record-breaking attendance last season, and have new patrons every concert that marvel at the performance



LRSO 2018-2019 soloists (left to right): Penny Brant, Seraphim Afflick, Michael Gallagan, and Ashley Whalley.

COURTESY

quality, musical variety, environment, and entertainment value. We take our music seriously, but perform with a hometown flair

that is comfortable, familiar, and uplifting. We invite you to enjoy the experience of live orchestral music.

Our season opener

on Nov. 3 features the winner of the LRSO's 2018 Student Concerto Competition, pianist Penny Brant from Phillips Exeter Acad-

emy, performing the first movement of "Piano Concerto No.1" by Edward Grieg. Also on the November program: "Peer Gynt Suite" (Grieg), "Finlandia" (Sibelius), "Variations on a Theme by Haydn" (Brahms), and "L'Arlesienne Suite No. 1" (Bizet).

Our dual holiday POPS concerts return on Saturday, Dec. 8 and Sunday, Dec. 9. You loved Seraphim Afflick as a soloist. You loved Michael Gallagan as our Sinatra crooner. You will adore them together! That's right — Seraphim and Gallagan will perform together at this season's holiday extravaganzas. Seraphim was our holiday soloist last year, and is a renowned theater performer, singer, actress, and Marilyn Monroe tribute artist. Gallagan has performed with the LRSO at our holiday concerts, and in our recent Sinatra tribute. Get tickets early. These performances will sell out.

On March 23, 2019 at Moultonborough Academy, we present Beethoven's triumphant "Symphony No. 9." Beethoven's illustrious masterwork, written when he was deaf, is one of the most celebrated works in all music literature. Known primarily for its finale "Ode to Joy" — which is almost a mini-symphony unto itself — this famous piece features the orchestra with full chorus, including the Suncook Valley Chorale and four soloists. This audacious work will be performed at Moultonborough Academy. LRSO ends its season with two fabulous concerts on May 18 and May 19, 2019 featuring some of the greatest hits of Barbra Streisand. Actress, dancer, and singer Ashley Whalley will delight you with her stylistic renditions from the Streisand songbook. Ashley is a Meredith resident you may know from

her dynamic starring roles in multiple Inter-Lakes Summer Theatre productions including Cassie in "Chorus Line," Morticia in "The Addams Family," and as Evita in "Evita." Ashley also is the owner and principal choreographer for her dance studio, The Studio at Meredith Bay.

Tickets are available now at [www.LRSO.org/tickets](http://www.LRSO.org/tickets) or by phone at 800-838-3006. Individual tickets are \$20 for adults and \$10 for students elementary through college-age with ID.

Save 25% with our \$60 discount season subscription — four concerts for the price of three. Season tickets are available online at [www.LRSO.org/tickets](http://www.LRSO.org/tickets), or by mail (download the form on the ticket web page).

LRSO wishes to thank its sponsors for our upcoming season: Bank of New Hampshire, Bellwether Credit Union, Fay's Boat Yard, and the Robert T. Smith Family Trust. We could not do this without their generous support.

As always we appreciate your patronage and look forward to seeing you at the concerts.

### About The Lakes Region Symphony Orchestra

The Lakes Region Symphony Orchestra is a Meredith-based, non-profit orchestra that performs throughout the fall, winter, and spring months. Orchestra members range in age from teens through retired seniors, representing over 30 communities in the Lakes Region and beyond. For more than 40 years, the Orchestra has been focused on showcasing young talent and providing a venue for local musicians to perform orchestral music ranging from classics to contemporary, all in the valued community setting of the Lakes Region of New Hampshire.

## LRMHC to host screening of the film "Justice For All"

LACONIA — On Thursday, Sept. 20, Lakes Region Mental Health Center will present "Justice for All," New Hampshire's first film about how our courts work with military veterans and their families to address their unique circumstances.

Through interviews with a veteran and his wife, you will learn about how a New Hampshire "Veterans Track" challenged this veteran to get the help he needed and supported him and his family on the road to recovery. Following the film, there will be a panel-led discussion covering the critical need to assist veterans involved in the justice system. The panel members include Dan Bricker, Reentry and Justice Involved Veterans Outreach Officer from the Manchester

VA Medical Center; Lara Saffo, Grafton County Attorney and Rob Wilson, a veteran with experience in this system.

Also participating in this program will be Jo Moncher, Bureau Chief of Military Programs for NH DHHS, who will provide an overview of the NH initiatives that lead to the creation of the current New Hampshire "Veterans Tracks." Filmmaker Dan Marcek, Founder and President of VETFLIX, will outline how this film was conceived and created.

This film will be presented in the Lakes Region Mental Health Conference Center at 40 Beacon St. East in Laconia. If you are interested in attending, please contact Ed Drury, Military Liaison for Lakes Region Mental Health Center at 524-1100, ext. 157 or email

him at [eddrury@gensisbh.org](mailto:eddrury@gensisbh.org).

The Lakes Region Mental Health Center, Inc. is designated by the State of New Hampshire as the community mental health center serving Belknap and southern Grafton Counties. A private, non-profit corporation, LRMHC has two campuses, in Laconia and Plymouth, that serves over 4,000 children, families, adults and older adults each year. LRMHC provides Emergency Services 24 hours a day, seven days a week, to anyone in the community experiencing a mental health crisis, regardless of their ability to pay. Additionally, LRMHC provides individual, group and family therapy; mobile crisis teams in the event a tragic event occurs that impacts a community at large,

psychiatry; nursing; community support programs for people with severe and persistent mental illness; care management; community-based supports; housing; supported employment; substance use disorder treatment; and specialty services and evidence-based practices for children and their families, including trauma-focused therapy, art therapy and play therapy. Child Impact seminars are offered in Laconia and Plymouth for divorcing families.

For more information or to schedule an appointment, call 524-1100 or visit the Web site at [www.lrmhc.org](http://www.lrmhc.org). Find the Lakes Region Mental Health Center on Facebook and follow us on Twitter for updates and information.

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# Volunteer welcomes the Shufflers, supports the community

*Weekly fundraiser resumes tonight at Patrick's Pub & Eatery and runs through Oct. 24*

GILFORD—When Kate Flaherty moved back to New Hampshire from Massachusetts in 2015, she was drawn back into the fold by her longtime friends at Patrick's Pub & Eatery as a volunteer for the Pub Mania Shuffle and the Pub Mania event itself.

These days, Flaherty's face is often the first one that new members of Pub Mania teams see when they arrive in the pub parking lot to Shuffle on a Wednesday evening in the spring or fall, and it's Flaherty who offers the welcome and draws people in.

"Every time we do a Shuffle, we always meet new people; they come down because they've read about the event in the newspa-

per," said Flaherty, who mans the ticket booth at the Shuffle along with fellow volunteers Jennifer Beetle, Jennifer Bailey, and Lisa Cornish.

Flaherty's Shuffle story, and that of the fundraiser itself, is told online at [www.patrickspub.com](http://www.patrickspub.com) in a new blog Patrick's launched on Aug. 13.

Flaherty said they all enjoy telling Shufflers how the two-mile walk/run supports Pub Mania, which, in turn, provides a large portion of the proceeds for the Greater Lakes Region Children's Auction. Last year, Pub Mania raised \$303,630 and has raised more than \$1.6 million in its first nine years.

This spring, the eight Wednesday Shuf-



Katie Flaherty is pictured here with other Shuffle volunteers.

fles raised \$9,020 for the 2018 Pub Mania event, bringing the five-year Shuffle total to over \$52,000. The fall Shuffles begin tonight and continue through Oct. 24. All are welcome to attend.

"What I have noticed is that the Shuffle

gets people from different parts of the Lakes Region together, and our common goal is making this beautiful place even better and helping children who need our support," Flaherty said.

"Many people don't know about Pub Mania

or the Children's Auction," she added. "It's always a conversation I have that starts with, 'Did you know...? We love telling that story.'"

This because the Pub Mania story is an exciting one.

Inspired by Laconia Athletic & Swim Club's Cycle Mania, Patrick's Co-Owner Allan Beetle first imagined the innovative, 24-hour barstool challenge nine years ago as a fundraiser for the Children's Auction. A major community event held every December for more than 33 years, the Children's Auction provides grants to local nonprofits that help meet children's

basic needs and provide services and initiatives that improve their lives.

