

Muehlke Family Tree Farm supports Lakes Region Conservation Trust

The Muehlke Family Tree Farm is pleased to announce that they will donate \$15 to the Lakes Region Conservation Trust for every Christmas tree sold to an LRCT member during the 2019 holiday season, to support LRCT's land conservation efforts. This marks the sixth year that the Muehlke Family Tree Farm has donated to the trust.

The Muehlkes have been growing trees since 1956 and are members of the NH-VT Christmas Tree Association. The Farm offers many varieties of fir and spruce Christmas trees to choose from, as well as free hot cider to enjoy while you walk the beautiful property to choose and cut your own tree. Saws, sleds, and baling are provid-



COURTESY
(Left) Rick Muehlke and his granddaughter Nelle at the Muehlke Family Tree Farm.

ed. "It felt like a natural partnership," said Rick Muehlke of the Farm. "Our family and LRCT are dedicated to the conservation and protection of land in Gilford and the Lakes Region."

Muehlke noted that most of their Tree Farm, owned by his sister Jane and her husband Al Rol-lins, was placed in a conservation easement donated to the Town of Gilford in 1996. This has permanently protected 120 acres on the western slope of Gunstock Mountain. The property includes the site of the first ski lift in New Hampshire, a 3,000 foot long rope tow!

LRCT President Don Berry said, "LRCT is very grateful for the SEE MUEHLKE PAGE A11

Local restaurants partner to support Camp Resilience

REGION — Two local restaurants are demonstrating their commitment to give back to the community this week by donating a percentage of their sales to The Patriot Resilient Leader Institute, a nonprofit that runs Camp Resilience, a series of therapeutic and recreational retreats for veterans, first responders, and their loved ones.

From Nov. 3-7, support Camp Resilience by visiting Patrick's any time during normal busi-

ness hours and simply let your server know you are there to support the organization. They will then donate 25 percent of your food purchases to the nonprofit!

Please note, for those supporters that are already a member of Patrick's Pub Club, they will have the choice of getting Pub Club points OR donating their points to Camp Resilience. They cannot receive points for both the SEE **CAMP RESILIENCE** PAGE A11

New exhibit showcases artist's love for Laconia

LACONIA — Artist Stephen F. Hall is featured at the Belknap Mill's lobby exhibit space with his Loving Laconia artwork through December. Stephen has been painting in acrylics



Golf Club at Patrick's Place opens club for Children's Auction

GILFORD — The Golf Club (TGC) at Patrick's Place is opening their club to the public to host a 9-hole golf tournament during the month of November to benefit Pub Mania and the Children's Auction.

"We're inviting any golfers who want to support fundraising efforts for the kids of the Lakes Region to come out and play in a special tournament for Pub Mania and the Children's Auction," says PGA Professional and Club Manager Dan Wilkins. "Proceeds of the tournament will go to go to support Pub Mania Team 'Birdies for a Cause.'"

"This is a great chance for non-members to experience the club while helping boost fundraising efforts," said Wilkins.

The cost to play in the nine-hole tourna-



COURTESY
Pub Mania Team Captains Rachael Rollins (left) and Allison Mitzel, Pub Mania Team Captains, with Dan Wilkins of The Golf Club at Patrick's Place, invite area golfers to play in a 9-hole tournament at the club and support fundraising efforts for Pub Mania and the Children's Auction during the month of November.

ment is \$20 per player. To schedule a playing time, email Wilkins at dwilkins1960@gmail.com.

"We hope that

TGC members and non-members will come out and play this month and help raise funds for the kids" explains Team Captain

Allison Mitzel, PGA, First Assistant Golf Professional at Laconia Country Club. "We're thrilled that SEE **GOLF** PAGE A11

for three years. Having previously worked in pen and ink and in digital drawing programs, he was curious and wanted to try a new medium.

Then he discovered Laconia...

"What drew me the most was the historical and iconic scenes and buildings," he relates.

While inspired by his surroundings, what Stephen found himself most wanting to paint were the mills, farms, neighborhoods and city streets so rich in color and story left by those who were here before us.

"My hope is that by looking at my art, you will pause and take notice of the rich warm red of the bricks, of the architectural details of a bygone era, of the slant of the late winter sun touching the tops of the buildings. And in that

moment, you will see what I see, care about preserving the history of each place, feeling your connection to those who were here before us and those who will cherish these places long after we are gone."

Hall invites you to become a part of the story.

Prints of Hall's work are available at the Belknap Mill for \$60. \$20 of each print purchased will be donated to the Belknap Mill. Prints of the Colonial Theater and St. Joseph Church are available immediately, others could take two to four weeks for completion.

For more information please visit Stephen's website at: www.steve-hallart.com or via email at: steve@stevehallart.com.

This exhibit is open SEE **LACONIA** PAGE A11

Notes from the Gilford Public Library

BY MARK THOMAS
Library Correspondent

Radical. That's the only way to describe National Radiologic Technology Week, going on right now. Leave your assumptions about radiation professionals, or at least the marketing team of the American Society of Radiologic Technologists, at the door. Their new 'Waves of the Future' branding celebrates 'the important role medical imaging and radiation therapy professionals play in patient care and health care safety.' Medical imaging is used to identify medical problems without surgery.

Did you know that the first X-Ray was taken in 1895 by Wilhelm Conrad Roentgen. I learned that by reading at Radcademy, the self-described 'cool new resource for young audiences.' It's a cool resource for adult librarians too, turns out, and I now know all sorts about medical imaging and

radiation therapy. X-Ray room walls have one 16th of an inch lead lining in the walls on average btw.

I also know that the ASRT is cool because they care about literacy and education. They donated dozens of books on radiation, medical imaging, famous scientists like the Curies, and more to the library to celebrate National Radiologic Technology Week. Books like "The Donut That Roared: A Child's Guide to Surviving an MRI" by Joan Yordy Brasher, a fun picture book written to help children understand what's going on when they get an MRI. Donut shaped MRI scanners can be extremely loud-hence the warning about a roar. There are several books on helping children and teens through cancer treatments, coping with the struggle or loss of loved ones, anatomy and physiology, the history of the field, and biographies for all

ages.

This new collection of books is available for borrowing right now, so swing by the library to see the display and learn something new!

**Classes & Special Events
Oct. 7-Nov. 14**

Thursday, Nov. 7
Geri Fit, 9-10 a.m.
Playgroup, 10:30-11:30 a.m.

You and your little one will enjoy an introduction to a preschool setting without the added expense. You and your child have the opportunity to make and play with new friends. There will be songs, crafts, games, and coffee will be served.

Homeschool Game Club, 12:15-2:15 p.m.
Conversational French, 4-5 p.m.

Case Closed on the 1873 Smuttynose Ax Murders, 6:30-7:30 p.m.

For almost 150 years, the moonlight

ax murders of two Norwegian women on the rocky Isles of Shoals has haunted New England. Popular historian and lecturer J. Dennis Robinson cuts through the hoaxes, lies, rumors, and fiction surrounding the arrest, trial, and execution of 28-year old Louis Wagner, who claimed his innocence to the end. This is a NH Humanities Program, and is free and open to the public.

Friday, Nov. 8
Social Bridge, 10:30 a.m.-12:30 p.m.
Crafty Preschool Storytime, 10:30-11:30 a.m.
Knit Wits, 1:30-2:30 p.m.
Advanced Conversational German, 2:30-3:30 p.m.

Monday, Nov. 11
CLOSED for Veteran's Day

Tuesday, Nov. 12
Geri Fit, 9-10 a.m.

Hook Nook, 10-11 a.m.
Bridge, 10:30 a.m.-12:30 p.m.
Preschool Story Time, 10:30-11:30 a.m.
Digital Skills for Everyday Life, 6-7:30 p.m.

Did you know that you can use Google to create a resume, search for a job, and help yourself prepare for an interview? Join us for this class using Google products, such as Google Doc, Gmail, and Google Search. Sign up at the library! Clickers, 6:30-8 p.m.

Wednesday, Nov. 13
Line Dancing, 9-10:30 a.m.
Check Out an Expert, 10 a.m.-noon
Lakes Region Fiber Artists and Crafters, 10 a.m.-noon
The InbeTween: Library Teen/Tween Club, 2:30-3:30 p.m.
Chess Club, 3:30-4:30 p.m.

Thursday, Nov. 14

Geri Fit, 9-10 a.m.
Playgroup, 10:30-11:30 a.m.
Homeschool Game Club, 12:15-2:15 p.m.
Brown Bag Book Discussion, 12:30-1:30 p.m.

This month's book is "Whiskey When We're Dry" by John Larison, described as "...a smooth yet bracing Western yarn..." Copies of the book will be available at the circulation desk, and the discussion will be led by Molly Harper.

Crafternoon @ The Library, 2:30-4:30 p.m.

Join Kayleigh to make a craft at the library! You can make one of our provided crafts, or bring your own crafts to work on. Sign up at the library. This month's craft is Holiday Wreaths!

Conversational French, 4-5 p.m.
Evening Book Discussion, 6-7 p.m.

See 'Brown Bag Book Discussion' above.

