# **Gilford Community Church** celebrates children's programs

"Why are the pancakes blue?"

"Because they are blueberry pancakes," explain sisters Amelia and Sophia Cluett, who are busily flipping the next batch on the electric flat-

It is Rally Day at the Gilford Community Church and the Cluetts, along with the half-dozen other teens working in church basement. have learned well the importance of serving others. Today, that service means trying to pull off a pancake breakfast for a hundred people in thirty minutes. Along the way a few blueberries may be spilled but it is a challenge they seem to have well in hand.

The pancake breakfast is just one part of Rally Day, which marks the start of the religious education program at GCC. The event also serves as a celebration for the accomplishments of the youth ministry at



Smiles and laughs during Rally Day at the Gilford Community Church.

has managed to not only maintain but grow their numbers over the past decade.

The membership of the Gilford Community Church is a cross section of the community it serves. It is a place where Sunday dresses and choir robes are at home with Patriots' jerseys and the occasional ugly sweater (a holiday tradition). A typical Sunday morning will see a mix of local families with generational connections to the area, part-time residents looking to stay active at church while on vacation and individuals from across the region who have been drawn to the rumor of a vibrant and progressive faith community. Also visible on this particular Sunday is a population increasingly absent from religion in America; young people. For Michael Graham, minister at GCC, this is a key indicator of a healthy and sustainable organization.

"I think many of us grew up in a church that was rather dogmatic and saw the world in a very SEE **GCC** PAGE A8

# **Gunstock offers** fall fun through

BY ERIN PLUMMER

mnews@salmonpress.news

Fall is an active season for Gunstock, with several events scheduled through the next month.

A number of special events are listed on Gunstock's events through month of October.

This Saturday, Sept. 28, is the Ruff and Radical 5K and Trail Race.

This race benefitting the NH Humane Society has an '80s theme with swag and music based on the decade. Participants can choose to do the 5k or the trail race. After the race every participant can have a free chairlift ride and those over 21 gets a free drink. there will be an afterparty with '80s music SEE **GUNSTOCK** PAGE A8

October

the church throughout the year. With activities ranging from family fun nights and food drives, to mission trips across the United States, the church

has embraced the importance of developing their youngest members into engaged members of the community both inside and outside of the

church. The approach seems to be working. Despite national data that show church attendance at all time low, the Gilford Community Church

# Show off your talent at Patrick's Open Mic Night

GILFORD — Show off your talents with the chance to win the \$500 Grand Prize at Patrick's Open Mic Night. This eight-week contest will begin on Tuesday, Sept. 24 and run until the Finals Night on Tuesday,



Outstanding Tree Farm of the Year celebration planned

Join us for a tour and celebration at the Kimball Wildlife Forest in Gilford on Saturday, Oct. 5 from 9 a.m. to 1 p.m. The town-owned 245 acre Kimball Wildlife Forest is recognized as this year's Outstanding New Hampshire Community Tree Farm. Located just off Route 11 in Gilford,

the forest offers beautiful views of Lake Winnipesaukee along with well-maintained trails and many different hab-SEE TREE FARM PAGE A8



2018 Singer/Songwriter Contest Winner Senie Hunt-Stewart (right) receives \$500 from Patrick's Open Mic Host Paul Luff.

Nov. 12. First and second runners up will each receive \$125.

The contest will be managed by Open Mic host Paul Luff, featuring solo, duos and trios, allowing them to play for 15 minutes. A panel of guest judges will score the performances, with a winner being picked from each of the first seven weeks of the con-

At the Finals Night, the seven winners plus

two wildcard entries will compete for the \$500 Grand Prize.

Weekly performances are on a first-come, first-serve basis. You may sign up in advance by emailing Paul Luff at pluff@myfairpoint.com.

This fall marks the fourth year of Patrick's Tuesday Open Mic.

"We're delighted with the quality of performers coming through," says Patrick's co-owner Allan Beetle. "It's really enjoyable to see how much our customers appreciate both the up-andcoming and the more experienced musicians. Paul does a great job of managing the sound, performing a great opening set, and working with all the musicians. We're excited to watch and hear this year's con-

testants perform." For more information about Patrick's and the contest, visit www.patrickspub.com.



# Notes from the Gilford Public Library

BY MARK THOMAS

Library Correspondent

Think about this for a moment: People have been writing books for thousands of years. More books are being written now than ever before. Despite this, a handful of books stick out amongst the sea of literature as being uniquely well-written. Sometimes people call them classics, sometimes they're called 'great' books, sometimes they're just remembered as those books you were required to read in high school that you don't want to admit had a profound impact on you. Here, we're deciding to call them Oldies But Goodies, and we've got

a book discussion group just for them.

Mark: Betty and Jim, you two are book discussion regulars. With the enormous amount of literature and other entertainment out there vying for your attention, why do you choose to read an oldie but goody book for the discussion every couple of months?

Betty and Jim: We don't know any better.

Sometimes Mark: when I recommend a book released more than a decade ago, I see people automatically dismiss it. A few have explained that they're worried the books will bore them. Do they bore you? What do you think these books have to offer readers?

Betty and Jim: Yes, the reading can be a nice transition into deep sleep, but then you might wake up feeling a connection to something you

Mark: Sounds positive to me, but is there a 'tweed only' dress code for these discussions? Reading books with a reputation can be intimidating--Who do you think should give it a try?

Betty and Jim: Give us your tired, your poor, your huddled masses yearning to breathe free.

Mark: What was one of your favorite books and discussions?

Betty: "Everything That Rises Must Converge" by Flannery O'Connor.

Jim: "Oh, Pioneers!" by Willa Cather.

Mark: Thank you both so much for sharing! The next Oldies But Goodies Book Discussion is on November 19th and we'll be discussing "House Made of Dawn" by M. Scott Momaday. Get in touch with the library to reserve a copy!

Classes & **Special Events Sept. 26-Oct. 3** Thursday, Aug. 26

Geri Fit, 9am-10am Yoga Fun, 10:30am-11:30am

Homeschool Game Club, 12:15pm-2:15pm

Conversational French, 4pm-5pm

**Evening Book Discus**sion, 6pm-7pm

This month's book is Eleanor Oliphant is Completely Fine by Gail Honeyman, described as "...heartbreaking and humorous all at once...".

> Friday, Aug. 27 Social Bridge, 10:30

am-12:30pm Crafty Preschool Story Time, 10:30am-

11:30am Knit Wits, 1:30–2:30pm

Advanced Conversational German, 2:30-

> Monday, Sept. 30 T'ai Chi Chih, 9:45am-

10:45am

Baby/Toddler Story Time, 10:30am-11:30am

Read, sing, and play with your baby and/or toddler! Ages 0-2.5. Sign up required.

Mahjong, 12:30pm-

> Tuesday, Oct. 1 Hook Nook, 10am-

Bridge, 10:30am-12:30pm

Preschool Story Time, 10:30am-11:30am

Read, sing, dance, and make a craft! Ages 2.5-5. Sign up required.

Little MDs, 3:30pm-

Mystery Book Group, 6pm-7pm

Join for this us month's mystery book group! Betty Tidd will lead the discussion of the The Blue Hammer by Ross Macdonald, a hardboiled detective thriller.

#### Wednesday, Oct. 2

Line Dancing, 9-10:30am

Check Out an Expert, 10am-12pm

Lakes Region Fiber Artists and Crafters,

10am-12pm Teen Early Release,

12:30pm-1:30pm ERA: Fairy Houses, 1:30pm-2:30pm

Come join us and create fairy houses in the woods. If it rains, indoor fairy houses will be made.

Thursday, Oct. 3 Yoga Fun, 10:30am-11:30am

Homeschool

Club, 12:15pm-2:15pm Conversational

French, 4pm-5pm

New Things Coming For Gilford Seniors, 5:15-6:15pm

Are you age 60+ or know someone who is? Then \*Gilford Senior Resource Team wants to hear from YOU! What types of services, programs and activities would you like to be available in our community for seniors to enjoy fulfilling, healthy and secure lives, while remaining in their own homes, now and in the future? Come share your concerns and ideas in an open group discussion. Light supper fare will be served. Please sign up at the Gilford Library.

Not to Be Forgotten: Dementia, Memory Loss, and More, 6:30pm-7:30pm

What is dementia? How does it affect your life, and what can you do about it? Gilford resident Raymond Suarez, MD from Genesis Behavioral Health will be here to answer questions and speak on the decline in memory and impaired brain judgement that compromises dementia.

#### 5. "Educated" by Tara Westover 6. "Summer of '69" by Elin Hilderbrand 7. "The Warning" by James Patterson 8. "Nothing Ventured" by Jeffrey Archer

9. "The Friends We Keep" by Jane Green 10. "Window on the Bay" by Debbie Macombe

2. "Where the Crawdads Sing" by Delia Owens

Gilford Public Library

Top Ten Requests

1. "A Better Man" by Louise Penny

4. "The Inn" by James Patterson

3. "Killer Instinct" by James Patterson

2019 Salmon Press

# Holiday Gift Guide

# November 14<sup>th</sup>

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### Fun and a Run at Ramblin Vewe

Ramblin Vewe Farm on Morrill Street in Gilford will be hosting a Farm Event and Walk/Run on Saturday, Sept. 28. The four-mile walk/run will begin at 9 a.m. and traverse well-groomed farm trails and fields on Ramblin Vewe's 245 Halloween views of the lakes and mountains.

Updated race information, course maps and registration can be found at ramblinvewetrailseries.com or Ramblin' Vewe Farm on Facebook.

The Farm Event be-

gins at 11 a.m. with the opportunity to experience and learn about life on a sheep farm, as well as enjoying a walk or hay ride through the farm fields to the Pumpkin Patch. For a small fee, pick a pumpkin to take home for carving. acres of conservation A surprise pumpkin er activities not to be missed are oxen from the Ox-K Farm in Gilford, RVF spring lambs, a sheep shearing demonstration by shepherd Jeff Keyser, wool spinning and needle felting demonstrations in the Shepherd's

Hut with Joyce Keyser, and a kids' scavenger hunt. You may also enjoy food from the Gilford Firefighters Relief Association.