Fundraising by Pub Mania's 33 teams is ongoing all year, bolstered by the Shuffle, which Patrick's launched in the fall of 2013 to bring more fun and healthy competition into the mix and to keep the Pub Mania conversation going all year long.

Flaherty said everyone does the Shuffle differently. Some people make the \$10 required donation and walk the two-plus-mile course that begins at Patrick's, heads to the Bank of New Hampshire Pavilion, and winds back. Others run. And some people simply take their raffle and complimentary drink tickets into Patrick's to have a drink and check out the menu and the specials.

"People can get what they want out of it," Flaherty said, noting that after Beetle has biked the course and made sure everyone made it back safely, Shufflers have their cocktail, usually with apps or dinner, and hope to win a Patrick's SEE SHUFFLERS PAGE A12

## LRPC Principal Planner receives governor's appointment to LCHIP board

MEREDITH —Susan Slack, Lakes Region Planning Commission's Principal Planner, has received a Governor and Council appointment to the NH Land and Community Heritage Investment Program (LCHIP) Board of Directors.

The LCHIP is a vitally important source of funding for land and heritage programs throughout the state. In 2017, four projects were funded in Lakes Region municipalities: \$57,727 to the Belmont Conservation Commission, \$10,500 for the Burleigh cottage in Franklin, \$202,000 for the Belknap Mill in Laconia, and \$10,000 for the Model Railroad Museum in Wolfeboro.

Prior to joining the staff of the Lakes Region Planning Commission (LRPC) in December 2017, Slack served as Principal Planner at the New Hampshire Office of Energy and Planning (now Office of Strategic Initiatives). She received her law degree from the UNH School of Law (formerly Franklin Pierce Law Center) and was a member of the legal staff at the New Hampshire Municipal Association for 10 years before becoming a private practice attorney focusing on municipal and land use law. She serves as Effingham's Town Moderator, and was a founder of the Green Mountain Conservation Group in the Ossipee watershed and is a member of its board of directors.

Slack currently pro-

vides land use, transportation, watershed management, and hazard mitigation plan-

ning services to the LRPC's 30 member communities. Susan can be reached by call-

ing LRPC's office at 279-8171 or visiting LRPC's Web site at [www.lakesrpc.org](http://www.lakesrpc.org).

## Liberty Is Our Motto! Songs and Stories of the Hutchinson Family Singers at the Gilmanton Historical Society

GILMANTON — Join the Gilmanton Historical Society on Tuesday evening, September 25, for Songs and Stories of the Hutchinson Family Singers.

The year is 1876, and New Hampshire's own John Hutchinson sings and tells about his famous musical family. From Milford, the Hutchinson Family Singers were among America's most notable

musical entertainers of the mid-19th century. Steve Blunt performs as John Hutchinson.

The program, at Old Town Hall on NH Route 140 in Gilmanton Iron Works, begins at 7:30 p.m. It is free and open to the public. This is the final program of the Society's 2018 summer series.

Social hour and refreshments begin at 7 p.m., and the program

begins promptly at 7:30 p.m. The Society's museum, in the basement of Old Town Hall, will be open at 7 pm before the program. During the fall and winter months the Museum will be open from 10 am to noon on the second and fourth Saturdays.

The programs are free and open to the public. Donations to support the work of the Society are always welcome.

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# Franklin Savings announces promotion, welcomes new employee

FRANKLIN — Franklin Savings Bank is pleased to announce the recent promotion of Heather Capraro to VP, Senior Business Relationship Officer. The bank is also happy to welcome Howard King to its residential lending team to the position of Residential Loan Officer.

Capraro joined FSB in 2016 as AVP, Retail Sales and Business Development Officer in our retail group. She will continue to work closely with the retail team to provide coaching for various sales initiatives, as well as the business development units to cultivate and maintain business relationships for her area.

“This is a wonderful accomplishment for Heather,” said Joseph Thornton, SVP, Retail Banking Officer. “She has been a tremendous



Heather Capraro

asset to our retail group and has been instrumental in developing new relationships for the bank’s newest office

in Merrimack. Her dedication to providing her customers with exceptional customer service is truly remarkable and



Howard King

appreciated.” Next, Howard “Howie” King recently joined FSB at its lending office in Bedford. In this role,

he will be responsible for originating residential mortgages in the southern region. King has over 18 years of experience in residential lending, having served in roles with Eastern Bank as a Reverse Mortgage Specialist and Peoples United Bank as an Assistant Vice President.

“We are pleased to welcome Howie to our team,” commented Janet Haines, VP, Loan Administration & Operations. “He brings many years of experience in residential lending to us and we are thrilled to have him on our team to assist with developing new business for us in the southern region of the state.”

King attended Northeastern University based in Boston, Mass. He also served as Chair of the Board of Directors for Next Charter School

from 2014-2017. A resident of Litchfield, King enjoys camping, fishing, and watching the New England Patriots and Boston Red Sox.

Established in 1869, Franklin Savings Bank is an independent, mutually-owned community bank, offering a full array of commercial lending, personal banking and investment services throughout the Central Lakes Region and southern New Hampshire. Headquartered in Franklin, the Bank has offices in Bristol, Boscawen, Tilton and Gilford, as well as an office in Bedford for business and residential lending. Franklin Savings Bank also offers investment, insurance and financial planning services through its wholly-owned subsidiary, Independence Financial Advisors, from offices in Franklin, Bedford, Gilford, Nashua, Rochester and Merrimack, New Hampshire. As a recognized leader in providing the latest in financial services technology, Franklin Savings Bank remains committed to serving the needs of businesses, families and the communities it serves, through a dedicated team of employees, a diverse line of financial products and services, and continued investment in emerging technology.

You can learn more about Franklin Savings Bank by calling 1-800-372-4445, or visiting [www.fsbnh.bank](http://www.fsbnh.bank), or following the bank on Facebook, LinkedIn, Twitter and YouTube.

## Scott Knowles of RE/MAX Bayside named one of Top 25 Agents in New England

MEREDITH — Scott Knowles of RE/MAX Bayside has been named one of the top 25 agents in New England for July 2018, according to RE/MAX International.

Knowles has been working in the real estate industry for more than eighteen years and has been with RE/MAX Bayside since 2009.

“Hard work, loving what you do and loving the area you’re trying to sell are the secrets to my success,” said Scott.



Scott Knowles

Knowles is on the Board of the Boys and Girls Club of Central New Hampshire, Chairman of the Advisory

Board for the Lakes Region Boys and Girls Club and actively supports The Make a Wish Foundation.

“I love living in Laconia and the Lakes Region and feel it is important to give back to our community by being involved and trying to make a difference,” said Knowles.

“He has been an integral member of our team and is more than deserving of this very prestigious recognition,” said

Chris Kelly, Co-Owner of RE/MAX Bayside. “Scott continues to raise the bar in real estate, making us and our community very proud.”

RE/MAX is the most productive real estate network with its Sales Associates averaging more sales than other real estate agents. More than 110,000 agents provide RE/MAX a global reach of nearly 100 countries. Nobody sells more real estate than RE/MAX.

