

# Winnisquam Echo

THURSDAY, SEPTEMBER 19, 2019

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FREE

## Veterans Home commemorates 9/11 tragedy

TILTON – The day was somber, but the tone was very personal as the New Hampshire Veterans Home commemorated the 18th anniversary of the Sept. 11 terrorist attacks on Wednesday, as the keynote speakers recounted what they did and how they reacted to the tragedy.

Air Force Col. John W. Pogorek, now the commander of the 157th Air Refueling Wing of the NH National Guard at Pease, was at home in Stratham

that morning, lugging shingles up a ladder for a roofing project, when the first plane hit the World Trade Center in New York. He was alerted by a family member but kept working. When the second plane hit, the attack was obvious. He grabbed his gear and said he made what's usually a 40-minute drive to the base "in about 20 minutes."

A few days later, on Sept. 14, he flew a mission over Washington, D.C., and re-SEE VETERANS, PAGE A7



COURTESY Michael Pelletier shares his memories of the Sept. 11 terrorist attacks during the NH Veterans Home's ceremony commemorating the tragic events of that day.

## SYC to host free foster parent presentation

NORTHFIELD — Spaulding Youth Center is excited to announce it will host a free foster parent presentation on its Northfield campus on Saturday, Sept. 21. The presentation is titled "How to Protect Your Kids in a Digital World," and is open to foster and adoptive parents. The non-profit 501(c)(3) Central NH Foster & Adoptive Parent Support Group is proud to be able to bring this training to our area and work in cooperation with Spaulding Youth Center to host this important workshop.

The event will be presented by Bethanee Syversen, Executive Director at ExPOSE (<http://exposeonline.org/>), a non-profit organization. The pre-SEE SYC, PAGE A7



Bethanee Syversen



## FSB Charity Softball Tournament takes place Sept. 18 – 22

FRANKLIN — Franklin Savings Bank will host its 26th Annual Charity Softball Tournament on Sept. 18 – 22 at Odell Park in Franklin. All proceeds raised throughout the event will benefit local youth softball and baseball programs.

Raffle prizes and concession food donations are welcomed and appreciated; all contributions will receive acknowledgement throughout the week-long event. To make a donation, please contact JJ Winters or Tabitha Gerry, FSB Charity Softball Tournament Co-chairs, at 934-4445 or via email at [mybanker@fsbnh.bank](mailto:mybanker@fsbnh.bank). Visit [www.fsbnh.bank](http://www.fsbnh.bank) for further information.

Since 1994, the FSB Annual

Charity Softball Tournament has raised over \$89,000 for countless local charities, including community centers; Northern Rail Trail and Winnisquam, Opechee & Winnepesaukee (WOW) Trail; homeless shelters; cancer treatment centers; community food pantries and soup kitchens; animal shelters; VNA & hospice programs; children's programs; D.A.R.E. programs and other youth drug prevention programs; NH Task Force to Prevent Child Abuse; Odell Park Centennial Committee; American Cancer Society; American Red Cross; Lakes Region Habitat for Humanity; Make-A-Wish NH; Relay for Life; American

SEE FSB, PAGE A7

## Spaulding Youth Center hosts Employee Appreciation Day

NORTHFIELD — Spaulding Youth Center recently held its annual Employee Appreciation Day in the community center of its Northfield campus. All Spaulding employees were invited to attend the fun-filled afternoon and the appreciation event was extended to provide an opportunity for all departments to attend.

The event included a full luncheon, raffle prizes, and employee gifts, all designed to demonstrate appreciation of the hard work and dedication of the organization's faculty and staff. The event also included recognition of those employees celebrating longevity milestones in 2019 of five years, 10 years, 15 years, 30 years, 35 years and 45 years. These staff members received a pin and

certificate commemorating their achievement as

well as a copy of a local newspaper containing

a public acknowledgment ad celebrating

their accomplishment. "Spaulding Youth

Center is a truly great place to work and serves as a large employer for professionals residing in Merrimack County," said Lys Miller-Drake, Director of Human Relations & Employee Engagement at Spaulding Youth Center. "This event allows us to honor and celebrate our staff – whether they are brand SEE APPRECIATION, PAGE A7



Spaulding Youth Center recently held its annual Employee Appreciation Day in the community center of its Northfield campus.