Join the Gilford Rotary Club at 10 a.m. at the Boyd Hill entrance for the grand opening of Fit Stations on the Ramblin Vewe Trail. land with beautiful raffle is planned. Oth- Kids will enjoy participating in exercise station activities to experience the trail fun while staying fit.

Looking forward to seeing you on Saturday, Sept. 28 at Ramblin Vewe Farm in Gilford.

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# Children's programs among the October events at library

BY ERIN PLUMMER

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From learning activities for kids to presentations for grown-ups, there will be plenty of activities for people of all ages at the Gilford Public Library through the month of October.

The library's events calendar is filled with special events from this weekend through the end of October.

Kids can learn basic medical skills in "Little MD's" every Tuesday through October. A local physician will teach kids basic medical skills such as treating a cut, taking blood pressure, and learning about x-rays among many others. The next session will be Tuesday, Oct. 1, from 3:30-4:30 p.m.

Every Wednesday after school starting Oct. 9 teens and tweens can meet after school for different activities. The InbeTween will meet at 2:30 p.m. every Wednesday, though will meet earlier for early release days.

After early release on Oct. 2, kids can make their own fairy houses at the library from 1:30-2:30 p.m. Kids can make fairy houses in the woods, though in case of rain the houses will be

made indoors.

The Gilford Senior Resource Team will hold a listening session on Thursday, Oct. 3 starting at 5:15 p.m. The GSRT is a community affiliate of the Gilford Community Church's Outreach Committee and and works for the wellbeing of seniors in the community. The listening session will take suggestions for different activities, services, and programs for people over 60. Seniors and people close to them are welcome to contribute.

Later that night at 6:30 p.m. will be "Not to Be Forgotten: Dementia, Memory Loss, and More" hosted by Raymond Suarez from Genesis Behavioral Health. Suarez, a Gilford resident, will answer questions about the memory decline and impaired brain judgment of dementia.

Learn about loons on Thursday, Oct. 10 with "Loons!" presented by biologist Caroline Hughes. Hughes will talk about looks, the challenges facing them, and the work of the Loon Preservation Committee from 6:30-7:30 p.m.

Take a historical stroll through the Weirs with the presen-

tation "The Weirs: A Stroll Through Time" on Tuesday, Oct. 15 at 6:30 p.m. Poet Laureate and local historian K. Peddlar Briggs is writing a book on the different histori-

cal markers along the Weirs boardwalk and will present them and their stories.

Decorate pumpkins at the library on Wednesday, Oct. 16 from 1:30-3 p.m. and Tuesday, Oct. 22 from p.m. Preschool pumpkin decorating will be on Thursday. Oct. 24 from 10:30-11:30

Gale Carey will talk about walking the 500

miles of the Chemin de St. Jacques, the walking route of pilgrims, during her presentation "Walking France" on Tuesday, Oct. 29 from 6:30-7:30 p.m.

# New school year means new programs

BY FRIN PLUMMER

mnews@salmonpress.news

Gilford schools have been open since after Labor Day and students have been learning about the value of kindness and other important lessons.

School in Gilford started on Sept. 3. Superintendent Kirk Beitler said the first day of school with kids went great.

"So far so great," Beitler said of the first few weeks of school. "Seems like kids are happy, teachers are happy, things kind of buzzing along and going well in the schools."

That first day at Gilford Middle School principal Pete Sawyer and Assistant Principal Sean Walsh met respectful. The prowith every one of the classes and the principals of Gilford High School met with the student the second and third days. Beitler said each of the principals gave students the message of the new year and the expectations.

New this year is the "Choose Love Movement" program in Gilford schools. Choose Love Movement is a curriculum of putting together social and emotional strategies encouraging kids to be kind to each other. The program was meant to counter bullying and encourage kids to be kind, courageous, and

gram was founded by Jesse Lewis, who lost her son in the Sandy Hook shooting.

Shannon Desilets, the New Hampshire liaison with the Choose Love Movement gave a presentation to the teachers on the program with a few different stories. Beitler said this year the teachers will be incorporating the message into their classrooms. Counselors at the middle school have been taking the lead along with Walsh as well as the high school counselors with GHS Assistant Principal Tim Goggin.

Last year, the district started a Portrait of a Learner project which he said has been going well entering its second year. Portrait of a Learner is a program emphasizing the skills in communication and critical thinking they want the students to have in different areas of the classroom. Beitler said they have been working with staff and added six attributes including how they give feedback to students and how they report to parents.

Beitler said they are working on perfecting their skills with assessments in the dis-

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# Work continues on recycling center project

BY ERIN PLUMMER

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Work is continuing on the recycling center project with the selectmen approving bids for electrical work and a compactor this past month.

During the Aug. 28 meeting, Town Administrator Scott Dunn told the board the town received three bids for the project at \$68,616, \$68,895, and \$83,750. Dunn said the Solid Waste Committee recommended throwing out the highest bid, among the lower bidders the question was who was able to start the soonest. One could start in two weeks and another could start immediately but with some timeframe delays on ordering the light fixtures.

"The two figures are comparable, the time frames are comparable, its up to the board to pick one," Dunn said.

Selectman Chan Eddy said under the circumstances he had no problems going with TNT Electrical Company of Laconia. Selectman Gus Benavides, however, said he would rather go with the Gilford-based Dan-

iel's Electric. Board Chair Grenier asked about the scope of work for the two companies and Dunn said they were very similar.

Eddy then made a motion to award the bid of \$68,895 to Daniels and the motion passed unanimously.

They also received three price quotes for the compactor, Dunn said the Solid Waste recom-Committee mended the lowest one. He said the lowest bid from East Coast Containers of Waterbury, Conn., was the most heavy duty compactor and came with no shipping charges.

"That's the amazing part that the company that's the furthest away is giving us the better deal the best product and the best price," Benavides "Unfortunately said. these two companies from New Hampshire couldn't do the same thing for us."

compactor is seven gauge steel all around, which will last longer for lest money.

"It meets every possible need we could get," Grenier said.

The selectmen voted unanimously in favor of accepting the low bid of \$14,550 from East Coast Compactor

of Waterbury, Conn. During the Sept. 11 meeting, Grenier clarified that the all the hardware was already in place for the electrical work to take place.

That Saturday Grenier planned to be at the transfer station to remind visitors what is and isn't accepted in recycling so they can start sorting their recyclables now. He asked the selectmen if they were okay with that and received no



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Grenier said the objections. VINITED STATES

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# In defense of Wall Street



BY MARK PATTERSON

Lately, I have heard of barrage of rhetoric that I believe is supposed to get the masses riled up against "Wall Street" and corporate America. Wall Street and corporate America have been demonizes in the past so it is really not a new concept. This is not a criticism of the political left or right because I have heard this rhetoric from both, so I assume it is to gain favor with the shrinking middle class in our country.

Wall Street was formed as a place or exchange where comformed people like us were able to sell shares or their company to investment companies, pension funds or individuals. The benefits to the seller were; creating a means of raising capital to expand and hire more employees, research and development of a new life-saving drug or maybe mass produce a vehicle so that it was affordable to most Americans. The benefit to the buyer of this equity, was that for a small sum of money, they too could own a piece of a company, idea or concept that they would have never been able to be involved with if not for what is now the New York Stock Exchange. The Dutch traded coffee back in the 1600's in a similar fashion to the commodity pits in Chicago and New York of recent times, these exchanges are not a new idea created by Goldman Sachs.

The "Wall Street" that is being held up as evil today is the bank-

ing side of Wall Street. In the 1990's, President Clinton signed the Gram-Leach-Bliley act into law that permitted the partial repeal of the Glass-Steagall act that separated commercial and investment banking, among other things. This GLB act led, in part, to the formation of the housing bubble over the next decade which burst in 2008. Government, banks, you and I, the consumer all contributed to the housing meltdown. However, it is real easy to blame Wall Street and the big banks, because they are perceived as greedy, cold and heart-

There are good and bad in every profession, business, and Government, but before we hang Wall Street out to dry we should imagine this country without it. Every developed country has an exchange that attempts to be as efficient as the exchanges that we have in this country. The Chinese economy is slowing, and their stock markets are very volatile. Nobody can do capitalism like the USA. We are the best innovators and marketers in the world with the best workforce and leadership anywhere!

Not long ago, Ken Langone, a wealthy capitalist (Home Depot) and philanthroannounced to NYU medical school students that their tuition was now paid for by him and other greedy capitalist billionaires. Langone is talking with other corporate leaders to do the same in other medical schools, allowing students to become doctors and not have loans to repay. This would allow these new doctors to stay in a field's where they're needed, not leaving for a more lucrative specialty. It is my personal experience that those who have been financially successful in business are very generous to others.

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



#### **Bolduc Park Association hosts annual meeting**

The Bolduc Park Association honored 65 volunteers at its Annual Meeting and Dinner held at the Elks Club in Gilford. The non-profit Association operates Bolduc Park at 282 Gilford Ave. at the Gilford/Laconia town line. The park is open to the public and school and youth groups 7 days a week. The park includes a nine-hole golf, par 3 golf course, The Christopher Daigle Memorial Disc Golf Course, walking trails and winter time cross country ski and snowshoeing trails. The Park is run entirely by volunteers. New volunteers are always welcome to work on the grounds or serve as greeters in the clubhouse. Call Bob at 387-4208 or stop by the clubhouse to learn more about the benefits of volunteering at Bolduc Park. Pictured here are the newly elected officers. From left: Perry Hadley, Assistant Secretary; Elaine Holt, Secretary; Bob Kay, President; Tom Messmore, Vice President. Not pictured: Judi Phelps, Treasurer.

