

# Belmont PD's Gustafson honored as an Every Day Hero

**BY DONNA RHODES**  
drhodes@salmonpress.news

**BELMONT** — It was a most pleasant surprise when Belmont Police Det. Eliza Gustafson was greeted by not only her co-workers, but members of the Greater Lakes Region Child Advocacy Program and the Granite State Children's Alliance last Friday, when they all joined together to congratulate her on being named the area's 2017 Every Day Hero.

"Heroes Don't Always Wear Capes" was an appropriate sing hanging on the wall of the BPD conference room that day.

Gustafson has been with BPD for six years, and has been a detective for four of those years. Among her many roles with the department was the charge to investigate

child-related cases.

"I definitely didn't expect this," Gustafson said. "I like a lot of things about my job, but most of all working with the children is closest to me. They can't talk for themselves and need someone to keep them safe and protected."

Through her job as a detective, Gustafson has worked closely with members of the New Hampshire Division of Children, Youth and Families, the Greater Lakes Region Child Advocacy, the Children's Alliance, CASA and more, all seeking to find safe havens and, in some cases, justice for young boys and girls who have been subjected to various crimes or misdeeds.

"It takes a lot. It takes a team between people



**Belmont Police Officer Kris Kloetz; Meghan Noyes, the Director of Program Services for Granite State Children's Alliance; Sarah Potito and Donna Swett of the Greater Lakes Child Advocacy Center; and Belmont Officer Derek Gray congratulated Det. Eliza Gustafson (center) for her most recent award as a 2017 Every Day Hero in the Lakes Region.**

## Sanbornton Historical Society to hold annual meeting tonight

**SANBORNTON** — The Sanbornton Historical Society will hold their annual meeting at the Lane Tavern, 520 Sanborn Rd., Sanbornton, on Thursday, Oct. 12 from 6-8 p.m. Refreshments will be provided at 6 p.m. by the Board Of Directors.

A lecture, "Memories of Time Past in Sanbornton," will be presented by local historian and antiquarian Evelyn Auger. The annual election of board members will occur. The public is invited. For further information, call 286-4596.

The Sanbornton Historical Society is a private, non-private organization established in the 1960's which has restored and maintained a 19th Century era Tavern and stagecoach stop. It also provides seven monthly programs from April-October each year about a variety of American and New Hampshire history topics. It provides tours of the Tavern to the public and school groups.

# Winnisquam FFA students put their skills to the test at Deerfield and the Big E

**TILTON** — Members of the Winnisquam FFA tested their skills and represented their chapter and state at recent area competitions. On Sept. 15 & 16, students attended the Eastern States Exposition in Springfield, Mass., where they competed in the Horse Evaluation and Extemporaneous Public Speaking Career Development Events (CDEs). Winnisquam students earned the right to participate in these regional competitions by winning at the state level last spring. On Oct. 24, they will take



**(RIGHT) Winnisquam FFA members pose back at school after competing in Career Development Events at the Deerfield Fair on Sept. 29.**



**The historic First Baptist Church as it looks today (right) hopes to one day resemble the model they have constructed (left) that shows Phase One of a future expansion project that will provide greater service and convenience to their congregation and the community as a whole.**

# First Baptist Church seeks community's support for expansion

**BY DONNA RHODES**  
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**SANBORNTON** — The First Baptist Church of Sanbornton has a rich history in its rural town, and while members look back on the early days of their church, they have

also been looking toward the future with a planned expansion to help serve the newest needs of their community. They hope that local residents can help them meet their goal of \$250,000 for the first phase of their build-

ing project.

First Baptist Church of Sanbornton was founded in the late 1700's. Originally located off Perley Hill Road, the building itself was moved to Church Lane in 1883, thanks to some

clever, old-time engineering maneuvers, which rolled it downhill with logs and horses until it reached its final destination on Church Lane, just off Route 127.

Over the years, the church has been the site

of many dinners, weddings, fundraisers and other events, often held at the adjacent vestry building, constructed later in the church's history. A scenic gazebo, built in 1993 courtesy of

their skills to the next level when they travel to Indianapolis, Indiana for national competition at the 90th National FFA Convention.

On Friday, Sept. 29, 23 Winnisquam FFA'ers traveled to the Deerfield Fair to participate in state-wide CDEs. Each year, more than 300 agricultural education students from around New Hampshire con-

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# Parade of Homes shows unique houses for a good cause

BY ERIN PLUMMER  
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REGION — Visitors could tour through an array of unique homes across the Lakes Region

during the annual Parade of Homes, all benefiting those seeking a career in the building trades.

Throughout Columbus Day Weekend, 11 homes opened their doors for those taking part in the Parade of Homes organized by the Lakes Region Home-

builders and Remodelers Association. Homes were on display in Ashland, Moultonborough, Center Harbor, Meredith, Laconia, Hebron, and Wolfeboro.

Event Co-chair Julie Hayward, co-owner of Hayward and Company with her husband Mike, said the event provides an opportunity for people to see the work of local contractors.

“It provides a great way for the general public to go out and tour these amazing houses that you don’t normally get to see,” Hayward said.

Hayward said most builders have at least one project that was particularly special and this gives them a way to show it off. For \$20 people could see every house on the tour.

The tour included a house on Sachem Cove Road in Meredith built by Hayward and Company. A house under construction by Hayward and Company was an unofficial addition to the tour showing the building process.

Proceeds will be donated to workforce development projects throughout the community. One such project was the tiny house built by students of the Huot



Mike Pelczar of Inter-Lakes Builders with Rosie and Joe Martin in the house Pelczar built for them. The Martins' home was part of the Parade of Homes

## BELMONT POLICE LOG

BELMONT — The Belmont Police Department responds to 120 calls for service and made the following arrests during the week of Sept. 29-Oct. 6. Please note that the names of juveniles, and those of individuals taken into

protective custody but not formally charged, have been withheld.

Mark Thomas Carroll, age 38, of Franklin was arrested on Sept. 29 for Receiving Stolen Property.

Timothy K. Converse, age 56, of Center Harbor

was arrested on Sept. 30 in connection with a warrant issued by Laconia District Court.

Jennifer C. Boucher, age 38, of Belmont was arrested on Oct. 1 in connection with a warrant issued by Laconia District Court.

## TILTON POLICE LOG

TILTON — The Tilton Police Department responded to 394 calls for service and made the following arrests during the week of Sept. 25-Oct. 1. Please note that the names of juveniles, and those of individuals taken into protective cus-

tody but not formally charged, have been withheld.

Arrested during this time period were Raymond Tyllar (in connection with a warrant), Saturn Alleyne (in connection with a warrant), Edwin Knight (for

Resisting Detention), Rebecca Stevens (for Possession of Drugs), Darren Gagne (for Driving After Suspension and Disobeying an Officer), and Kevin Kenne-son (in connection with a warrant).



## Congratulations to the Family Resource Center

The Tilton-Northfield Rotary Foundation awards the Family Resource Center a \$1,000 for the purpose of funding a Cooperative Co-parenting course that will be offered by the Center at the end of this year. This class was recommended by the New Hampshire Department of Children, Youth, and Family (DCYF), which is intended to give separated or divorced parents the power to make positive changes that shield their children from parental conflict, as well as helping to guide parents to establish a long-term relationship with their child's other parent. The 8-week program will be facilitated by two trained parent educators and will consist of part video and part group discussion, with curriculum and workbooks provided. All interested parties should contact Executive Director, Michelle Lennon at the Family Resource Center (286-4255) for more information. Pictured, left to right: Michelle Lennon, Executive Director Tammy Emery, Betty Arsenault, Rotary Board Member Cindy Reinartz, Rotary Board Member Deb Tessier, Rotary Board Member, Pecco Beaufays, Club President.

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## HALL MEMORIAL LIBRARY

**Monday, Oct. 16**  
Monday Makers, 10:30 a.m.-noon

Craft group for homeschool children ages eight and up. Begins Monday, Oct. 16, 10:30 a.m.-noon, and will continue to meet every other week through the end of December. Children should bring their own craft projects to work on independently but while socializing with other creative homeschooled students. This is also a great time for parents to chat and share their homeschool experiences.

Chess Club, 3-5 p.m.

The Bookers, 6:30 p.m.

Reader's Choice... Share tea and tell all about the book you chose.

**Tuesday, Oct. 17**  
Spanish Club, 10 a.m. Tech Tuesday, 2-4 p.m.

Sewing Club, 3 p.m. Teens and Tweens sew it up with Miss Britt

**Wednesday, Oct. 18**  
Story Time, 10:30 p.m. Black Cats

Teen Time, 3 p.m. Teen activities in the afternoon with Miss Britt

Minecraft Book Group, 3:30 p.m.

“Charlotte’s Web” by E.B. White

Began Oct. 4 and meets every Wednesday at 3:30 p.m. for book discussion and to watch related Book Craft videos created by Stacy Plays using Minecraft. It’s not too late to join, so pick up a copy of Charlotte’s

Web at the circulation desk.

Magic the Gathering, 4 p.m.

**Thursday, Oct. 19**  
Bullet Journaling, 3 p.m.

Teens and Tweens fancy up their journals.

**Friday, Oct. 20**  
Sit and Knit, 2-5 p.m.

**Saturday, Oct. 21**  
Let’s Go Lego

### New Items

“After the Eclipse: A Mother’s Murder, a Daughter’s Search” by Sarah Perry

“Hannah who Fell from the Sky: A Novel” by Christopher Meades

“Manhattan Beach: A Novel” by Jennifer Egan

“Dear Fahrenheit 451: Love and Heartbreak in the Stacks” by Annie Spence

“Midwinter Break: A Novel” by Bernard MacLaverty

“Don’t Let Go” by Harlan Coben

“Sleep Like a Baby: An Aurora Teagarden Mystery” by Charlaiane Harris

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# Renowned psychiatrist tackles need for kindness with local author

**BELMONT** — Belmont resident and writer Jennifer Lea Reynolds was recently featured on the podcast, “Distraction,” where she discussed her Kindness Couture concept with host and renowned psychiatrist Dr. Edward (Ned) Hallowell ([www.drhallowell.com](http://www.drhallowell.com)).

Hallowell, a child and adult psychiatrist and the founder of the Hallowell Center for Cognitive and Emotional Health in Boston, New York City, San Francisco and Seattle, hosts this podcast to highlight ways to cope in today’s busy, often disconnected modern times. He’s also the author of more than 20 books including the best-selling book, “Driven to Distraction” and has been featured on Good Morning America, U.S. News & World Report, CNN, “Dr. Oz,”

“Oprah,” “60 Minutes” and more.

Reynolds’ Web site, [TheKindnessCouture.com](http://TheKindnessCouture.com), and her Facebook page by the same name, encourage people to think of kindness as they would a coveted fashion.

“Like a coveted fashion, kindness makes us feel happy, confident, comforted and secure,” she notes, urging others to shed “cloaks of negativity” and instead “make kindness the norm.”

She spoke of the importance of society’s need to return to a basic core of kindness in the podcast, which is housed on the site [www.distractionpodcast.com/](http://www.distractionpodcast.com/), in the S2, EP 19 titled, “Why Kindness is Important.”

Hallowell, who expressed the desire for a “kindness movement” in the episode, said “I



Jennifer Lea Reynolds



Dr. Edward Hallowell

the “free for all of negativity that is unleashed” and the concept that it’s often considered “weird to be kind, but cool if you’re cruel,” encouraging people to get away from such thinking and instead “smile more, frown less.” Not jumping to negative conclusions, avoiding workplace gossip, helping others and even being kind to ourselves were topics Hallowell and Reynolds also discussed.

“Being asked to participate in Dr. Hallowell’s podcast was an honor,” says Reynolds. “Spreading the word about the power of kindness, especially when we’re often bombarded with negative messages, is important. I’m happy to have had this opportunity and hope others are inspired to make niceness the norm and realize that kindness is always in style.”

Reynolds is a freelance writer whose work – about kindness, health and wellness, and many other topics – has appeared online for Smithsonian, Woman’s Day, HuffPost, Reader’s Digest and additional publications. She’s currently a health contributor with U.S. News & World Report and a columnist for Model Aviation magazine (she belongs to the remote-controlled mod-

el airplane club, The Winnepesaukee Radio Controllers, which is located at the 4-H field in Belmont).

Reynolds has also authored two children’s picture books which focus on kindness, compassion, and coping with change. “Carl, the Not-so-Crabby Crab” is designed to teach the virtues of kindness in a world that often unfairly rushes to judgement based on appearance and assumptions. Her other book, “The Cat Who Loved the Moon” gently tackles loss and change and was featured as part of a literary segment on NHPR’s Word of Mouth in 2016. She’s seeking literary agent representation for both children’s picture books.

A former New Jersey resident, Reynolds has lived in New Hampshire since 2013.

## Belmont Parks & Rec announces details of annual shopping & theatre trip

**BELMONT** — Belmont Parks & Recreation’s annual shopping and theatre trip, Saturday, Dec. 2 includes everyone’s favorite Elf making his return to Boston with “Elf The Musical” at the Boch Center Wang Theatre!

“Elf the Musical” is the hilarious tale of Buddy, a young orphan child who mistakenly crawls into Santa’s bag of gifts and is transported back to the North Pole. Unaware that he is actually human, Buddy’s enormous size and poor toy-making abilities cause him to face the truth. With Santa’s permission, Buddy embarks on a journey to New York City to find his birth father, discover his true identity, and help New York remember the true meaning of Christmas.

This modern day Christmas classic is sure to make everyone embrace their inner “Elf.” Our trip departs from the Belmont Park & Ride-share (Route 106) at 8:30 a.m. The trip includes time to shop, sightsee or dine on your own. We also offer a shopping only option that does not include the show should you prefer to spend the day shopping, and taking in the sights on your own. Please note this is an active trip and requires walking from central drop off points to the various venues. Both orchestra and balcony seats are available for the show but space is limited.