### INDEX

Volume 11 • Number 37x  
20 Pages in 2 Section

Classifieds.....B4-8  
Editorial Page.....A4  
North Country Notebook...  
A4Obituaries .....A6  
Sports .....B1-3

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**Tilton/Northfield**

**Monday, Sept. 23**  
Chess Club, 2-5 p.m.  
Crochet Corner, 4 p.m.

**Tuesday, Sept. 24**  
Spanish Club, 10 a.m.  
Noon Book Group, noon to 2 p.m.  
“We Never Asked For Wings” by Vanessa Diffenbaugh - “For fourteen years, Letty Espinosa has worked three jobs around San Francisco to make ends meet while her mother raised her children—Alex, fifteen, and Luna, just six—in their tiny apartment on a forgotten spit of wetlands near the bay. But now Letty’s parents are returning to Mexico,

and Letty must step up and become a mother for the first time in her life. Vanessa Diffenbaugh blends gorgeous prose with compelling themes of motherhood, undocumented immigration, and the American Dream in a powerful and prescient story about family.” (Amazon)

Tech Tuesday, 2-4 p.m.

**Wednesday, Sept. 25**  
Storytime, 10:30 a.m.  
For preschoolers and a caregiver. Stories, rhymes, crafts, and fun with Miss Julie.  
National Comic Book Day, 3 p.m.  
Teens, listen to a Booktalk about new and exciting graphic nov-

els. Then sit and draw a comic strip with a group or on your own.  
Reading with Jelly-roll, 4:30 to 5:30 p.m.  
Come read to Jelly-roll, one of our lovely HML dogs! Drop in and sign up for a 10 minute slot between 4:30 and 5:30.

**Thursday, September 26**  
Rolled & Told Part 1, 4 p.m. to 6 p.m.  
A tabletop gaming adventure - bring your dice, your imagination, and step into a new adventure! All skill levels of gaming are welcome. Grades 6+

**Friday, Sept. 27**  
Sit and Knit, 2-5 p.m.

**Saturday, Sept. 28**  
Babytime, 10:30 a.m.  
Free group class for children two years old and younger with a caregiver. Join Sarah P. to experience the world through sounds, music, instruments, and dancing. We also work to develop early literacy

through stories, rhymes, and songs. Registration is no longer required; drop-ins and newcomers are welcome.

**New Items**  
“A Girl Named Anna” by Lizzy Barber  
“The Institute” by Stephen King

“Killer Instinct” by James Patterson  
“Save Me the Plums: My Gourmet Memoir” by Ruth Reichl  
“This Tender Land: A Novel” by William Kent Krueger  
“The Math Book: Big Ideas Simply Explained” by DK Publishing

**BELMONT POLICE LOG**

**BELMONT** — The Belmont Police Department reported the following arrests during the week of Sept. 6-13.  
Amanda B. Rivers, age 32, of Tilton was arrested on Sept. 6 for Conduct After an Accident and Taking without Owner Consent.  
Gabriel James Rogers, age 19, of Belmont was arrested on Sept. 7 in connection with a

bench warrant issued by Laconia District Court.  
Michael Blake, age 47, of Gilmanston was arrested on Sept. 8 in connection with a warrant issued by Laconia District Court.  
Thomas W. Carroll, age 37, of Boscawen was arrested on Sept. 9 in connection with a warrant issued by the Boscawen Police Department, and on charges of Domestic

Violence-Assault and Resisting Arrest or Detention in Belmont.  
Melissa M. Pelletier, age 34, of Meredith was arrested on Sept. 12 in connection with a bench warrant issued by Laconia District Court.  
Shabazz A. Mote, age 34, also of Meredith was arrested during the same traffic stop for Driving After Revocation or Suspension.