Laconia Adult Education Fall 2018 Enrichment Catalog							
Course Title	Day(s)	Start date	Times	# weeks	Cost	Location	Instructor Name
<b>Arts &amp; Crafts</b>							
Water Color Painting Workshop	Mon	10/1/2018	6:00-8:30	6 weeks	\$70.00*	LHS-514	Mary Lou John
Sewing: Crazy Quilts	Tues	9/25/2018	6:30-8:30	4 weeks	\$40.00*	LHS-514	Ardy Eaton
Beginner Crochet	Wed	9/26/2018	6:00-7:00	4 weeks	\$45.00	LHS-608	Paige Jankowski
<b>Cooking</b>							
Chinese Cooking	Thurs	9/27/2018	6:00-8:30	5 weeks	\$60.00*	ctc-H220	Yan Li
Easy Cooking: Quick, Healthy & Delicious	Wed	9/26/2018	5:30-7:30	3 weeks	*Free*	ctc-H220	Elizabeth White RD,LD
Thai Cooking	Tues	9/25/2018	6:00-8:30	5 weeks	\$60.00*	cts-H220	Sophie Wentworth
<b>Health &amp; Wellness</b>							
Abundance and the Law of Attraction!	Tues	10/2/2018	6:30-8:00	1 week	Free	LHS-603	Celeste Lovett
Acupuncture, Herbs, & Holistic Medicine	Tues	9/25/2018	7:00-8:30	1 week	Free	LHS-608	Brian Paterson, ND
Belly Dancing Fun & Exercise for Beginners	Mon	9/24/2018	6:15-7:30	10 weeks	\$65.00	LHS-Café	Andrea Aldrovandi
Holistic Roots to Healthy Living & Life Style Choices	Tues	10/2/2018	7:00-8:30	6 week	Free	LHS-608	Brian Paterson, ND
Line Dancing	Thurs	9/27/2018	6:30-7:45	5 weeks	\$45.00	LHS-Café	George Maloof
Mah Jongg Made Easy and Fun	Wed	9/26/2018	7:00-9:00	5 weeks	\$50.00	LHS-514	Sharon Fleischman
Mindful Movement and Meditation through Chi Kung	Mon	9/24/2018	6:00-7:30	6 weeks	\$50.00	ctc-H235	Rick Hochsprung
Naturally Beautiful (Loving the person you are)	Tues	10/2/2018	5:30-6:30	6 weeks	\$40.00	LHS-615	Dawn Sanchez
Tai Chi Chih - Multi Level Class	Wed	9/26/2018	5:30-6:30	8 weeks	\$70.00	ctc-H235	Nancy Frost
Yoga for Everyone: Beginning	Tues	9/25/2018	5:00-6:15	8 weeks	\$55.00*	ctc-H225	Bonnie Morin
<b>Informational Classes/Seminars</b>							
Estate, Wills, Trusts & Guardianship Planning	Tues	9/25/2018	7:00-9:00	1 week	Free	LHS-613	Kristen Gardiner
How to Start a Business	Tues	9/25/2018	6:00-7:30	6 weeks	\$35.00	LHS-614	Sylvia Pierce
Savvy Social Security & Medicare Planning	Wed	9/26/2018	6:30-8:30	1 week	Free	LHS-613	Greg Caulfied
Smart Retirement Strategies	Wed	10/3/2018	6:30-8:30	1 week	Free	LHS-613	Greg Caulfied
Wealth Planning 101	Wed	10/10/2018	6:30-8:30	1 week	Free	LHS-613	Greg Caulfied
VITA- Volunteer Income Tax Assistance	Mon	11/19/2018	6:00-8:00	3 weeks	Free	LHS-614	Cary Gladstone
<b>Language</b>							
French for Beginners (Conversation & Culture)	Mon	9/24/2018	7:00-8:15	10 weeks	\$50.00*	LHS-201	Marta Burke
Spanish for Beginners	Mon	9/24/2018	6:00-7:00	10 weeks	\$45.00*	LHS-202	Mark Frattarola
Spanish Intermediate Level I	Mon	9/24/2018	7:00-8:00	10 weeks	\$45.00*	LHS-202	Mark Frattarola
Spanish Intermediate Level II	Mon	9/24/2018	8:00-9:00	10 weeks	\$45.00*	LHS-202	Mark Frattarola
<b>Learning a skill</b>							
Camera-Getting the most out of your camera	Tues	9/25/2018	6:00-8:30	3 weeks	\$70.00	LHS-608	Robert Levin
Digital Pictures- Editing and Organizing	Tues	10/16/2018	6:00-8:30	3 weeks	\$75.00	LHS-507	Robert Levin
Lightroom/Photoshop	Tues	11/6/2018	6:00-8:30	3 weeks	\$75.00	LHS-608	Robert Levin
Mobil Photography-Getting the most out of your iphone/ipad	Tues	11/27/2018	6:00-8:30	2 weeks	\$50.00	LHS-608	Robert Levin
Dog Obedience: Beginning	Wed	9/26/2018	6:00-7:00	8 weeks	\$70.00*	WHS	Carolyn Bancroft
Dog Obedience: Advanced	Wed	9/26/2018	7:00-8:00	8 weeks	\$70.00*	WHS	Carolyn Bancroft
Fly Tying	Mon	9/24/2018	6:30-8:30	9 weeks	\$50.00*	LHS-509	Mike Cox
Genealogy: Research and Writing Your Family History	Wed	9/26/2018	6:30-8:30	4 weeks	\$30.00	LHS-203	Chuck North
Welding Basics: ARC, GAS, MIG & TIG	Tues	9/25/2018	5:30-8:30	10 weeks	\$295.00*	LHS- Welding Lab	Rick Hewitt
Welding Basics: ARC, GAS, MIG & TIG	Wed	9/26/2018	5:30-8:30	10 weeks	\$295.00*	LHS- Welding Lab	Rick Hewitt
Welding: Advanced MIG, TIG, Stick, Fabrication	Thurs	9/27/2018	5:30-8:30	10 weeks	\$295.00*	LHS- Welding Lab	Rick Hewitt
Woodworking	Tues	9/25/2018	6:00-8:30	10 weeks	\$110.00*	LHS-517	Ed Fellona
* * Additional Supply/book fee or pre-class requirement is additional in this course.							
<b>Check out our other great offerings:</b>							
A.B.E.- Free Adult Basic Education Tuesday & Thursday nights 6:00-8:30							
HiSET (Formerly GED) Prep- Free Tuesday & Thursday nights 6:00-8:30							
E.S.L.- Free for those learning English Tuesday & Thursday nights 6:00-8:30							
A.D.D.- Free for Adults with Developmental Disabilities Tuesday & Thursday nights 6:00-8:30							
CHECK ONLINE FOR MORE DETAILED COURSE INFORMATION (Including materials, book fees or Labs)							
REGISTER AND PAY ONLINE at: <a href="http://adulthoodlaconia.weebly.com">adulthoodlaconia.weebly.com</a>							
Still have questions? Call Laconia Adult Education at 524-5712							

*More than 58,000 pounds of hazardous waste safely removed*

REGION — For more than 30 years, residents and property owners in the Lakes Region have had an opportunity to safely dispose of hazardous products from their household, reducing the likelihood of accidents in their home.

On July 28 and Aug. 4, nearly 1,700 Lakes Region households dropped off a total of 58,377 pounds of hazardous products, ensuring that these materials will not enter our drinking water or the environment, on which our local economy is so dependent. While these numbers are large, they are lower than in each of the past four years,

some of this drop can be attributed to the heavy rains that set in during the August collection.

The Lakes Region Planning Commission (LRPC) worked with twenty-five member communities to pool their resources, along with a small grant from the New Hampshire Department of Environmental Resources (NH DES), providing their residents and property owners with the opportunity to rid their homes of toxic materials without endangering the Lakes Region’s groundwater or soil. These hazardous materials included...

SEE WASTE PAGE A12

### SHAKER REGIONAL SCHOOL DISTRICT Advisory Budget Committee

The Shaker Regional School District is seeking community members to serve on the Advisory Budget Committee. The board will select 3 members from Belmont and 3 members from Canterbury to serve on this committee at its September 25, 2018 board meeting. All members must be registered voters for the town in which they are serving. Please visit [www.sau80.org](http://www.sau80.org) to review the charge of this committee. Please submit a letter of interest to Debbie Thompson, Business Administrator at [dthompson@sau80.org](mailto:dthompson@sau80.org) or Shaker Regional School District, 58 School Street, Belmont, NH 03220 no later than September 17, 2018. Please contact Ms. Thompson at 267-9223 ext. 5303 with any questions.

# "Farm to Table" Fall Harvest Art Show at VynnArt Gallery

MEREDITH — A cornucopia of beautiful art produced by local Lakes Region artists is the theme of this month's Art Show at VynnArt Gallery, located at 30 Main St. in Meredith.

The pop-up show, starting Friday, Sept. 21 and runs through Sunday, Oct. 7. The Opening Reception is on Friday, Sept. 21 from 4 to 7 p.m. All are welcome.