On Monday, Feb. 26, we will be traveling to the TD Boston Garden

to watch newly acquired Celtics, Kyrie Irving, Gordon Hayward and Jason Tatum join Al Horford to take on Marc Gasol, Mike Conley and Chandler Parsons of the Memphis Grizzlies. Our trip departs from the Belmont Park & Ride-share (Route 106) at 5:15 p.m. Sit back and relax in our fully equipped motor coach. Seats are available in both the loge (section #19) and balcony (section #310 & 311), but space is limited. Our trips are via a luxury motor coach with restroom facilities.

For more information on either of these trips, please visit our Web site at [www.belmontnh.org](http://www.belmontnh.org) or call the recreation office at 267-1865.



COURTESY — TILTON POLICE DEPARTMENT

### Police seek information on criminal activity at Polo Outlet

The Tilton Police Department is currently investigating criminal activity in the area of 120 Laconia Rd., The Tanger Outlets’ Polo Store. Officers are attempting to identify the female suspects seen in this in-store video camera. If anyone has any information regarding their identity, they are asked to please contact Tilton Police Officer Jeremiah Trott at 286-8207.

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# Opinion

A4 Thursday, October 12, 2017

WINNISQUAM ECHO

## STRATEGIES FOR LIVING

### *A dream come true*

BY LARRY SCOTT

In his book, “Unveiling the End Times in Our Time,” Adrian Rogers quotes an article that appeared in Harper’s Magazine some time before the publication of his book in 2004.

“Stanley Fish shared what a Muslim mother said after she learned of her son’s success in a suicide bombing that killed her son and ten Jews. She said, ‘Because I love my son, I encouraged him to die a martyr’s death for the sake of Allah. Jihad is a religious obligation encumbered upon us and we must carry it out. I sacrificed Mohammad [her son’s name] as a part of my obligation. I asked Allah to give me ten Israelis for Mohammad, and Allah granted my request and Mohammad made his dream come true, killing ten Israeli settlers and soldiers. Our God honored him even more in that there were many Israelis wounded’” (page 146).

I have no interest in belittling this sincere mother for her beliefs. She was prepared, indeed, proud, to make a monumental, personal sacrifice in defense of what she believed to be true. In view the tenets of Islam, one can easily understand the commitment she displayed in defense of her faith.


Sunni Muslims, to illustrate my point, await the coming of the Mahdi, their ultimate redeemer, who was hidden, they believe, by God in AD 874, and will reappear at the time of Armageddon. His coming will be triggered by the destruction of Israel. In light of these convictions, one can understand how ISIS is hoping to be the catalyst to bring the Mahdi out of hiding. Jesus will be the Mahdi’s deputy, and together they will lead a revolution to establish a new world order, and will cause Islam to be the only religion on earth.

Not all Muslims, however, believe in the “gospel of hate” sponsored by ISIS and other such terrorist organizations. At a question and answer session with author Joel Rosenberg, “a Muslim man from the Middle East stood up and chastised me for misusing the word jihad. It did not, he insisted, signify a violent man-versus-man battle between Muslims and the infidels. Rather, it spoke of a man-versus-himself conflict regarding purification and self-control. I appreciated his comments and readily conceded that this was certainly one of the definitions of jihad” (“Inside the Revolution,” p. 42).

Whether sponsoring violence and death, or searching for “purification and self-control,” how different is the message of the Gospel. Forgiveness for sin, a personal relationship with God, love for one’s enemies, and an assurance of life after death are just the highlights of the life Jesus offers.

I submit that the growing popularity of Islam in America stems not from Islam’s self-serving message but from ignorance of the truths given us through Jesus Christ. Few of those with whom I have talked have ever owned a Bible, and if they do, have never read it. What a tragedy! A careful reading of just the fourth book of our New Testament, the Gospel of John, will quickly demonstrate the message of a life worth living. “In him was life,” John writes, “and that life was the light of men” (John 1:4). Don’t curse the darkness; turn on the light!

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



## Winnisquam Echo

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## PET OF THE WEEK

SUZY

It happens quite often at New Hampshire Humane Society; surrender of animals due to their, or their owners advancing years and ill health. In the case of Miss Suzy, she is hardly a geriatric, she is not even in the double digits yet, age-wise, but her owner was suffering serious health problems and could no longer care for this sweet little black cat.

Suzy led the quiet life prior to arriving at the shelter in April, yes she’s been waiting far too long for a new home. That sheltered former life has meant residing at our animal welfare agency has been a bit of a shock to the system for such a

reserved, quiet little feline, Suzy hides under her blanket, perhaps thinking the next time she pops her head up, she might find herself home again. Six months really is too long to live in hope, and have your dreams dashed every day, as the adopting public move on past your cage to other, more photogenic cats!

Let not the syndrome of her coat colour stand in her way a moment longer, black cats are special, they are physiologically sound, look amazing lounging in summy spots around the house. Neither do we wish to compartmentalize the ideal home for her, surely a cat lover out there



somewhere will look at Suzy’s petite face and fall in love.

Shelter is open Tuesday/Thursday/Friday/Saturday/Sunday.

Plenty of time to visit.

Call 524-3252 to find out more about Suzy or check [www.nhhumane.org](http://www.nhhumane.org)

## LETTERS TO THE EDITOR

### Thank you for a successful energy forum

To the Editor:

I would like to thank Chris Wald & Mark Billings from Interlakes High School who hosted the most recent Community Forum event: Belknap County Energy Forum—Acting Locally, Thinking Globally. The forum began with Chris and Mark giving a tour of their facility, proudly showing-off their photovoltaic solar array that provides for most of the school’s electricity demand; and their wood pellet burning biomass plant that uses locally sourced low-carbon fuel to heat the school.

This is the second in a series of educational forums organized and sponsored by the Belknap County Democrats (the first dealt with the topic of education in New Hampshire, and was held at the Lakes Region Community College earlier this year). The energy forum was co-sponsored by Resilient Buildings Group, Revision Energy, New Hampshire Sustainable Energy Association, and the New Hampshire Sierra Club.

I would also like to thank the great line-up of speakers that covered the issues surrounding energy, sustainability, our changing climate and what can be done at the local, individual level to take on these challenges. Brianna Brand from the New Hampshire Sustainable Energy Association discussed energy policy and incentives that are available for energy conservation and to make the switch to clean, renewable energy. Dana Nute from Resilient Buildings Group offered case studies of comprehensive energy upgrades at the commercial/municipal level; while Elijah Garrison from Revision Energy focused on the success of solar energy in New Hampshire, and how homeowners can make the switch. These cost-effective changes save a great deal of money and help to protect the environment, and with more than a hundred commercial/municipal facilities switching to biomass in NH, and a multitude of solar project installations throughout the state, conversion to renewable energy is the new normal. Catherine Corkery from the New Hampshire Sierra Club followed up with a discussion on the importance of acting locally, and the impact that local action can have on the global environment and our changing climate. The event concluded with a question and answer period with the audience participating in a robust discussion of the challenges and potential solutions, as well as the need for immediate action. Participants left with many handouts of information including a list of ten local actions they can take:

1) Get involved with your Local Energy Committee/Commission. If there is no committee in your community, organize to establish one.

2) Get in touch with your legislators at the State & Federal level. On election years, research candidates’ platforms, and get out to vote. Your vote does make a difference.

3) Go to: [www.gencourt.state.nh.us](http://www.gencourt.state.nh.us) to find current bills in front of the New Hampshire State Legislature and make an effort to either testify in person when a bill comes up for a hearing; or call/email (calling is usually more effective than email) your local State Representative/Senator and ask for their position on bills that are of concern. Voice your position and urge your legislator to take your point of view into account when the bill comes up for a vote.

4) Join Plymouth Area Renewable Energy Initiative. Go to one of their Energy Raisers, where you can learn how to install renewable energy systems yourself.

5) Attend the annual Local Energy Solutions Conference and other educational forums to learn the latest technologies, policies, and incentives.

6) Tour other project installations to learn of the different options that are available, and which options might be best suited to your situation.

7) Avail yourself to the expertise of local installers/efficiency professionals to explore potentially viable projects that you are considering, and assess the project’s cost effectiveness.

8) Hire a Certified Building Analyst to conduct an energy audit. Whether at your residence, business, or municipal buildings, an energy audit can inform you of the possibilities by identifying inefficiencies in your building.

9) Visit the Web site [www.dsireusa.org](http://www.dsireusa.org) to learn about the current incentives that are available for residential, commercial, and municipal energy related projects

10) Set goals/celebrate successes. As they say, “the cheapest energy is the energy that you don’t use”. Consider a combination of energy-efficiency measures AND renewable energy. Clean, renewable, sustainable energy is the direction of the future. Let’s not get left behind. The quality of life on our planet depends on us taking action.

Look for upcoming events that the Belknap County Democrats are organizing on the topics of “fake news,” economic development, and healthcare. These forums are open to the public, with the intent of answering questions that folks have on these complicated topics, and to encourage discussion and local action on the challenges we are facing.

Ian Raymond  
Laconia

## Send your letters!

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North Country Notebook

Oh sure, write about your dog, who came down on a moon-beam



By JOHN HARRIGAN  
COLUMNIST

They say that when you begin writing about your dog, it's time to hang it up and go do something else. What would that be? Put beans up your nose?

But I can't help it, because I am in possession of a dog, or she is in possession of me, who almost finishes my sentences, which is scary.

There is a certain time in the early morning, just after daylight, when a coyote is less likely to grab her as a snack, that she goes out for an extended walk around the premises. When she comes back, having patrolled the immediate surroundings, she is full of pizzaz, and I toss toys for her, and as my mother would put it, we growf around.

Did she find anything to growl at? Did she find

monsters lurking there at the edge of the woods, and have to bark them back to protect us? Obviously, yes, because we are blissfully bereft of monsters. "Good dog," I tell her. "Good girl, guarding us against all the bad things that are trying to get us." And then I get her breakfast, which is what it's really all about.

+++++

I was lucky to see two of my favorite birds in one week.

On Monday, while I was driving back from the Stewartstown side, a pileated woodpecker swooped and dipped across the road, its bright red head sticking out like a traffic light. This is the second-largest in the woodpecker family, second only to the ivory-billed, which I wrote about as having been rediscovered but was up-braided by some readers who said it hadn't.

Oh, well, so in the interim, until the jury is in, I am well content with the pileated, which is a majestic bird, almost as big as a small crow. According to logger Troy Lambert's sightings and mine, we have three of them soaring and dip-



JOHN HARRIGAN  
Millie the Wonder Dog, in need of a haircut, basking on the front lawn.

ping around South Hill. One of them has hammered its brain out making a huge hole in an old maple tree just down the road.

The other bird was a grey jay, or Canada jay, or Camp Robber, or Whisky Jack. These are puffy birds, a little bigger than a bluejay.

They are famous for eating out of your hand, and I've enjoyed this many times, in camps from the Middle Branch of the Dead Diamond to a thousand miles north in Labrador.

And now I'm wondering what has made these birds come so far south so early, or at least down in altitude (we have

them in the high country of New Hampshire year-round). Something, I think, has interrupted their food supply, and maybe I'll wind up feeding them by hand.

+++++

While we are on wildlife, there is this:

A New York Times story reported on a deer sterilization project on Staten Island, which is

near New York City, and is in fact a burrough, which has nothing to do with woodchucks. The deer population has grown from 24, which purportedly swam over from New Jersey in 2008, to around 2,000 today. Hunting is not permitted, and there are apparently not enough coyotes to make a difference.

So the city's Department of Parks and Recreation is spending \$3.3 million over a three-year period to shoot bucks with tranquilizers and perform vasectomies. Shooter-snippers have performed Shakespeare's unkindest cut of all on 720 of the island's bucks, meaning that there are around 250 very happy bucks roaming the island, but this fall, their time is up too.

+++++

A steer got out of one of my pastures and has been having a fine time clomping all around the landscape, and finally

fetches up on a neighbor's place down on the Hollow side, and the neighbor showed up in my barnyard to let me know.

Talk turned to haying. He is haying, and after a lot of years young and old, I'm not. By the by, I am the wrong person to complain about the price of a bale of hay.

"You go out there and make it," I'm apt to say.

But I expressed wistfulness about the neat and satisfying click-clack of the sickle-bar mower on my old '42 Ford tractor, and the "shwoosh" of the cut hay as it passed over the top board, and the sweet smell.

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

Thoughts from the Thrift Shop  
News from the Gilmanton Community  
Church Thrift Shop and Food Pantry

The Gilmanton Food Pantry has much to be thankful for as we continue to reach out to and help those in need within our community.

It is with greatest pleasure that we extend a huge thank you to the Gilford High School Athletics, the football and high school booster clubs, the greater Gilford/Gilmanton communities, the student athletic leadership team, and their Athletic Director/Team Leader, Rick Acquilano, for their participation in the New Hampshire Tackles Hunger food drive.

Your efforts and contributions of nearly \$800 plus 500 pounds of food are a welcome bonus in helping to keep our shelves stocked so that we may continue with our mission of helping others.

In keeping with thanking our greater community at large, we had a very successful Yard Sale in July. To everyone who made donations, helped set up and work that day, and especially to all those who stopped by and found treasures to buy thank you for your support. It is with community support that the Gilmanton Food Pantry is able to carry out its mission of helping those within

our community who are struggling. Thank you!

For those who enjoy shopping at Thrift Stores, we will be offering women's clothing and accessories at 50 percent off during the month of October. All proceeds go to help support the Food Pantry. We also accept donations of gently used clothing.

Gilmanton Food Pantry & Thrift Shop is an outreach program of the Gilmanton Community Church.

Hours: Wednesday, 3-6 p.m. and Saturday, 10 a.m.-2 p.m.

Telephone: 364-0114.

Location: 1817 Route 140, Gilmanton Iron Works.

Parking & Entrance: Gilmanton Community Church Parking Lot. Look for a sign that says Harvest Bible Church.

Mailing Address: Post Office Box 16, Gilmanton, N.H. 03237.