**SANBORNTON POLICE LOG**

**SANBORNTON** — The Sanbornton Police Department responded to 23 calls for service during the week ending Sept. 14. The breakdown was as follows: one protective custody for intoxication, one report

of animal cruelty, one civil standby, one report of conduct after an accident, two dog license forfeitures, one domestic incident, two fire/medical calls, one report of fraud, one motor vehicle accident, three

motor vehicle warnings, one pistol permit, two requests for police information, two road hazard complaints, two reports of suspicious vehicles and/or activity, and one untimely death.

**TILTON POLICE LOG**

**TILTON** — The Tilton Police Department responded to 453 calls for service and made the following arrests during the week of Sept. 2-8. Please note that the names of juveniles have been withheld from publication.  
Arrested during this time period were Jona-

than Larkin (for Driving After Suspension and a Suspended Registration), Craig Davis (in connection with a warrant), Casey Gardner (for Driving After Suspension, a Suspended Registration, and a False Inspection sticker), Morgan Fontaine-Wilmot (for Theft), Adrienne

Dossett (for Driving After Suspension), Devin Kane (in connection with a warrant and for Possession of Drugs), Marissa Monsante (for Misuse of Plates and Criminal Trespassing), Brandon Miles (for Criminal Trespassing), and Rebekah Bourdeau (in connection with a warrant).



Elaine Cartier, Hospice Administrator, and Tabitha Dowd, Executive Director both of Franklin VNA & Hospice.

**Franklin Savings Bank supports VNA & Hospice**

**F R A N K L I N** — Franklin Savings Bank has a strong reputation for supporting projects that will enhance the lives of people in their communities. Each year, Franklin Savings Bank helps change lives through donations, countless volunteer hours, and now, by leading the way in becoming a sponsor for the Wings in Winter Gala. All money raised will benefit the home care and hospice program at Franklin VNA & Hospice.  
The Gala will take place at 6 p.m. on Dec. 14 at the exclusive La Piece event venue in Tilton. Guests will enjoy dinner, dancing, the opportunity to play a few games, and to bid on items at the silent auction, including rights to name an ice cream flavor for the summer 2020 season at Jordan’s Ice Creamery and a pair of box seats to a weekend Boston Red Sox game, just seven rows behind the dugout! All proceeds from the dinner and silent auction will help to further the work of

Franklin VNA & Hospice in the 14 towns it serves. Tickets go on sale September 15th for those looking to enjoy a fun Holiday season evening out, or as a way to host a holiday party without all the work of organizing it yourself. Early birds who buy before Oct. 31 get a free \$25 worth of tickets to use at the event, plus they are entered into a raffle for a free ticket to next year’s Wings in Winter Gala! If you buy a table of eight seats, you get \$25 worth of tickets for each of the eight seats, two bottles of wine for the table, and ten entries into the raffle for the free tickets to the Wings in Winter Gala for 2020!  
“When Franklin Savings Bank came on as our Appetizer Sponsor they made a statement of support for excellence in local healthcare,” says Tabitha Dowd, Executive Director of Franklin VNA & Hospice. “This level of support will impact multiple families, some in crisis from sudden health problems, others

supporting those with life-limiting illnesses at home. Their donation will quite literally change these people’s lives.”  
Dowd notes that other sponsorship opportunities are available for businesses or individuals who want to impact their community positively.  
“When people think of Franklin Savings Bank, I want them to remember how they stepped forward to support us. Their support builds a better place for us all to live and work. It shows a level of respect and belief in our communities. It says that the people who live here deserve high-quality care with dignity and compassion. I cannot express my gratitude strongly enough,” finishes Dowd.  
Individual tickets will be available through the Franklin VNA & Hospice Web site starting Sept. 15, with early bird extras available through Oct. 31. Those interested in sponsorship may contact them directly.