### **NORTH COUNTRY NOTEBOOK**

# Keeping a block of wood at hand, to ward off an errant bolt



By John Harrigan **COLUMNIST** 

either side of the keyboard on my downstairs desk. Behind the computers is sort of open territory, the kind of undeveloped wild land that's being taxed into oblivion in towns without Current Use. That's where I keep the little bag of treats for Millie, who particularly likes the pepperoni-style sausage sticks, which don't really smell like pepperoni at all but more like dirty laundry. Still, she happily accepts them and wedges them in her mouth like a big bone from the butcher, and trots (with impressive foot-action, I might say) back to the livingroom with her trophy.



This old photo, origins unknown, has everything going for it--in two major piles to doleful-looking moose in harness, upscale travois, teepee with a smoked smoke-hole, and a pile of duffle that resembles a still not-invented snowmobile.



"A moose as a draft animal," says the caption on this undated photo, which looks like it was taken in the '30s or so, when trotting horses were wildly popular and even small towns had tracks. We'd wonder if the moose would break stride.

be a bottomless pit, a couple of piles that never seem to shrink. But the mail is always wonderfully differ-

The mail seems to ent. Thus, it's always fun to turn to the old "From the Mailbag" tactic now and then. Still, I can envision some readers holding

elbows akimbo, yelling "Arghhh!" or maybe "No mas! No mas!" and longing for an essay. Other readers tell me they like a series of one- or two-paragraph items broken up into little segments. A "From the Mailbag" column is, by dint of its multiple topics, bound to be like that.

their heads, hands

clapped onto ears and

First, to get rid of a piece of pink paper that's been floating around my desk for what seems like decades, I wish people doing New Hampshire and New England weather reporting on radio and television would quit using the government-issued, one-term-fits-all "flash flooding."

"Flash flooding" is by nature a Western term, calling to mind water from cloudbursts rushing down bare-naked and mountains and trapping prospectors and their overloaded mules in some desolate canyon. Queue the music, to a clip-clop

SEE **NOTEBOOK** PAGE A10

#### FROM OUR READERS

#### **Support for Bolduc Park Golf Tournament** is appreciated

To the Editor:

The Bolduc Park Association wishes to thank all the sponsors of our recent 26th Annual Bolduc Park Golf Tournament. The Tournament benefits the non-profit, all volunteer staffed Bolduc Park which offers a nine hole Golf Course, Disc Golf and Cross Country Ski center all located at 282 Gilford Avenue on the Gilford - Laconia town line. The facility is open to the general public and youth and school groups 7 days a week for a modest donation.

We gratefully wish to acknowledge our Major Sponsors: Bank of New Hampshire and Meredith Village Savings Bank and Tournament Sponsor: Franklin Savings Bank. Thanks go out to the Pepsi Company for its generous contributions. Hole Sponsors included All Brite Cleaning and Restoration; Clear Choice Urgent Care; Frank Webb Home, Bath, Kitchen and Lighting; Fratellos Restaurant; Matt Guyer; Holbrook Insurance Center; J.G. Realty; Kitchen Encounters; Laconia Country Club; Patrick's Pub; Pheasant Ridge Country Club; Piche's Print Shop; Piche's Ski and Sports Shop; Mark Woglam; and 3M Company.

Engraving, Awards and Gifts in Laconia made it possible to give handsome awards to the Tournament's Winners. Thanks to all of the above individuals and businesses in the Lakes Region, Bolduc Park will continue its efforts to provide outdoor recreation opportunities to the residents of the Lakes Region. New volunteers are always welcome to join the grounds crew or the club house greeters. Call Bob at 397-4208 or stop by the clubhouse to learn more about the benefits of volunteering at Bolduc Park.

Gail Malone **Bolduc Park Association** Gilford

### Send us your letters!

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

Send your letters to:

Gilford Steamer 5 Water Street • Meredith, NH, 03253

Our fax number is 279 3331. E-mail us at brendan@salmonpress.news. We're looking forward to hearing from you!

# Gilford Parks and Recreation News

BY HERB GREENE

Director

Gilford Parks and Recreation

**Senior Moment-um Happy Birthday** Program on Sept. 30

The Gilford Parks and Recreation Department is Sponsoring a Senior Moment-um Program on Monday, Sept. 30. We will meet at noon in the Fellowship Hall at the Gilford Community Church to celebrate everyone's birthday! Bring your lunch to eat prior to start of the festivities. Participants are asked to bring a wrapped gift that would be appropriate for all (\$5 limit). If possible, we ask everyone to bring a picture of themselves from their childhood (the younger the better!) to share with the

ing everyone's favorite Pineapple Dream Cake made by Daniel Barnhart for a giant "Happy Birthday" sing along! We ask participants to RSVP with the Parks and Recreation Office by Thursday, Sept. 26.

For more information or to RSVP, please call the Parks and Recreation Office at 527-

#### **Boston Celtics bus** trip scheduled for March 18, 2020

The Gilford and Belmont Parks and Recreation Departments are co-sponsoring a Bus Trip to Boston to and your ticket (section 311 of the balcony) to the game. Our deluxe motor coach will depart from Gilford High School at 4:45 p.m. and the Tioga Pavilion in Belmont at 5 p.m. for the 7:30 p.m. game. You will have time to visit the proshop and get dinner on your own prior to the game. Seats are limited; a registration form must be completed accompanied by payment and tickets are non-refundable.

For more information, please contact the Gilford Parks and Recreation Department at drec.com.

and Recreation Department is sponsoring a pick-up co-ed volleyball program for adults ages 18 and up, to be held every Tuesday evening from 7 - 9 p.m. in the Gilford Middle School Gymnasium. This program begins on Tuesday, October 1st and runs each Tuesday through the spring. There is a \$2 fee per participant, per evening. No pre-regis-

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

#### **Adult Fall Hiking Program continues** on Tuesday mornings

The Gilford Parks and Recreation Department is sponsoring some fall hikes for any adults looking for fresh air, fun, exercise and beautiful foliage on Tuesday mornings this fall. The next hike will be held on Tuesday, October 1st at Waukewan Highland Park in Gilford. Participants will gather each morning at 9:15 a.m. in the Gilford Town Hall Lobby before departing for the hike. All interested participants RSVP at least one day in advance to each trip.

For more information or to RSVP, please call the Parks and Recreation Office at 527-4722.

#### Registration open for see the Celtics take on 527-4722 or visit their the New York Knicks Web site at www.gilfor-2019-2020 Gilford on Wednesday, March 18, 2020. Cost of the trip is \$80 per person Coed Adult and includes round Volleyball begins Got Lunch program trip motor coach from Tuesday, Oct. 1 group. We'll be serv-Gilford or Belmont The Gilford Parks Registrations for its

*LRGHealthcare* congratulates G.H. Reed Liset, Certified Hand Therapist

LACONIA — LRG-Healthcare would like to recognize G.H. Reed Occupational Therapist, for the extraordinary achievement of becoming a Certified Hand Therapist. Liset achieved this certification in May 2019. The path to becoming a Certified Hand Therapist is rigorous and requires additional steps above and beyond going to Occupational Therapy school and getting a job working with hands. Reed has done a tremendous job working towards his hand certifications, demonstrating both hard

over the last five years.

To become certified, a licensed therapist has to have a minimum of three years of clinical experience, including 4,000 hours or more in direct practice working with the extremities. This practice experience is defined as the direct provision of patient care through assessment and implementation of an individualized treatment plan including but not limited to, orthotics/ and/or exercise to prevent dysfunction, maximizing functional re-

work and dedication covery or influencing the effect of pathology in the upper quarter. There are just over 6,300 Certified Hand Therapist worldwide.

LRGHealthcare wants to congratulate Reed on this accomplishment and they are proud to have him on their Rehab Team. LRGH now has two Certified Hand Therapists on staff, which will assist in meeting community demands, as the hospital prepares to welcome a second Hand Surgeon to splinting, modalities Advanced Orthopaedic Specialists beginning, mid-September.

2019 / 2020 School Year Weekend Program. All families must register for School Year Weekend Program even if you were already registered for summer program. Families can register for the school year weekend program by visiting the Gilford Got Lunch Web site (www.gilfordgotlunch.com).

This is the sixth year Gilford Got Lunch has offered the school weekend gram. Many students have benefited from Product programs. Product is committed to providing healthy lunches to school-aged children both during the summer and weekends during school

Gilford Got Lunch provides soups, peanut butter, pasta, pasta sauce, canned tuna and chicken, and cereal throughout the school year.

We typically feed 35 45 students weekly over the course of the school year.

Gilford Got Lunch provides bags distributed on Fridays via the school nurse's offices. Extra food is provided over vacation time periods. Distribution will begin the first week of October.

Gilford Got Lunch is available to all students in the Gilford School District who ask for help.

school year The weekend

spans the gap between school lunch on Friday and school breakfast on Monday.

Gilford Got Lunch was started in 2014. The program provides meals not only during the summer school vacation, but also on weekends during the school year. This program is made possible by active support of volunteers, in conjunction with the Gilford School System and has made a real difference to those families in need.

If you are interested in more information about the Gilford Got Lunch program, visit our Web site at www. gilfordgotlunch.com.

# Jazz trio to perform at Taylor Community

in New Hampshire's Mount Washington Valley, Heather Pierson is a pianist, singer/songwriter, known for her bell tone vocals and equal parts New Orleans-Oscar-Brubeck jazz piano lean-

Shawn Nadeau (bass, harmony, vocals) and Craig Bryan (drums), they are the Heather Pierson Jazz Trio.

Everyone is invited to enjoy an evening of Heather's original music, jazz and blues standards and unique reworkings of familMonday, Sept. 30 at 7 p.m. in Taylor Community's Woodside Build-

Follow Taylor Community on Facebook to keep up with all our free, public events. Visitwww.taylorcommunity.org, or 366-1400 for more information about this premiere not-for-profit Continuing Care Retirement Community in the Lakes Region.