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Edward Jones: Financial Focus

International Investing: Still a Journey to Consider

Columbus Day is observed on October 9. And while it may be true that Leif Erikson and the Vikings beat Columbus to the New World, Columbus Day nonetheless remains important in the public eye, signifying themes such as exploration and discovery. As an investor, you don't have to "cross the ocean blue," as Columbus did, to find opportunities – but it may be a good idea to put some of your money to work outside the United States.

So, why should you consider investing internationally? The chief reason is diversification. If you only invest in U.S. companies, you might do well when the U.S. markets are soaring, as has happened in recent years. But when the inevitable downturn happens, and you're totally concentrated in U.S. stocks, your portfolio will probably take a hit. At the same time, however, other regions of the world might be doing considerably better than the U.S. markets – and if you had put some of your investment holdings in these regions, you might at least blunt some of the effects of the down market here.

Of course, it's also a good idea to diversify among different asset classes, so, in addition to investing in U.S. and international stocks, you'll want to own bonds, government securities and other investment vehicles. (Keep in mind, though, that while diversification can help reduce the effects of volatility, it can't guarantee a profit or protect against loss.)

International investments, like all investments, will fluctuate in value. But they also have other characteristics and risks to consider, such as these:

- Currency fluctuations – The U.S. dollar rises and falls in relation to the currencies of other countries. Sometimes, these movements can work in your favor, but sometimes not. A strengthening dollar typically lowers returns from international investments because companies based overseas do business in a foreign currency, and the higher value of the U.S. dollar reduces the prices, measured in dollars, of individual shares of these companies' stocks. The opposite has happened in 2017, when the weaker dollar has helped increase returns from international investments.
- Political risks – When you invest internationally, you're not just investing in foreign companies – you're also essentially investing in the legal and economic systems of countries in which those companies do business. Political instability or changes in laws and regulations can create additional risks – but may also provide potentially positive returns for investors.
- Social and economic risks – It is not always easy for investors to understand all the economic and social factors that influence markets in the U.S. – and it's even more challenging with foreign markets. U.S. markets are now worth less than half of the total world markets, and growth in the rest of the world is likely to keep expanding the number of global opportunities. You can take advantage of that global growth by putting part of your portfolio into international investments, including developed and emerging markets.

In any case, given the more complex nature of international investing, you'll want to consult with a financial professional before taking action. If it turns out that international investments are appropriate for your needs, you should certainly consider going global.

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

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Claire (Lowenhaupt) Rand, 88

SANBORTON — Claire Rand, 88, a resident of Sanbornton since 1994, died Friday, Oct. 6, 2017 at the Franklin Regional Hospital in Franklin following a period of failing health. Surrounded by her loved ones, she passed peacefully.

Claire was born in Queens, N.Y., Dec. 17, 1928, daughter of Frederick and Sophia (Nuels) Lowenhaupt. She spent her youth and attended schools in Queens and moved to Sanbornton from Port Jefferson, N.Y. For many years, and prior to her retirement, Claire was supervisor of the dietary department at the Mather Memorial Hospital in Port Jefferson, N.Y. She loved to laugh and enjoyed being with family. Claire loved to have her son's dogs over, spending time with her and



the attention they gave her. She was predeceased by her husband, Frank T. Rand who died in 1998.

She leaves her sons, Thomas Rand and his wife, Elizabeth of Rocky Point, N.Y., Frank Rand and his wife Fawn of Tilton; her granddaughter, Morgan Deer, and her three children, Aurora, Lucus and Sophia; her grandson, Matthew Rand, and his four children, Keegan, Lily, and the twins Emmett and Charlotte of Col-

orado; her grandson, Sgt. Michael Rand, and his wife Catherine and their daughter Cassidy of New Hampshire; her grandson, Staff Sgt. Benjamin Rand, and his wife Tabitha of North Carolina; her grandson, Garrett Rand of New Hampshire; a niece, Arlene, and her husband Walter of New York.

Claire's family sends "special thanks" to Claire's caregivers.

A celebration of her life will be held for her family and close friends when they gather. She will be buried in Park Cemetery in Tilton. Those wishing may make memorial contributions in her name to the New Hampshire Humane Society, P. O. Box 572, Laconia, NH 03247.

For more information, go to [www.smart-funeralhome.com](http://www.smart-funeralhome.com).

Ronnie R. Robertson, 41

NORTHFIELD — Ronnie R. Robertson, 41, of Concord, formerly of Northfield, died at his home on Sept. 30, 2017, after a brief illness.

Ronnie was born in Franklin on Aug. 16, 1976, the son of Ronnie and Jacqueline (Dooley)

Robertson. He resided in Franklin and later Northfield for several years, graduating from Winnisquam Regional High School in Tilton.

Ronnie continued his education for three years at the University of New Hampshire.

A Memorial Service will be held on Friday, Oct. 13, 2017 at 2 p.m. at Paquette-Neun Funeral Home, 104 Park St., Northfield.

For directions and a virtual guestbook, please visit [www.neun-funeralhomes.com](http://www.neun-funeralhomes.com).

Henry A. Murphy, 73

FRANKLIN — Henry A. Murphy died peacefully at his home in Franklin on Monday Oct. 2, 2017 at the age of 73.

Henry is survived by wife Virginia Murphy and her children and grandchildren, his step mother Alice Murphy, brother Pat Murphy and his wife Jane, and several nieces and nephews. He was preceded in death by his mother Pauline Murphy and father Herbert Murphy.

Henry was born on Nov. 4, 1943 in Bath, Maine. He spent his ear-



ly years as a lobsterman in the Booth Bay Harbor area. Henry was a master at automotive body work. He also enjoyed the work that he did for several years at Vitek Extrusion in Franklin.

Per Henry's wishes

there will be no funeral. A celebration of life gathering will be held at Hope For NH Recovery, 175 Central St., Franklin, on Saturday, Oct. 21 at 1 p.m. In lieu of flowers, donations can be made in Henry's name to the Alzheimer's Association at [act.alz.org/donate](http://act.alz.org/donate), 166 S River Rd #210, Bedford, NH 03110.

Thibault-Neun Funeral Home, Franklin is assisting with arrangements. For a virtual guestbook, please visit [www.neunfuneralhomes.com](http://www.neunfuneralhomes.com).



Andrew Pinard

Community magic show Oct. 20

SANBORTON — Join us for a Community Magic Show with entertainer Andrew Pinard on Friday, Oct. 20 at 7 p.m. in Sanbornton Public Library.

This free, fun, family program is made possible with a generous donation from the Salatiello Family Trust.

Tom Salatiello stated, "We see the library as a fundamental cornerstone of the community

and support quality programming for Sanbornton citizens."

This magic show is one Andrew Pinard has performed on stage in Concord and we are delighted to offer it in Sanbornton. Adults, students, grandparents, those ages five to 105, will all enjoy watching the award-winning entertainer Pinard transform into magician Jonathan Harrington, who

presents mysteries and wonders from the nineteenth century, often with the assistance of audience members.

Light refreshments will be offered at 6:30 p.m. before the show. Family friendly costumes are encouraged.

Sanbornton Public Library is located at 27 Meetinghouse Hill Rd. Information is available at [splnh.com](http://splnh.com) or call 286-8222.

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MARK ON THE MARKETS

Bunch of stuff



BY MARK PATTERSON  
it is not uncommon for a potential new client who brings their current investment portfolio into our initial meeting to have multiple accounts with retail mutual funds, stocks and sometimes exchange traded funds. A

discussion about diversification is always a part of our meeting. Having multiple mutual funds with different names often provides comfort to the holder of those investments believing that there must be some kind of plan behind the investment choices.  
As I've written in the past, I got into this business 22 years ago as a retail broker. I was fortunate to join a conservative firm with some "old school" brokers that mainly dealt with individual stocks and bonds. There were some mutual funds out there that had very good performance based on the manager's expertise or a sector, such as "bank-

ing." There was so much consolidation in the banking industry, that all you had to do was buy a few local banks and they would get bought out at a premium by bigger banks. Average returns in the equity markets were closer to 18 percent than today's five percent. So, if a mutual fund was charging 7 percent commission and one and a half percent fees, you could still make money. Obviously, commissions have come down and fees are slightly less, however fees are still a much greater percentage of the total return than in the past.  
I still see far too many "C" class mutual funds in potential client ac-

counts. See class mutual funds have fees that the client doesn't see unless they know where to look. I have seen "C" class bond funds where the broker and the fund company make more return than the owner of the fund. It is my opinion that selling "C" share classes are not in the client's best interest. The C class mutual funds are often found in brokerage accounts that are commission based whereas the broker added these funds set up an annuity stream of payments for themselves. There are likely "A" class shares that charge an upfront commission and have less internal expense. These fund companies

pay incentives to many brokerage firms who sell them called "revenue-sharing". You can see how you could end up with a portfolio made up of a bunch of stuff because that stuff benefits the brokerage firm and the broker, not the client. Brokers or a.k.a. financial advisors have not in the past been required to act in the client's best interest, but some legislation that has been delayed, but I believe still will happen, will hopefully force brokers from a "suitability" standard to a "fiduciary" requirement.  
The problem with having a bunch of stuff in your investment portfolio, is that it has

no plan. You could be approaching retirement and need to adjust your portfolio to protect your assets and potentially convert them to steady sustainable income. You may want to use modern portfolio theory to construct a low-cost portfolio of low to non-correlated asset classes that may provide less risk and more return over time. The client must be able to look at their portfolio and understand it's true purpose and objectives.  
  
Mark Patterson is an investment advisor with M HP asset management and can be reached at 447-1979 or Mark@MHP-asset.com.

Meredith Village Savings Bank to sponsor  
Second Annual Belknap House Masquerade Ball

LACONIA — Meredith Village Savings Bank (MVSb) will be this year's gold level sponsor for the second annual Belknap House Masquerade Ball. The Ball will be held Friday night, Oct. 13, at the St. Andre Bessette Parish Hall on 291 Union Ave. in Laconia. An evening event requiring formal or semi-formal attire, guests of the Masquerade Ball will also enjoy entertainment, dancing and a full dinner.  
The Masquerade Ball is a key fundraising event for Belknap House, the cold weather shelter for homeless families with children in Belknap County. Located in Laconia, its mission is to provide safe shelter for families during the cold winter months, when children are most vulnerable. Belknap House also empowers families to become self-sufficient and independent by offering resources and educational opportunities.  
"Meredith Village

Savings Bank is honored to once again sponsor the Masquerade Ball for Belknap House," said Rick Wyman, President of MVSb. "They provide an emergency safety net for those with no other options during the harshest months of winter. We hope that people of our community will join us and assist Belknap House by volunteering or donating."  
"Our shelter plus the education and resources we offer helps families with children get on the right path," said Colleen Garrity, President of Belknap House. "We're grateful to MVSb for sponsoring the Ball for the second year in a row and appreciate their support of our mission."  
Belknap House provides families experiencing homelessness in Belknap County safe housing from mid-October through mid-May. Guests are admitted through local welfare department referrals. Educational assistance



Don House, Belknap House Vice President and Eric Petell, Assistant Vice President and Branch and Business Development Manager of the MVSb Laconia Office.

and skills training offered include money management and how to be a good renter, as well as other pertinent and valuable life skills. From June through September, the shelter serves as a hostel for visitors to the Lakes Region. For more information about the Masquerade Ball, Belknap

House, and to purchase Ball tickets, visit belknaphouse.org.  
For nearly 150 years, Meredith Village Savings Bank (MVSb), has been serving the people, businesses, non-profits and municipalities of Central NH. MVSb and its employees are guided by the values of accountability, mutuality,

excellence, respect, integrity, teamwork and stewardship. To learn more, visit any of the local branch offices located in Alton, Ashland, Center Harbor, Gilford, Hampton Falls, Laconia, Meredith, Moultonborough, Plymouth, Portsmouth or Wolfeboro, call 1-800-922.6872 or visit mvsb.com.

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Parents or service providers who suspect that a child might have an educationally handicapping condition are encouraged to contact that child's school. The principal and/or assistant principal will provide information on the procedures for determining if a child is educationally handicapped and in need of special education services.

For more detailed information about the policies, procedures, services, and building contact persons established in SAU #59 for special education, you may also contact the Director of Student Services, Lori Krueger, at (603) 286-4332 or the Coordinator of Student Services, Jamie Vose, at (603) 286-4116.

Winnisquam Regional High School Tom Laliberte, Principal Matt Finch, Assistant Principal (603) 286-4531	Winnisquam Regional Middle School Robert Seaward, Principal Mike Bryant, Assistant Principal (603) 286-7143	
Union Sanborn School Lori Krueger, Principal (603) 286-4332	Sanbornton Central School Kathleen Pope, Principal (603) 286-8223	Southwick School Dr. Eric Keck, Principal (603) 286-3611

3611 10/05/2017

2017 Salmon Press  
Holiday Gift Guide

Published Thursday, November 16<sup>th</sup>

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Think When You Drink



# EAA offers free orientation flights for kids

GILFORD — The local chapter of the EAA is pleased to announce its fall 2017 orientation flight schedule.

Officially known as “Young Eagles Day,” the event will take place at the Laconia Airport from 9 a.m. -1 p.m. on Saturday, Oct. 14. EAA members will pilot their personal aircraft and provide 15-20 minute orientation flights for youth ages eight to 17. Participants will need a parental waiver signed at the Airport prior to the flight as well as take a brief safety class on airplane operations specific to their flight.

“This is a great program sponsored by our membership and the EAA” said Chapter 1516



A previous Young Eagles participant expresses his feelings about his orientation flight.

President, John Seeler. are firm believers in nity for youth to fly an airplane side by side in

the cockpit with a veteran pilot as a way to introduce youth to the joys of flying,” Seeler added.