Gilford Public Library
Top Ten Requests

- 1. "Blue Moon: A Jack Reacher Novel" by Lee Child
- 2. "The 19th Christmas" by James Patterson
- 3. "Olive, Again" by Elizabeth Strout
- 4. "The Giver of Stars" by Jojo Moyes
- 5. "Educated" by Tara Westover
- 6. "The Shape of Night" by Tess Gerritsen
- 7. "The Guardians" by John Grisham
- 8. "Summer of '69" by Elin Hildebrand
- 9. "The Night Fire" by Michael Connelly
- 10. "The Water Dancer" by Ta-Nehisi Coates

GILFORD POLICE LOG

The Gilford Police Department reported the following arrests from Oct. 22 to Nov. 4.

Shaun Rafael Ortiz, age 31, current address unknown, was arrested on Oct. 22 on two counts of Violation of a Protective Order.

A juvenile was arrested on Oct. 24 for Possession and/or Use of Tobacco Products

By a Minor.

Joseph A. Levesque, age 38, of Laconia was arrested on Oct. 24 for Criminal Mischief.

Timothy J. Spooner, age 32, of Manchester was arrested on Oct. 25 in connection with a bench warrant.

Floyd E. Muncey III, age 44, of Laconia was arrested on Oct. 27 for Driving After Revoca-

tion and/or Suspension.

Joseph Martin, age 48, of Madison was arrested on Oct. 28 for Sexual Assault-Sexual Contact and Simple Assault-Physical Contact or Bodily Injury.

Matthew Lindsey, age 18; Justin Hoyos, age 18; and Zachary Doyon, age 18, all of Merrimack, were arrested on Nov. 3 for Criminal Trespassing.

Michael Fitzroy Joseph, age 20, of Bethesda, Md. was arrested on Nov. 3 for Reckless Operation.

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Lakes Region Community Developers to host November Chamber Mixer

LACONIA — Lakes Region Chamber is pleased to announce Lakes Region Community Developers will be hosting the Nov. 14 Chamber Mixer at their new location at 193 Court Street in Laconia. Enjoy light refreshments from 4:30 – 6:30 p.m. Tour the office and meet the team that develops healthy homes in the Lakes Region. Mixers are a great opportunity to grow your business relationships, make new connections and learn about the mission of a local business.

Lakes Region Community Developers recently celebrated the opening of the completion of the renovation of their new office with a Ribbon Cutting Ceremony.

“Our new building will provide LRCD



COURTESY
(Left) Board members at Lakes Region Community Developers celebrated with a ribbon cutting at their recent board meeting including Dana Nute, Resilient Buildings Groups; Geoff Ruggles, Northway Bank; Ashley Davis, Four Seasons Sotheby’s International Realty; Aaron Bassett, NantOmics; Corey Hoyt, Mainstay Technologies; Chris Dickinson, Northway Bank; Carmen Lorentz, Lakes Region Community Developers Executive Director; Lori Borrin, Meredith Village Savings Bank; Frances Strayer, Plymouth State University; Benjamin Wilson, Edward Jones.

staff and volunteers with more functional space in which to work, and it will enable us to provide new programming that is needed in the community,” said LRCD Ex-

ecutive Director, Carmen Lorentz. “It was exciting to redevelop a vacant building into a vibrant hub of activity that contributes to downtown revitalization in Laconia.”

Lakes Region Community Developers helps the Lakes Region thrive by developing healthy homes, creating vibrant community assets and engaging residents.

Founded in 1988 as the Laconia Area Community Land Trust, LRCD has developed 365 healthy and affordable rental homes in Ashland, Gilford, Laconia, Meredith, Tilton, and Wolfeboro. In 2017, LRCD expanded its mission to include new types of real estate development and new programming that empowers residents to effect positive change in their communities. For more informa-

Lakes Region Chamber is a private, non-profit organization striving to create and promote a more engaged community and thriving economy for the businesses in the Lakes Region. For more information about the Lakes Region Chamber along with a community calendar of events, go to LakesRegionChamber.org or contact Joanne Haight, Membership Manager at 524-5531.

GILFORD PARKS AND RECREATION NEWS

BY HERB GREENE
Director
Gilford Parks and Recreation

Youth Basketball registration deadline is Nov. 12!

The Gilford Parks and Recreation Department is currently accepting registrations for the Youth Basketball Program for Gilford children in grades one through six. The early registration fee is available through Nov. 8 and the final registration deadline for all divisions is Wednesday, Nov. 12. Any registration submitted after Nov. 12 will be accepted on an availability basis only.

For more information, please contact Parks and Recreation Director, Herb Greene at 527-4722.

Gunstock Ski/Snowboard Program registration deadline Nov. 15!

The Gilford Parks and Recreation Department is sponsor-

ing a four-week learn to ski/snowboard program to be held at Gunstock Ski Area for Gilford children in grades one through eight. This program will be running from 4:30-8 p.m. every Tuesday from Jan. 7 – Jan. 28th, 2020. There is also rental equipment available to those who need it. Registration deadline is Friday, Nov. 15, 2019.

For more information please contact Parks and Recreation Director, Herb Greene at 527-4722.

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 see the Celtics take on the New York Knicks on Wednesday, March 18, 2020. Cost of the trip is \$80 per person and includes round trip motor coach from Gilford or Belmont 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 pro-shop 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 527-4722 or visit their Web site at www.gilfordrec.com.

Senior Moment-um Programs

Senior Moment-um Game Day and Breakfast Bites on Nov.18

The Gilford Parks and Recreation is sponsoring a Senior Moment-um Program

on Monday, Nov. 18. We will meet at the Gilford Community Church Fellowship Hall at 10 a.m. for a morning of games, including Scrabble, Rummikub and Trivia! The Parks and Recreation will be providing some tasty breakfast bites along with coffee and tea. Participants are asked to RSVP by Thursday, Nov. 14.

Senior Moment-um Theatre Night "School of Rock" Nov. 21!

Gilford Parks and Recreation in conjunction with the GHS Performing Arts, is sponsoring an evening at the Theatre for participants of the Senior Moment-um Program. This activity is scheduled for Thursday, Nov. 21. Participants will meet in the cafeteria at 5 p.m. to enjoy a "dessert and coffee hour" before heading to the Auditorium at 6 p.m. to watch the High School's performance of "School of Rock." There is no fee for this program, but space is limited and reservations will be accepted on a first come basis. RSVP no later noon on Friday, Nov. 15.

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

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The existing home was severely damaged by fire and any improvements to the property such as well and septic are unknown. Additionally, there is a sizable amount of debris on the property and the previous owner is still at the property. All of which will be the responsibility of the successful bidder.

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SEE TAYLOR PAGE A11

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OPINION

MARK ON THE MARKETS

Principled investing



BY MARK PATTERSON

I first heard it referred to as “socially responsible” investing, then it became impact investing or green and several other ways that I want to refer to as principled investing. Speaking with many investors gives me insight as to what their objectives are when investing their money. Often times they come in my office with some mutual funds that are categorized as growth or income, large-cap, small-cap, international, and a bunch more. Eight or nine years ago I had given some presentations regarding socially responsible or impact investing. Many times, these talks attracted people who are environmentally minded. As the word got out that I was designing portfolios of investments specifically based on people’s principles and values, I found that almost everyone wanted to tailor their portfolio and invest in companies that they felt good about and more importantly, avoid those companies or industries they despised.

The “socially responsible” tag was often stuck on those with politically left leanings who did not like companies such as Walmart, Exxon Mobil or a host of other companies whose practices or products they questioned. I have also had clients that sold their mutual funds because they had Internet related companies like Google a.k.a. alphabet, because these clients were concerned about Internet pornography. In the past, I have had clients tell me they did not want GE in their portfolio because the previous CEO was

an economic advisor to the past administration in Washington DC and political crony.

I believe most people do have their opinions, likes and dislikes and principles when it comes to investing their money. As an advisor there are certain companies that I would not invest my own money based on my principles. But my principles are not your principles, you must voice your opinions and principles as to where you want your money invested and where you do not. It’s very difficult to eliminate all companies that you may have an issue with, but identifying beliefs based on your principles that are important to you, and then talking to your advisor about it is a great start. There are plenty of great companies whose equity (stock) or debt (bonds) you can buy for your portfolio that can fit your criteria.

If you choose to plow your money into mutual funds you must understand that you may have an issue with many of these companies in the fund’s portfolio. There are a few “socially responsible” funds but they may not reflect your principles, likes and dislikes at all. There are some great advantages to building your personal portfolio with individual stocks and bonds as opposed to mutual funds. I understand that many may be forced into funds because they’re in your 401(k) 403B plan, or you may just be getting started and not have enough money to get diversification with individual stocks or bonds.

If you have not done so yet go to my Web site, www.MHP-asset.com, go to the risk analysis button to obtain your risk number that you can match up to your current portfolio or see what your risk number portfolio mix may appear.

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

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NORTH COUNTRY NOTEBOOK



By JOHN HARRIGAN
COLUMNIST

Trail cameras have come far since their first major appearance in the market before the turn of the last century. Prices have held steady, even as cameras have become more compact, with better lenses and a host of bells and whistles.