Works fresh off their easels, this show features pieces from over 25 local artists. Inspired by the bounty of the fall harvest, life on the farm and seasonal splendor, works are in oils, watercolors, pastels, acrylics and mixed media. From fruits and vegetables, animals and livestock, to barns and farm landscapes, it's a show not to be missed.

"This show celebrates the natural beauty of New Hampshire farms," states Gallery owner, Vynnie Hale. "Our local Lakes Region artists, just like our local farmers, have worked hard to pro-

duce works to be enjoyed by all. We hope the community will come to this show and support the arts in the Lakes Region."

Featured artists include Marie Kelly, Meredith; Ed Rushbrook, Gilford; BJ Eckardt, Belmont; Rob Caron, Meredith; Barbara McClintock, Gilford; Jackie Roy, Meredith; Gerri Harvey, Laconia; Richard Mundy, Meredith; Jean Kennedy, Gilford; Steven Hall, Laconia; Wendy Wilson, Laconia; JoAnne Reynolds, Meredith; and many others.

The Opening Reception for the show is on Friday, Sept. 21 from 4 to 7 p.m. The general public is invited to see the show and meet the artists. Refreshments will be served. The "Farm to Table" Art Show runs through Sunday, October 7th. VynnArt Gallery, located at 30 Main St. in Meredith, is open from 11 a.m. to 5 p.m., Wednesday through Sunday. For more information, call 279-0057.



VynnArt Gallery owner, Vynnie Hale with artists Jackie Roy and Rob Caron of Meredith.

COURTESY

## Interlakes Summer Theatre presents "Oh, What a Night! The Music of Frankie Valli & the Four Seasons"

MEREDITH — The music of Frankie Valli & the Four Seasons comes to life in the Lakes Region this Columbus Day Weekend!

Presented by The Interlakes Summer Theatre, and proudly sponsored by the Common Man Family, "Oh, What a Night!" features a score of more than 20 Frankie Valli hits performed by a group of 13 professional singers and musicians from all over the country! This tribute concert, created by Patrick Dorow of Portsmouth, will star Will Stephan Connell as Frankie Valli, with Nick Moulton, Laurence Katz, Jared



Will Stephan Connell

Thomas Roberts, and Brandon Timmons as the Four Seasons, and feature a live 8-piece band. We hope to see you at Interlakes Theatre to re-live hit tunes like "Walk Like a Man," "Oh What a Night," "Can't Take

LACONIA — Actions speak louder than words during the month of September on LRPA After Dark! Join us each Friday and Saturday night at 10:30 p.m. for "Silent September," as we pay homage to Hollywood's great silent film era.

Almost every genre of film -- action, comedy, romance, western, horror, sci-fi -- can be traced back to the silent era that began nearly 125 years ago and ran until the introduction of "talkies" in the late 1920s. Many technical and artistic elements that modern moviegoers take for granted, such as scene continuity, close up shots, enhanced lighting and feature-length films, were developed during this important time in the history of cinema. Lakes Region Public Access Television is proud to high-

light some of the most interesting films of this period.

We continue our month of silent films this weekend (Sept. 14 & 15) with three classic comedy shorts. First up is 1921's "Never Weaken" (28 minutes), one of Harold Lloyd's amazing "thrill comedies," a trademark of his extraordinary career. Lloyd's character, "The Boy," is deeply in love with "The Girl" (Mildred Davis). Through a series of misunderstandings, The Boy believes that The Girl is going to marry someone else. His misery leads him to some very drastic -- and wildly dangerous -- measures, which, happily, do not turn out the way that he had planned. This short is a treasure for the silent film fan. Our second feature, 1921's "The Play House" (22 min-

utes), stars Buster Keaton, who also co-wrote and co-directed the short. The film opens with a much-heralded "dream sequence," one that employed wonderful special effect techniques that allowed Keaton to play multiple roles at the same time. This film has always been a favorite of Keaton's many fans, and is a delight from start to finish. Our final short is 1917's "The Immigrant" (24 minutes), starring (as well as written and directed by) Charlie Chaplin. Chaplin's beloved "Little Tramp" is an immigrant traveling to America on a comically difficult voyage. While on board the ship he meets Edna Purviance, another traveler, and has many adventures before they land in New York. The second half of the film finds Charlie trying to

adapt to his new life in the US. It is every bit as charming as any full-length Chaplin feature. The actor once said that this film "... touched me more than any film I've made."

"Never Weaken," "The Play House" and "The Immigrant" were all critical and box office successes. Where else but on LRPA can you enjoy Harold Lloyd, Buster Keaton and Charlie Chaplin all in one glorious night? So grab your popcorn and join LRPA after dark for a night of daredevil stunts, cinematic innovation, and sweetly romantic comedy.

Mark your calendars for LRPA's entire Silent September lineup:

Sept. 14 & 15: Three Classic Comedy Shorts:

1921's "Never Weaken," starring Harold Lloyd  
SEE LRPA PAGE A12

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LAKES REGION

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**\$10** Contestants Free

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\*Not eligible for contact.

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## LANGASTER FAIR

**August 30 to September 3, 2018**

Location: 516 Main Street, Lancaster  
Tickets: \$15 (including rides) on Thursday, Friday and Monday; \$17 on Saturday and Sunday; seniors are free on Thursday and Monday and \$10 on Friday-Sunday; children under 36" are free with paying adult  
Online: www.lancasterfair.com

## HOPKINTON STATE FAIR

**August 31 to September 3, 2018**

Location: State Fairgrounds, Contoocook  
Tickets: \$12 for ages 13-59, \$10 for seniors 60+, \$8 for youth ages 5-12, children 35 months and under free.  
Four day passes are also available.  
Online: www.hsfair.org

## ROCHESTER FAIR

**September 6 to 16, 2018**

72 Lafayette St., Rochester, NH 03867  
Tickets: \$9 general adm., children under 8 are free  
Online: www.rochesterfair.com

## HILLSBOROUGH COUNTY AGRICULTURAL FAIR

**September 7 to 9, 2018**

Location: 15 Hill Dale Lane, New Boston  
Tickets: \$10 for adults, children 6-12 and seniors are \$5, children under 6 are free  
Online: www.hcafair.com

## DEERFIELD FAIR

**September 27 to 30, 2018**

Deerfield Fairgrounds  
Route 43, Deerfield  
Tickets: \$10 for ages 13+; ages 12 and younger are free  
Online: www.deerfieldfair.com

## SANDWICH FAIR

**October 6 to 8, 2018**

Sandwich Fairgrounds  
Route 109 North, Center Sandwich  
Tickets: \$10 for adults, ages 8-12 are \$3 and children under 7 are free  
Online: www.thesandwichfair.com

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**RECYCLING**

(Continued from Page A1)

terial, though the town already had a lot of that material on hand and free for use like crushed concrete.

After much discussion the project cost was knocked down to \$950,000, which received voter approval.

Grenier said the project only got one bidder, Meridien of Gilford. He said Meridien worked with the town to come up with the details of the project. After much cooperation and negotiation the cost came in \$400,000 greater than what was voted.

Since there is no water on the site, they'll have to dig a well. Currently employees only have access to portable toilets. The new facility will give the employees a restroom with safety features like an eyewash station.

"We're still doing it \$500,000 cheaper than the original \$1.7 (million); we didn't sacrifice anything in our plans,

the building is going to be the size we want," Grenier said.

He said with this additional funding they will still be getting everything they wanted and it will benefit the taxpayers for a long time.

The \$400,000 for the project will be coming from fund balance and not taxation. Grenier said the town's fund balance is already over the recommended limits. If this article is approved, it would lower the balance and pay for the rest of the transfer station at the same time.

Grenier said when the committee was first formed he said he only wanted to improve a few things out at the recycling center. Town Administrator Scott Dunn, however, pushed to examine everything about recycling and waste disposal. This included the feasibility of door to door pickup to pay as you throw, which were deemed cost prohibitive.

The end result was the recycling center plan.

Grenier said they didn't want the new transfer station to be sanitized and industrial, but a place where people can stop and chat while dropping off their trash and recyclables.

"We wanted it to be Gilford," Grenier said.