Any student interested in participating in a free EAA Young Eagle flight on October 14 is urged to come to the Laconia Airport between 9 a.m. and 1 p.m. prepared to fly. EAA, the Experimental Aircraft Association, based in Oshkosh, Wisc., is the largest association of private pilots in the World and has been operating continuously since 1953. It originated the Young Eagles Program in 1992 and since then more than 2 million youth have flown as part of this orientation program. Each participant will receive a certificate enrolling him/her as an official “Young Eagle” in the EAA Logbook records. More details about the EAA and the Young Eagles opportunity are available at [www.eaa.org](http://www.eaa.org).

The local EAA chapter has been very active at the airport having just co-sponsored a one day work shop for pilots who have been away from flying for a few years to brush up on the latest procedures and FAA policies. The workshop was coordinated by Roger Shelton as part of the Aircraft Owners and Pilots Association (AOPA). A class of 38 pilots attended with AOPA presenter Bill Wilson.

# NH PUMPKIN FESTIVAL!

**October 13<sup>th</sup> 4-8pm & October 14<sup>th</sup> noon-8pm**

October 13 <sup>th</sup>	October 14 <sup>th</sup>
<p><b>Drop Off Your Carved Pumpkin</b> OR <b>Carve a Jack-O-Lantern</b> at the Carving Station Food &amp; Craft Vendors</p> <p><b>Amusement Rides:</b> Gigantic Slide, Fun House, Climbing Wall, Bungee Jump, Kiddie Rides &amp; More!</p> <p><b>Boston's All You Got Tour</b> (6pm-8pm) on the Laconia Harley-Davidson Hideout Stage in Veterans Square</p> <p><b>Join the Zombie Walk</b> (6:30pm)</p> <p><b>Climb Pumpkin Eye View</b> for a peak at the 34' Featured Tower of Jack-O-Lanterns Stroll the Streets of Pumpkins • School Pumpkins Display</p>	<p><b>The Runaway Pumpkin 10K &amp; 5K Run/Walk</b> (9am) Starting at Opechee Park</p> <p><b>Pumpkin &amp; Buttermilk Pancake Breakfast</b> (9am-Noon) at Holy Trinity School \$5 a plate</p> <p><b>Drop Off Your Carved Pumpkin</b> OR <b>Carve a Jack-O-Lantern</b> at the Carving Station • Food &amp; Craft Vendors</p> <p><b>Live Music</b> at the Laconia Harley-Davidson Hideout Stage in Veterans Square <b>Pat Foley Band</b> (Noon-3:30pm) <b>Stray Dog Band</b> (4:15pm-8pm)</p> <p><b>Amusement Rides:</b> Gigantic Slide, Fun House, Climbing Wall, Bungee Jump, Kiddie Rides &amp; More!</p> <p><b>**ALL NEW IN 2017**</b> <b>200' Zip Line Attraction</b> (Noon-4pm) on Main Street</p> <p><b>Horse Drawn Hay Rides</b> Around Downtown on Hanover Street</p>
	<p><b>2017 Pumpkin Fest Amazing Race</b> Solve the Clues-Complete the Challenges Beat the Clock • Win the Prizes</p> <p><b>PumpCANALy</b> (Noon-5pm) featuring Children's Pedal Tractor Pulls, PumpkinFest Corn Hole, Monster Golf, Exhibits, Games &amp; More!</p> <p><b>Mill Marketplace</b> (11am-4pm) <b>Great Pumpkin Cook-Off</b> (2pm-4pm) <b>Riverside Duck Derby</b> in the Winni River (4:30pm)</p> <p><b>Caring for Kids Costume Parade</b> (5:00pm) for children, adults &amp; dogs in costumes Gather near Bank of NH's school pumpkin displays on Pleasant Street beginning at 4:30. Stroll will begin promptly at 5:00pm. Presented by LRGHealthcare</p> <p><b>Jack-o-Lantern Lighting</b> Begins (5pm) <b>Guinness World Record Attempt</b> (7-7:15pm) <b>Pumpkin Dump Derby</b> (8:45pm)</p> <p><b><a href="http://www.nhpumpkinfestival.com">www.nhpumpkinfestival.com</a></b></p>

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# Meredith Village Savings Bank to sponsor the Runaway Pumpkin 10K and 5K Run/Walk

LACONIA — Meredith Village Savings Bank (MVSb) will be this year’s photo sponsor for the 3rd annual Runaway Pumpkin 10K and 5K Run/Walk. The event will be held Saturday morning, Oct. 14 at 9 a.m., with both courses beginning on North Main Street in Laconia (Route 106) near the Smith Track at Opechee Park.

A community fundraising effort led by the employees of the Laconia Clinic, the Runaway Pumpkin benefits the WOW Trail and the Greater Lakes Region Children’s Auction.

“We are very grateful to MVSb for sponsoring the Runaway Pumpkin again,” said Gretchen Gandini, Executive Director of the WOW Trail. “The bank has been incredibly generous and supportive of both the WOW Trail and Children’s Auction over the years and we’re thankful for their dedication to the wellbeing of our community.”

“We’re honored to continue supporting the Runaway Pumpkin on behalf of the WOW Trail and Children’s Auction,” said Rick Wyman, President of



Gretchen Gandini, Executive Director, WOW Trail, Eric Petell, Assistant Vice President and Branch and Business Development Manager of the MVSb Laconia Office and Jennifer Beetle, Runaway Pumpkin 10k/5k Event Director and WOW Trail Board Member.

Meredith Village Savings Bank. “Both organizations have done incredible work for the community. The WOW Trail improves the quality of life for local citizens and contributes to the economic vitality of the Lakes Region. We’ve also been proud supporters of the Chil-

dren’s Auction since its inception more than 35 years ago. I continue to be amazed by the Auction’s extraordinary fundraising efforts for such worthy organizations like the Boys and Girls Club, Lakes Region Child Care Services, the Salvation Army, St. Vincent de

Paul and many others dedicated to helping children and families in the area.”

The WOW Trail is a paved, 10 foot wide, multi-use pathway built within the railroad right-of-way in the City of Laconia. Its mission is to promote, design, build and maintain a

nine-mile recreational path through the city as part of the regional trail network that will eventually connect Meredith to Franklin. Currently 2.5 miles long, the trail is well-used by runners, walkers and bikers, travelling from Elm Street in Lakeport to the Belmont Town Line

and connecting to the new 1.7 mile Winnisquam Scenic Trail. For more information, visit [wowtrail.org](http://wowtrail.org).

Founded in 1982, the Greater Lakes Region Charitable Auction helps local children and families in need. A spirit-filled fundraiser and holiday tradition, the Children’s Auction has raised more than \$4.5 million dollars to support local charities through volunteer efforts, community donations and corporate sponsorships. For more information, visit [childrensauction.com](http://childrensauction.com).

For nearly 150 years, Meredith Village Savings Bank (MVSb), has been serving the people, businesses, non-profits and municipalities of Central NH. MVSb and its employees are guided by the values of accountability, mutuality, excellence, respect, integrity, teamwork and stewardship. To learn more, visit any of the local branch offices located in Alton, Ashland, Center Harbor, Gilford, Hampton Falls, Laconia, Meredith, Moultonborough, Plymouth, Portsmouth or Wolfeboro, call 800-922-6872 or visit [mvsb.com](http://mvsb.com).

## Berklee’s a cappella choir Pitch Slapped to perform in Meredith Oct. 21

MEREDITH — Temple B’nai Israel’s We Care concert series is proud to bring one of the top a cappella choral groups, Pitch Slapped, to the stage on Saturday, Oct. 21 at the Meredith Community Auditorium located in the Inter-Lakes High School, to perform in a benefit for two local nonprofits, Belknap House and Genesis Behavioral Health both of which provide resources for Lakes Region families. By purchasing a ticket for \$27.50 to the “Families Matter Benefit Concert” you will enjoy great music, food, and drink while supporting Lakes Region families in need. Complimentary snacks and desserts can be enjoyed at 7:00 P.M. and the concert begins at 7:45 p.m. Tickets and additional information are available at [www.tbinh.org](http://www.tbinh.org).

Pitch Slapped is one of the world’s premiere co-ed a cappella groups. Representing the prestigious Berklee College of Music in Boston, Massachusetts, the group’s repertoire spans a range

of genres from pop to R&B and rock. Since its founding in 2006, Pitch Slapped has enjoyed a rapid rise to fame. The group has appeared on NBC’s “The Sing Off” and “America’s Got Talent.” Just as the Fall Foliage season is peaking in the Lakes Region Pitch Slapped will bring a variety of musical color that will enjoy dazed by their harmonies and musicianship.

Belknap House is coalition of community members who help families in need during the cold winter months. A loss of a job, a medical situation or a car breaking down can leave a family without a home. During the brutal winter Belknap House can provide a warm bed for families and their children and empower families to become self-sufficient and independent by providing opportunities of education and resources available to them.

Genesis Behavioral Health provides integrated mental and physical health care, delivered with dedication and

compassion. Access to affordable mental health care reduces the burden on police and fire departments, hospitals, corrections systems and town welfare offices. Genesis Behavioral Health’s role is to ensure patients are healthy, functioning participants in their community, contributing to the region’s overall wellness.

Joining with Temple B’nai Israel are event sponsors, Golden View Heath Care and Meredith Village Savings Bank for the eighth We Care concert in which the net ticket proceeds are donated to local and deserving nonprofit organizations.

We Care is also sponsoring a fundraising contest for the Lakes Region community and beyond as an adjunct to the Families Matter Benefit Concert. New Hampshire’s Best Family Photos and Videos Contest will begin on September 15th and continue to Oct. 20. The public is invited to post photos and videos and then vote for favorites at [www.tbinh.org/](http://www.tbinh.org/)

family. Each vote is a \$1 contribution to Belknap House and Genesis Behavioral Health. The submission receiving the most votes will win a gift certificate from Achber Studio in Laconia for a standard portrait session which includes a photo session, a mini wall portrait (11 by 14 inches) and two five-by-seven-inch gift portraits or a \$349 credit towards services of their choice. Second and third place submissions will receive two tickets for the We Care spring 2018 benefit concert. For more information or to post photos and videos, or to cast votes, go to [www.tbinh.org/family](http://www.tbinh.org/family).

The Meredith Community Auditorium in the Inter-Lakes High School is located right on Route 25 in Meredith, and is convenient for everyone in the Lakes Region and Central New Hampshire. To purchase tickets and for more information, visit [www.tbinh.org](http://www.tbinh.org). Questions may be directed to [info@tbinh.org](mailto:info@tbinh.org).

*The Pines to host  
pumpkin carving party*

NORTHFIELD — Join the Pines Community Center for a pumpkin carving party Wednesday, Oct. 18 from 6-8 p.m. Bring your own pumpkins and carving tools, or pick one of the pumpkins we will have available in limited amounts. We will also have some carving tools available, and concessions will be on sale during the party.

The Pines Community Center is located at 61 Summer St., Northfield. For more information about this event, please call 286-8653.

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# Canterbury Shaker Village hosts vintage car show, ghost encounters in October

*Learn about vintage automobiles on a beautiful fall day or experience the other-worldly feel of a 200-year-old historic site at Halloween!*

CANTERBURY — Presented in partnership with the White Mountain Region Chapter of the Model A Ford Club of America, the annual Vintage Car Show will run from 10 a.m.-1 p.m. on Saturday, Oct. 14, with a rain date of Sunday, Oct. 15. Bring your antique car or motorcycle (25 years and older) to this unique and family friendly car show! No pre-registration or entry fee. This event includes free admission to the Village for one driver and one passenger and a cash raffle! Visitors are welcome to admire automobiles and motorcycles from many eras, meet with the owners and other vintage car enthusiasts, and enjoy Village tours and exhibits. This event is included in the cost of regular admission to the Village. Members of Canterbury Shaker Village are free. For more information, visit: <http://www.shakers.org/oct-14th-vintage-car-show/>.

Canterbury Shaker Village will host Ghost Encounters on Saturday, Oct. 28 from 3-8 p.m. Join the Village to



**Presented in partnership with the White Mountain Region Chapter of the Model A Ford Club of America, the annual Vintage Car Show will run from 10 a.m.-1 p.m. on Saturday, Oct. 14, with a rain date of Sunday, Oct. 15.**

take an all new tour and hear true stories of the Shakers and their experiences with spirits. Families of all ages can trick-or-treat-or-create with Halloween-themed activities throughout the Village. Attendees are encouraged to wear a costume and join in the costume contest! Prizes will be awarded. Tickets are \$12 for adults, \$6 for children ages six to 17, and under five free. Members of Canterbury Shaker Village are half price. Visitors are encouraged to purchase their tickets ahead of time to reserve a place on a tour. Spots are limited! For more information and to purchase your ticket, visit: <http://www.shakers.org/oct-28-ghost-encounters/>.

Other upcoming workshops and events include a Standing Wool Rugs workshop on Oct. 7, a Letterpress printing workshop on Oct. 21 and Nov. 4, Shaker broom making on Nov. 4, a workshop on folk art dolls on Nov. 5, and Christmas at Canterbury on Dec. 9 and 16.

For more information, visit: [www.shakers.org](http://www.shakers.org).

**About Canterbury Shaker Village**

Canterbury Shaker Village is dedicated to preserving the 200-year Shaker legacy of innovative design, entrepreneurship and simple living by providing a place for learning, reflection, and renewal of the human spirit. Visitors are encouraged to rethink tradition by learning about the life, ideals, values, and history of the Canterbury Shakers. The National Historic Landmark includes 25 restored original and four reconstructed Shaker buildings, and 694 acres of forests, fields, gardens, nature trails, and mill ponds under permanent conservation easement. The Shaker Box Lunch and Farm Stand offers simple lunch fare and the Museum Store features unique gifts and wares handmade by regional artisans. Canterbury Shaker Village, located at 288 Shaker Rd. in Canterbury. Visit [www.shakers.org](http://www.shakers.org) for hours and admission prices.

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## Belknap Mill has an amazing lineup of events on tap for Pumpkin Fest

LACONIA — The Belknap Mill is excited to participate in the 2017 Pumpkin Festival with an amazing lineup of events for all to enjoy.