It’s still a buyer’s market. My trail camera, purchased twenty years ago for around \$90, is a clunker compared to today’s models, even though it still works fine and takes decent pictures. I’d have to creep out and set it up in the dead of night, out of sheer embarrassment.

The Sportsman’s Guide keeps coming in the mail despite the fact that I haven’t bought anything since my last pup-tent in 2010, which nobody even calls a pup-tent any more. What appeared to me to be a decent trail-cam was in this week’s on-line catalogue for \$79.99 (“Stealth Cam No Glow IR 12 MP,” none of which I understood).

Dick’s Sporting Goods, meanwhile, was offering a Brown-ing Dark Ops HD ProX trail camera for \$169.99. This, as it turns out, seems about mid-range in quality and price. (The descriptions of these cameras, the layman observes, contain information that might as well be hieroglyph-

A bit of trail-cam history: How come this, and that?



JOHN JONASCH — COURTESY

John Jonasch lives on a little dead-end road in Alton, where all sorts of creatures visit his feeder. This is the only photo I’ve seen of a bobcat sitting, in profile, its little tail straight out.

ics. It would take a PhD to run one.)

+++++

Readers frequently send me trail-cam photos, made all the better by the accompanying stories. But a couple of key ingredients are too often missing. These are town, and telephone number.

I’ll disclose neither in print, of course, without permission. But the town is often a key part of the story. A moose could be remarkable in one part of the state, but humdrum in another. Either way, New Hampshire is still a small enough state that people care. They well may have an Aunt Edna and Uncle Fudd in East Overshoe, or went there once for an unforgettable piece of pie.

Also, I’d appreciate a telephone number. Email is sufficient at

the outset, but a telephone number is vital for followup, especially in case of questions. A photo is often pointless without explaining the how, when, and why. It’s easier on the phone, and (for me, anyway) a lot more fun.

+++++

Coyotes regularly show up on trail-cam photos, but so far there have been no good images of mountain lions--read that cougars, catamounts, panthers, painters, and a host of other names.

The answer to this paucity, I think, is that photos of cougars have in fact been taken, but people have been reluctant to send them in to media or any other form of what can be thought of as Officialdom. They are protecting “their” mountain lions from anyone who might want to see it,

photograph it, shoot it.

Another reason is that people might not want the notoriety that would go along with any good image of a mountain lion captured by camera. The cougar controversy has been going on for a very long time, and is still very much alive. For every person convinced, there are a dozen Doubting Thomases.

And nobody wants to be insulted, disparaged, or mocked.

+++++

Despite the federal government’s declaration that the ancient sub-strain--the Eastern cougar--no longer exists and may never have, does the full protection extended to it under the Endangered Species Act still apply? I’d guess that it would. I recall that the penalty for killing one, ex-SEE **NOTEBOOK** PAGE A12

STRATEGIES FOR LIVING

When God intervened

BY LARRY SCOTT

As my father stepped from his second-floor office one morning in 1949 he could scarcely believe what he was seeing on the floor twelve feet below. Lying face down, bleeding from the left ear, and unconscious, he saw what was left of me following a fall that came perilously close to ending my life.

The stairway that led to the ground floor of our home, you see, was sided by a winding, smooth banister that no self-respecting 10-year-old could ignore. The trick was to slide down the banister and reach the first floor in record time. This time I missed!

How I survived I do not know but, surprisingly, my injuries were minimal. Except for a broken bone in my shoulder and reduced hearing in that

left ear, I recovered completely within just a few months.

And now ... the rest of the story.

My parents were missionaries in the city of Cusco, Peru, and a week or so later my father received a letter from a lady in the United States whom he did not know.

“Could it be,” she wrote, “that you had a particularly bad day on Wednesday. As I was working around my home I felt a special burden to pray for you. I stopped what I was doing, prayed for you and your family until the “burden” lifted and I write to let you know about my experience and to ask how you and your family are doing.” My father wrote back – and never heard from her again – that that was the day his family was in desperate need of di-

vine intervention.

I realize that to the skeptic the event has no merit. Grant the point ... but my Bible paints a surprisingly different picture from what you might think. There is a personal God ... and at times His love and care come through in rather spectacular fashion. Were we special? Not at all. But God does not care about any of us because of who we are; He is available to each of us because He is God.

You have perhaps gathered, if you follow my blog (at indefenseoftruth.net), that when I write of tough times and sleepless nights, I know what I am writing about. Through the years I have had to live through some of life’s most difficult experiences and were it not for the watchful care

of a loving Heavenly Father, I can’t imagine where I would be today. There have been times, I must admit, when it seemed God had gone AWOL and left me to dangle in the wind. I have, more than once, asked myself, “Where was God when the lights went out.” But He was there, standing in the shadows, and eventually I have been able to look back and marvel at how God has intervened in my life.

I trust it is a discovery that you, too, have made. If not, I can assure you that He is everything you could ever want in a caring and benevolent Father. God is a “gentleman,” however, and He will come into your life only by invitation.

For more thoughts like these, follow me at indefenseoftruth.net.

Taylor Community, Huot Technical Center partner for student learning

LACONIA — Taylor Community recently hosted the Huot Technical Center Health Science students for a day of learning and career exploration. The 70 students are juniors and seniors from high schools around the Lakes Region who are considering careers in healthcare. The students went through an orientation with Human Resources, learning about the interviewing and hiring process, and then spent time learning about career opportunities from many different departments at Taylor Community.

The goal of the day was to introduce the students to the many opportunities that are available at Taylor Community and other healthcare facilities throughout the greater Lakes Region. Students learned about careers in nursing, physical therapy, social work, and everything in between. Following the educational sessions, the students took a walking tour of the Taylor Community campus, followed by a



Taylor Community recently hosted the Huot Technical Center Health Science students for a day of learning and career exploration.

COURTESY

BBQ lunch. "I'm excited about and grateful for our expanding partnership with the Taylor Community," said Gina McGuire, RN, Health Science Technology Instructor at the Huot

Technical Center. "This opens up a wide variety of experiences for our Health Science students to observe highly-trained professionals from all aspects of the industry, and to build relationships with residents as we participate in activities. This is truly a community collaboration and serves to benefit everyone involved."

The Huot Technical Center is a regional program for 11th and 12th grade students from Laconia, Gilford, Belmont, Inter-Lakes, Franklin and Winnisquam Regional High Schools, providing career and technical education programs that offer new and different learning experiences

that combine theory with hands-on learning. Huot students will return to Taylor Community on a regular basis to get to know residents and conduct their clinical training for LNA licensure.

"Being virtually next door to the high school allows us to provide this unique learning opportunity to the students," commented Taylor Community's Assistant Director of Health Services Crystal Hardy. "We are hoping that this new relationship will continue to grow over the coming years, and that students will be inspired to stay in the community as they travel their career paths."

Due dates announced for Children's Auction grants

LACONIA —The Greater Lakes Region Children's Auction (GLRCA) is accepting applications for funding in November and December.

The deadline for funds needed to meet urgent needs is Nov. 10. Applications for funding in all other categories will be accepted until Dec. 15. Application forms are available on the Children's Auction website at www.childrensauction.com.

The Children's Auction has been fortunate to have considerable growth over the years and with this comes a greater responsibility to distribute funding in a way that will benefit our community with maximum impact. "This year we raised \$580,584 and we are so grateful to the

community for all of their support," said Jaimie Sousa, Children's Auction board chair.

Sousa said organizations with tax-exempt status under Section 501(c) 3 of the Internal Revenue Code and/or public agency status; a primary base of operations in the Greater Lakes Region; and a proven history of providing value to the children of the local community are invited to apply for funding.

Each organization's funding request will be considered in four different categories:

- Category A efficiently funds urgent needs
- Category B funds those nonprofit organizations that work to eliminate or mitigate

the need for basic and extended services for children.

- Category C funds capital initiatives that improves the lives of children or enhance the ability of agencies to deliver their services.
- Category D funds organizations that have an educational/SEE AUCTION PAGE A11

Wesley Woods to host program on "Black Bear Happenings"

On Nov. 15 at 10 a.m., Wesley Woods welcomes Mary Goodyear, a volunteer of the NH Fish and Game Fish and Wildlife Stewards program, and retired Fish and Game employee.

Goodyear will present "Black Bear Happenings," a presentation that offers us a chance to learn of our native wildlife, related to the research and management activities, in New Hampshire, and the part that the Black Bear plays in it.

The presentation will be in the Wesley Woods Community Room, located in the First United Methodist Church in Gilford, off Route 11A. Light refreshments will be served. Please contact Stace, at 528-2555 or sdhendricks@wesley-woods-nh.org, for more information, or to RSVP.



How to Submit Obituaries & Announcements To Salmon Press Publications

Obituaries and Announcements of special events such as weddings, engagements, and anniversaries are published **FREE OF CHARGE** in any/all Salmon Press newspapers.

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.

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John B. Leitch, 98

LACONIA — Beloved father, grandfather, and great-grandfather John B. Leitch, 98, passed away on Wednesday, Sept. 25, 2019 in Laconia.

John was born May 26, 1921 in Northern Arm, Newfoundland, with a twin sister, Ruth. Adopted by Harold and Getrude Leitch in 1922, he spent early childhood years in Franklin, NH, later moving to Andover, MA, where he lived most of his life until retirement.