The new facility will take recyclables as well as household trash and demolition materials. Grenier said they might have a system where disposing of household trash will be free if recyclables are separated out.

Grenier said this facility will meet the town's needs, especially with the volatility of the recycling market.

"Whatever happens in the recycling industry we're ready," Grenier said. "Our building is adaptable; our equipment is adaptable. Whatever happens we can meet anything in the recycling business."

**PLANE**

(Continued from Page A1)

dents about lift propulsion and thrust leading into their project to build small airfoils.

There could be a number of other related activities through

the last week of September that will allow students who weren't able to come to The Wings of Freedom a chance to experience the topics.

"We've done a number of STEM activities in the past, but I don't think they've been as large and integrative," Caron said.

**LES MISÉRABLES**

(Continued from Page A1)

was largely suggested by the students themselves. Demko said for the past few years himself along with chorus director Denise Sanborn, band director Lyvie Beyrent, and auditorium director Scott Piddington have worked together to pick the shows based on the company. This year they really listened to the students; Demko said they met with the incoming seniors and there was a lot of interest in doing "Les Mis."

The production saw auditions from around 37 students, which Demko said is the biggest turnout since they did "West Side Story" a few years ago. In the end all of those who auditioned were cast and every student had a named part and at least one solo line.

"This was probably one of the best set of auditions we had," Demko said.

He said it was also one of the longest casting sessions in the school's history, with himself and Sanborn taking a while to decide who would get what parts.

"This took almost two and a half hours for Denise and I to do because there's so much good talent across the board," Demko said.

Demko said they got a nice mix of students from freshmen just joining the program to senior veterans and everyone in between. He said they got a good number of incoming freshmen who he has worked with before in the middle school. They also got a large number of Gilmanston students joining this year, especially a large number of girls joining up with the large group of Gilmanston boys who are now sophomores.

Demko said the first week of rehearsals was great and the kids are

really excited.

As the show is entirely sung, Demko has been working closely with Sanborn for rehearsals. Sanborn will work with the students for an hour on their songs and Demko will work with them the next hour on their staging.

He started working with Piddington on set design during the summer.

Demko said he has a strong group of parents who help out with many aspects of the show, such as costumes, wigs, and makeup.

"It really takes a village to do a musical, especially one this big," Demko said.

He said he wouldn't be able to do this without the many other people collaborating and working behind the scenes.

"Les Misérables" will take the stage Nov. 9-10 and 16-17.

**NOTEBOOK**

(Continued from Page A4)

you can read only so much. That leaves television---way too much television. To say that TV, particularly daytime TV, is a vast wasteland is a vast understatement, with apologies even to the word "wasteland." An item or two:

---Television programmers have cut the time between ads from a second or two to almost non-existence. This may well save up to several minutes of time that station owners can sell (think "squeezing a rock"), but it's a bit disconcerting to be watching a car ad one moment, and penguins in the

Antarctic the next.

---Spiro Agnew's main attorney, Martin London, appeared on a news show to liken the current White House situation to "rats leaving a sinking ship." This reminded me of that time so long ago, when five bells ringing in the Wire Room signaled the resignation of Richard Nixon. I took part in an interview with Agnew back when he was the Vice President, and I can still see him standing there, hair all slicked back and his demeanor and delivery as smooth as silk.

---Alaskans, I know, are thoroughly embar-

rassed by shows such as "Alaskan Bush People," and when asked what's wrong with this particular stripe of tripe don't know where to begin.

---Everything seems to be breathless "breaking news" these days, to the point where this has become a watered-down phrase and means next to nothing. And astute viewers may have noticed that producers hardly ever say just where the latest disaster has occurred---so they can keep viewers hanging on into the next (or the next) "segment" (think ad dollars and ratings).

SEE **NOTEBOOK** PAGE A12

**MAGAZINE**

(Continued from Page A3)

check out the link to the article at [hbpets.com/blog](http://hbpets.com/blog).

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**SAFETY DAY**

(Continued from Page A1)

app. "I enjoy this, I think it's a great event," Leach said. "Kids love it; it's a perfect opportunity for us to have that connection."

He said it was a good opportunity for kids and parents to have a positive encounter with the police and fire departments.

In addition to letting kids explore the cab of the truck, the Meredith Fire Department also lowered the bucket of its Tower 1 truck and let kids take get inside it.

Lt. Jason Haines of the Meredith Fire Department said it was a good day overall, a great opportunity for public service and give the kids an opportunity to check things out and maybe get interested.

"It's very good community relations for everybody," Haines



ERIN PLUMMER

The crew of Dartmouth Hitchcock Advanced Response Team displays a DHART helicopter and its equipment during Belknap County Public Safety Day.

said. He said with the fire and police out there that day, it shows that the first responders are out there to do good.

The displayed a helicopter and gear during the event, talking with the public about the work of DHART.

Flight Paramedic Jeremy Stebbins with

DHART said they enjoy being part of this.

"We have an opportunity to be with the community," Stebbins said. "Rather than on an emergency basis, it's a public relations basis."

He said a lot of people ask questions, such as where they go and what they will transport.

**NOTEBOOK**

(Continued from Page A11)

+++++

Back in the days when I was helping Rudy Shatney guide clients on a hunt, it wasn't unusual, of course, for someone to shoot and miss. We generally hunted thick cover, by the way, and for anyone to even get a crack at a deer was an occasion.

Often, we'd look for hair, on the off chance that a shot had scored.

Shatney could tell you where any hair we found had come from—back, belly or legs.

Elder daughter Karen was taking me down to Dartmouth-Hitchcock the other day when two deer suddenly appeared smack in the middle of Interstate 91. She did an excellent job with steering wheel and brakes, and avoided an accident I thought was inevitable.

It was close enough that I wanted to get out and look for hair.

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

**SHUFFLERS**

(Continued from Page A7)

Frisbee or sweatshirt in the raffle. "They give away good stuff."

Pub Mania teams have fun competing in the Shuffle over how much money they are raising and how many team members show up to take part—just as they do in the 24-hour event.

Flaherty said her job as Shuffle ticket

master is an easy one, but she does have to pay attention.

"I have to give out three raffle tickets and one drink ticket to each person—and not the other way around," she jokes.

The Shuffle has been around long enough, Flaherty said, that it's become a tradition for many.

"It gives people in the community a chance to connect with one another while exercising and raising money to help people in need at the same time," she said, adding, "I've learned from Jennifer and Alan that fundraising can be a lot of fun. It doesn't feel like work."

**WASTE**

(Continued from Page A8)

ed oil-based paints, lawn and garden products, household cleaners, automotive fluids, and pool chemicals.

The continued success of the collection is due to many people, especially the eighty volunteers and municipal employees who turned out to assist with surveys, traffic control, and the unloading of used motor oil and fluorescent bulbs, along with the enthusiastic assistance of local coordinators who helped organize and pub-

licize the collections.

The Lakes Region Planning Commission is very grateful and would like to say thank you for the significant amount of donations from residents. These donations will be used to offset any unforeseen costs.

If you still have hazardous products in your home that you wish to dispose of, the Lakes Region Household Hazardous Product Facility in Wolfeboro will be open Sept. 15, and Oct. 20 from 8:30 a.m. - noon. A fee is

charged at these collections to cover the costs of disposal; for details, call 569-5826 or 651-7530.

Lakes Region residents and homeowners are encouraged to learn more about hazardous household products and how to reduce their use by visiting the "Lakes Region Household Hazardous Waste - HHW" Facebook page, the LRPC Web site <http://www.lakesrpc.org/services/hhw.asp>, or calling the LRPC at 279-5341.

**WHAT A NIGHT**

(Continued from Page A9)

My Eyes Off You," "My Eyes Adored You," "Sherry," "Big Girls Don't Cry," "Grease," and so many others!

All performances will be held at the In-

ter-Lakes Auditorium at One Laker Lane in Meredith. Shows are Saturday, Oct. 6 at 7 p.m., Sunday, Oct. 7 at 2 & 7 p.m., and Monday, Oct. 8 at 2 p.m. All tick-

ets are \$25 and though they may be purchased at the door, it is best to call 707-6035, or order online at [interlakes-theatre.com](http://interlakes-theatre.com), as seating is reserved.