On Friday, Oct. 13, join us at the Mill from 5 – 7 p.m. for free tours of the museums featuring our national award-winning Industrial Heritage Program.

On Saturday, Oct. 14, the Mill is excited to welcome visitors to the ‘Marketplace at the Mill’

showcasing the work of local crafters. The Marketplace will be open from 11 a.m. – 4 p.m.

Do you love pumpkin, all kinds of pumpkin? Join us in Rotary Park for the Great Pumpkin Cook-off from 2 to 4 p.m. on Saturday afternoon, when local restaurants and non-profit organizations serve up their favorite pumpkin recipes and compete for bragging rights and winners’ awards in the categories

of savory and sweet! Stop by and sample entries! The Local Eatery, Tavern 27, Patrick’s Pub & Eatery, T-Bones, Faro Italian Grille, Sweet As Sin Confections, Fratello’s Italian Grille, Winnepesaukee Bay Gulls and Curt’s Caterers. This event is generously sponsored by Planet Fitness.

At 4:30 p.m., head over to the Riverside Duck Derby on the Winnepesaukee River directly

behind the Belknap Mill. The race starts at 4:30 P.M. and launches at the Avery Dam. Special thanks to the Meredith Lions Club for their organizational support, Northland Marine Construction and Northland Secure Storage located on the Daniel Webster Highway in Belmont for their sponsorship of the event and to the Laconia Kiwanis Club for their \$250 grand prize sponsorship. Ducks are \$5

each or \$20 for a 5-duck Quack Pack! Ducks can be purchased the day of the race, by stopping by the Belknap Mill or contacting us at: [operations@belknapmill.org](mailto:operations@belknapmill.org) | 524-8813.

The Belknap Mill Society is a 501(c)3 charitable organization. All proceeds from these events will benefit the Belknap Mill’s programming for children and adults and support the mission to preserve the Belknap Mill as a unique historic gathering place celebrating the Lakes Regions’ cultural heritage through arts, education and civic engagement.

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# A tasteful tradition continues

## 'Lakes Region Uncorked' premier charity tasting event returns Nov. 2

LACONIA — In its fifth year, Lakes Region Uncorked has become New Hampshire's showcase event to sample locally-made wine, beer, mead, cider, spirits, fine foods and much more. Uncorked returns to Church Landing at Mill Falls in Meredith on Thursday, Nov. 2 from 5-8 p.m., where the rustic elegance of Church Landing creates the perfect atmosphere for guests to enjoy locally crafted food and beverages and appreciate all New Hampshire has to offer.

"We are grateful for the excitement and enthusiasm Lakes Region Uncorked generates. It is very special and people look forward to it each fall and love to share the experience with their friends and colleagues. Uncorked presents a fabulous variety of fine NH made and grown products. It is a lot of fun, supports unique local businesses and is the largest fundraiser of the year for LRCS," said Rebecca Bryant, LRCS President & CEO.

Uncorked 2017 features new and returning vendors and sponsors.

"We are excited to be welcoming 30 vendors this year, including new specialty food businesses," commented Joanne Piper Lang, LRCS VP of Development. "And the support from the business community is simply amazing - 16 separate business sponsors are making this event possible for everyone to enjoy."

Guests will be offered an assortment of fine foods - appetizers and hors d'oeuvres and New Hampshire made

sweet and savory foods - chocolates, cakes, toffee and specialty foods such as smoked meats, local cheeses, grilled vegetables and fresh farm products, as well as locally roasted coffees. Uncorked will also offer a limited number of 'Amuse Bouche' Celebrity Chef Tickets for a 5:30 or 6:30 p.m. seating with Chef Kevin Halligan, owner and executive chef of Laconia Local Eatery. Chef Halligan will prepare small 'happy' dishes using fresh, local ingredients paired with cocktails prepared by Tamworth Distilling.

Special at every turn, Uncorked guests can also start their holiday shopping with unique silent auction items donated by local artisans and businesses. Last year's the auction featured 65 items.

The 'Wall of Wine' charity raffle has also been expanded. The popular 'Pull a Cork' Wall of Wine held at the event where 'everyone is a winner' continues this year as well as the new "Blue Ribbon-Best of Show" raffle - offering a chance to win a full collection of fine wines worth more than \$1,000 along with a custom-made display rack. Tickets for the 'Blue Ribbon-Best of Show' raffle are on sale now (limited to 250 tickets) and the winner doesn't have to be present or attend Uncorked to win.

Vendors in our Tasting Room include: Black Cove Beverages; Canterbury Aleworks; Coffin Cellars Winery; Cold Garden Spirits; Farnum Hill Ciders; Flag Hill Winery and Distillery; Haunting Whisper Vine-



Lakes Region Uncorked 2017 – Premier Charity Tasting Event returns to Church Landing Meredith on Nov. 2 to benefit Lakes Region Community Services.

yard; Hermit Woods Winery; LaBelle Winery; Lone Wolfe Brewing Co.; Moat Mountain Brewing Co.; Moonlight Meadery; Sap House Meadery; Seven Birches Winery; Squam Brewing; Tamworth Distilling; Whippletree Winery; Winnepesaukee Winery; and Woodstock Inn Brewery. Sweet and Savory Tasting features: Curt's

Caterers; Fox Country Smoke House; Hampshire Toffee; Huckins Farm; Moulton Farm; Ooo La La Creative Cakes; Sweet to Eat Cheesecakes; Winnepesaukee Chocolates; Winnepesaukee Woods Farm and Woodshed Roasting Company.

For those who truly want to make a night of it, overnight accommo-

dations for Thursday night are being offered at a discounted rate at the Inn at Mill Falls and Church Landing. Availability may be limited. For reservations and details, call 1-800-622-6455.

"Because of the generosity of our corporate sponsors, ticket sales directly help the many people LRCS serves in Belknap and S. Grafton

counties and throughout the Lakes Region - people with developmental disabilities, brain injuries, and children and families in need of support, as well as elders and veterans," added Bryant. "This is a wonderful event for the all of us living and working in the Lakes Region."

Special thanks are extended to the major sponsors of Uncorked who include: Anthem Blue Cross and Blue Shield -Title; The Maroun Family Foundation- Presenting; CGI Benefits- 'Amuse Bouche' Celebrity Chef; Franklin Savings Bank- Fine Foods; Wood & Clay - Best of Show- Blue Ribbon Raffle; Bank of New Hampshire, Melcher & Prescott and Leone, McDonnell & Roberts- Grapes, Grains and Orchards; Moulton Farm - Savory Food; Devine Millimet - Silent Auction; Prescription Center - Dessert; Mainstay Technologies- Pull a Cork-Wall of Wine; Bank of New Hampshire Pavilion - Music; and Meredith Village Savings Bank, All Ways Accessible, and Stafford Oil - Community Partners.

Tickets are \$100/Admits two (or \$60 single) in advance. Premier Tickets with the Celebrity Chef session are \$95 per person, and include a Blue Ribbon raffle ticket. Visit [www.lrcs.org](http://www.lrcs.org) or the Lakes Region Community Facebook page for more information. Tickets are also available for purchase online at [uncorkednh17.eventbrite.com](http://uncorkednh17.eventbrite.com). For a print brochure or questions, email [uncorked@lrcs.org](mailto:uncorked@lrcs.org) or call 581-1526.

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# Breast Cancer Awareness 2017



## Exercising after breast cancer

Routine exercise is an essential element of a healthy lifestyle. Exercise can help people maintain healthy weights, reduce stress and lower their risk for various diseases.

After surviving breast cancer, many survivors wonder if it's safe to return to the exercise regimens they followed prior to being diagnosed. Breast cancer survivors can benefit from exercise, but it's important that they prioritize safety when working out. Survivors who have had breast cancer surgery may be at risk of lymphedema, a condition characterized by swelling of the soft tissues of the arm, hand, trunk, or breast. That swelling is sometimes accompanied by discomfort and numbness, and some people dealing with lymphedema also experience infection.

Breastcancer.org, a nonprofit organization dedicated to providing up-to-date information about breast cancer, notes that some exercise



may be especially risky for breast cancer survivors. These exercises include:

- swimming laps using strokes with arm movements
- activities that involve the usage of resistance bands
- pull-ups and push-ups
- certain yoga poses, including downward-facing dog and inversions, that put ample weight on the arms
- elliptical/cross-training machines
- cross-country skiing
- tennis

While breast cancer survivors might want to avoid certain types of exercise, it's important to note that the American Cancer Society recommends exercise after breast cancer surgery. But exercise should be approached with safety in mind, and breast cancer survivors should heed the following tips to ensure their exercise regimens do not compromise their recovery.

be affected by medications you might be taking as part of your continued recovery.

• Take it slowly. If you were an exercise enthusiast prior to your diagnosis, you must recognize that returning to your pre-cancer regimen may not be possible, or that it's likely to take a while before you feel like your old self again. Take a gradual approach, allowing yourself to build strength and not expecting results to appear overnight.

• Discuss exercise with your physician and surgeon. Before making exercise a part of your post-recovery routine, speak with your physician and surgeon to determine if there are any movements you should avoid. Your doctor and surgeon can tell you how you will

• Emphasize form. Place a great emphasis on form when exercising after surviving breast cancer. Many breast cancer survivors undergo surgery as part of their treatments, but even those who did not should still prioritize proper form when exercising, even if it means lifting substantially less weight than you might have prior to your diagnosis.

• Don't persist through pain. If you feel any pain upon returning to exercising, stop immediately and speak with your physician and surgeon prior to exercising again.

• Rest between sessions. You likely won't be able to exercise on successive days anytime soon, but build off days into your routine so you can rest and recover.

Exercising after surviving breast cancer can promote recovery, but survivors must be extra careful as they work to get back on track.


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Patti Thompson, Pam Baker and Patty Stewart



# American Red Cross

*You may know that **BREAST CANCER** is the most frequently diagnosed cancer in women, but did you know giving blood is a way to support those fighting cancer?*

**During BREAST CANCER AWARENESS MONTH in October, the American Red Cross is encouraging the community to give blood for cancer patients and others who depend on transfusions.**

When you give **BLOOD**, you give somebody another **BIRTHDAY**, another **DATE**, another **DANCE**, another **LAUGH**, another **HUG** and most importantly, another **CHANCE**.

**The American Red Cross hopes that you will reach out to someone who needs another chance at life by donating blood.**

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Blood cannot be manufactured. It is the responsibility of the community to make sure that the blood supply is continually replenished in order to assure that physicians and their patients can be confident of a reliable supply. Please don't let them down.

For more information or to schedule an appointment, please call 1-800-RED-CROSS (1-800-733-2767) or visit [redcrossblood.org](http://redcrossblood.org).

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# Breast Cancer Awareness 2017



## 3D Mammography at Women's Life Imaging Center

Radiologists like myself worried about tomosynthesis, also known as “tomo” or 3D mammography, when it first emerged as a tool to look for breast cancer several years ago. We thought it might be more uncomfortable to women, and worried that the amount of radiation used would be too high. We also wondered if tomo would be less useful than standard mammography in identifying certain signs of breast cancer. However, four years into our experience with tomosynthesis at Women's Life Imaging Center, I can't imagine ever going back to 2D mammography again. Tomosynthesis is really that much better.



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ger. Instead of taking one picture at a time the machine moves through a short arc and takes multiple low-dose x-rays; a computer puts these together as a 3D set of images. In a 2D mammogram, the radiologist looks at the complex architecture of breast tissue in one flat image. Overlapping normal breast tissue can appear abnormal on a 2D mammogram, but with a 3D mammogram a radiologist can more confidently see that there is no true abnormality. This prevents “call-backs” for additional mammograms or ultra-

sound. In fact, multiple scientific studies have shown a significant reduction in the percentage of women asked to return for more testing -- somewhere between 15 and 40%. In addition, these studies have found higher cancer detection rates with tomo. That's because a 3D mammogram provides better visibility of small cancers that could be hiding in breast tissue. A 3D mammogram does use slightly more radiation than a stan-

dard 2D mammogram. However, it's important to note that for any mammogram, the radiation used is significantly less than the amount of background radiation we are exposed to each year from the environment. Every year over 200,000 women in the U.S. are diagnosed with breast cancer. According to 2013 CDC statistics, New Hampshire has the highest incidence of breast cancer for any state. When

breast cancers are found early—before they have spread to other parts of the body—women have a much better chance of surviving. Mammograms are still the best way to screen women for early breast cancers, and I strongly believe that 3D mammography addresses many of the shortcomings of standard mammography. Because there is no better proven way to detect early breast cancers, we recommend annual mammograms beginning at age 40.

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

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HOMES

CONTINUED FROM PAGE A2

Technical Center. Huot students built a life-sized tiny home in their shop with all the construction elements. Hayward said the Huot’s budget would never have paid for that and the Parade of Homes helped the students get a hands on learning experience.

Hayward says this maintains the building trade workforce. Hayward and Company recently hired two Huot Center graduates.

Rosie and Joe Martin showed their home on Water Street in Meredith. They bought a piece

of property that had been a lakeside camp starting in 1938. During the week-end they displayed photos from when the camp was there.

“My husband’s dream was always to build a house from the ground up,” Rosie said.

They worked with Mike Pelczar of Inter-Lakes Builders, LLC, a fourth generation builder, to create their home.

“We really trusted Mike to work with us,” Rosie said. “We really worked as a team.”

The Martins worked with Pelczar on their vision and they came up with a number of unique

features for the home.

Joe Martin said they went to a marine salvage place in West Palm Beach, Florida. There they they found a set of ship doors and a large plank, asking Pelczar if they could be used somewhere in the house. Pelczar made them into closet doors with the doors, including keeping the original signs on them. Combining some beams from Pelczar’s own barn, the plank was turned into a bar.

“We had such a great experience with Mike,” Joe Martin said.

This was the first year the Martins have shown a home in Parade of

Homes.

“I have absolutely loved it,” Rosie Martin said. “I have met so many people and they’re so nice.”