**Brad White to appear at Community Chapel**

**FRANKLIN** — Brad White will be bringing his vocal, saxophone, and

piano artistry to the Community Chapel on Saturday, Sept. 21 at 5 p.m.  
White was with the James Blackwood Quartet and also the Blackwood Brothers Quartet. He will feature a wide array of Christian music from hymns to Southern Gospel to Praise & Worship. His ministry has

taken him to all 50 states, all 10 Canadian provinces, and 107 countries. It promises to be an evening to remember  
Pastor Carter invites you to share in this special event. The church is located at 108 Hill Rd., Franklin (directly across from ACME Staple Co.).

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**Week of 9/20 - 9/26**

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Sun.-Thurs.: 1:00, 4:00, 7:00 PM

**THE PEANUT BUTTER FALCON** PG-13  
Friday & Sat.: 12:45, 3:45, 6:45 PM  
Sun.-Thurs.: 12:45, 3:45, 6:45 PM

**IT CHAPTER TWO** R  
Friday: 12:30, 4:00, 7:30, 9:20 PM  
Sun.-Thurs.: 12:30, 4:00, 7:30 PM

Join us for the advance screening of  
**Abominable**  
Thursday 9/26 at 6:00pm

Come try our new luxury leather recliners with footrests  
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# Gilmanton Historical Society to examine local churches

GILMANTON — John Dickey, president of the Gilmanton Historical Society, will present a program on the history of Gilmanton's churches on Tuesday, Sept. 24 at Old Town Hall in Gilmanton Iron Works. At one time Gilmanton had as many as eight active congregations.

After the first settlers arrived in 1761, the Town's population grew rapidly in the late 1700s. Construction on two separate churches commenced in 1774. Further increases in

population - and in diversity of religious preferences - resulted in more congregations forming and additional churches being built. The talk will follow the growth, and later decline, of Gilmanton's many churches. Period photographs will illustrate the presentation.

The program is free and open to the public. Refreshments and social hour begin at 7 p.m., and the program begins promptly at 7:30 p.m. The Society's museum, in the basement of Old Town



Parish Meeting House, Gilmanton, N.H.

(Left) The First Baptist Church, on Route 107 in Lower Gilmanton, will be included in the Gilmanton Historical Society's program on the History of Gilmanton Churches, Tuesday, Sept. 24, 7 p.m.

Hall, will be open at 7 pm.

This is the final program of the Society's 2019 summer program. The Society's museum will be open on the second and fourth Saturdays, 10 a.m. until noon, from September to June.

## PINES HAPPENINGS

### Stretch & De-Stress

Are you stressed out? Are your muscles tense? Is your chest tight? Join instructor Kelly Molloy for Stretch & De-Stress on Tuesday evenings, starting September 10. The class includes gentle stretching, strengthening postures, and stress-relieving movement, as well as breathing and meditation techniques to promote clarity and peacefulness. If you've done yoga these postures will be familiar. Tuesdays, 7-8 p.m., \$12 per class, or \$45 for five classes. Bring a yoga mat and a water bottle, and wear clothes you can move and stretch in. For teens and adults of all ages and abilities.

### Youth Basketball

Register for Pines Youth Basketball October 1 through November 1! Practices start in mid-November. We offer Rec Basketball for boys and girls in Kindergarten through Grade 2 at \$48 per child for Tilton-Northfield residents, \$58.00 for non-res-

idents. We have four Traveling Basketball teams, Boys Grades 3-4, Girls Grades 3-4, Boys Grades 5-6, and Girls Grades 5-6. Traveling Basketball costs \$58 per child for Tilton-Northfield residents, \$68 for non-residents. All practices and home games are at Southwick School.

Practice dates and times can be found on our website and our Facebook page Games for Traveling Basketball start in December. Parents are responsible for transporting children to games. Register right away as all teams are capped at 22 participants due to limited gym space. Volunteer coaches are needed for all levels and teams. Please contact Samantha Magoon if you are interested in coaching. Our sports programs cannot run without volunteer coaches! Online registration is under 2019-2020 Youth & Family Sports. If we do not have a minimum of seven players for each traveling team we will com-

bine with Sanbornton Recreation's basketball program.