— Katheryn Fecteau of Laconia, received the Lewis J. Gordon Memorial Award during

the Academic Awards ceremony at American International College (AIC) this spring. The Lewis J. Gordon Memorial Award is presented to a student for general achievement plus potential for contribution to interna-

Katheryn Fecteau receives Lewis J. Gordon Memorial Award chusetts, comprising AIC supports and ad-

SPRINGFIELD cation, and the School Health Sciences. tional relations and

Founded in 1885, American International College (AIC) is a private, co-educational, doctoral granting institution located in Springfield, Massathe School of Business. Arts and Sciences, the School of Edu-

vances education, diversity, and opportunity for its students and the community.





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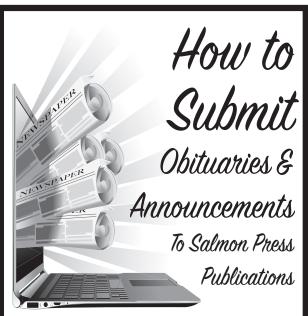
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**Obituaries** can be sent to: obituaries@salmonpress.com Wedding, engagement, and anniversary **announcements** are welcome at: weddings@salmonpress.com

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

Please contact Executive Editor Brendan Berube at (603) 279-4516, ext. 101 with any questions regarding the submission process.

### **OBITUARY**

Albert James Hurd, 80

Albert James Hurd, 80, of Gilford, died Sept. 16, 2019 at his home.

Born in Laconia on Aug. 6, 1939, he was the son of Arthur E. Sr. and Gladys (Blackey) Hurd.

Albert grew up in Meredith and attended Meredith Schools. He had been a resident of Gilford for the past 35

Albert has been a machinist all his life and has worked for companies such as; the Scott and Williams, Co., NH Ball Bearing, and Freudenberg NOK.

Albert loved the outdoors, hunting, fishing, and four wheeling.



Albert was predeceased by his first wife, Marjorie Hurd; his brothers, Arthur Jr., Howard, Robert and Richard; and his sister, Shirley Crock-

Albert is survived by his wife, Ernestine M. (Hall) Hurd of Gilford: his children.

Terry L. Delafontaine of Williamstown, Vt., James A. Hurd of Meredith, John A. Hurd of South Carolina; six grandchildren; eight great grandchildren; his brothers, Arnold Hurd of Meredith, Doug Hurd of Virginia, and Gerald Hurd of Connecticut; his sisters, Wanda Brunt of Wentworth and Betty Chamberlain of Gilford; and numerous nieces and nephews.

Calling hours were held at the Mayhew Home,204 Funeral Daniel Webster High-Meredith, on Wednesday, Sept. 25, from 6 to 8 p.m. Burial will be held at the convenience of the family.

# **Gilford community** invited to discuss older adult essentials

2019 New Hampshire Healthy Aging Community Profile, 34.5 percent of Gilford's total population is 60 or older, with that number steadily increasing. So how can this town best respond to the needs and wants of our aging neighbors.

Are you age 60 and up, or know someone who is? Then Gilford Senior Resource Team wants to hear from YOU! Come to a Community Forum at Gilford Public Library on Thursday, Oct. 3 from 5:15-6:15 p.m. types of services, programs and activities would you like to have available here for Seniors to enjoy fulfilling, healthy and secure lives, while remaining in their own homes, now and in the future? Enjoy a light supper while sharing your concerns and ideas in an open group discussion. To help assure enough refreshments, please sign-up by Tuesday, October 1st at Gilford Library, 524-6042.

The event is hosted by Gilford Senior Resource Team (GSRT). A group of multigenGSRT is a community affiliate of the Outreach Committee at Gilford Community Church (GCC). Collaborating with Town departments and other organizations, they are working to identify and support the primary health & wellness concerns and lifestyle interests of Seniors living in the Gilford area. Initial partnerships include Gilford: Parks & Recreation Senior Moment-um. Public Schools, Public Library, Police Department, Fire Department, Rotary Club and Village Knolls. Also include Wesley Woods, ServiceLink, First United Methodist Church and Health Ministry, and Community Action Program (CAP).

#### Established in June 2018, GSRT current **Long Term** Goals are:

1) Assemble a comprehensive public data base of organizations that provide services to Gilford Seniors.

2) Publish centralized timely communications related to

erational volunteers, Senior resources and activities. (Including means to distribute information effectively to those with and without access to online media.)

> 3) Assist Gilford Youth Center in expanding programs for Seniors.

4) Establish a Senior Companion program.

5) Help further develop Gilford Senior transportation vices and assistance.

6) Explore need and feasibility of a Gilford Senior Program Coordinator position.

If you are not able to attend this community forum, there are two other ways to provide your information on this topic to GSRT. Complete and return a written survey, available at GCC Office and Gilford Public Library, or access survey online at www.surveymonkey. com/r/gilfordseniorresourceteam. Questions or comments about this event, the survey or the Resource Team may be directed to Molly Notkin, Team Leader through GCC Office at 524-6057 or gccoffice@metrocast.

### Rich Araldi musical event at Taylor Community Oct. 7

LACONIA — When lives." asked, "What would the world be without music?" Rich Araldi, replies, "I don't even want to think about it. I feel a responsibility to create music that is uplifting, encouraging, hopeful and responsible and helps us connect with the important things in our

Everyone is invited to join us Monday, Oct. 7 at 6:30 p.m. in Taylor Community's Woodside Building to hear Rich play great songs of the 20th century on the vibraphone. He will also intersperse stories, trivia and facts to accompany the

Follow Taylor Community on Facebook to keep up with all our free, public events. Visit www.taylorcommunity.org, or 366-1400 for more information about this premiere not-for-profit Continuing Care Retirement Community music. It's sure to be a in the Lakes Region.

# Taylor Community hosting musical performance by Will Ogmundson, Oct. 2

liam Ogmundson is an nity's Woodside Buildaward-winning pianist, ing. Emmy-nominated composer and lyricist. A favorite of Taylor Community residents, he packs the house whenever he returns.

The public is invited to join us for Will's musical performance, Wednesday, Oct. 2 at 6:30

LACONIA — Wil- p.m. in Taylor Commu- Notre Dame Cathedral.

Will writes prolifically for the theater, and was recently nominated for Best Music for the musical "Kindness and Cruelty" at the New York Theatre Festival. He has performed all over the world, including at the Vatican and

Follow Taylor Community on Facebook to keep up with all our free, public events. Visitwww.taylorcommunity.org, or call 366-1400 for more information about this premiere notfor-profit Continuing Care Retirement Community in the Lakes Re-

# Wesley Woods hosting seminar on transportation

there? The first ques- or you have faced the community. tion you ask when very hard fact that you Drivers driving yourself isn't an option.

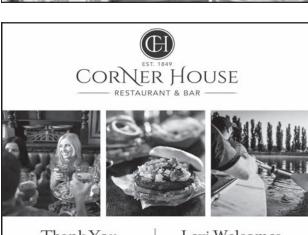
There are times in your life when driving yourself isn't going to be an option — you're having a medical procedure or emergency; your car is in the shop; you

shouldn't be driving anymore. Life happens, and on Friday, Oct. 11 at 10 a.m., Cindy Yanski, Mobility Manager of Belknap and Merrimack Counties, will be at Wesley Woods for an informal discussion regarding

But how will I get have been injured, transportation in our

non-drivers will find something of interest in this discussion. All are welcome. For more information, or to RSVP, please contact Stace Dicker-Hendricks at 528-2555 or sdhendricks@wesleywoodsnh.org.



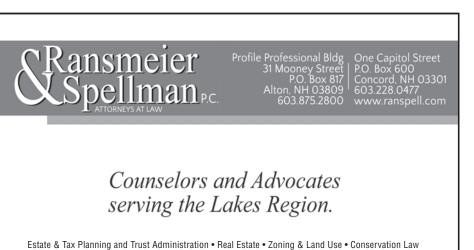


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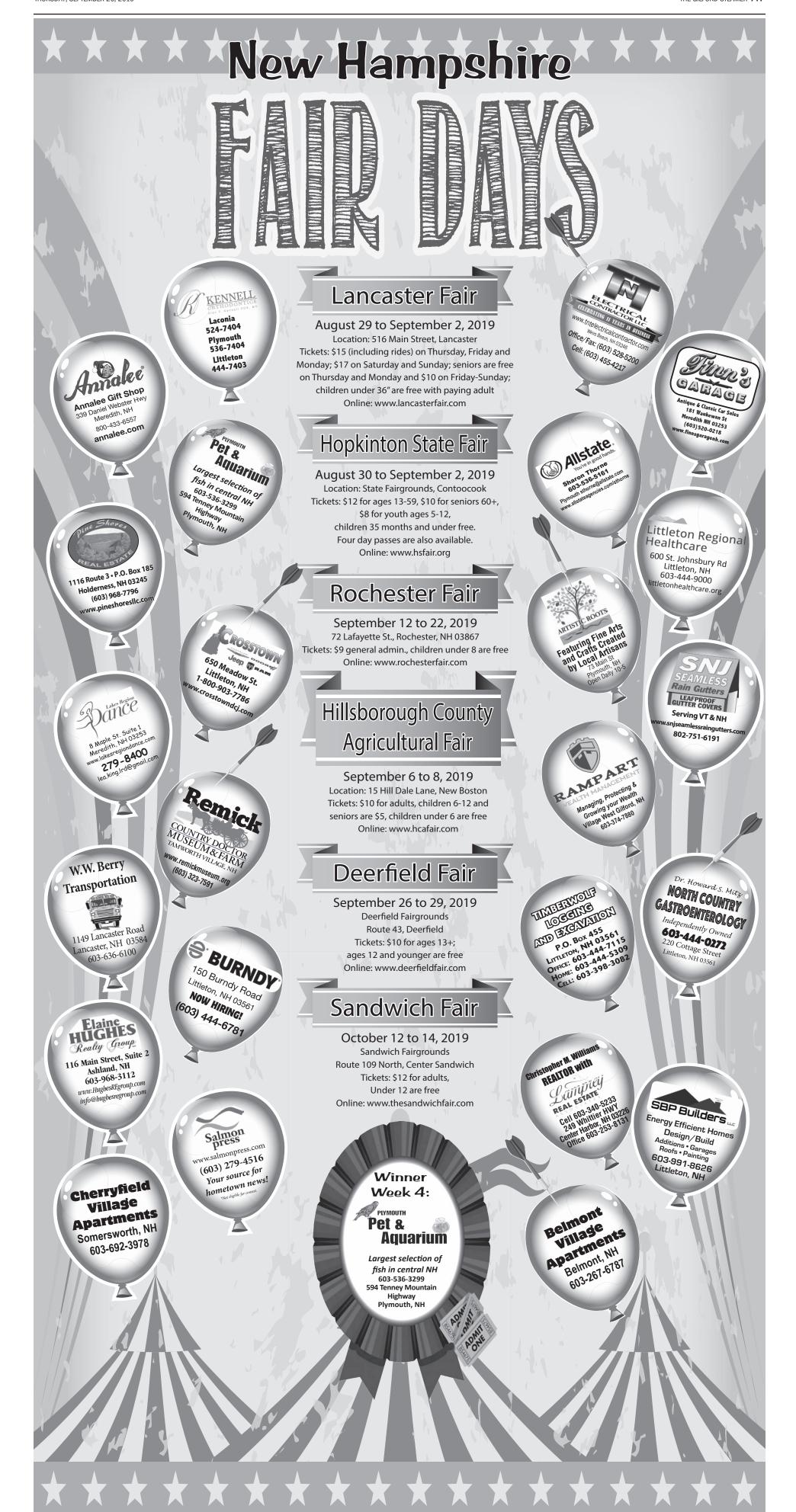