She said they got a lot of compliments on the house and people asking for recommendations for accessories. Rosie Martin said it has been a humbling experience to hear how many people like what they put into the house.

Rosie said they thought it was important for people to see the quality of Pelczar’s work.

“My first year has been a lot of fun,” Pelczar said, saying he had the “perfect homeowners”

to work with.

Pelczar said this was a great way for people to see contractors’ work and get an idea of what they might want and they start their considerations early.

In Laconia visitors could tour a single level condo at Meredith Bay with three bedrooms, two and a half baths, and a private garage that is currently for sale. The tour also doubled as an open house for the condo. Michael Robichaud, director of Business Development for Meredith Bay, provided information on the condo for visitors.

“It’s been a great re-

sponse, we’re really pleased,” Robichaud said.

The condo has gained the attention of some prospective buyers.

“We actually have had some good prospects come through this week-end,” Robichaud said.

Robichaud said the show is great overall, letting people experience the home and the quality of it first hand as well as getting ideas for what they would want in their own homes.

“From a consumer standpoint it’s a great idea for them to find a collection of ideas,” Robichaud said.



CHURCH

CONTINUED FROM PAGE A1

Donald and Josie Moses, also graces the property and has been a focal point of many social occasions.

Dedicated to its role in the town, the church has been part of Sanbornton for more than 225 years and the congregation holds that history near and dear to their hearts.

Besides several other programs they participate in, this summer

several members of the church community volunteered their time to help with the clean up of the local cemeteries. They mowed the grass, cut brush and cleaned up the areas in an effort to honor the town’s forefathers and show their respect.

Now that that job is nearly complete, the congregation is focused on raising funds toward

Phase One of a building expansion plan so they can further improve their own services to Sanbornton and the surrounding area.

Initially the church is looking to construct a new foundation to the historic building itself. As part of that plan, they hope to add an ell to the east side of the building that will become an entryway with

bathroom facilities installed, something the original building currently does not offer.

“The structure would have to have some changes made, but we’re trying to keep the integrity of the building intact at the same time,” said Nancy Fogarty, a Sunday School teacher and certified Lay Minister of the church.

HERO

CONTINUED FROM PAGE A1

from Child Advocacy, DCYF and Law Enforcement,” Gustafson said.

Donna Swett, the Program Coordinator for the Child Advocacy Center, and Sarah Poto, their Family Support Specialist, said they were the team that selected Gustafson for this year’s award and were proud to acknowledge her contributions to

their mission in keeping children safe.

“She’s very dedicated to investigating these cases and working with the children and families involved. She digs deep into every case she’s assigned to,” said Swett.

Gustafson’s son Alexandru and fellow police officers joined in the celebration, which included a special cake and other treats as they ap-

plauded her recognition.

“This is an award well deserved,” said Lt. Richard Mann, spokesperson for the department.

On Nov. 10, Gustafson is now invited to take part in the Hands of Hope Celebration in Meredith where she and other selected child advocates in the state will be honored for their roles as heroes for children.

FFA

CONTINUED FROM PAGE A1

verge on the fairgrounds to compete in horticulture, dairy, forestry and tractor driving. Winnisquam fielded teams in both the dairy cattle judging and woodsmen’s events this year. Results have not yet been released.

The judging competition included multiple classes of dairy cows. Each class, consisting of four animals, was of a different breed and students were expected to rank the animals from best to worst. Dr. Drew Conroy of UNH served as the official judge; his results provided the formal placing for each class. More than 100 students from eight FFA chapters participated.

The woodsmen’s competition was made up of a series of challenges including the two-man cross-cut, log rolling, tree identification and bow saw events. Six schools and over 100 students competed for trophies in the timed contests.

All 23 Winnisquam participants are enrolled in high school agricultural science classes and are members of the FFA, a national youth leadership organization for students of agriculture. Students from the following area high schools take ag classes at Winnisquam: Laconia, Gilford, Belmont, Interlakes, Franklin and Merimack Valley.

The FFA (formerly Future Farmers of America) is a national

organization of nearly 650,000 members preparing for leadership and careers in the science, business and technology of agriculture. The organization has 7,859 chapters located throughout the United States, Puerto Rico and the Virgin Islands. FFA’s mission is to make a positive difference in the lives of students by developing their potential for premier leadership, personal growth and career success through agricultural education. Local, state and national activities and award programs provide opportunities for students to apply knowledge and skills learned in the classroom. Visit [www.nhffa.org](http://www.nhffa.org) for more information.



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BOB MARTIN

Sam Wood kicks the ball upfield and out of the Winnisquam zone.



BOB MARTIN

Quy Phan dribbles the ball for Winnisquam, as Belmont's Nolan Gagnon goes for the ball.



BOB MARTIN

Hunter Dupuis of Belmont and goalie Eddie Gallien of Winnisquam collide on a play during a 4-0 Belmont win last week.



BOB MARTIN

Nate Sottak handles the ball for Belmont in a 4-0 win over rival Winnisquam last week.

## Raiders earn 4-0 shutout of Bears

BY BOB MARTIN

Bob@salmonpress.news

TILTON — The Winnisquam Bears soccer team recently had its first win of the season and coach Nick D'Agostino was hoping the team would ride some of the momentum and confidence moving forward. Unfortunately for

the Bears, rival Belmont came to town on Oct. 3 and the Red Raiders proved to be too much with a 4-0 shutout.

The win gave Belmont a 7-2-1 record and moved the team to fourth place in Division 3. The Bears are down near the bottom, with only winless Franklin and Newport

in the rearview mirror.

The Red Raiders wasted no time jumping on Winnisquam with a quick goal by Colby Brown, assisted by Evan Cochrane only about 1:25 into the game. While Belmont possession of the ball and was in the Winnisquam zone repeatedly, it wasn't until about 16 minutes later that Griffin Embree scored on an assist by Angelo Papadopolis.

As the first half was winding down, at about 39:30, Nate Sottak dribbled down the middle of the field and launched a

shot from about 15 yards out. The ball went over the leaping goal, nailed the crossbar and fell into the back of the net for the third goal of the day.

About a minute later, in what looked almost like an instant replay, Embree shot the ball up and over the goal post just missing a goal. Belmont continued to pressure the Winnisquam defense, and Papadopolis one-timed a shot to the bottom left of the reaching goalie off a cross pass from Sottak for the assist.

The four first half

goals were all Belmont needed to shut down Winnisquam. In the second half, coach Mike Foley had the ability to rest some of his starters and give young players quality time on the field. While no more goals were scored, this can be attributed to the fine work in goal by Winnisquam's freshman goalkeeper Kyle Cloutier, who took over for Eddie Gallien, who had four saves.

Cloutier seemingly made save after save in the second half as Belmont players were putting up shots from all over the field. Some saves came at point blank range. Others came from shots more than 10 yards outside the box. He ended with eight saves and a lot more catches in the half but despite the strong work in goal, the Bears couldn't keep Belmont out of their zone.

Winnisquam had several close opportunities on corner kicks and some close plays near the Belmont goal, but time and time again

the Red Raiders would regain possession and send the ball downfield.

Foley was impressed with the play of his team, saying it has been a strange schedule where the team the team had its games spread wide apart, with the previous game coming more than a week earlier. Even so, it was the third straight shutout win for Belmont.

"This is the third game in what feels like three weeks," said Foley. "So, we've been training really well. Our tempo, our ability to move the ball, is what we preach. Today we were able to do that relatively easy."

Foley said it was a day where players had great looks at the goal, but he admitted he wished some of the shots that went wide or were saved found the back of the net.

"We are trying to get comfortable with creating opportunities," said Foley. "We were super patient in the first half in trying to make the extra pass and look for the open guy. Guys had wide open looks, but we

SEE SOCCER, PAGE B3

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BOB MARTIN

Freshman Blake Descoteaux had an outstanding touchdown run for the first score of the day for Gilford-Belmont against Plymouth Regional High School on Saturday.



BOB MARTIN

Dylan Gansert broke free for a 66-yard run in the second half of the game against Plymouth Regional High School.

# Defending champions too much for Gilford-Belmont

BY BOB MARTIN  
Bob@Salmonpress.news

GILFORD — The struggles for the Gilford-Belmont Golden Eagles continued on the gridiron on Saturday, when top ranked Plymouth came to town and dominated the team for a 42-14 blowout.

The Bobcats took the lead from the very beginning when Owen Brickley took the opening kickoff all the way for a 68-yard touchdown return. Plymouth never looked back and continued the onslaught against the struggling Gilford-Belmont squad.

After a three and out for Gilford-Belmont, Plymouth took over and five plays later Ben Olmstead connected with Wes Lambert for a 12-yard touchdown pass. The Golden Eagles took over possession after the kickoff and once again couldn't get anything going, and were

held to a three and out. Plymouth took over on the Gilford-Belmont 45-yard line after a short punt and Nolan Farina scored on a 45-yard run on the first play of the drive to make it 21-0 near the two-minute warning of the first half.

As the half was winding down, Olmstead tossed what would have been a touchdown pass to Jordan Docen, but it was called back after a flag for an illegal chop block. Plymouth then opted to go for a 47-yard field goal attempt but it was missed short by Danny Carey.

At the beginning of the second quarter, on the next possession for the Bobcats, Olmstead threw a 19-yard touchdown to Brickley. Also in this quarter Colby Moore ran the ball in or a seven-yard touchdown and Olmstead threw a 47-yard touchdown to Farina, making it a 42-0

game at halftime.

Plymouth scored on every possession in the first half and the Golden Eagles were held to only three first downs in the half. Gilford-Belmont didn't have a single first down in the first quarter.

Olmstead and most other starters for Plymouth were taken out of the game for the first half, with Olmstead ending his day with three touchdowns and 78 yards on 3 of 4 passing. Plymouth's defensive unit was led by Steven Shute, Jackson Polombo and Jake Lamb who all had sacks. Carey showed off his strong leg throughout the day with six point after attempts.

The Bobcats were held scoreless in the second half and the Golden Eagles finally started to show some signs of life. After Gilford-Belmont was pinned to its own

six-yard line, Golden Eagle running back Dylan Gansert took the ball 66 yards on a great run. Gilford-Belmont's scoring chances were negated when Quarterback Greg Madore couldn't connect with a pass to the end zone.

Gilford-Belmont finally got on the board in the fourth quarter when freshman Blake Descoteaux entered the game and juked and dodged his way downfield for a 45-yard touchdown run. The Golden Eagles made it a 42-8 game by completing the two-point conversion.

Plymouth took over on the Gilford-Belmont 28-yard line and on third down and two Gilford-Belmont's Brandon Cole recovered a fumble to give the Golden Eagles the best field position of the day at the Plymouth 36-yard line. Madore tossed a 25-yard touchdown pass

to tight end Patrick Carr to make it a 42-14 game, but that was all Gilford-Belmont could muster.

Coach Josh Marzahl said coming in it was clear Plymouth was going to be a tough team, so it was all about getting small wins from individual plays and individual matchups. Looking back, he felt that Golden Eagles did this especially in the second half.

"As a whole I thought they played hard the entire game and didn't give up," Marzahl said. "In the past, sometimes we kind of get down like that. It's hard to come out fired up and keep the momentum. There is no question about their effort today."

Even in a lopsided loss, Marzahl said there are positives to take from the game. He said the pass protection was better than usual, as the

team changed up some schemes and assignments.

He also said the team is working on expanding the running game, with multiple people running the ball rather than just relying on Gansert. A young player who came out and made the most of the playing time, in particular, was Descoteaux with his long touchdown run.

"Blake was on the sidelines just smiling and looking like he wanted to go in, so we gave him the shot and it worked out," said Marzahl.

While Plymouth continues to dominate this season with a 6-0 record and each game with more than 40 points on the board, Gilford-Belmont's struggles continued. The Golden Eagles dropped to 0-5. Gilford-Belmont travels to Pembroke for a 2 p.m. game on Oct. 14.



BOB MARTIN

Alice Riley, right, was third in the Jeri Blair Invitational.



BOB MARTIN

Nick Randos was 20th out of 185 runners at the Jeri Blair Invitational, racing in front of a home crowd.



BOB MARTIN

Faith Gosselin of Winnisquam had had a great freshman cross country season, and placed 12th at the Jeri Blair Invitational.

# Bears, Raiders shine at Jeri Blair Invitational

BY BOB MARTIN  
Bob@Salmonpress.news

BELMONT — Hundreds of runners from teams all over the state came to Belmont for the annual Jeri Blair Invitational, and Belmont's Alice Riley had a very

strong day with a third place finish with a time of 20:03.9.

Riley, who was last year's Division 3 champion, had an average mile time of 6:25.9. Sophomore Mya Dubie of Kearsarge took first place

with a time of 19:21.5, followed closely by Hanover's Leila Trummel. There were 132 female runners at the meet.

Belmont was well represented in the hometown meet, with senior Alexis Day placing 15th with a time of 21:31.8. She had an average mile time of 6:54.1. Jessica Hutchinson, also a senior, had a time of 21:51.1 good for 21st place. She had an average mile of 7:00.3.

The girls' team was fifth overall with an average time of 22:47 and a total time of 1:53.58.

Hanover won the event with an average time of 21:18 and a total time of 1:46.32.

The Belmont boys' team placed ninth out of 20 teams on the day, with an average time of 20:49 and a total time of 1:44.08. Senior Nick Randos led the way with a time of 19:15.6 and an average mile time of 5:50.2 for 20th place. Aidan Rupp, a junior, was 26th with a time of 19:34 and an average mile of 5:55.8. Senior Ian Remenar was 29th with a time of 19:44.5 and an average mile of 5:59.

For Winnisquam,



BOB MARTIN

Kyle Mann of Winnisquam finished 10th at the Jeri Blair Invitational.

the girls' team was led by Faith Gosselin, who placed 12th. The freshman had a time of 21:20.3 and an average mile of 6:50.4. Junior Jasmine Piper was 26th with a time of 22:21.8 and an average mile of 7:09.9. The team did not place for a team score.