John graduated from Lowell Technical Institute and received a Master's degree in engineering from Stevens Institute of Technology. He served in the United States Navy during WWII. He married Dorothy Christie in 1943, and they raised four boys, Douglas, John, Peter, and David.

John worked at Western Electric, where he was an engineer for over 25 years. He was a member of the Masonic Lodge in Andover, Mass., where he was a 33rd degree past master, and was active in his church community for many years. He loved playing cards, golf, doing crossword puzzles, and used to thrill his grandchildren with his model trains that he spent many hours constructing in his basement.

The most important thing in John's life was his family. He spent many summers at his family's lake house in Tilton. The house became a favorite destination for his boys and then their families. He and Dot loved the Lakes Region so much that they retired to Laconia, where they would both spend the rest of their lives, eventually moving to Taylor



Community. The lake house allowed his family to spend time with them and with each other. Many summer afternoons and evenings were spent with extended family members at the large dining room table for dinners, birthdays, weddings, and numerous other celebrations.

John is survived by his sons Jack, Peter, and Dave; seven grandchildren, and six great-grandchildren.

He was predeceased by his wife, Dorothy, and son Doug, as well as his second wife, Charlotte, and his twin sister, Ruth.

Calling Hours will be held on Saturday, Nov. 9, 2019 from noon-1 p.m. at the Wilkinson-Beane-Simoneau-Paquette Funeral Home, 164 Pleasant St., Laconia, using the Carriage House entrance.

A Memorial Service will follow at 2 pm also at the Funeral Home.

A private burial will take place in Pine Grove Cemetery in Gilford.

For those who wish the family suggest memorial contributions in John's name be made to the American Heart Association, 2 Wall Street, Suite 104, Manchester, NH 03101.

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

Comfort Keepers

Elderly home care and depression – Symptoms and prevention tips

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

No matter what age we are, living a life of purpose, connection and joy is critical for our physical and mental wellbeing. For older adults, a variety of obstacles like vision loss, social isolation, mobility problems and memory issues can make enjoying life more difficult.

Why is it important for seniors to focus on their mental health?

- Socially isolated seniors have a 59 percent greater risk of mental and physical decline than those who do not experience social isolation (Forbes).
- The health effects of social isolation and loneliness on seniors is equivalent to smoking 15 cigarettes per day (AARP.org).
- Depression in the elderly is associated

with increased risk of cardiac diseases and risk of death from illness (WebMD).

Signs of depression in seniors can include change in attitude, self-isolation, weight loss, fatigue or lack of interest in once enjoyable activities.

For older adults that want to improve their quality of life through enhanced mental health, there are a few things they can do to kick off their healthy habits.

- Exercise – Seniors should always consult with a physician before starting any physical activity or fitness program. Seniors that are able, and approved, to exercise may see increased physical and mental wellness. Exercise has been proven to have a positive effect on the brain.
- Connection – At

any age, many people find joy in spending time with family and friends. Social isolation can be a problem for seniors that have mobility issues or aren't able to drive, or who have loved ones that live far away. However, there are services that can help overcome these issues, including transportation help, in-home care assistance, technology that fosters connection and other outside sources of help.

- Volunteering – Sharing time and talents doing volunteer work can bring a sense of purpose and fulfillment. Many organizations have programs and volunteer opportunities specifically geared to older adults.
- Spending time on joyful activities – Everyone has a different interest or hobby that brings joy, wheth-

er that's music, art, dance, gardening or games. Seniors should try to spend time doing something that brings them happiness on a daily basis to improve their quality of life.

About Comfort Keepers

Maintaining senior health and wellbeing is a priority for the team at Comfort Keepers®. Our caregivers can assist in providing seniors with transportation to and from the doctor's office or clinics to receive their vaccinations. In addition, caregivers can also work to promote a healthy lifestyle by supporting physician-recommended diet and exercise plans, as well as medication reminders. Contact your local Comfort Keepers office today to learn more.

LRMHC holds 53rd Annual Meeting, “Inspiring Hope in Recovery”

GILFORD — The Board of Directors of Lakes Region Mental Health Center (LRMHC) held their 53rd Annual Meeting, “Inspiring Hope in Recovery” on Oct. 22 at Contigiani's Event & Conference Center in Gilford. Three new board members were welcomed to LRMHC: Atty. Peter Minkow of Minkow and Mahoney Mullen, P.A.; Laura LeMien, Registrar at Lakes Region Community College; and Marlin Collingwood, Interim Vice President of Communications, Enrollment & Student Life at Plymouth State University. The elected slate of officers for 2019 – 2020 include Jannine Sutcliffe, President; Deb Pendergast, Past

President; Gail Mears, Vice President; Matt Soza and Edward McFarland as Co-Treasurers; and Susan Stearns, Secretary.

Randy Pierce, who was the featured keynote speaker, is founder of the charitable organization 2020 Vision Quest and is an entrepreneur, adventurer and philanthropist.

A lifelong New Hampshire resident, he graduated from UNH in 1988 with a Bachelor's degree in Electrical Engineering and began his first career as a computer hardware design engineer. Spare-time pursuits since college have included extensive experience in martial arts, hiking, skiing, bicycling, and running road races. Randy is

also totally blind. Always embodying the 2020 Vision Quest theme of “Achieve a Vision Beyond Your Sight,” he has continually forged ahead to experience an amazing variety of adventures and accomplishments.

Jannine Sutcliffe, Board President, recapped past year achievements which included collaboration with community partners to provide staff coverage for The Doorway at LRGHealthcare to ensure individuals with substance misuse and co-occurring mental illness receive timely and appropriate treatment, implementation of the Bridge program which provides individuals with a severe & persistent mental illness diagnosis access to needed housing and the expansion of substance use disorder treatment services.

“We continue to work with the Laconia Police Department, the Belknap County House of Corrections and other law enforcement officers to reduce ER usage by creating a pathway

of care for individuals who need our services. Additionally, given that NH's demographics are rapidly changing, we have expanded our neuro-cognitive services to address health care needs unique to an aging population.

Healthcare institutions are reengineering internal processes to improve the patient-care experiences.

According to Anil Swami of Accenture, “Meeting the basic needs of patients and customers requires improving established modes of working. To create a customer-centric service experience, different departments need to collaborate and share information in new ways. Processes must be in place to protect confidential information, of course, but ultimately the goal is to make it easier for patients to get the care and support they need.

Access to mental health services remains one of the top challenges facing local residents according to the 2017 Central NH Health

SEE LRMHC PAGE A11

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Dante will need an experienced owner willing to give him all of the attention he needs. Dante has not done particularly well around other dogs, and should not be exposed to cats or small animals. He is going through regular training with our kennel staff that will need to continue in a home environment. He is currently looking for an adult-only home as the only animal.

If Dante has stolen your heart and you are interested in learning more about him, please contact our adoptions counselors at adoptions@nhhumane.org or (603) 524-3252.



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Prescott Farm offers holiday crafting & baking programs

LACONIA – ‘Tis about to be the season. You know the one.

But will your 2019 holiday season be one of burdensome clicks through online shopping sites and frustrating visits to a big box store? Followed closely, of course, by heart-stopping credit card invoices? It doesn’t have to be!

Prescott Farm invites you to take part in one of the many holiday baking and crafting programs being offered in November and December. Celebrate your connection to the ones you love by connecting with nature-inspired holiday programs. The creations you make and the skills you learn can be part of making your holiday season very merry and bright.

Upcoming programs for adults:

Homemade Herbal Gifts (Saturday, Nov. 16; 10 a.m.-noon)

Holiday Food Crafting (Saturday, Dec. 7; 10 a.m.-noon)

Natural Wreath Making (Saturday, Dec. 7; 1-3 p.m.)

Upcoming programs for families:

Season of Light: DIY Upcycled Lanterns (Saturday, Nov. 23; 10 a.m.-noon)

Gifts of the Night Tree (Saturday, Dec. 14; 10-

(Right) Friends can spend quality time together at Prescott Farm as they craft beautiful ornaments and create delicious food in celebration of the holiday season. Visit prescottfarm.org for more information.

11:30 a.m.)

Nature-Inspired Ornaments (Saturday, Dec. 14; 1-3 p.m.)

With friends, family members, or as a special treat just for you, reconnect with the meaning of the holidays by creating beautiful nature-inspired crafts and baked goods. For program details and registration information, please visit www.prescottfarm.org or call 366-5695.

Prescott Farm is a nonprofit 501c3 dedicated to environmental education and preservation. For more than twenty years, Prescott Farm has been a destination for people of all ages to learn about New Hampshire wildlife, ecology, natural history and cultural history through hands-on public programs and service learning opportunities in the beautiful Lakes Region of New Hampshire. It is a designated wildlife viewing area with over 160 acres of idyllic farmland, forest, trails and pastures. The property is open daily, year-round to the public including



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more than three miles of woodland, pond and field trails, heritage gardens, and a Natural Play-scape. Prescott Farm is also home to Fledglings Nature-Based Preschool

and WildQuest summer and vacation camps. For more information about Prescott Farm and all of its programming and ways to help, please visit www.prescottfarm.org.