**LRPA**

(Continued from Page A9)

Lloyd 1921's "The Play House," starring Buster Keaton

1917's "The Immigrant," starring Charles Chaplin

Sept. 21 & 22: 1919's "Male and Female," starring Gloria Swanson

Sept. 28 & 29: 1913's short "Suspense," followed by 1920's "Dr. Jekyll and Mr. Hyde," starring John Barrymore

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Lakes Region Public Access Television (LRPA) is a nonprofit, noncommercial public access TV station and community media center located on the Laconia High School campus in Laconia, NH. LRPA cablecasts locally on Atlantic Broadband Channel 24 (educational programming and public bulletin board), Channel 25 (information and entertainment) and Channel 26 (government meetings) to nearly 11,000 viewers in our member

communities of Belmont, Gilford, Laconia, Meredith and Northwood. Programming is produced by and for the people of the greater Lakes Region. LRPA's mission is to empower our community members to produce content that

- fosters free speech and the open exchange of ideas,

- encourages artistic and creative expression,

- promotes a well-informed public through governmental transparency, and

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Zach Cobis runs the ball against Pembroke in a comeback win for the Golden Eagles.

BOB MARTIN



Alex Cheek had a pair of passing touchdowns and a rushing touchdown in the opening night win for Gilford/Belmont.

BOB MARTIN

## Football Golden Eagles off to 2-0 start

BY BOB MARTIN

Bob@Salmonpress.news

GILFORD — The Gilford/Belmont football team is off to a great start this fall with a 2-0 record, including a come from behind win over Pembroke and another solid win over Merrimack Valley.

On Aug. 31, the Golden Eagles came out on top 21-20 in a roller-coaster ride of a game that had Gilford/Belmont winning in the

final seconds on a Patrick Carr field goal.

It was the first ever home game under the lights thanks to MB Tractor, who donated the lighting structures for the evening. Coach Josh Marzahl was happy with the win, but knows that it could have very well been a loss for the team.

Pembroke took a 6-0 lead after one quarter due to some early miscues including an

interception in the first quarter that gave Pembroke great field position. It led to an 18-yard touchdown run for Pembroke and the early lead.

In the second quarter, another interception by quarterback Alex Cheek led to Pembroke driving downfield for another score to make it 12-0 at half-time.

Marzahl was not pleased with the first half, saying the Golden Eagles made mistakes

early and couldn't capitalize in the red zone. The second half was a different story, however after Matt Thurber recovered a fumble early in the third quarter to swing momentum. With about 7:10 remaining in the third quarter, Cheek ran the ball in for a score to make it 12-6, as the two-point conversion failed.

Gilford/Belmont then had a defensive stop led by Jon Mitchell and Zach Cobis, and

the Golden Eagles got the ball back in good field position. Cheek hit Curtis Nelson for a 25-yard gain and Gilford/Belmont was in striking distance for another score. With about 3:28 left in the third quarter, Cheek scrambled and toss a six-yard touchdown pass to Carr to tie up the game 12-12.

With 1:16 left in the third quarter, freshman Josh Merriam picked off a deep pass and Gilford/Belmont suddenly had full momentum. Cheek put together a solid drive covering 50 yards where he hit multiple receivers to march down the field. With 8:03 left in the game, Cheek threw an eight-yard touchdown pass to Thurber for the go ahead touchdown, making it an 18-12 game.

However, Pembroke answered back just minutes later with a long touchdown pass play to tie the game at 18-18. Pembroke then took the lead with a two-point conversion.

In the final minutes, Cheek marched the Golden Eagles down the field once again, but the team couldn't put it together in the red zone. The Golden Eagle defense had a great defensive stop to give Gilford/Belmont a last chance with a minute left. Cheek tossed a pass to Carr to get the Golden Eagles closer, and then he dumped off a pass to running back Blake Descoteaux, who got to the 11-yard line with 1.8 seconds left.

Carr then came up huge with a dramatic game winning 27-yard field goal to give the

SEE FOOTBALL PAGE B8

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# Gilford girls' soccer team gets pair of shutouts

BY BOB MARTIN

Bob@Salmonpress.news

GILFORD — After an opening day loss for the Gilford girls' soccer team, the Golden Eagles have looked great to start the season with back-to-back shutout wins including an 8-0 victory over Monadnock on Sept. 6.

Gilford had 33 shots in the game with 13 on goal compared to Monadnock's single shot on goal. It was a game where the Golden Eagles controlled the ball for nearly the entire game, with the midfield moving the ball quickly and accurately to set up scoring opportunities.

Abby Jarvi was the star of the day with four goals and an as-



Reece Sadler dribbles up the field against Monadnock last week.

sist. Shelby Cole added a pair of goals and an assist. Other goals went to Maddi Rector and Reece Sadler,

who also had an assist. Jaylin Tully was commended by coach Rob Meyers for her great job at sweeper, saying

she controlled the offense efficiently. Gwen Knipping and Molly McLean were outstanding in the stopper posi-



Abby Jarvi had a fantastic offensive performance last week for Gilford.

tion, controlling the ball in the midfield and starting attacks while also stopping Monadnock at half-field all game.

Making their first varsity appearances were freshmen Vanessa Genakos, Jaiden McKenna, Marlow Mikulis and Alannah Penney.

Meyers called it a great team win, saying the starting 11 dominated play in the first 10 minutes that led to three quick goals. This allowed Meyers to get everyone playing time and also rest the starters which is vital for the team as the season gets going. It also allowed the team to make substitutes and try players out in different positions.

Meyers said that with a young team, it was also great for the team to be able to get underclassmen varsity

game experience.

"We did a great job of keeping our shape," Meyers said. "I was concerned with the ball in the offensive end for much of the game- that the defense might be drawn too far forward and leave themselves open. They did a great job of attacking the ball at midfield, communicating with each other when they went forward, covering for each other, and getting back quickly. The offense really moved the ball and attacked well. The one area we could improve on in the future is finishing. Even though we scored eight goals, we didn't capitalize on a number of chances close in."

Gilford traveled to Raymond on Sept. 11 after deadline. Next up for the Golden Eagles is a 4 p.m. matchup with Inter-Lakes at home on Sept. 14.

## Gilford soccer boys remain undefeated through five games

BY BOB MARTIN

Bob@Salmonpress.news

GILFORD — Coach Dave Pinkham went into this fall season knowing that he had a young boys' soccer team that might show some growing pains. Fortunately for the Golden Eagles, the team hasn't shown many signs of that as it is 4-0-1 to start including a pair of shutout wins last week.

On Sept. 5, the Golden Eagles traveled to Inter-Lakes and came away with a tight 1-0 win. The goal was scored at the 56-minute mark by Daegan Boucher with an assist by Michael Eisenmann. It was on a through ball with Boucher breaking in from the left side of the field.

Goalie Troy Gallagher was impressive with a pair of saves and control of the 18-yard box to thwart scoring chances.

"A very solid win

against a very good Inter-Lakes team," said Pinkham.

On Sept. 7, the Golden Eagles hosted White Mountains and had a dominating 7-0 win. The first goal was by Ben Gardiner at about a minute into the game, which was assisted by Tyler Browne on a centering pass. Gilford went up 2-0 with a goal by Boucher at the 23-minute mark, with an assist going to Finn Baldwin on a cross pass.

Colton Workman scored at the 24-minute mark with Baldwin adding another assist on a cross that Workman headed in for the goal. He scored again at the 38-minute mark with Browne assisting on a centering pass.

At the 41-minute mark, Sam Sawyer put the Golden Eagles up 5-0. Boucher knocked a corner kick near the goal and Sawyer put it in the net on a volley

shot.

Jordan Browne scored at the 64-minute mark with assists going to Workman and Brian Tremblay. Sawyer scored the last goal at the 72-minute mark with an assist by Alex Berube on a cross pass.

Gallagher had one save in goal in the shut-out win. He has yet to allow a goal this season and Gilford is outscoring opponents 14-0.

"It was great to see the offense come to life," said Pinkham. "We have been strug-

gling to score goals and with the return of Colton Workman our offense was extremely efficient in finishing their opportunities. We have had a great start to our season, but still have a great deal of work to do in becoming a more consistent team."