The Winnisquam boys' team was led by junior Kyle Mann, who had another great showing, placing 10th out of the 185 runners. He had a

time of 18:49.1 and an average mile of 5:42.2. In a great show of how teammates push each other, Riley Mann finished .3 seconds in front of Robert Dylan with times of 19:55.9 and 19:56.2 respectively. The two freshmen sprinted as hard as possible as they finished the race.

The boys' team placed seventh with an average time of 20:27 and a total time of 1:42.19.

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# Goodwin approaches 500 kills as Bears remain undefeated

**BY BOB MARTIN**  
Bob@Salmonpress.news

TILTON — There are only three undefeated teams left in Division 3 volleyball, and Winnisquam’s record remained perfect last week after three solid wins over defending champion Moultonborough, Newfound and Belmont.

The Bears faced Moultonborough Academy on Oct. 2 and won 3-1 with scores of 25-21, 15-25, 25-15 and 25-18. Shannon Goodwin had 18 kills and 10 digs; Gabby Isabelle had 14 kills, 14 digs and three aces; Talia DeBlasie had 34 assists, three kills and seven digs; Madisyn Skeats had nine digs, two kills, two blocks and two aces; Olivia Dill had seven digs and Aubrey St. Onge had five digs.

Winnisquam won 3-0 over Newfound on Oct. 4 with scores of 25-18, 25-18 and 25-21. Goodwin had 19 kills and four digs; Isabelle had eight kills, six aces and 10 digs; DeBlasie had 25 assists, three aces and six digs; Dill had nine digs; St. Onge and Skeats had six digs apiece.

Coach Mike Livernois said the team went in knowing that Newfound is having a good season, with the team’s only losses coming from the Bears and fellow undefeated team Inter-Lakes.

“When you look at their record they are playing very well, but they didn’t match up particularly well with us,” said Livernois. “I thought we did a good job handling their servers and playing good de-



Shannon Goodwin spikes the ball in a game against Newfound last week. She needed only six kills at deadline to reach 500.

fense.”

Winnisquam traveled to Belmont on Saturday and won 3-0 with scores of 25-20, 25-11 and 25-13. Livernois said the first

game was close. The Bears had a big lead and then had a few unforced errors that allowed Belmont back in the game. Skeats had a couple nice

blocks that helped give the Bears the win.

Goodwin had 12 kills and six digs; Isabelle had eight kills and six digs; DeBlasie had 22 assists,

six aces and eight digs; Skeats had four kills, three blocks and six digs; Dill had five digs and St. Onge also had five digs.

Winnisquam hosted Mascoma Valley after deadline and the Bears will host Sunapee on Oct. 13 at 6:15 p.m. Goodwin was knocking on the door of a milestone, as she needed six kills to reach 500 at deadline. Livernois expected her to reach the mark during the week.

A big test for the Bears is coming on Oct. 18 when Winnisquam hosts Inter-Lakes on Senior Night, which is the final game of the regular season for Winnisquam. As of deadline both teams were undefeated and Livernois said it should be a great matchup.

## Lakes Region teams fall in weekend action

REGION — Lakes Region United action continued this weekend.

The U11 division two/three boys fell to the Barrington Storm by a 3-1 score.

The U13 division one/two boys fell to Portsmouth City by a 5-0 score.

For the U14 boys in division one/two, Lakes Region United dropped a 2-1 decision to Kearsarge United.

For the U15 girls in division two/three, Lakes Region fell to Shaker Road School 4-0.

# Belmont volleyball girls split a pair

**BY BOB MARTIN**  
Bob@Salmonpress.news

BELMONT — The Red Raiders volleyball team beat Pittsfield 3-1 and lost to Winnisquam 3-0 last week, which brought Belmont’s record to 5-6, which puts the team in 11th place at deadline.

Belmont has had a strong second half of the season after starting 0-3. Since Sept. 15 the Red Raiders have gone 5-3 and have played strong volleyball that coach Adam Gaulin has been proud of.

The Raiders beat Pittsfield 3-1 on Oct. 2 with the team losing the first game 25-15 but then taking the next three games by scores of 25-23, 26-24 and 25-18. Gaulin said it was a true team

effort to win.

“Pittsfield was really scrappy,” said Gaulin. “Whatever we were doing, Pittsfield did a good job up making our girls work hard. We needed to work as a team to beat them.”

Belmont hosted Winnisquam on Saturday and lost 3-0 with scores of 25-20, 25-11 and 25-13. Winnisquam coach Mike Livernois said the first game was close. The Bears had a big lead and then had a few unforced errors that allowed Belmont back in the game. Skeats had a couple nice blocks that helped give the Bears the win.

Gaulin agreed, saying that he felt the team could have come away with a win. The team came together and had

plenty of good blocks, but he said opportunities were wasted.

“That was a game that we could have won,” said Gaulin. “We didn’t take advantage of Winnisquam’s mistakes, which is unfortunate. It was well fought and really, against Winnisquam it was like a tale of two teams.”

Standout performers included Becca Camire with eight assists; Jordan Lavelle with six kills and five digs; Amber Lemay had five digs; Chantel Martin had four blocks and Jenny Joyce had three blocks.

Belmont traveled to Newfound on Oct. 10 after deadline. The Red Raiders go to Prospect Mountain on Oct. 13 for a 6 p.m. matchup.

## Raider soccer girls pick up pair of wins

**BY BOB MARTIN**  
Bob@Salmonpress.news

BELMONT — The Belmont girls’ soccer team had a couple of big wins at home last week, including a 4-1 win over Campbell on Oct. 4 and a 2-1 win over Gilford on Oct. 7 in front of a homecoming crowd.

In the win against Campbell, Julianna Estremera had a pair of goals, Makenzie Donovan had a goal and Morgan Hall had her first varsity goal this season.

“It was a well-played game where the defense played well,” said coach Mark Dawalga. “We were able to move the ball around very well. I’m proud of the girls. We were able to do some stuff in practice and take it to the games.”

Against Gilford, Estremera had a goal for the first goal. The second goal was scored by Makenzie Donovan, with Estremera on the assist. Dawalga called it a “beautiful shot.” He

also commended Emma Cochran for her strong play in goal during the game.

Dawalga was happy with the wins, which game the team a three game winning streak after a tough four game slide where the team went 0-3-1.

Belmont traveled to White Mountains on Oct. 11 after deadline and will face Prospect Mountain at home on Oct. 13 at 4 p.m.

## Wavemakers welcoming new swimmers

REGION — The Lakes Region Wavemakers have begun their 2017-2018 season, but new swimmers are always welcome. Practice attendance is flexible and are offered at two locations, Gilford’s Gunstock Inn and the Health Club of Concord. Swimmers ranges in abilities and age. There are different payment options and discounts available. Please visit [www.lakesregionwavemakers.com](http://www.lakesregionwavemakers.com) for details.

## SOCCER

CONTINUED FROM PAGE B1

were finding them. In previous games this is something we struggled with.”

Foley was happy with how the team has moved the ball, saying the players are working on not dribbling around people and finding open players instead.

“They are starting to understand that the more they move the ball, the more they will get the ball back,” said Foley. “They are starting to buy into that. It was evident in the way they could possess and move offensively. For defense, there is no rush to get up the field. It is a smooth transition from our defense to the offensive third. That is what you hope for.”

Foley said it is great that the team is clicking at this stage, but he said there is still some fine tuning needed to get ready for the playoffs.

As for the Bears, D’Agostino knows the team has some work to do, but he also said there are some positives coming from the game.

“Kyle (Cloutier) played well,” said

D’Agostino. “He didn’t let up any goals. I thought defensively we played a lot better.”

D’Agostino commended Belmont for being a solid team, saying one of the team’s top midfielders, Hunter Hinxman, had a tough time getting downfield. He said the team had a couple good opportunities, but ultimately Belmont had control of the game.

Belmont also had a 5-0 win over Sanborn on Oct. 5 and then lost 1-0 to Gilford. The team faced Hopkinton after deadline and next faces Franklin at 3:30 p.m. on Oct. 16 in Belmont.

Winnisquam lost to

Mascoma 2-1 on Oct. 6. The Bears traveled to Franklin on Oct. 10 and hosted Mascenic on Oct. 12 after deadline. Next up for Winnisquam is a game in Gilford on Oct. 18 at 3:30 p.m. and the final game of the season against Fall Mountain on Oct. 20 at 4 p.m. at home.

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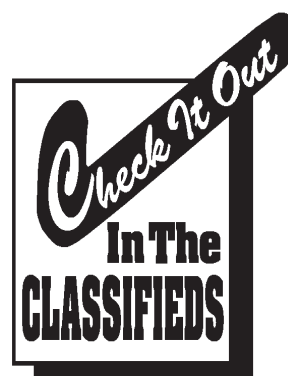
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**Apply at 46 Packard's Rd, Waterville Valley, NH or [manager@innsofwatervillevally.com](mailto:manager@innsofwatervillevally.com)**

## Moultonborough Zoning Board of Adjustment Public Notice – Public Hearings

The ZBA will holding a public hearing on the following application:

A Variance from MZO Article VII.A.2.c for Bruce Lambert, for a parcel located at 8 Alpine Park Road (MBLU 169-046-000-008) to allow for the expansion of an existing grandfathered detached condominium.

The Public Hearing will begin at 7:00 pm on Wednesday, October 18, 2017, at Moultonborough Town Hall located at 6 Holland Street.

A complete copy of the application and supporting materials is available for the public to review at Town Hall in the Land Use Department and may be viewed during regular business hours, Mon. - Fri. 7:30 am to 4:00 pm. **Robert H. Stephens - Chairman**

## Camelot HomeCenter

Rt. 3, Tilton NH, exit 20 on Rt. I-93 across from Lakes Region Factory Mall

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## Misc. For Sale

**For Sale:**  
5' Oak hard top desk - best offer.  
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Old dry sink with pump (copper) - best offer.  
Call Charles 603-253-6434

Hand Carved, Fully Jointed Doll. Fundraiser for Doll Club, 15" replica of 1796 doll, wardrobe, and accessories. Signed Fred Laughon. Minimum bid \$225.00 by December 1. Bidding envelope loissmed@yahoo.com.

**OLD NH FISH** and Game, ca. 1890, bearing laws, penalties and seasons on moose, caribou, furbearers, fish, etc. measures 12"x18". May be seen at the Coos County Democrat, 79 Main St., Lancaster, NH. Price, \$4; if mailed, \$8. Call 603-788-4939 or email [liz@salmonpress.news](mailto:liz@salmonpress.news)

## Barn/Garage/Yard Sale

**Barn Sale** Oct 14&15 9am-6pm  
Tables, chairs, bureaus, tools, doors, windows, lamps, picture frames. Fill a bag for \$1 w/ household items, games, puzzles, and books. 560 N. Main St., Bristol

**Wolfeboro: Hospital & Community Aid**  
Fall Fundraiser Barn Sale. Friday-Saturday, Oct. 13-14, 10a.m.-2p.m, 65 Pine Hill Road. Art, antiques, camping, books, furniture, lamps, sports, toys, christmas, electronics, and household items.

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Are published Free of Charge. 30 words for 1 week.

**Lost Ads**  
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Deadline:  
Monday 10:30 am

## Pets/Breeders

**LOW COST SPAY/NEUTER**  
Mobile Feline Fix It Wagon, Cats \$70-\$85. Dogs at Conway clinic, starting at \$100. NH and Maine income qualified plans. Military discounts. Rozzie May Animal Alliance, a dedicated spay/neuter nonprofit. Sign up on line [www.RozzieMay.org](http://www.RozzieMay.org) or call 603-447-1373

## General Help Wanted

Black Diamond Barge Co. is seeking a barge operated. Must be experienced in running heavy equipment. Commercial boat license a plus but not a must. Must have knowledge of Lake Winnepesaukee. Pay commensurate with your experience. If interested call Jim at 603-455-5700

**DOCK CREW INSTALLER.**  
We are looking for energetic team members who enjoys the outdoors. Position is for installing, removing and repairing seasonal docks around the lakes. Position requires heavy lifting, carrying sections to shoreline for set up. Mechanical and carpentry skills a plus for repairs and new construction. Training available. Must have tool box, basic tools for building and assembling docks. Call 603-253-4000

**Facility Assistance Needed:**  
Looking for someone who can help our Facility Staff at Camp Brookwoods, located in Alton, with cleaning, custodial, landscaping and other camp type projects that pop up. This position is NOT seasonal and goes through the winter. Looking for someone who can work 30-40 hours a week. Give Bob a call at 603-875-3600.

**HAIR STYLISTS**  
Just Teazin Hair Studio is now looking for booth renters. We are excited to work with creative, enthusiastic, and passionate cosmetologist to join our busy salon. We offer competitive rates, continued education, lots of parking, friendly atmosphere, phone and internet service and more! Call today 603 569-4766

Immediate Help Wanted!  
The Corner House Inn in Center Sandwich is looking for Waitstaff.  
284-6219  
[info@cornerhouseinn.com](mailto:info@cornerhouseinn.com)

## Part-Time Help Wanted


**HEAD HOUSEKEEPER/HOUSEKEEPER-**  
Do you take pride in your cleaning ability? Never cleaned before? We will train the right person. An individual with an outgoing can do attitude to lead a team of housekeepers. Tuesday, Thursday and Friday daytime hours. Also, another part-time and per diem position available. This is a great opportunity to be part of a team. Position has great starting pay plus tips, paid lunch time, and vacation pay. Immediate openings. Please apply in person. Inns of Waterville Valley 46 Packard's Road, Waterville Valley, NH or [frontdesk@innsowatervillevally.com](mailto:frontdesk@innsowatervillevally.com)

## Professional/Technical

Busy, certified shop looking to add motivated Collision Technician to the team. Successful applicants will be able to complete quality repairs on all vehicles using the newest up to date equipment. Flat rate pay based on experience. call 603-788-4568; email [ncfcollision@outlook.com](mailto:ncfcollision@outlook.com), or stop by our 213 Elm St. Lancaster, NH location for more info

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## Real Estate

  
**Equal Housing Opportunity**  
All real estate advertising in this newspaper is subject to **The Federal Fair Housing Law** which makes it illegal "to make, print, or published any notice, statement, or advertisement, with respect to the sale, or rental of a dwelling that indicates any preference, limitation, or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination." (The Fair Housing Act of 1968 at 42 U.S.C. 3604(c))  
This paper will not knowingly accept any advertising which is in violation of the law. Our readers are hereby informed, that all dwellings advertised in this newspaper are available on an equal opportunity basis.  
To complain of discrimination call **HUD** toll free at 1-800-669-9777  
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The toll free telephone number for the hearing impaired is 1-800-927-9275.  
You may also call **The New Hampshire Commission for Human Rights** at 603-271-2767 or write  
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Concord, NH 03301  
Neither the Publisher nor the advertiser will be liable for misinformation, typographical errors, etc. herein contained. The Publisher reserves the right to refuse any advertising.