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Pitman's presents a night of comedy

LACONIA — Pitman's Freight Room at 94 New Salem St. in Laconia is pleased to announce the following event for this weekend:

Friday, Nov. 9, 8 p.m., \$20: Comedy featuring Jim Lauletta and Steve Scarfo

Boston-born comedian/actor Jim Lauletta is one of the most popular headlining cruise ship and night club in acts in the country. For 23 years, Lauletta has entertained audiences around the world but has some kept under the radar.

"My E-True Holly-

wood Story is still a work in progress!" he jokes.

Steve Scarfo is a more than 20 year veteran of the Boston Comedy Scene. His high energy real life approach to material coupled with his sometimes bizarre viewpoint is sure to strike a cord in any audience and keep them in stitches. He has worked in Comedy Clubs all over the New England.

Doors open at 7 p.m., and we are a BYO venue. For reservations, call 494-3334. www.pitmansfreightroom.com

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SALUTING *Our Veterans*

Remembering our veterans

The men and women who defend the liberties and freedoms of the countries they represent hold a special place in people's hearts and an eternal spot in their countries' histories.

Any opportunity is a good time to commemorate the bravery and selfless deeds of military personnel, but certain prominent holidays in November make this an especially important time to thank veterans for their service.

November 11 is Veterans Day in the United States and Remembrance Day in Canada. It's also known as Armistice Day in other parts of the world. These holidays honor all military veterans who have provided service to their countries, and that each falls on November 11 is no coincidence, as the day commemorates the anniversary of the end of World War I on the 11th hour of the 11th day of the 11th month of 1918.


Many places around the world pause and remember fallen veterans on November 11, but a good majority of Veterans Day and Remembrance Day commemorative events focus on

past and current veterans who are still alive. There are many ways to honor the military at home and abroad in time for the November festivities. The following are just a handful of ways to show appreciation for military men and women.

- When dining out, ask your server if you can pay the tab for a soldier or veteran you see in the restaurant.
- Attend a military parade with your family and explain the significance of the day to children in attendance.
- Draft letters and send care packages to soldiers currently in service far away from home.
- Ask your company if Veterans Day or Remembrance Day can be an observed holiday at your place of business each year to pay homage to servicemen and women.
- Visit a military memorial in a city near you. Your town also may have its own memorial.
- Petition town officials to erect a memorial if your town does not already have one. Such

memorials can be a source of inspiration for your community.

- Support a military family in your town who may be missing a loved one stationed elsewhere. Make meals, mow the lawn, help with grocery shopping, or simply provide emotional support.
 - Volunteer time at a veterans' hospital. You may be able to read with veterans or engage in other activities.
 - Get involved with a military support charity that can provide much-needed funds to struggling families or disabled veterans.
 - Have children speak with veterans in your family, including grandparents, uncles and aunts or even their own parents. It can help them gain perspective on the important roles the military plays.
 - Ask a veteran to give a commencement speech at a school or to be the guest of honor at a special function.
 - Drive disabled veterans to doctors' appointments or to run any errands.
 - Support a local VFW organization.
 - Create a scrapbook for a veteran in your life.
 - Cheer for or thank military personnel each time you see them.
 - Visit the veterans' portion of a nearby cemetery and place poppies or other flowers on the graves.
 - Always keep the military on your mind and never forget those who have served and didn't return home.
- Armistice Day, Remembrance Day and Veterans Day are great ways to honor past and current military for their service and sacrifice.




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3 unique ways to give back to service members

Military service in the United States was once more common than it is today. According to the Council on Foreign Relations, the draft for military service was ended in 1973, a point in time when 2.2 million men and women made up the country's active military personnel. By 2018, the number had dipped below 1.3 million. Military service in Canada is also somewhat uncommon, as the Department of National Defence reports that active military personnel totaled just 68,000 as of 2018.

The vast majority of people in countries where military service is not compulsory will never serve in the military. But that does not mean non-military personnel do not appreciate the sacrifices service members and their families make. In fact, a recent report conducted for Canada's Department of National Defence found that while many Canadians seem only vaguely aware of what their military

does, appreciation for service members was high.

Service members and their families make many sacrifices to protect the lives and freedoms of their fellow citizens. The following are three unique ways to give back to these selfless men and women, who often benefit greatly from even the simplest of gestures.

1. Serve as a driver for veterans.

Unfortunately, many service members return from overseas missions with disabilities, some of which prevent them from driving. Adults who want to help service members can serve as drivers for veterans who can't drive themselves. Such a gesture ensures they won't miss any appointments with doctors or physical therapists, helping them get on the road to recovery that much quicker.

2. Donate your airline miles.

Some disabled veterans receive medical

treatments far away from home at facilities that specialize in treating certain types of injuries, which can make it difficult for their families to be there for them during their recoveries. By donating airline miles to military families, ordinary adults can ensure injured servicemen and -women can still see their families during difficult times in their lives. Access to such support systems can be a big help as veterans work to recover from their injuries.

3. Sponsor a service dog.

A significant percentage of veterans return home with post-traumatic stress disorder, or PTSD.

PTSD has been linked to a host of conditions, including depression and anxiety. However, programs such as Companions for Heroes, an organization that places service dogs with veterans, has helped many veterans successfully cope with PTSD. By sponsoring a service dog through an organization such as Companions for Heroes, adults who want to help service members can provide an invaluable service to men and women fighting to regain their quality of life.

There are many ways for ordinary citizens to show their support for the brave men and women who selflessly serve in the military.



Paul Despina in 1965 joined the Marines, in 1972 joined the Navy and three years later joined the Army. His family is so proud of him. And loves him

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Bank of New Hampshire’s Prestige Plus customers visit Albuquerque Balloon Fiesta!

LACONIA — Bank of New Hampshire’s Prestige Plus members recently returned from a six day trip to New Mexico for the Albuquerque Balloon Fiesta. With more than 500 hot air balloons, it is the largest balloon event and the most photographed event in the world!

The mass ascension of balloons in the early morning was a trip highlight! The experience of watching hundreds of hot air balloons take flight is humbling and inspiring. The Rio Grande Valley creates a breathtaking backdrop for the spectacular display of color in the sky. A few Prestige Plus members took to the sky and went up in a hot air balloon during the morning mass ascension. Denis Hebert of Laconia was one of those brave people.

Hebert stated, “It has been on my bucket list for a long time. To be in the midst of hundreds of balloons in the air was spectacular. It was a great experience.”

A special moment for everyone was the Balloon Fiesta by moonlight. All of the balloons are tethered to the ground and lit from within after



Bank of New Hampshire’s President and CEO, Paul Falvey along with Prestige Plus members volunteering at The Food Depot in Santa Fe, N.M. during their trip to Albuquerque for the 2019 Balloon Fiesta.



COURTESY

dusk. This is known as the Balloon Glow. George and Nancy Jewell from Meredith stated “it was a spectacular sight to see hundreds of balloons lit up at the same time against the night sky.”

One of the most rewarding experiences of the trip was when the group took time away from site seeing to volunteer at Santa Fe’s Food Depot. Bank of New Hampshire’s President & CEO Paul Falvey explained, “Bank of New Hampshire has a deep commitment to the communities it serves and we wanted to extend that service and commitment to the communities we travel to by volunteering with

our Prestige Plus travelers. We are proud to give back to the people of New Mexico through our volunteer effort at The Food Depot.” The Food Depot distributes 430,000 meals each month with help from donations and volunteers. Sarah Carter, a Maine native and Volunteer Program Manager at The Food Depot said, “It was such a pleasure working with the Bank of New Hampshire team! We are especially grateful you traveled so far and chose to spend an afternoon helping feed Northern New Mexicans in need.”

Highlights of the trip were visiting the Nuclear Science & History Museum which

included the details of the Manhattan Project, a ride along the eclectic Route 66 with a stop at the Route 66 Diner, the stunning views along the historic Turquoise Trail and staying two nights in the beautiful historic town of Santa Fe with its’ quaint shops and many art galleries. The group also enjoyed authentic Southwestern food including Native American, Mexican and Spanish cuisines.

Bank of New Hampshire manages a professional travel club as one of the many benefits for its valued Prestige Plus customers. Access to seminars, day trips and overnight trips are a part of these benefits. With

many years of experience in the bank travel industry, customers know when they sign up for a trip the quality will be unsurpassed. To learn more about Bank of New Hampshire’s Prestige Plus program, contact Cindy Salta, Assistant Vice President - Prestige Plus Officer at 527-3901 or salta@banknh.com.

Bank of New Hampshire, founded in 1831, provides deposit, lending and wealth management products and services to families and business-

es throughout New Hampshire and Southern Maine. With 25 banking offices and assets exceeding \$1.7 billion, Bank of New Hampshire is the oldest and one of the largest independent banks in the state. Bank of New Hampshire is a mutual organization, focused on the success of the bank’s customers, communities and employees, rather than stockholders. For more information, call 1-800-832-0912 or visit www.BankNH.com.

Plan to Attend 24th Annual Hospice Tree of Memories

REGION — Preparations are underway for the 24th Central New Hampshire VNA and Hospice Tree of Memories, a celebration of life and remembrance. This annual event will be held in four locations on Saturday, Dec. 7 at 11 a.m. Locations for this celebration of life ceremony are the lobby of the Medical Arts Building at Huggins Hospital, Wolfeboro, the Wakefield Town Hall, Moulton Farm, Meredith, and the Pearson Road Community/Senior Center, Alton.