### School Vacation Camp

The Pines is offering a Vacation Camp Day on Friday, Oct. 11, a teacher workshop day. This program is for children in Kindergarten through Grade 5. We'll be doing fall crafts in the morning and watching a movie and having popcorn in the afternoon. Kids may also bring their electronics and we'll have Tech Time during the day. Children need to come with their own lunches, snacks and drinks, and bring outdoor clothing. We play outside as much as possible. Children may be dropped off as early as 7 a.m. and must be picked up by 5:30 p.m. Register in advance, online under 2019-2020 Vacation Camps, or at the Pines, by Wednesday, Oct. 9, cost \$37.

### Pumpkin Carving Night

Join us at the Pines on Wednesday, Oct. SEE HAPPENINGS, PAGE A7

## Franklin Animal Shelter hosting Plunge for Paws

FRANKLIN — On Saturday, Nov. 2, the Franklin Animal Shelter will be hosting its first Plunge For Paws event. The event will take place on Griffin Beach at Webster Lake in Franklin starting at 11 a.m. until 3 p.m. In addition to the "plunge" there will be live dog demonstrations, music, vendors, family friendly activities, refreshments, a bonfire and more! Well behaved dogs are welcomed to attend and "plunge," but must be under the owner's control at all times. Awards will be presented to those who raise the most donations and for best costumes.

Registration tables open at 11 a.m., and the plunge begins at noon. To register on line, visit our website at: [www.franklinanimalshelter.com](http://www.franklinanimalshelter.com)

We will be "plunging" rain, snow, or shine! Should you choose not to actually plunge, please mail your pledge sheet & donations to: Franklin Animal Shelter, P.O. Box

265, Franklin, NH 03235; checks should be made payable to Franklin Animal Shelter.

If interested in participating please contact the Animal Shelter or the contact below.

The shelter provides a place where Good Samaritan rescuers and those no longer able to care for pets can turn for help. The Shelter provides food, warm beds, needed medical attention and loving care.

Franklin Animal Shelter is a 501 (c)(3) tax-exempt organization. Tax deductible contributions may be made through the website, [www.franklinanimalshelter.com](http://www.franklinanimalshelter.com), or mailed to PO Box 265, Franklin, NH 03235

Be the set of hands that saves a set of paws.

For more information, please contact Sharon Trudell at 273-2141, or email [fas\\_vol@yahoo.com](mailto:fas_vol@yahoo.com) or Tracy Wood at 530-2379, or email [twood@metrocast.net](mailto:twood@metrocast.net).

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**Edward Jones: Financial Focus**

Can "AI" Help You Become a Better Investor?

For the past several years, artificial intelligence - or AI - has increasingly found a place in many walks of life. Almost certainly, you use some form of AI, whether it's your time on social media, your use of mobile banking, the navigation system you rely on for directions, or any of the many other AI-driven applications relevant to your daily life. But AI has also become a significant part of the financial services industry. So, you might wonder if AI can help you become a better investor.

To begin with, what is AI? Essentially, it's the ability of a computer program or machine to think or learn. Using complex algorithms (a set of rules, or steps), computers and machines can mimic many of the thought processes of human beings. But how can you use AI to invest? And should you?

In the financial services world, many companies use AI to select investments for specific funds. On an individual level, you can work with an AI-powered "robo-advisor" to build an investment portfolio. These robo-advisors are typically quite affordable, and they generally follow proven investment principles, such as diversification, in making recommendations.

Yet, you are more than just the sum of your answers to a robo-advisor's online questionnaire. Investing is a highly personal matter, which means that, in the following areas, you may well benefit from some human intelligence - and empathy:

- Understanding of your risk tolerance - A robo-advisor will ask you to identify your tolerance for risk - low, medium, high - and will plug in your answers when constructing a

portfolio. But only a human financial advisor - someone who truly knows you, your personality, your family situation and your hopes for the future - can know how your sensitivity to risk might cause you to react to events such as sudden market declines. Armed with this knowledge, a financial advisor can talk through your options to help keep you on the road toward your goals.