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Clean, quiet, sober environment. Will go Fast!  
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## Seasonal Rentals

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3 bedroom ranch. Furnished, beach, dock, large yard. Non-smoker. No pets. \$1,300/month, includes heat, electric, snow and trash removal. Available Oct-May. 603-455-7844.

## Vehicles/Wanted

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## Public Notices

Invitation to Bid snow removal for 2017-8 season for Eagle's Rest Community on Route 28 in Alton. Please contact Bernie Moyers at 603-738-5998 for more information

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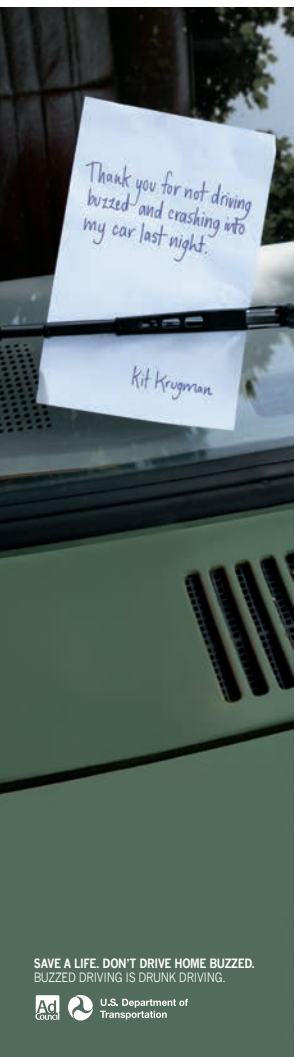
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**START THE CONVERSATION  
TODAY AT [TEACHEARLY.ORG](http://TEACHEARLY.ORG)**





### Advertisement for After School Program Counselor

Moultonborough Recreation Department is currently seeking a dynamic, positive individual to work as a counselor in the After School Program. Candidates must be available Monday through Thursday from 2:45 -4:45. Occasional extra hours may be available for special events. Candidates must be at least 16 years of age and prior experience working with youth is a plus. Applications may be sent to the Recreation Dept. at PO Box 411 Moultonborough, NH 03254. Applications are available at the Moultonborough Recreation Dept. or on the website—[www.moultonboroughnh.gov](http://www.moultonboroughnh.gov) The position will remain open until filled.

## HELP WANTED

Well established **Landscape Company** seeks Landscape Maintenance and Installation Crew Members, Garden Maintenance fore person, crew member, plow truck driver AND snow blower operators.

Please call Phil @ 603-455-2572  
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### INSURANCE ACCOUNT MANAGER

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

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**Meredith, NH 03253**  
**[debDavis@crossagency.com](mailto:debDavis@crossagency.com)**

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

### HELP WANTED

The Town of Alexandria is accepting applications for the position of  
**Highway Department Maintenance Worker.**

This position performs work involving operating plow trucks, dump trucks, loaders, backhoes, and other moderately complex equipment for the construction, repairing, cleaning and maintenance of Town roads. Also responsible for manual labor tasks incidental to the operation of assigned equipment, such as loading and unloading materials. This position involves plowing snow in the winter and overtime is a requirement. Valid New Hampshire Class (B) Commercial Driver's License required or ability to obtain class B CDL within 6 months of date of hire. This is a full-time, year round position. The Town of Alexandria offers health insurance, dental insurance and more. Must pass all background checks including criminal and motor vehicle and drug and alcohol testing.

Applications accepted until position is filled and are available in the Selectmen's Office, 47 Washburn Road, Alexandria, NH. For more information contact the Selectmen's Office at 603-744-3220.

## TOWN OF SANDWICH

### EMPLOYMENT OPPORTUNITY

The Town of Sandwich is accepting applications for a full-time Highway Department position. This is a position which performs work in all areas of construction and road maintenance; several years' experience preferred. Knowledge in how to operate backhoe, loader, dump truck and other maintenance equipment required. Applicants must be 18 years of age, and hold a valid driver's and NH CDL A or B license, and medical card. Must be available to work nights, weekends, and holidays when needed. Complete job description and application available at the Selectmen's Office, Town Hall, 8 Maple Street. Application and references must be received by Monday, October 23, 2017 at 4:30 P.M. This position open until filled.

Equal Opportunity Employer.  
Sandwich Board of Selectmen

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Hope to meet you soon!

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## TOWN OF SANDWICH EMPLOYMENT OPPORTUNITY

The Town of Sandwich is accepting applications for a **seasonal** Highway Department worker from November 14 - April 14. This is a position which performs work in all areas of construction and other assigned projects to include winter maintenance of roads and sidewalks, and working at the Transfer Station. Applicants must be 18 years of age, and hold a valid driver's license. Plowing experience preferred. The hours for this position are 24-40 hours per week, with weekends possible depending on the needs of the department. Complete job description and application available at the Selectmen's Office, Town Hall, 8 Maple Street. Application and references must be received by Monday, October 23, 2017 at 4:30 P.M.

Equal Opportunity Employer.  
Sandwich Board of Selectmen



## TOWN OF MOULTONBOROUGH EQUIPMENT OPERATOR

Performs maintenance of roadways, culverts, catch basins, various labor tasks as assigned, snowplowing operations, and the like. Knowledgeable in operation of backhoe, loader, dump truck, various maintenance equipment, and maintenance of roadways and site features are required. Must possess NH CDL B driver's license, High School diploma or GED, and ability to work well with minimum supervision. Must be available to work nights, holidays and weekends when needed.

Submit application letter, resume, copy of current driver's license and medical card, and standard Town application form, available at [www.moultonboroughnh.gov](http://www.moultonboroughnh.gov) (Paid, Volunteer & Contract Opportunities) or from Town Hall, to Walter Johnson, Town Administrator, 6 Holland Street, PO Box 139, Moultonborough, NH 03254. Position(s) open until filled with review to begin on October 16, 2017. Wage Range: \$18.80-\$24.52. Excellent Benefits.

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WHITE MOUNTAIN OIL & PROPANE

## Office Administrator

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

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

This is a year round full time permanent position.

We offer a full benefits package including paid vacation, holidays, health & dental insurance, 401 (K), and profit sharing.

### Minimum requirements:

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

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

Attn: Lincoln Office  
PO Box 690, North Conway, NH 03860  
Fax: (603) 356-7181  
**[jobs@whitemountainoil.com](mailto:jobs@whitemountainoil.com)**  
No phone calls please

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**Administrative Finance Manager**

Administrative Finance Manager needed to work for a dynamic hospital/private practice partnership. Choice Physical Therapy and Speare Memorial Hospital provide a state-of-the-art outpatient rehabilitation facility in the heart of NH.

Responsibility is to support the finance, facility and administration of the organization which includes, but is not limited to, the following:

- Oversight of front office/reception operations including patient registration, insurance verification, scheduling, reminder calls, copay collection and daily balancing,
- Oversight of Medical Fitness Program staff and memberships,
- Management of staff work hours including vacations, overtime, etc.
- Purchasing supplies, equipment, etc. according to budget,
- Review of all invoices and bills for accuracy, and post for payment,
- Assist in the preparation of annual operating and capital budgets,
- Perform credentialing and re-credentialing for all providers,
- Interface with all departments, external vendors and customers.

**Qualifications:**

- Associates Degree or Bachelors Preferred in business management or accounting
- 6-12 months experience in a medical office setting.
- 6 months supervisory experience preferred
- Certifications in supervisory skills, leadership, or Microsoft programs
- Microsoft Office capability with emphasis on Excel.
- Working knowledge of Cerner Medical Record system preferred.
- Supervisory and leadership skill sets preferred.

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284-6219  
[info@cornerhouseinn.com](mailto:info@cornerhouseinn.com)

**HELP WANTED**  
**TOWN OF RUMNEY, NH**

**HIGHWAY DEPARTMENT EMPLOYEE**  
The Rumney Highway Department is accepting applications for a full-time employee. The candidate will have experience with heavy and light construction equipment and have a history of safe operation of this equipment. Knowledge of maintaining town streets, culverts and other public works project is preferred. A clean driving record and current CDL-B endorsement is required. The Town of Rumney is an Equal Opportunity Employer and offers a competitive benefit package. A completed Town of Rumney Employment Application must be submitted to the Office of the Selectmen no later than 2:00 p.m. October 16, 2017.

Applications are available at Rumney Town Office, 79 Depot Street, Rumney and on the Town of Rumney website.

**Ashland Lumber**  
Division of BELLETETES, INC.

**Kitchen & Bath Design Specialist**

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

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

Human Resources, c/o Belletetes Inc. EOE  
51 Peterborough Street, Jaffrey, NH 03452  
or you may email to [dbelletete@belletetes.com](mailto:dbelletete@belletetes.com)

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**SHIFT SUPERVISOR**

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 <small>FREE OIL CHANGES FOR LIFE!*</small> <small>FREE STATE INSPECTIONS FOR LIFE!*</small>	<p>MSRP \$17,915 <b>AutoServ</b> -\$212 Customer Cash Rebate -\$2500</p> <p>#KC7264</p> <p>SAVE UP TO \$2,712</p> <p>Buy For <b>\$15,203*</b></p>	<p>SIGN IT &amp; DRIVE IT LEASE</p> <p><b>\$205</b> /36 MO*</p> <p>ZERO DOWN!</p>
 <small>FREE OIL CHANGES FOR LIFE!*</small> <small>FREE STATE INSPECTIONS FOR LIFE!*</small>	<p>MSRP \$17,115 <b>AutoServ</b> -\$206 Customer Cash Rebate -\$1500</p> <p>#KC7208</p> <p>SAVE UP TO \$1,706</p> <p>Buy For <b>\$15,409*</b></p>	<p>SIGN IT &amp; DRIVE IT LEASE</p> <p><b>\$226</b> /36 MO*</p> <p>ZERO DOWN!</p>
 <small>FREE OIL CHANGES FOR LIFE!*</small> <small>FREE STATE INSPECTIONS FOR LIFE!*</small>	<p>MSRP \$24,220 <b>AutoServ</b> -\$637 Customer Cash Rebate -\$3000</p> <p>#KC7165</p> <p>SAVE UP TO \$3,637</p> <p>Buy For <b>\$20,583*</b></p>	<p>SIGN IT &amp; DRIVE IT LEASE</p> <p><b>\$246</b> /36 MO*</p> <p>ZERO DOWN!</p>
 <small>FREE OIL CHANGES FOR LIFE!*</small> <small>FREE STATE INSPECTIONS FOR LIFE!*</small>	<p>MSRP \$26,010 <b>AutoServ</b> -\$808 Customer Cash Rebate -\$1000</p> <p>#KT7262</p> <p>SAVE UP TO \$1,808</p> <p>Buy For <b>\$23,702*</b></p>	<p>SIGN IT &amp; DRIVE IT LEASE</p> <p><b>\$262</b> /36 MO*</p> <p>ZERO DOWN!</p>
 <small>FREE OIL CHANGES FOR LIFE!*</small> <small>FREE STATE INSPECTIONS FOR LIFE!*</small>	<p>MSRP \$24,625 <b>AutoServ</b> -\$651 Customer Cash Rebate -\$500</p> <p>#KT7237</p> <p>SAVE UP TO \$1,151</p> <p>Buy For <b>\$23,474*</b></p>	<p>SIGN IT &amp; DRIVE IT LEASE</p> <p><b>\$279</b> /36 MO*</p> <p>ZERO DOWN!</p>
 <small>FREE OIL CHANGES FOR LIFE!*</small> <small>FREE STATE INSPECTIONS FOR LIFE!*</small>	<p>MSRP \$31,835 <b>AutoServ</b> -\$817 Customer Cash Rebate -\$3000</p> <p>#SKT7295</p> <p>SAVE UP TO \$3,817</p> <p>Buy For <b>\$28,018*</b></p>	<p>SIGN IT &amp; DRIVE IT LEASE</p> <p><b>\$323</b> /36 MO*</p> <p>ZERO DOWN!</p>



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\*Pricing assumes all factory rebates and applicable incentives assigned to dealer and may not be combined with other promo offers or any direct mail sale voucher. Payments based on tier 0 (A credit) approval. KIA LEASES: All "Sign & Drive" (S&D) lease payments require NO security deposit, NO money down & include all NH taxes & fees in payment. All advertised lease payments reflect all discounts, manufacture rebates and promotions (not all will qualify). 10K miles per year lease. Financing thru Kia Motors Finance. KIA 36 month leases: #KT7237: TOP \$10,044 S&D, LEV \$14,036; #KC7264: TOP \$7,380 S&D, LEV \$7,703.45; #SKT7295: TOP \$11,628 S&D, LEV \$16,236; #KT7262: TOP \$9,432 S&D, LEV \$15,086; #KC7208: TOP \$8,136 S&D, LEV \$8,899.80; #KC7165: TOP \$8,856 S&D, LEV \$12,594.40. Oil change offer limited to maximum value of \$40 per oil change. See dealer for details. All offers end on Oct. 31, 2017.