HELP NOW →



THURSDAY, SEPTEMBER 26, 2019

THE GILFORD STEAMER A7



#### The Rest of the Story

GCC

#### **GUNSTOCK**

by Axis. All proceeds benefit the NH Humane Society.

The 5K starts at 9:30 a.m. and the Trail Race starts at 10 a.m. For more information and to register, visit https:// nhhumane.org/events/ ruff-radical-5k-and-trail-

Couples can have a weekend at Gunstock to themselves during Glamp-Packing Couples Weekend, Oct. 5 and 6. Couples can spend the weekend in their own tree tent with guided hikes and breakfast and dinner at camp over the weekend. The cost is \$199 for two adults.

There will be another Glamp-Packing Adventure for women on Oct. 19-20 with the Women of the Woods Glamp Packing Adventure.

Experience the Ad-

venture Park at night AdventurePark After Dark on Saturday. Oct. 12. The park will be open from 4-9 p.m. In addition to the Adventure Park features like the Mountain Coaster Bungee Jumper there will also be a fire pit with s'mores and an outdoor movie (weather permitting). There will also be glow sticks, spot-

lights, and colored lights

around.

On Thursday, Oct. 17, Gunstock will host the Stream Restoration Conference put on by the Belknap County Conservation District and the NH Association of Conservation Districts. Registration will run from 8-8:30 a.m. and the conference will feature a keynote speaker, case studies. workshops, discussions, and an op-

on the well-maintained

trails complete with in-

terpretive signs, visit an

8-acre prescribed burn,

see beautiful views of

stop at a forest opening

and find out how the veg-

etation benefits wildlife,

learn about research be-

ing conducted on crop

trees and birds, and visit

an old quarry that now

functions as a vernal

forest as the Outstand-

ing Community Farm

of the Year, the NH Tree

Farm Committee noted

that, "the town (of Gil-

ford) has been a model

for how involved citizens,

town officials, and natu-

ral resource profession-

als can work together to

manage a property for

multiple objectives in-

cluding: wildlife, timber,

recreation, research, ed-

There is no cost to par-

Pre-registration is ap-

For questions or to

preciated for planning

ucation, and more."

ticipate in this event.

purposes.

In recognizing the

pool.

Winnipesaukee,

tional visit to a stream project. There will also be a social hour and barbecue at the Gunstock Lodge Terrace.

(Continued from Page A1)

Gunstock will also host the Orienteering Championship Oct. 19-20. The Boulder Dash by Up North Orienteers will merge with the 2019 Orienteering US Masters Nationals for the "Older Dash." The event is a national competition event for orienteering. There are less competitive races open for groups and individuals from beginner to intermediate level. The races will start at 10 a.m. on Saturday and

9 a.m. on Sunday. For more information on all of these events including registration information visit Gunstock's events page at https://www.gunstock. com/events.

register, contact: Rita

We will meet at Kimball Wildlife Forest trailhead and parking area, 2355 Lake Shore Rd., Gilford. Water and snacks will be provided at the top of Locke's Hill and hot dogs and hamburgers will be provided at the end of the walk in the

The event will be held rain or shine. Be prepared with insect repellant—especially ticks, and appropriate

We hope that you will

Tree Farm Program is co-sponsored by the Society for the Protection of NH Forests, UNH Cooperative Extension, the NH Division of Forests and Lands, NH Timberland and the Granite State Di-

black and white way," says Graham. "I think a goal of our youth program is to help our children discover how life has gifted them, to give them opportunities to explore and develop these gifts, a faith that helps them live with courage and respect for everyone

and everything." Approximately ty youth, ages four to 17, are directly engaged with the church educational ministry on an annual basis. This year's opening kicked off with just over twenty-five participants in the elementary and middle school group and a dozen older students. Scott Hodsdon, Director of Youth and Family Programs at the church, encourages families to attend each week but acknowledges this is not possible for every-

"We welcome you anytime you can be here," says Hodsdon. "It is okay for people to try it out and see if it is something they are comfortable with."

While the church provides student a broad base in traditional religious education such Bible stories and the ten commandments, there is also a clear focus on having the students put their faith into action. This community-oriented view on religion reflects the overall mission of the church.

"I think the that there are many people looking for connection and ready to make a commitment to something larger than themselves," explains Graham, who has served the church since 2002. For teens attending the church, this larger commitment often means annual the mission trip. This year, a group of teens and adults traveled to Lumberton, N.C. to assist families still recovering from Hurricane Florence.

"It is about getting to

know the world and yourself at the same time," said mission participant McKenzie Roy as she addressed the congregation. "It is one of the best feelings in the world to

help someone else."

The trip to North Carolina marked the 13th mission trip, many of which have centered around disaster relief. Past youth groups from the church have provided aid for families in locations ranging from West Virginia to Puerto Rico. The educational ministries program also encourages students to get involved closer to home. On annual basis youth of all ages organize at least one major community service project in Gilford for someone in need of assistance. These activities often draw in participants from the general community as well.

"We had kids riding by on bikes and asking if they could help," recalls Hodsdon.

Overall, he estimates that half of the people participating in this year's project were members of the larger Gilford community who had heard what was happening and decided to get involved. Hodsdon once again put the theme of giving back front and center in this year's religious education program with a challenge to students to come up with an idea of how they could help people impacted by Hurricane Dorian.

At the end of the day, the church service is still at the heart of GCC's mission and children are frequently visible here as well. From lighting the candle, to reading passages and participating in children's choir, there are numerous opportunities for children to be involved in the actual service. Jade Wood, a parent and Sunday school volunteer, explains how this inclusive attitude was important in her decision to start attending the church.

(Continued from Page A1)

"After attending many services in the area, I decided that Gilford Community Church resonated with my love for a great sermon as well as an approachable parish. When I see families returning year after year despite busy schedules and other distractions, I am so pleased," Hodsdon said.

This feeling is echoed by many parents who make the commitment to bring their children to Sunday school each

"Children need a moral compass in order to make decisions which are virtuous, charitable, and honest. I feel that GCC offers that environment," says Bill Tucker, who chairs the educational ministries committee and also has children attending the church.

Parents such as Tucker and Wood are not unique in their personal commitment to supporting activities at the church with events often drawing in dozens of volunteers.

With the sun shining on a brilliant fall day, the children move from their classrooms to the playground and the oldparishioners head to their cars, Hodsdon gives a gentle reminder that the "dishes won't do themselves." As with many things in life, it is the effort done behind the scenes which allow for the final product to appear effortless. At the Gilford Community Church, leaders such as Graham and Hodson have managed to not only build a culture where this effort is the focus of their work but a fundamental way of thinking that they hope will assure a strong generation of future leaders both in the church and the community as a whole.

#### TREE FARM

itats to explore. Join the NH Tree Farm Committee and the Town of Gilford as we celebrate this valuable community resource!

For more than 35 years, the Town of Gilford has been managing the Kimball Wildlife Forest as a habitat demonstration area. Join town officials, volunteers, and natural resource professionals for a guided tour of the forest to learn about some of the activities that have been performed on the property to improve habitat such as prescribed burning, creating forest openings, and crop tree studies.

The property was once part of Benjamin Kimball's estate (president of the Boston and Montreal Railroad in 1895). While the Kimball Castle is now privately-owned, the property adjacent to it was transferred to the town back in 1981 with the stipulation that the land be used for wildlife study and management.

We'll enjoy a walk

(Continued from Page A1)

Carroll at rcarroll@forestsociety.org or call her at NH Tree Farm Program Office at 224-9945, ext. 331.

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It's probably safe to say that many of us are concerned about having enough money to cover our retirement years. In fact, some surveys have shown that we are more frightened of running out of money than we are of dying. What can you do to help alleviate these fears? Your first move is to create a retirement income strategy, and you'll want to develop it well before you need to use it. While there are many ways to develop such a strategy, you may want to consider these three key elements: · Withdrawal rate - Your withdrawal rate is the percentage of your portfolio you use every year during your retirement. So, for example, if you retire with a portfolio worth \$1 million and you choose a 4% withdrawal rate, you'll be taking out \$40,000 per year. Your withdrawal rate will depend on several factors - your age at

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retirement, the size of your portfolio, potential earned income, date at which you start taking Social Security, and so on. Clearly, when deciding on a withdrawal rate, you'll want to reach the "Goldilocks" solution – not too much, not too little, but just the right amount. • Reliance rate - Your reliance rate is essentially the percentage of your overall retirement income that comes from your investment portfolio – your IRA, 401(k) and other accounts. It's called a reliance rate because you rely on this portfolio for your income. The higher your reliance rate, the more you will rely on your portfolio to provide income during your retirement, and the greater your sensitivity to market fluctuations.