Central New Hampshire VNA & Hospice provides an opportunity to remember the lives of family, friends and neighbors by placing an inscribed porcelain dove, a symbol of serenity, peace and tranquility, on one of the lighted trees.

In addition, we have found that many local clubs and organizations find this is a wonderful opportunity to honor and remember past members. If you speak to one of the friends of Hospice or family members you will discover that this event brings folks together to share similar feelings of hope and love in a serene setting as they remember and honor a life well lived or a life missed. The touching ceremonies involve lighting of the tree, sharing of music and prayers, words of comfort, reading of names, and placing doves on one of our evergreen trees.

One might ask how did the Hospice Tree of Memories begin? The reply is that several years ago, Shirley Richardson and

SEE TREE PAGE A12

Taylor Community hosts performance by award-winning musician Diane Blue

LACONIA — Diane Blue is a soul-stirring vocalist and skillful harmonica player whose powerful delivery of Soul, Blues and R&B is captivating.

A multi-nominated and award-winning artist who is the first female member of Ronnie Earl and the Broadcasters, Diane’s reputation as a stunning entertainer has led her all over the U.S. and Europe.

Everyone is invited to join us for a charismatic and heartfelt performance by Diane Blue, Wednesday, Oct. 23 at 7 p.m. in Taylor Community’s Woodside Building.



Follow Taylor Community on Facebook to keep up with all our free, public events.

Visit www.taylorcommunity.org, or call 366-1400 for more information about this

premiere not-for-profit Continuing Care Retirement Community in the Lakes Region.

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Edward Jones: Financial Focus

If you're a Millennial – born between 1981 and 1996 – you're either in the very early or relatively early stages of your career, and as the old song goes, you've got a lot of living to do. Still, it's not too soon to think about a financial issue you may have overlooked: the need for life insurance.

Regarding this topic, Millennials need to ask three key questions:

When should I purchase insurance? The answer to this question depends somewhat on your stage of Millennial-ism. If you're a young Millennial, perhaps just out of college, single, and living in an apartment, your need for life insurance may not be that great. After all, you may well have other, more pressing financial needs, such as paying off your student loans. But if you're an older Millennial, and you've got a mortgage, a spouse and – especially

– children, then you unquestionably need insurance, because you've got a lot to protect.

How much do I need? Millennials who own life insurance have, on average, \$100,000 in coverage, according to New York Life's 2018 Life Insurance Gap Survey. But that same survey found that Millennials themselves reported they need coverage worth about \$450,000, leaving an insurance deficit of approximately \$350,000. That's a pretty big gap, but of course, these figures are averages and may not apply to your situation. Still, you should know how much insurance you require. You might have heard that you need life insurance worth about seven or eight times your annual salary. And while this isn't a terrible estimate, it doesn't apply to everyone, because everyone's situation is different. A financial professional can look at various factors – your age, your marital status, number of children, size of mortgage, etc. – to help you arrive at an appropriate level of coverage.

Keep in mind, also, that your employer may offer life insurance as an employee benefit. However, it might be insufficient for your needs, especially if you have a family, and it will probably end if you leave your job.

What type of life insurance should I get? Many people initially find life insurance to be confusing, but there are basically two types: term and permanent. As its name suggests, term insurance covers a given time period, such as 10 or 15 years, and provides only a death benefit. It's generally quite affordable, especially when you're young and healthy. Permanent insurance, on the other hand, offers a death benefit and

a savings component that allows you to build cash value. Consequently, the premiums are higher than those of term insurance. Again, a financial professional can help you determine which type of insurance is most appropriate for your needs.

Thus far, we've only been talking about life insurance. But you may also need other types of protection, such as disability insurance, which can replace part of your income should you become ill or incapacitated. And you may eventually want to explore long-term care insurance, which can help cover you for the enormous costs of an extended nursing home stay.

You should at least consider all forms of insurance as part of your overall financial strategy. The future is unknowable – and as a Millennial, you've got plenty of future ahead of you.

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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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ARTISTIC ROOTS

MUEHLKE

(Continued from Page A1)

Muehlke Family’s generosity in making these donations and also for their commitment to land conservation in Gilford and the Belknap Mountain Range.”

Help support a local conservation organiza-

tion and a local Christmas tree grower this holiday season. LRCT membership information is available at the Farm. The Muehlke Family Tree Farm is located at 320 Belknap Mountain Rd. in Gilford

and is open weekends from now until Christmas. For further information about the Muehlke Family Tree Farm, please visit the Farm’s Web site at www.MuehlkeFamilyTreeFarm.com or call 524-9507.

LACONIA

(Continued from Page A1)

Monday - Friday 9 a.m. - 5 p.m. & Saturday 9 a.m. - 4 p.m. The exhibit will be open through November and December.

The Belknap Mill Society is a 501(c)(3)

nonprofit organization whose mission is to preserve the Belknap Mill as a unique historic gathering place and to celebrate the Lakes Region’s cultural heritage through

the arts, education and civic engagement. To learn more about the Belknap Mill Society, visit www.belknapmill.org or email operations@belknapmill.org.

LRMHC

(Continued from Page A6)

Partnership Community Health Needs Assessment and the 2017 LRGH Community Health Needs Assessment. Oftentimes, patients are waiting weeks for an intake appointment. Over the next year, LRMHC will be implementing Same Day Access, meaning that those who seek mental health treatment will be able to meet with a clinician that day for an initial intake as opposed to waiting weeks for an appointment. This is a significant change in how we currently deliver services. In order to accomplish this, the first step will be to automate the patient registration process so that a patient’s medical history can be uploaded into the EMR (Electronic Medical Record) in real time to enable immediate access of this information by providers.

As an organization, we know we must continue to evolve and adapt to meet the requirements and challenges posed by managed care, health reform, workforce shortages and other external forces that affect our funding and our services. We have a flexible team who consistently goes above and beyond to ensure seamless services despite the challenging environment.

“Our community partnerships are critical to our work, and we will continue to collaborate with other health care providers, the criminal justice system, law enforcement, schools and many others to improve access to care and ensure that there is a continuum of care for our patients that leads to the best positive outcomes,” Sutcliffe said.

Each year, LRMHC presents the Helen Holbrook Leadership & Service Award which is given to an individual who leads by example and gives of themselves to strengthen the cause of mental health in the Lakes Region. This year’s recipient was Elaine de Mello who has worked for NAMI NH for the past twenty years. She has served in many roles at NAMI NH, most notably playing a major role in the development of the Connect Suicide Prevention program and now serves as Director of the program. Connect began as a grass roots NH program and became a National Best Practice Program which has provided training in almost every state as well as in 40 tribal nations and six countries.

LRMHC also presented the Dr. George “Pete” Harris Commu-

nity Service Award to Tammy Emery.

“Her tireless involvement in promoting awareness and an improved quality of life for individuals and families in the Lakes Region are too numerous to mention, but a few include involvement with the Lakes Region Partnership for Public Health, New Beginnings, Greater Tilton Family Resource Center and the Greater Lakes Child Advocacy Center and Stand Up Laconia. Tammy is a regular presence and organizer at public forums related to mental health, substance misuse, domestic violence, and early childhood trauma. Her endless energy and passion have done a great deal to improve awareness, sensitivity, understanding and acceptance of mental health issues for individuals, families, service providers and our Lakes Region communities and she is very deserving of the Pete Harris award,” said Maggie Pritchard, CEO for Lakes Region Mental Health Center.

The Lakes Region Mental Health Center, Inc. is designated by the State of New Hampshire as the community mental health center serving Belknap and southern Grafton Counties. A private, non-profit corporation,

CAMP RESILIENCE

(Continued from Page A1)

Pub Club and the organization.

On Monday, Nov. 11—Veteran’s Day—dine at Hart’s Turkey Farm Restaurant and mention Camp Resilience to your waitstaff. Ten percent of your entrée purchases will then be donated. Please note this is a charitable contribution and not a discount to the patron.

Throughout its five years, The Patriot Resilient Leader Institute (PRLI) has facilitated more than

50 Camp Resilience retreats including: 10 equine retreats, 6 female veteran retreats, four couple retreats, four retreats for veterans who have experienced military sexual trauma, three family retreats, and 2 caregivers retreats. Their retreats combine peer-to-peer counseling, life skills workshops, and outdoor experiential/sports activities that attendees strengthen their mental, emotional, and physical well-being. They have

helped 446 individuals and—in total—accommodated more than 550 veterans and their loved ones.

For more information on Camp Resilience, please visit www.camp-resilience.org or www.facebook.com/campresilience. Patrick’s Pub & Eatery is located at 18 Weirs Rd., Gilford, NH 03249. Hart’s Turkey Farm Restaurant is located at 233 Daniel Webster Highway, Meredith, NH 03253.

GOLF

(Continued from Page A1)

TGC has opened up their club to the public in support of Pub Mania and the Children’s Auction.”

TGC is a BYOB facility and participants are welcome to bring along food and beverage for themselves.