The Golden Eagles hosted Mascoma Valley on Sept. 11 after deadline. Next up for Gilford is an away game against Derryfield on Sept. 14 at 4 p.m.

### Gilford to receive national recognition from Special Olympics

GILFORD — With school returning to session, Special Olympics New Hampshire has announced that Alvirne High School, Dover High School and Gilford High School, which are Special Olympics Unified Champion Schools, are receiving national banner recognition for their efforts to provide

inclusive sports and activities for students with and without disabilities. These schools are receiving this honor as a result of meeting national standards of excellence in the areas of inclusion, advocacy and respect.

Alvirne High School, Dover High School and Gilford High School

will be amongst a select number of schools to receive this distinction. They will be presented with a banner to hang in their school and be included on a list of other schools around the country who have achieved this distinguished status.

"This is an amazing honor for these

three schools and we could not be prouder of what they have accomplished. Special Olympics has been building a movement to break down barriers to inspire action and ultimately end discrimination for people with intellectual disabilities. Alvirne, Dover

SEE GILFORD PAGE B3

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## Edward Jones: Financial Focus

### How Can Life Insurance Help You?

You may not be aware of it, but September is Life Insurance Awareness Month. Of course, you probably recognize, at least in a general sense, the importance of life insurance, but do you know the various ways in which it can help you?

Life insurance can play a sizable role in your ability to achieve some important financial goals, such as these:

**Helping your family maintain its lifestyle** – If you are married and have young children at home, you and your spouse may need to

work. If you were no longer around and your earnings were gone, could your family still afford to live as they do now? Adequate life insurance can help them preserve their lifestyle.

**Helping your children continue their education** – Even if you weren't planning to foot the entire bill for your children's college education, you still might be doing what you can, such as contributing to a 529 education savings plan. If your income was lost, could your family still afford to continue these contributions? With enough

life insurance, you can improve the chances that your children will at least get some financial help for college or vocational training.

**Helping your survivors pay off debts** – Are all your debts paid off? If not, you could be leaving your family on the hook for some of them, such as credit cards and car loans – not to mention your mortgage. Also, as uncomfortable as it may be to consider it, funeral and burial costs can easily run into the thousands. The proceeds of your life insurance policy can help pay down debts,

handle your final expenses – and relieve your family of costly burdens.

**Helping your spouse build resources for retirement** – It's almost impossible for most of us to save too much for retirement. Your spouse may already have some retirement accounts, such as a 401(k) and an IRA, but will these be enough to sustain a long retirement? Through life insurance, you can potentially add significant amounts to your spouse's retirement assets.

As we've seen, you can ac-

complish a lot with life insurance. But how much do you need?

If you want the appropriate amount of coverage, you should consider a variety of factors. How much do you earn? How much does your spouse earn? How many children do you have? How old are they? How much do you owe on your home? By answering these and other, similar questions, you can arrive at a coverage level that's suitable for your needs. Also, keep in mind that those needs will change – for example, if your children are

grown and you've downsized your living arrangements, you may require less insurance than at earlier times in your life.

Life Insurance Awareness Month is a good time to remind yourself of the importance of insurance and of the need to own the correct amount. So, review your coverage soon – after all, you can't predict the future, but you can still prepare for it.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

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Karly Sanborn sets a ball during a win over Milford last week.

BOB MARTIN



Lexi Boisvert had a strong showing against Milford in the home opener for Gilford High School.

BOB MARTIN

# Net Golden Eagles win first two matches

BY BOB MARTIN

Bob@Salmonpress.news

GILFORD — The Gilford High School volleyball season has begun and the Golden Eagles got off to a great start with a pair of wins last week.

On Aug. 31, the team opened up its season against Pelham and won in three sets by scores of 25-12, 25-17 and 25-5. Maggie McNeill was the leader in kills with nine, followed by Lexi Boisvert and Abby Warren, who each had six kills. Karly Sanborn had a great day with 22 assists. Sam Holland was the Golden Eagle libero and led with 15 digs in the backcourt. Boisvert also had 14 digs. The match was clinched with three great serves by Michelle Gallant.

“It was really exciting to finally play a match after the intense pre-season practices,” said coach Amy Tripp, who is in her first season as the varsity head coach for Gilford. “The senior leadership of Jennie Gannon, Lexi Boisvert, Karly Sanborn and Maggie McNeill was strong and the girls played well together keeping their

energy up throughout the match.”

The Golden Eagles then hosted Milford on Sept. 6 in what was an electric atmosphere in a home opener. The gym has a fresh new floor and it was the first time the team had played in it since the rehabilitation, as the girls had been practicing in the middle school gym prior to this.

“It was the first home game of the season for Gilford and the first time the fans had seen the newly renovated gymnasium. It is so beautiful, with a newly painted white ceiling and refurbished floor, complete with bright blue and gold markings and a classy golden eagle in the center. Tim Bartlett, supervisor of buildings and grounds, and Rick Acquilano, athletic director, worked hard on the project and need to be thanked for an outstanding job. The girls are loving the gym and everyone who walks in gushes with praise for how it turned out.”

Gilford came away with a 3-1 win over the Milford Spartans, in a game that Tripp described as “fast pace,

intense and exciting.” Set scores were 25-12, 26-24, 14-25 and 25-14.

Gilford was led by McNeill’s eight kills and 13 digs. She was also perfect from the service line. Sanborn also had a great game with 20 assists and nine digs. Boisvert had five kills, 16 digs and two ace serves. Right side

hitter Lindsey Sanderson had 27 percent of her serves be aces. Tripp said this was a big accomplishment as Milford’s libero was a skilled receiver who played well.

Tripp also felt Holland had the best game of her career with 16 digs and some incredible passing.

“The game was fun to coach, fun to play in and fun to watch and that’s how great volleyball should be,” Tripp said. “I was especially proud of the composure the girls showed after losing the third set. It was a team effort and all the girls contributed in some way to the win! We will continue

to work hard every day at practice to keep improving, the girls are dedicated and know what it takes to be fit and strong.”

Gilford played Coe-Brown Northwood and Hanover after deadline. Next up for the Golden Eagles is a 5:45 p.m. home game against ConVal on Sept. 14.

## Golden Eagle stick girls win three in a row

BY BOB MARTIN

Bob@Salmonpress.news

GILFORD — The Gilford field hockey team has won three-straight games after an opening day loss, and the Golden Eagles have improved to 3-1 to start the season.

On Aug. 31, Gilford traveled to Winnisquam and won 5-0. The team was led by Laurel Gingrich’s three goals and Bri Salanitro’s two goals. Coach Dave Rogacki commended the team for a “much improved aggressive style” in the win. Jenna Delucca had a good

day in goal with seven saves.

Rogacki also said much of the success was due to improved passing by Emily O’Connor, Sydni Lehr and Nicole Berube.

Gilford then traveled to Laconia on Sept. 5 and had a big 8-0 victory against the rival Sachems. Salanitro had four goals while freshman Shea Brown scored twice in her first game ever on a turf field. Randi Byars scored her first varsity goal. Allyson Carr also chipped in with a goal.

Gingrich had two assists and Berube, Alexia Smith and Taryn Fountain all pitched in with an assist each.

“The team made a much improved effort at going to the ball and passing more aggressively,” said Rogacki.

On Sept. 7, the Golden Eagles came away with a 5-1 win over Littleton at home in a game where Rogacki said passing was the key.

Gingrich scored twice in the game. Other goals went to Salanitro, Lehr and Carr, who used what

Rogacki described as “improved aggressiveness” in the circle. Natalie Fraser and Fountain played solid defense and Rogacki was very pleased with the win.

“Natalie Fraser’s defense and Taryn Fountain’s increased positive passing helped with the transition game,” Rogacki said. “It showed that the young Eagles are heading in the right direction, but with much work still to be done.”

Gilford hosts Bishop Brady on Sept. 14 at 4 p.m.

### GILFORD

(Continued from Page B2)

and Gilford are great examples of what we are looking for to progress the Special Olympics movement and we cannot wait to see what the future holds in New Hampshire,” said Mary Conroy, President of Special Olympics New Hampshire.