• Income sources – The more sources of lifetime income you have – such as Social Security and a pension from your employer - the less you may be relying on your investment portfolio to cover your retirement goals. However, many private employers have moved away from pensions in favor of 401(k)-type plans, and Social Security will only provide about 40% of your preretirement income in retirement, assuming your earned income is average for U.S. workers, according to the Social Security Administration. Consequently, you may want to consider options such as annuities, which can

provide lifetime income benefits. It will take careful planning to put these three factors together in a way that can help you build enough consistent income to last throughout vour retirement - which could easily extend two or three decades. And there's no single formula for everyone. For example, while an annuity could offer lifetime cash flow and help you reduce your reliance on your investment portfolio, it also involves fees and expenses, plus lower liquidity than other sources of income, so it may not be right for everyone. Fortunately, you don't have to go it

alone when taking all your retirement income factors into account. You may want to work with a financial professional - someone who can evaluate your individual situation and then recommend retirement income solutions based on your appropriate reliance rate, withdrawal rate and potential income sources. By getting the help you need and by following a suitable long-term strategy, you can ease some of the stress that comes from wondering if your life span might eventually exceed your financial re-

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# Fall 2019 Laryest





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and there are not
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Fall 2019 – OCTOBER
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20th, and
26th & 27th
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2019 Monadnock Pumpkin Festival

Saturday October 12th 1:00pm-8pm Cheshire Fair Grounds 247 Monadnock Highway Swanzey, NH 03446 Gathering of the Jack-O'-Latnerns Saturday, October 26, 2019 Additional Events Friday & Saturday Littleton, NH

NH Kids Marathon

Saturday, October 5, 2019 Newfound Memorial Middle School, Bristol NH 27th Running of The New Hampshire Marathon! This FREE event is being offered to all children in grades K – 8 are eligible to

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10 am: Ben Kilham, *Kilham Bear Center* - Rescue, Rehabilitate and Release Noon: **Cooks Corner** - Chad Proulx, *Ammonoosuc Community Health Services* 1:30 pm: Michael Maddigan, Author – *The Flume Gorge at Franconia Notch* 

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**SEPTEMBER 26, 2019** 

Gilmanton field wins NESN contest

State champion Suncook Valley Cal Ripken team takes part in festivities



JOSHUA SPAULDING

JERRY REMY signs an autograph for Nick Austin at his family's backyard wiffle ball field.



NESN PLAY-BY-PLAY voice Dave O'Brien addresses the crowd in Gilmanton last Monday.





RED SOX television analyst Jerry Remy poses with members of the Suncook Valley 12U Cal Ripken team.



JOSHUA SPAULDING

SUNCOOK VALLEY coach Gary Bedell Jr. holds his daughter Skyler as she watches the cotton candy machine churn out its sugary goodness.

And if they had taken

a trip down a long drive-

way on Meadow Pond Road, tucked behind a

barn in the yard of Steve

and Cathie Austin, they

would've seen Red Sox

legend and NESN col-

or analyst Jerry Remy

BY JOSHUA SPAULDING

Sports Editor

GILMANTON — The Red Sox did not play on Monday, Sept. 16, but anyone driving through the Four Corners area of Gilmanton may still have heard the dulcet tones of Dave O'Brien, sitting in the middle of the play-by-play voice a wiffle ball diamond of the Red Sox for New throwing pitches to a **England Sports Network** 

baseball players. But most importantly, they would've seen people having fun with a

group of state champion

game that they love. The event was put together by the Austins and they invited their son Nick's Suncook Valley Cal Ripken 12U teammates to join in.

For the past 12 years, Steve Austin has been working on and improving a wiffle ball field located next to the barn on his property. And this year, it was recognized by NESN in the Best Backyard Ballpark in New England contest.

Steve Austin noted that he has entered the contest before but almost didn't enter it this year, but changed his mind late in the game.

"I asked Nick to make

the (30-second) video and he had it done in like 10 minutes," Steve Austin said.

And then word came down that his wiffle ball field had been chosen amongst all the fields in New England. O'Brien and Remy actually had the final choice on the winning field.

"It was absolutely gorgeous," O'Brien said of the pictures and video they received of Meadow Pond Field, the name for Austin's diamond. "The barn, sitting right next to the perfectly-manicured baseball diamond, it seemed like the perfect backyard to me and to Jerry."

For Steve Austin, the field has been a labor of love.

"I had always wanted to so this and we finally had enough space to do it," he said. "This had been farming land for a long time, so the soil is nice and rich and fertile."

However, the area behind the barn was overgrown and needed a lot of work to level things

SEE **FIELD** PAGE B3



MEADOW POND FIELD was named the Best Backyard Ballpark in New England by NESN.





# Gilford soccer boys remain undefeated

BY BOB MARTIN Bob@Salmonpress.new

GILFORD – The Gilford boys' soccer team improved to 7-0 and coach Dave Pinkham said he has been very impressed with the team's consistency as the Golden Eagles approach the halfway point of the sea-

"It's been a joy watching this team mature as the season has gone on," said Pinkham. "We have,

what I would consider, one of the better skill levels for a team that I've seen in a long time."

Last week the Golden Eagles won 2-0 against a good Mascoma Valley team. The first goal was at the 25-minute mark by Sam Sawyer, with an assist by Alex Burnham. At the 67-minute mark. Ben Gardiner scored with assists to Sawyer and Burnham. Thomas Donnelly saved four shots including a penal-

"Overall we played well," said Pinkham. "It was a good win against a good team on their home field."

Gilford then beat Derryfield 6-1. The first goal was by Gardiner at the eight minute mark with an assist by Daegan Boucher on a cross pass. The second goal was by Colton Workman at the 11-minute mark, with an assist by Burnham. This came on a head shot off a corner kick.

Goal number three came from Sawyer at the 14-minute mark on a header off a corner kick from Burnham. Boucher then scored on a breakaway with an assist by Aguiar.

Derryfield scored at the 23-minute mark but then Burnham scored quickly after with an assist by Boucher. Gardiner scored his second goal the 63-minute mark on a head shot with an

assist by Boucher. Donnelly had one save in the game.

"We moved the ball very nicely and we are becoming better, and more consistent," said Pinkham. "That has been our ultimate goal."

Pinkham said the big difference this season is that the Golden Eagles have been able to put the ball in the net regularly, which was one of the glaring issues of the past couple seasons despite

the solid records. He said the team is close knit and is working hard, especially on defense.

"If you are going to play against the best, you've got to play good defense," said Pinkham. "We are still making some mistakes there but we are getting better each day."

Gilford played Newfound after deadline and next up is Belmont on Sept. 28 at 1 p.m.

# Gilford volleyball wins two more to move to 6-0

BY BOB MARTIN

Bob@Salmonpress.new

GILFORD – The Gilford High School volleyball team is off to another great start and last week the Golden Eagles tacked on a pair of wins to improve to 6-0.

On Sept. 18, Hanover

came to town and Gilford handled their hitters and servers well with a threeset victory. Gilford won by scores of 25-14, 25-15 and 25-21. Coach Amy Tripp was happy to pick up the win, but acknowledged there is work that still needs to be done.

"The serve receive was not as consistent as we need it to be, but overall the team played well," said Tripp.

Gilford then played ConVal on Sept. 20 and had another sweep win of scores of 25-6, 25-17 and 25-9. Tripp praised

the play of Abby Warren, Riley McDonough and Sam Holland, saying they were "steady and consistent" in the win. Lindsey Sanderson and Kate Sullivan had five kills a piece, while Sullivan added on a pair of blocks. Sanderson led

the team with six digs.

"My team is really focusing on specific goals in each match," said Tripp. "One major one we focus on is turning free balls into productive offensive opportunities. I am having so much fun with this team who all

really loves volleyball and just being with each other."

Gilford played Oyster River after deadline and next up for the Golden Eagles is Laconia on Sept. 27 at 5:45 p.m.

# Good week for Golden Eagle soccer girls

BY BOB MARTIN Bob@Salmonpress.news

GILFORD – The Gilford girls' soccer team had an excellent week with two wins to improve to 3-2 on the sea-

Gilford hosted Raymond on Sept. 17 and won 3-2. Coach Rob Meyers was impressed by the way the team played for the complete 80 minutes, saying it was a team good team win.

"The offense and defense played and communicated well," said Meyers.

Raymond went up early in the first half but Gilford tied up the game 1-1 about 20 minutes into the half. Gilford then went up 2-1 but Raymond quickly answered with a goal to tie it up 2-2 with 10 minutes left. Gilford went up 3-2 for the win with five minutes on the

two goals to lead the offense. Reece Sadler had a goal and an assist, while Shelby Cole and Maddi Rector added an assist. Jaylin Tully had six saves in the win.

"This was a huge win for us," Meyers said. "Raymond is a good team with a lot of speed up front. We allowed a quick goal, 39 seconds into the game, but the girls never got down. They fought back to tie Callie Carpenter had the game and then go ahead in the first half. Raymond tied it up late in the second half, but the girls pushed hard and scored the winning goal with about five minutes left. This was an important win to get us back on track. After the rough start we had, this brings us to 2-2 with a lot of confidence going into a busy couple of weeks."

Gilford then hosted Inter-Lakes and came away with a 3-1 victory. The Golden Eagles had

BY BOB MARTIN

Bob@Salmonpress.news

John Stark, Pelham and Sanborn.

and ahead of Sanborn's 68 and John Stark's 40.

14 shots on goal compared to only three for the Lakers. Sadler had a pair of goals and an assists; Cole had a goal; Ashley Kucsar had an assist and Carpenter had an assists, as well.