For more information, call Dan Wilkins at 387-2597 or visit their Web site at www.thegolfclubatpatrickspk.com. Visit www.childrensauction.com for additional information about the Children’s Auction.

AUCTION

(Continued from Page A5)

recreational aspect to provide a service to children in the Lakes Region in which the child may not be able to afford otherwise.

The application deadline for organizations covered under

Category A is Nov. 10. Applications for all other categories will be accepted until Dec. 15. Please contact Apply@ChildrensAuction.com with any questions.

TAYLOR

(Continued from Page A3)

summer home there in 1770.

Islands are places of discovery, mystery, isolation and adventure. The Native American name Winnepesaukee means “Smile of the Great Spirit,” or “Beautiful Water in a High Place,” depending on whose translation you use. Squam Lake was made popular as the filming location for the movie “On Golden Pond” in 1981. Native Americans called it Keeseenunknipee, meaning “the Goose Lake in the Highlands.” By the early 19th century, it was given another Abena-

ki name – Asquam, meaning water, which was later shortened to Squam.

Join us Tuesday, Nov. 13 at 6:30 p.m. in Taylor Community’s Woodside Building as Author Ron Guilmette shares the amazing stories of these two beautiful lakes.

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



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NOTEBOOK

(Continued from Page A4)

cept in defense of loved ones or livestock, is a thousand dollars.

In July of 2011, a cougar from South Dakota made headlines by wandering all the way to the East coast, where it was struck and killed in the road in Greenwich, Conn., about 35 miles north of New York City, having left a subsequently documented trail of DNA all the way.

This animal was seen and reported countless times during the year it spent on its zig-zag trip east. Trail-cams were becoming popular by then, and I'm left wondering how many times this cat tripped people's cameras, and how often, if ever, any images were reported.

News items about cougar sightings and photos from trail cams are far more likely to show up in weekly newspapers than dailies, I think, and it's a fact that Big Media pay scant attention to



JOHN JONASCH — COURTESY
Here we have what appears to be a savvy bobcat---No, thank you very much, been down this road before.

solid cougar sighting report soon enough, their dogs, trained to tree mountain lions out West, could tree a cougar here in a heartbeat.

And so I wonder:

Would setting hounds on a cougar's scent and treeing it be against the law? (Use your dime and single call to call me, please---I'll bring a chocolate cake, and hacksaw within.)

(Please address mail, including phone numbers in case of questions, to campguy-hooligan@gmail.com or 386 South Hill Road, Colebrook, NH 03576.)

TREE

(Continued from Page A10)

her late husband, Bob, while visiting Cape Cod during the Christmas season, had the opportunity to take part in a meaningful ceremony to remember Shirley's parents. Organized by the local hospice organization, the event included placing an inscribed seashell on an evergreen tree. It was such a profound experience, that Shirley brought the idea to the local hospice organization in Wolfeboro and in 1995, the first Tree of Memories was established. A dove was selected as a symbol of serenity, peace and tranquility. A touching ceremony was created and today, twenty-four years later, that same ceremony continues with inscribed, porcelain doves being hung on a special evergreen tree honoring loved ones.

Mark Twain said that grief is the one emotion we cannot share. But that is not

true with Central's staff and volunteers. They do share our grief in that they are supportive in our period of grieving, not only to the patient, but also to the patient's family in the year following the patient's death. Central New Hampshire VNA & Hospice supports the patient and the patient's family by providing nursing, therapeutic, medical psychological, social, and spiritual care and bereavement services.

Hundreds of doves are placed on trees each year and remain on the trees throughout the month of December. Proceeds from the sale of doves are used to improve the quality of life for people living in those lakes' region communities served by Central VNA. A reality of our times is that endeavors such as the Hospice program require community support through donation in order to meet the in-

creasing needs of over 20,000 residents in over 500 square miles of area served. Tree of Memories letters will be going out soon, but anyone can contact Central directly for information on the "Tree of Memories" by calling 569-2729 or 1-888-242-0655.

To purchase a dove in the name of a loved one or friend contact Central's Office at 569-2729 or visit our website www.centralvna.org. The deadline for purchasing a dove is December 3rd. One need not purchase a dove to participate - everyone is welcome to attend this remembrance celebration at any of the four locations

Members of this year's Hospice Advisory Committee headed by Shirley Richardson, Deb Denby, Barbara Lobdell, Mo Marsh, Ginny Schweitzer, Susan Nentwig, and Jenn Legassie.

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the weekly papers that report on the warp and woof of small-town and rural America--and which, by the way, outnumber dailies seven to one.

Another question lingers. People who run scent-dogs are a breed apart, and over the years I've hung out with some and received mail from some. A couple of times, houndsmen have written in to tell me that if only they could receive a good,





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RC GREENWOOD
Riley McDonough has been impressive both hitting and setting this season for Gilford.



RC GREENWOOD
Abby Warren goes up for a spike kill against Laconia in the quarterfinals of the Division 2 state tournament.

Gilford volleyball rolls on to Final Four

BY BOB MARTIN
Bob@Salmonpress.news

GILFORD – Top-ranked Gilford took on rival Laconia in the quarterfinals of the Division 2 state tournament, and the Golden Eagles remained undefeated with a sweep win over the Sachems to advance to the semifinals against Plymouth.

Gilford won convincingly by scores of 25-12, 25-15 and 25-17 to seal the victory. Coach Amy Tripp was happy with the team’s overall composure during the game, saying her players stayed in the moment, going ‘point by point and game by game.’

Riley McDonough had a strong game setting the ball and also playing right outside hitter. She finished the game with 15 assists and six spike kills. Tripp praised her versatility, saying she has a knack for mixing the offensive attacks with her great placement and power.

Junior outside hitter Lindsey Sanders had 15 digs

SEE VOLLEYBALL PAGE B3

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Hawks upset Gilford boys in quarterfinals

BY BOB MARTIN
Bob@Salmonpress.news

GILFORD – The Gilford boys’ soccer team headed into the playoffs as the number two seed and was eying a run at a potential state title, but the team’s season was cut short by Hopkinton in the quarterfinals of the Division 3 state tournament.

Gilford opened up the tournament against 15th-ranked Derryfield and dominated from the start in a 6-0 win.

Only 2:35 into the game, Colton Workman knocked in a penalty kick after Derryfield had a hand ball in the 18-yard area. The Golden Eagles scored again five minutes into the game on a goal by Sam Sawyer with assists by Ben Gardiner and Daegan Boucher.

At the 11:30 mark, Alex Burnham scored to make it 3-0, with assists going to Sawyer and Boucher. Boucher then scored his 12th goal of the season at the 25-minute mark with an assist by Sawyer.

In the second half, at the 56-minute mark, Sawyer made it a 5-0 game with his 27th goal of the season on an assist by Boucher. Eight minutes later Workman scored his second goal of the game and seventh of the season with an assist to Alex Berube.

Thomas Donnelly had five saves in what coach Dave Pinkham called a “good opening round



The Gilford boys’ soccer team defeated Derryfield in the opening round of the playoffs but were upset by Hopkinton in the quarterfinals.

BOB MARTIN

performance” by Gilford.

Gilford then hosted the always tough Hopkinton squad and after the game was tied 1-1 at the end of regulation and two overtime periods, Hopkinton took the 2-1 win on penalty kicks.

The penalty kick score was 3-3 but Gilford missed its seventh penalty kick and Hopkinton knocked in the deciding kick to win the game.

Burnham scored the lone goal for Gilford

with an assist to Chance Bolduc. Donnelly had four saves in the match.

“A tough way to end this incredible season,” said Pinkham. “We played an outstanding two way game and with a little luck would find ourselves in the semi-finals. We will miss the seniors – Ramsey Landry, Connor Guest, Max Stephan, Sam Sawyer, Ben Gardiner, Daegan Boucher and Colton Workman. They were great leaders and mentors for this relatively young team.”



BOB MARTIN

Senior Connor Guest helped the Gilford boys’ soccer team to a number two seed t



BOB MARTIN

Thomas Donnelly had a shutout victory in goal against Derryfield to open the playoffs.



BOB MARTIN

Daegan Boucher wrapped up his senior season with the Gilford boys’ soccer team last week.

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Football season ends with tough loss

By BOB MARTIN
Bob@Salmonpress.news

WEARE – The Gilford/Belmont football team closed out the regular season on the road against John Stark and lost a tight one 26-22.

Quarterback Alex Cheek was 9/24 passing with 188 yards and a touchdown. He also had 18 yards on seven carries and a touchdown.

Running back Blake Descoteaux led the rushing attack with 150 yards on 22 carries. He had a touchdown and a two point conversion. He also had a touchdown catch for 65 yards.

Leading the receiving was Jacob Cress with four catches for 48 yards. Liam Merriam had three receptions for 27 yards. Jackson Ruelke hauled in a catch for 38 yards and also ran the ball once for four yards.

The Golden Eagles finished the regular season 4-5.

Early goal puts Lakers past Golden Eagles



BOB MARTIN
Callie Carpenter heads a ball during the opening round of the playoffs against Inter-Lakes.