Currently, there are more than 6,000 schools across the country engaged in the program and it is aimed at promoting social inclusion through planned and implemented activities affecting systems-wide change. Special Olympics has a global goal of creating 10,000 Unified Champion Schools by 2020.

The Special Olympics Unified Champion Schools model is supported by the Office of Special Education Programs at the U.S. Department of Education. This model has been proven, through research, to be an effective and replicable

means to providing students with and without disabilities the opportunity to form positive social relationships and promote a socially inclusive school climate. Key data points include:

Eighty four percent students regard participation in the program as a turning point in their lives.

Seventy two percent of involved teachers believe participation in the program has increased the confidence of students with disabilities.

Eighty eight percent credit the program with reducing bullying and teasing in their schools.

A Special Olympics Unified Champion School has an inclusive school climate and exudes a sense of collaboration, engagement and respect for all members of the student body and staff. A Unified Champion School receiving national banner recognition is one that has demonstrated commitment to inclusion by meeting 10 national standards of excellence. These standards were developed by a nation-

al panel of leaders from Special Olympics and the education community.

The primary activities within these standards include: Special Olympics Unified Sports® (where students with and without disabilities train and compete as teammates), Inclusive Youth Leadership and Whole-School Engagement. National banner schools should also be able to demonstrate they are self-sustainable or have a plan in place to sustain these activities into the future.

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For more information please direct inquiries to Chief Andrew Shagoury at the Tuftonboro Police Department. [a.shagoury@tuftonboro.org](mailto:a.shagoury@tuftonboro.org). If you think you can make a difference and flourish in a small community, submit a cover letter and resume indicating interest in full-time or part-time employment or both to: Chief Andrew Shagoury, Tuftonboro Police Department, PO Box 98, 240 Middle Road, Center Tuftonboro, NH 03816

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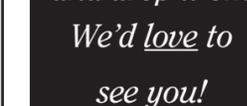
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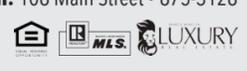


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**KITCHEN MANAGER/COOK  
BELMONT HIGH SCHOOL**

Shaker Regional Food Service is seeking a Manager/Cook for Belmont High School. Must be able to work in a fast paced environment and have good organization and record keeping skills. Management/Supervisory experience preferred. Experience with commercial cooking equipment, inventory control, sanitation, and quantity cooking required. Must be able to lift up to 40 pounds. This position is 7.5 hours per day for 185 days: 180 school days plus 2 additional days as assigned and 3 paid holidays. This position qualifies for District-sponsored benefits including health, dental, life and long term disability insurance as well as paid holidays and sick days. Participation in the NH Retirement System is required. Must maintain compliance with NH DOE Bureau of Nutrition professional development requirements.

Applications may be found on the Shaker Regional School District website or can be picked up at the SAU Office at 58 School Street; Belmont, NH 03220. Please contact Nancy Cate, Director of Food Service at 603-267-6525 ext. 1352, if you have any questions.




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**Our Alpine Orthopedic practice in our Plymouth and Franconia locations are seeking to add the following positions to their team.**

**Medical Secretary:** This position is 32 hours a week and is located in our Plymouth practice. Responsibilities include greeting patients and family members. Maintaining physician appointment scheduling. Collection of payments and co-pays, obtaining insurance referrals and pre-certification and verification of insurance eligibility. Responsibilities also include updating and verifying patient demographics and insurance information and processing patient charts for appointments. High school diploma required. Viable candidates must have prior experience in a medical office and working knowledge of medical terminology, word processing, data entry, and strong customer service skills.

**Certified Medical Assistant:** This position is 40 hours a week and is located in our Franconia practice. The CMA is responsible for performing selected clinical and administrative duties. Assist providers in preparing for physicals, procedures and minor surgeries and administer injections. Prepare patients for examination and treatment. Take patient histories and vital signs, specimen collection and analysis. Change dressings, do wound care and remove sutures and castings. The CMA will assist with scheduling of tests and treatments and follows through with referrals and pre-certifications as necessary. Implement physician orders under physician direction and notify patients of results as directed by physician. This position requires certification from the American Association of Medical Assistants. One year medical office experience preferred.

**Physical Therapy Assistant:** This position is 40 hours a week and is located in our Franconia practice. Responsible for administering physical therapy modalities of treatment as supervised by the staff physical therapist (PT). Administers treatment and physical agents as directed by the staff physical therapist, after the physical therapist has evaluated the patient. The PTA may begin the information gathering and assessment portion of an initial evaluation order, prior to the patient being seen by a PT. The PTA assists with restoration of patient functioning to prevent disability following injury, disease or physical disability. Assists patients to reach their maximum performance and level of functioning, while learning to live within the limits of their capabilities. Participates in all infection control, departmental equipment training, organizational safety and fire safety programs. Must have degree or certificate in Physical Therapy from an accredited school (minimum requirement is a certificate or Associates Degree). Must have a current license or be eligible for licensure in the State of New Hampshire. Previous outpatient experience preferred. BCLS required.

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Help your child to choose friends wisely

Get to know your child's friends and their parents. Discuss your no-alcohol rule with the parents and enlist their support. Ensure that teens and their friends have planned activities with appropriate adult supervision.

**Friends and peers**

The single most predictive risk for underage drinking is if your child's peers drink. Encourage your kids to choose friends who support your family values and no-alcohol rules.

Students with high-refusal-assertiveness skills are less likely to drink underage. Find good ways to say "no" and practice them often in role-play situations. Some ideas are:

- "No thanks. Drinking is not my thing."
- "No thanks. I need all the brain cells I've got."
- "No thanks. I've only got one brain. Why would I want to trash it?"
- "No thanks. Drinking before your brain is developed can dumb yourself down."

**If there is alcohol at a party, LEAVE.**

Keep your social environment alcohol-free.



**Peers**

Children often think that other people their age are drinking and smoking regularly, but most are not.

**The Law**

Furnishing or supplying alcohol to a minor is a criminal offense-punishable by a \$2,000 fine and 12 months in jail.

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**FOOTBALL**

(Continued from Page B1)

Golden Eagles an opening night win. Cheek had 268 yards on the day with a pair of throwing touchdowns and one rushing touchdown. Carr had seven catches for 80 yards and a touchdown. Cobis had 11 tackles including three for losses. Mitchell had 11 tackles and an inter-

ception. "At the end of the day the team was able to get the job done," said Marzahl. "It was an exciting atmosphere and I couldn't imagine a better ending for our first ever home night game. We have a lot of work to do going forward but the team earned the right to en-

joy this win and celebrate their hard work. It was just a great night for the community." On Sept. 8, Gilford/Belmont traveled to Merrimack Valley and won 20-7 and improved to 2-0. Merrimack Valley drove downfield and scored the first touchdown of the game on the

opening drive thanks to a 20 yard touchdown and a successful point after attempt. However, on the following kick return, Ethan Roy scampered his way down the field to the Merrimack Valley four yard line. Descoteaux scored on a four-yard touchdown run and this was the beginning of the end for Merrimack Valley.

The next scoring drive was a 90-yard romp downfield for the Gilford/Belmont squad, which was finished off with a six-yard touchdown pass from Cheek to Descoteaux. It was 13-7 after two

quarters and the second half was a defensive battle for both sides. Neither team scored until early in the fourth quarter when Nelson caught a short pass from Cheek for a 29-yard score to score the final touchdown. The defense had a strong day, led by Mitchell who had an amazing 17 tackles. Cobis had eight tackles.

Cheek was solid, going nine for 14 with 140 yards passing. Descoteaux was a workhorse, carrying the ball 27 times for 119 yards. "The defense put the team on their backs today and led the way to

the win," said Marzahl. "Anytime you have a middle linebacker capable 17 tackles, like Jon Mitchell had, you know that you're defense had a good day. He took the dive and inside run game away from MV, which allowed the defense to get their stops. The offense was able to do enough to get the win and really grind out some long possessions shortening the game. It was a great team effort and I was proud of each player and coach." Gilford/Belmont takes on Plymouth at home on Sept. 15 at 1:30 p.m.

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