Meyers was happy with the dominant first half of the game, as the team moved the ball well through he midfield and used give-and-goes to open up the field. However, the second half was a bit sloppier.

Golden Eagle golfers

get two wins

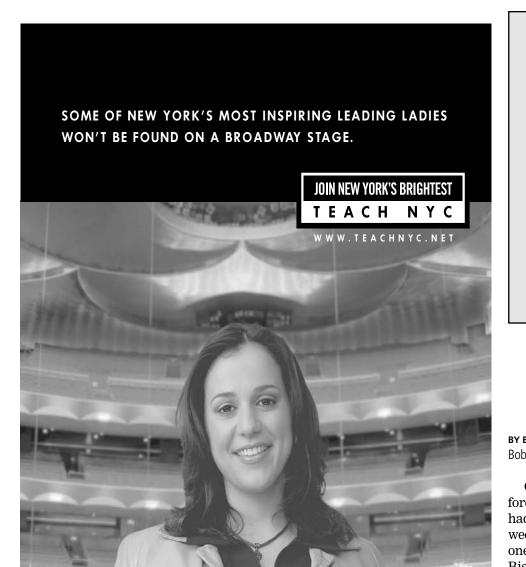
GILFORD - Last week the Gilford golf team went 2-1 in a match against

Gilford had a total of 69 points, which was behind Pelham's 77 points

Connor Sullivan led the team with 21 points followed by Cody Boucher

"We moved a lot of players around and tried some different looks," Meyers said. "We still controlled most of the play, but we got a little complacent and allowed an ugly goal in the last 10 minutes. Good win, but showed some areas we can work on."

Gilford played Prospect Mountain after deadline. Next up for the Golden Eagles is Belmont on Saturday at 11



NYC DEPARTMENT OF EDUCATION

#### and Austin Milligan with 17 points. Joey Blake had 14 points, Hunter Wilson had 12 points, Anthony Flanders had 10 points and Brady Reynolds had nine points. Gilford field hockey falls to Giants right before the half BY BOB MARTIN Bob@Salmonpress.news CONCORD – The Gilford field hockey team had only one game last

week, but it was a tough one against undefeated Bishop Brady. While the Golden Eagles put up a good fight the Green Giants of Bishop Brady held on for a 2-1 win to stay unbeaten at 6-0.

Bishop Brady got on the board first but then

Appleseed

Lexi Shute scored on an assist from fellow freshman Aly Pichette. It was a 1-1 game at the end of regulation but the Bishop Brady scored three minutes into overtime to walk away with the win.

Coach Dave Rogacki praised Emily O'Connor for her passing game, and said that Natalie Fraser was very good on defense once again. Despite the loss, Rogacki

was happy with the way the Golden Eagles played against a top team like Bishop Brady.

"The young Eagles showed continued growth against one of the top teams in D-3," said Rogacki.

Gilford had games against Franklin and Hopkinton after deadline. Next up is Winnisquam on the road on Sept. 27 at 4 p.m.

### Learn to curl on Oct. 13

WOLFEBORO — Lakes Region Curling Association will offer a free learn-tocurl clinic for the public on Sunday, Oct. 13, from 5 to 6:30 p.m. at Pop Whalen Ice and Arts Arena in Wolfeboro.

Experienced curlers will offer instruction in the basics of the sport as well as

instruction in the art of stone delivery and sweeping. All equipment is provided, and participants are asked to bring a pair of clean-

soled athletic shoes to put on at the rink. For more information about the sport of curling and Lakes Region Curling Association in particular, visit the association's web site at lakescurlingnh.org.



Defending champs too much for Golden Eagles

BY BOB MARTIN **BOB@SALMONPRESS.NEWS** 

PLYMOUTH - It's never an easy task to take on the perennial powerhouse Plymouth Bobcats on the gridiron, especially on the road. While Gilford/Belmont made it a game for about a quarter, the Bobcats were able to come away with a 49-20 win over the Golden Eagles.

Plymouth first with a touchdown with three minutes left in the first quarter to go up 7-0, but Gilford/ Belmont scored on the next drive with an Alex Cheek touchdown pass to Brandon Gallagher to tie things up at 7-7.

With about 1:30 left into the second half. Plymouth scored to go up 14-7, which was followed by a muffed punt by G/B on the next drive. Plymouth scored again with 8:45 to go in the half to take a 21-7 lead. Plym-



Blake Descoteaux makes a catch and pushes forward for yardage against the Plymouth Bobcats.

outh marched down the field for 73 vards on four plays to take a 28-7 lead with 4:52 left in the half.

On the next drive,

Plymouth picked off a pass and took it all the way down to the threeyard line. The Bobcats quickly scored to go

up 35-7 with 3:45 on the clock in the half. However, G/B tacked on a touchdown of its own with 50 seconds to go,

on an eight-yard touchdown pass to Blake Descoteaux to make it 35-14 at the half.

In the third quarter,

Plymouth intercepted a fourth down pass attempt on the opening drive and then drove down the field 55 yards to make it 42-14. Plymouth blocked a G/B punt but the Golden Eagles kept Plymouth at bay with a three and out on the next drive. Gilford/Belmont responded by marching 74 yards down the field. Gallagher caught his second touchdown of the day, this time from Jack McLean, with 19 seconds on the clock to make it 42-20. Plymouth scored once more on the opening drive of the fourth quarter to make it 49-20, which would be the final score.

he Golden Eagles are now 1-2 on the season. JOSHUA SPAULDING Next up for Gilford/ Belmont is a road game against Bow High School on Sept. 27 at 7 p.m.



The Gilford/Belmont football team had a tough team with the Plymouth Bobcats last week and fell 49-20 on the road. Pictured is quarterback Jack McLean (2) trying to find room to run.



JOSHUA SPAULDING

Freshman Kevin Basnar makes a catch for the Golden Eagles.

Gandini takes the win at Newfound Invitational

BY BOB MARTIN

Bob@Salmonpress.news

BRISTOL – Patrick Gandini of Gilford High School has been on a tear in his freshman season running for the cross

week the top runner for the Golden Eagles came away with a win at the Newfound Invitational.

Gandini clocked in at 17:54 to lead the way for

country team, and last the Golden Eagles and take first place overall. Harry Laflamme was 11th with a time of 20:49: Mitchell was 32nd with a time

was 45th with a time of 23:45; Ryan Hamel was 56th with a time of 24:11; Jordan Witham was 70th Townsend with a time of 25:57 and Dane DeHart was 79th of 22:48: Landon Lewis with a time of 28:58.

The girls' team was led by Vanessa Genakos with a time of 23:24 for third place overall. Tessa Tanner was ninth overall with a time of 25:21: Cat Stow was 13th over-

all with a time of 25:41; Bethany Tanner was 23rd overall with a time of 27:36: Alaina Osburn was 47th overall with a time of 32:11.



JOSHUA SPAULDING



Vanessa Genakos was third in the Newfound Invitational last week.

JOSHUA SPAULDING

Patrick Gandini has been the top runner for Gilford all season, and last week was the winner of the Newfound Invitational.



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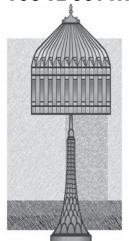
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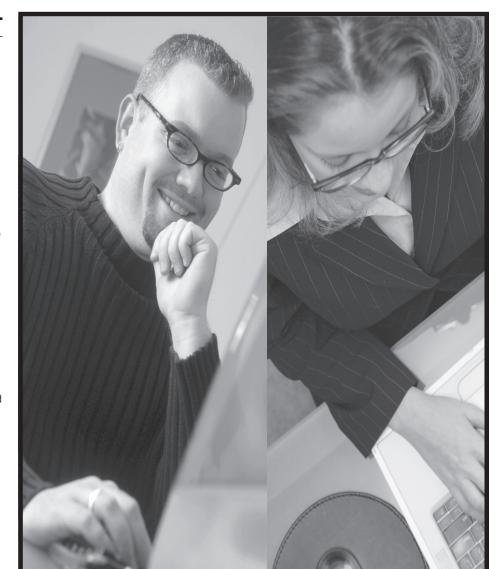
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**TUFTONBORO:** Meticulously maintained 3,700 sq. ft. farmhouse in quaint Melvin Village features 6 bedrooms, 3 bathrooms, an attached barn with plenty of storage space and views of the water. There's also boating access

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on 23+ acres features 4 bedrooms, 4 bathrooms, 7

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II ....

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OUTSTANDING 1795 Colonial estate in

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ALTON // Beautifully appointed, nearly new 4 bedroom, 4 bath colonial with 2 car attached garage with bonus room above complete with pool table all on 27.43 acres.

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MOULTONBOROUGH // Nestled in the heart

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peaceful parcel is close to shopping, skiing, and much more! Broker Interest.

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TUFTONBORO // Two +/- 1.70 acre building

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# TOWN-TO-TOWN CLASSIFIED

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Applications can be obtained through the District website at https://www.sau80.org/departments/human\_resources or by visiting the Superintendent of Schools Office at 58 School Street, Belmont, NH or by calling 603-267-9223.

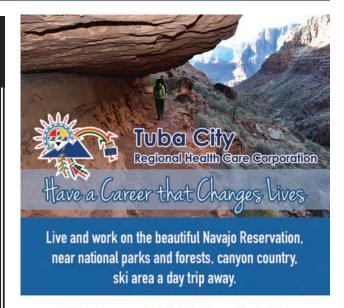
Shaker Regional School District serves the communities of Belmont and Canterbury, NH and is an Equal Opportunity

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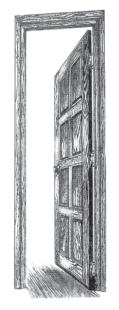
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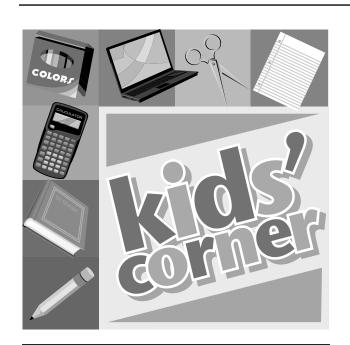
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OVERALL, THESE TWO SPORTS CAUSE THE MOST EYE INJURIES, FOLLOWED BY WATER SPORTS AND RACQUET SPORTS.