BY BOB MARTIN
Bob@Salmonpress.news

GILFORD – The Gilford girls’ soccer team and Inter-Lakes went head to head in the opening round of the Division

3 state tournament and the ninth-seeded Lakers knocked off eighth-ranked Gilford at home by a score of 1-0.

Inter-Lakes struck quickly with a goal by Makenna Edgar only

3:47 into the game and that was all the Lakers would need as the strong defense kept the Gilford squad scoreless the rest of the way. Gilford controlled the ball much of the game but there sim-

ply weren’t many chances created by the Golden Eagles to put points on the board. Gilford managed to get off several long range shots, but the Lakers stifled the offense much of the way.

“Not the end to the season we hoped to have,” said Gilford coach Rob Meyers. “The girls controlled the ball well but had trouble creating quality chances. We had two or three good opportunities, but the ball just didn’t break our way. Inter-Lakes deserves a lot

of credit for taking their opportunity and them defending well.”

Inter-Lakes coach Chelsea Crockett, who is coaching the Lakers for the first time this season and played for Gilford during her high school days, was happy to see Inter-Lakes advance to what has been an elusive round two for the squad.

“It’s a great win for the team as we are trying to create a winning culture of soccer at the school,” Crockett said.

Meyers said Gilford

entered this season not really knowing where the team stood in relation to the rest of the league. He was happy to see the girls come after a difficult start to the season to finish strong with a 10-6 record.

“We are losing some key starters going into next year, but there is a strong core of players coming back and a great eighth grade class from Gilford and Gilmanton coming in to help fill the holes in the lineup,” Meyers said.



Molly McLean winds up for a shot for the Golden Eagles.

BOB MARTIN



Vanessa Flanders battles for possession against Inter-Lakes last week.

BOB MARTIN

Gandini moves on to New Englands

BY BOB MARTIN
Bob@Salmonpress.news

SALEM – Several local athletes qualified to compete in the Meet of Champions last week, highlighted by another great performance by Gilford High School freshman Patrick Gandini, who placed 10th for the boys’ race.

Gandini, who was second in the Division 3 meet, had a time of 15:42.9 and had an aver-

age mile time of 5:03.5. The Meet of Champions involved competitors from all state high school divisions, with Jake Velasquez of Keene taking first place with a time of 15:12.5.

Placing in the top 10 qualified Gandini for the New England Championships in Manchester, Conn. next week.

Other Lakes Region athletes in the boys’ race included Junior Dylan

Robert of Winnisquam, who was 94th with a time of 17:11.7. Senior Eli Misavage of Inter-Lakes had a time of 17:30.9 for 104th place.

In the girls’ race, junior Faith Gosselin of Winnisquam was 50th with a time of 19:54, posting an average mile time of 6:24.4. Senior Maya Weil-Cooley of Inter-Lakes was 73rd with a time of 20:26.4.

Nichols earns NEWHA Player of the Week honors

COLCHESTER, Vt. — Saint Michael’s College women’s ice hockey junior forward Riley Nichols (Gilford/Tilton School) was named New England Women’s Hockey Alliance (NEWHA) Player of the Week for the week ending on Sunday, Oct. 20. Senior goalie Vika Simons (Essex Junction, Vt./Minnesota Duluth Club) earned a spot on the NEWHA Weekly Honor Roll.

Nichols scored twice and went plus-one with a blocked shot during a season-opening 1-1 weekend at Post University. She gave the Purple Knights a 1-0 lead 15:14 into the first period on Friday during a 2-1 win before scoring 23 seconds into the game on Satur-

day in an eventual 3-2 loss. Nichols’ offensive output came following registering three goals and seven points overall, during 39 contests as an underclassman. She is tied for the league lead in goals while tying for second nationally among all players from NCAA Division I conferences in goals per game (1.0).

Simons averaged 36.0 saves with a .947 save percentage and 2.00 goals-against average while appearing between the pipes for every second of both games at Post. Simons had 39 stops in the 2-1 win on Friday, including 14 in the final period, when two came over the last 18 seconds with the Eagles amid a 6-on-4 power

play. Simons added 33 saves on Saturday. In her first season as the team’s primary starter after platooning in her rookie year last winter, Simons leads the NEWHA in save percentage while tying for eighth nationally, and is fourth in the league in GAA while currently placing 21st in NCAA Division I.

Following their season-opening 1-1 NEWHA weekend, the Purple Knights are off until hosting varsity newcomer Long Island University for a two-game set on Nov. 1-2 at Cairns Arena in South Burlington, Vt. That series is the beginning of a six-game homestand for Saint Michael’s, all in league play.



Jaiden McKenna sends the ball up the field for the Golden Eagles in last week’s playoff game.

BOB MARTIN



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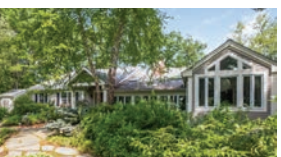
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Applicants must be able to successfully pass a physical examination and criminal background check; and be able to become certified as a NH-DES Principal Operator. Some previous experience operating a front end loader, skid steer, trash compactor and bailing machine is desired. The ideal candidate will have basic computer skills, be familiar with waste product processing techniques, and have previous municipal experience. The Town is seeking employees with a proven record of outstanding job performance and the ability to work as a team player. The ability to work outdoors in all types of weather while traveling over uneven terrain, using hand tools and sorting waste products using vision and physical dexterity is required.

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

THIS DAY IN...



HISTORY

- **1501:** CATHERINE OF ARAGON MEETS ARTHUR TUDOR, HER FUTURE HUSBAND.
- **1922:** HOWARD CARTER DISCOVERS THE ENTRANCE TO THE TOMB OF KING TUTANKHAMUN.
- **2008:** BARACK OBAMA WINS THE PRESIDENTIAL ELECTION AGAINST JOHN MCCAIN, MAKING HISTORY AS THE FIRST AFRICAN AMERICAN U.S. PRESIDENT.

Get Scrambled

Unscramble the words to determine the phrase.

I R E P U C T K B O O

Answer: Picture Book



ILLUSTRATE

provide pictures, sometimes for books

How they SAY that in...

ENGLISH: Picture

SPANISH: Imagen

ITALIAN: Immagine

FRENCH: Image

GERMAN: Darstellung



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ANSWER: BOOK

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CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to fashion.
Each number corresponds to a letter.
(Hint: 4 = t)

A. 8 21 20 1 14 10

Clue: Create from an idea

B. 6 24 4

Clue: Shape or design

C. 20 4 2 13 21

Clue: Distinctive appearance

D. 6 13 18 4 3 1 10 14

Clue: Covers the body

Answers: A. design B. cut C. style D. clothing

SUDOKU

9			3					2
		2		9				
			4	2				
			1	3	8			
3		5						
		9		4			8	6
	1	8						
							4	5
7	2					8	1	

Level: Intermediate

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!

7	2	4	6	5	3	8	1	9
6	9	3	8	1	2	7	4	5
5	1	8	9	7	4	2	6	3
1	7	9	2	4	5	3	8	6
3	8	5	7	6	9	1	2	4
2	4	6	1	3	8	5	9	7
8	5	7	4	2	6	9	3	1
4	3	2	5	9	1	6	7	8
9	6	1	3	8	7	4	5	2

ANSWER:

Forge to be inducted into NHIAA Hall of Fame

CONCORD — Jeffrey T. Collins, Executive Director of the New Hampshire Interscholastic Athletic Association (NHIAA) is pleased to announce the inductees of the 2019 NHIAA Hall of Fame. The NHIAA created the Hall of Fame in 2001 as a way to recognize athletes, administrators, athletic directors, coaches, officials, and contributors for their extraordinary contributions to school based interscholastic athletic programs for NH high schools. The NHIAA Awards Committee has selected the following people for induction at the annual Hall of Fame Banquet, which will be held on Sunday, Nov. 10, 2019 at the Courtyard Marriott in Concord. Tickets must be purchased in advance. Doors will open at approximately 11:30 a.m. with a small reception. Lunch will be served at 12:45 p.m. and the induction ceremony will begin at 1:30 p.m.

The 2019 NHIAA Hall of Fame Inductees include Fred Bailey of Groveton (administrator), John Bosa of Keene (athlete), Mark Collins of Groveton (coach), Rick Forge of Gilford (contributor), Donna Martineau of Rochester (official), Robert “Red” Rolfe of Penacook (athlete) and Dennis “Bucky” Tardiff of Timberlane (administrator).

Anyone interested in attending the induction ceremony should contact the NHIAA at 228-8671 or e-mail info@nhiaa.org to make reservations. The ticket price is \$55 per person. The deadline to purchase tickets is Friday, Nov. 1. Tickets will not be available at the door.

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VOLLEYBALL

(Continued from Page B1)

and eight spike kills in a game where Tripp described her play as “lights out.” Senior outside hitter Abby Warren had 10 offensive kills and no errors, while continuing to be a leader for the Golden Eagles. Middle blocker Abby Warren had six kills and two blocks and senior setter Naomi Eldridge helped set up the offense with 18 assists.

A highlight of the game was for senior libero Sam Holland, who had 19 digs and hit the 500-dig milestone.

“She is the epitome of sportsmanship, mentally tough, hard-working and truly dedicated to volleyball,” said Tripp. “I am so proud of her and her accomplishment.”

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