YNOMEK: BYOKELBYLL AND BASEBALL

#### What's the Difference?

There are four things different between Picture A and Picture B. Can you find them all?





4. Missing person in background 2. Missing snap on coat 3. Extra cloud in sky Answers: I. Can't see reflection in 8088les



- 1066: WILLIAM THE CONQUEROR LANDS IN ENGLAND, THUS BEGINNING THE NORMAN CONQUEST.
- 1924: TWO U.S. ARMY PLANES LAND IN SEATTLE AFTER COMPLETING THE FIRST AROUND-THE-WORLD FLIGHT IN 175 DAYS.
- 2016: A BLACKOUT BEGINS IN SOUTH AUSTRALIA. IN SOME AREAS, POWER IS OUT FOR THREE DAYS.



**TRAUMA** 

physical injury



**ENGLISH:** Blink

**SPANISH:** Parpadear

**ITALIAN:** Lampeggiare

FRENCH: Cligner des yeux

**GERMAN:** Blinzeln



WEARING PROTECTIVE EYEWEAR WHEN EXPOSED TO FLYING OBJECTS CAN PROTECT THE EYES.



Answers: A. text B. summary C.

title D. character





Can you guess what the bigger picture is?

**YN2MEK: HOCKEL WY2K** 

Fun By The Numbers

Like puzzles? Then you'll love

sudoku. This mind-bending

puzzle will have

square off, so sharpen your

pencil and put

savvy to the test!

your sudoku

you hooked from the moment you

A B C D E F G H i J K L M N O P Q R S T U V W X Y Z

Determine the code to reveal the answer!

Solve the code to discover words related to writing. Each number corresponds to a letter. (Hint: 10 = t)

10 2 8 10 Α.

Clue: Written words

В. 1 7 14 14 3 4

Clue: Short explanation

10 19 10 12 2 C.

Clue: Name of book

9 22 3 4 3 9 10 2 4 D.

Clue: Person in a story

# SUDOKU

#### 2 7 6 5 7 4 **\*\*\*\*\*\*\*** 6 9 8 7 3 6 7 5 9 9 4 6

#### Here's How It Works:

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

| ε    | Þ | 8            | 6   |          | 2                | 9 | L | S  |
|------|---|--------------|-----|----------|------------------|---|---|----|
| S    | 6 | 9            | ഗ്ന | L        | 3                | 8 |   | 4  |
| G    |   | L            | œ   | 9        | Þ                | ω | 6 | S  |
| quee | ε | 4            | 9   | 8        | 6                | 2 | G | 2  |
| L    | 8 | $\mathbb{S}$ | З   | <b>フ</b> | Ç                | 6 | 9 | de |
| 6    | 9 | Ç            | ab  | গ        | L                | 4 | 8 | ω  |
| 9    | L | ε            | Þ   | 6        | ale and a second | ç | 7 | 8  |
| 8    | G | geen         | 2   | ε        | 9                | L | þ | 6  |
| b    | 2 | 6            | 2   | G        | 8                | 4 | 3 | 9  |

**ANSWER:** 

#### **FIELD**

(Continued from Page B1)

mond out of the yard. "I built it for my son,

out and carve the dia-

but as I went along, I realized I was kind of building it for myself," Steve Austin said. "And I add a couple of things every year, it's kind of like my zen garden."

"Congratulations on a beautiful field," O'Brien told the crowd assembled as the group of Suncook Valley Cal Ripken players got ready to take to the diamond. The players had been split into two teams and O'Brien then introduced them all prior to the National Anthem. "We got to choose the winner, so your field was hand-picked by the RemDawg."

Cathie Austin, who has been fighting some medical issues over the last few months (her husband reports she's progressing very well) threw out the first pitch and Orion Neathery, the Suncook bat boy throughout the season, uttered the 'play ball.'

Remy volunteered to be the pitcher for the game and spent more than an hour throwing wiffle balls to an excited group of young kids. Knyte Neathery was the first player to hit a homer, but he certainly wasn't the last, as the two teams combined for more than 50 runs. After the game ended, Remy was joking that it was a decent outing, only allowing 70 runs.

While there were tons

of homers, perhaps the most exciting moment came when Skyler Bedell, the young daughter of Suncook Valley coach Gary Bedell Jr., stepped up for a turn against Remy and rocketed a homer off the foul poul.

"This is exactly like what you'd want to grow up with a ballpark in your backyard," O'Brien said. "This was a runaway winner."

O'Brien also got a kick out of the joy the kids had on the field, noting that his broadcast partner especially enjoys spending time with the kids.

"He loves being around the athletes," O'Brien said, motioning toward Remy, who was throwing wiffle balls on the diamond.

In addressing the crowd after the game, Remy echoed those words.

"I am so happy to see young people playing baseball," the New England icon said. "It's a wonderful sport, it's so nice to see something like this."

"New Hampshire is the best state in the union," said O'Brien, himself a native and current resident of the Granite State as he gazed out on the diamond full of youngsters. "And this time of year, it's the best place on earth."

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



KNYTE NEATHERY was the first player to hit a home run off of Red Sox legend Jerry Remy.



JOSHUA SPAULDING

MEADOW POND FIELD was a flurry of activity last Monday.

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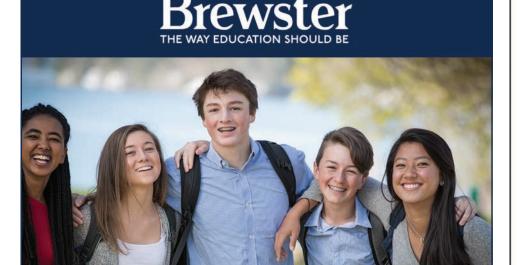
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JERRY REMY addresses the crowd in Gilmanton last Monday as NESN partner Dave O'Brien



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**NOTEBOOK** (Continued from Page A4)

Our flooding, which can be spectacular and worthy of Hollywood on its own merits, is more likely to be about getting way too much rain during spring breakup, with haggard media doing lots of stories about jumbled-up

+++++

Many of New Hampshire's villages sprang up near ancient fording places across rivers, this primitive wading business soon to be replaced by a succession of bridges, almost all of them wooden, many of them covered, and many destined to die by fire or heaving chunks of ice. And then too there were the logs being driven downriver by timber barons, who seemed to have attorneys following right along behind the logs to settle claims and write checks for farmers and bridge-build-

I'm thinking about Franklin, where the ripples above the rapids marked a good place to ford, and Plymouth, and Lancaster, North Stratford, and Colebrook. All began as good places to get cattle, work-horses and carriages across rivers and streams, which also were (and often still are) chokepoints for ice during the spring freshet.

The original people, in my case the Coashaukees, an offshoot tribe of the Wabanaki, "People of the Dawn Land," had wellworn trails on both sides of rivers and streams, and by necessity knew the best places to wade across, on two legs instead of four, because in pre-settlement times



The best-known "moose in harness" is a bald-faced fake. Trees bear spring greenery, antlers come off during winter, and those log piles are the very same.

they had no horses or lers would have come cows.

Moose, it bears noting here, can be captured and trained, and have been photographed hauling dump-wagons and buggies, but they most often die early in captivity, so we can't really count moose.

One of history's most widely circulated photographs of a moose allegedly in harness, by the way, was a blatant fake (why, one wonders, when are so many legitimate ones?). It shows a "teamster" allegedly bending over to pick a proffered hoof. But wait---the moose still has four feet on the ground; the log piles on either side are the same photo, flipped; and the trees bear obvious spring greenery, whereas those impressive antoff during winter.

Settlers, having made a long slog far above the most previously settled place, most naturally wanted to develop both sides of a river or stream, so they forded in shallow places above rapids. No sooner had smoke curled from the chimneys than the bridge-builders set to work, often private venture capitalists who would soon be seen nailing up "Walk or Pay Two Cents," or some equally profit-driven phrase. The Cheap Yankee observes here, hastily, that there is absolutely nothing inherently wrong with a profit. However, we should also look up "goug-

I often write about the delight I find in thunderstorms, during which I sit out on the porch to watch what my mother always called "The Greatest Free Show on Earth." Eventually, the sideways driven rain drives me in.

I had this note from a reader in Tuftonboro:

"Your column on lightning brought memories of growing up in the mid-Forties and early Fifties in Wakefield, Mass.," she wrote. "My Dad loved to stand out on the porch to watch every thunderstorm, much to the chagrin of my Mom.

"When he was a young man, he was struck by a bolt of lightning that came down the wires attached to the house, and across the screen

where he was leaning. He was knocked unconscious, and had to carry a very long scar down the left side of his body for the rest of his life."

I've never been hit (knocking on wood here), but I've come close, to the point of hair standing on end and the heavy odor

of ozone. But I'm as pig-headed as a prospector's pack-mule, and go sit on the porch for the show.

(Please addressmail, including phone numbers, to campguyhooligan@gmail. com or 386 South Hill Road, Colebrook, NH 03576.)

# Healing service at **UMC**

Hope Ministries at the First United Methodist Church of Gilford wants you to know that due to unavoidable circumstances the Healing Service scheduled for 7 p.m. on Sept. 27 has been cancelled for this month. The Healing services will resume the last Friday of each month, beginning again on Oct. 25 at 7 p.m.









#### Women's Life **Imaging Center** is the region's

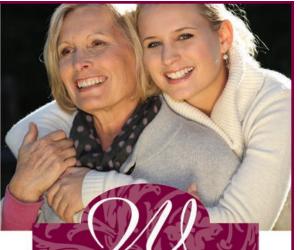
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