- Answers to qualitative questions - A robo-advisor can provide you with many key data points - rates of return, projections of future accumulations, etc. But so can a personal financial advisor, who can also go beyond the numbers to help you answer qualitative, subjective questions: How can I save for college for my children and my own retirement at the same time? If I change jobs, should I leave my 401(k) in my former employer's plan,

move it to my new employer's plan or roll it over to an IRA? What's the best way to guard my financial independence if I ever need some type of long-term care, such as an extended stay in a nursing home?

- Guidance for the "big picture" - Your investments are important, but they're also connected to other areas of your life, including your taxes and your estate plans. And while a financial advisor might not provide you with tax or legal advice, he or she may be able to connect you to other, appropriate professionals, and work with them to help you put together your "big picture." That's not something a typical robo-advisor is equipped to do. Artificial intelligence will support many of your activities throughout your life. But when it comes to investing, a personal touch may never become obsolete.

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Member SIPC

# Opinion

A4 Thursday, September 19, 2019

WINNISQUAM ECHO

## STRATEGIES FOR LIVING

### *Your failures do not determine your destiny*

BY LARRY SCOTT

"If only I could live my life over again!" is something we have all felt. Colossal mistakes, missed opportunities, and ignorant outbursts may have left us humbled and ashamed. But it pleases me to tell you that in God's Kingdom, our failures do not determine our destiny.

Destiny is a journey, and it often takes the pressures of life to disclose the person God knows we can be. There are roadblocks, detours, and storms along the way, but we keep on going. We may stumble, lose our way on occasion, and we will surely discover that character never comes easy. But, with the Apostle Paul, "Forgetting those things that are behind, and reaching forth unto those things that are before, [we] press on toward the mark for the prize of the high calling of God in Christ Jesus." That high calling is our destiny.

Seen from a Christian perspective, success is not determined by what others have accomplished. Success is fulfilling the role God has planned for us. Jerry Falwell and I went to college at the same time and in the same city, within just a few miles of each other. What he accomplished compared to my own track record speaks for itself. Our destinies differed dramatically, but I accept that.

Each of us is unique, a one-of-a-kind prototype, a special creation in the mind of God. There are no duplicates in God's Kingdom. God does not clone. What He wishes to do with you and me will differ from what He has done with anyone else. But if God is involved, be assured; it will be spectacular.

God knows what we can be, and it is imperative that we never second-guess the process. "The Lord directs the steps of the godly. He delights in every detail of their lives" (Psa. 37:25, NLT). In God's Kingdom, no experience is wasted. "All things," we are told, "work together for good to those who love God: those who are called according to His purpose" (Rom. 8:28). Those "all things" include the good, the bad, and the ugly, but if God is involved, we will come out winners every time.

Like Grandma Moses, who did not start painting until she was seventy-six (when she could no longer crochet), I am determined to make the final years of my journey the best days of my life. My destiny has been in the hands of God for eighty years, and I don't believe He is through with me yet! Health issues may demand a course correction, but until they do, I am in this for the long haul.

But whatever my future, I remain encouraged. God never originates a process He does not complete. What He started when He brought me into His Kingdom He proposes to complete, and that in a manner that credits His genius. With my background, it will be clear God can do the impossible for anyone with an open and willing heart

Whatever your history, I invite you to join me in an all-out effort to make the years we still have left count for something special. Now is not the time to accept what has been as the final verdict. Your disappointments and your failures do not determine your destiny. This can be the dawning of a new day, the first move toward becoming the person God created you to be. He awaits your invitation.

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

## Send your letters!

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COURTESY

### Sharp dressed seniors

The Tilton Senior Center and The Thrift Clothes Closet teamed up recently for a fashion show. Tilton Senior Center models selected outfits from The Thrift Clothes Closet's many offerings and showed off their finery with flair! Pictured are Florence Dawson, Marie Bonnett, Alma Howe, Bernard Chapman, Diane Davis, and Pat Dunlop. Visit the Tilton Senior Center at 11 Grange Road, Tilton and The Thrift Clothes Closet at 332 Central St., Franklin.

## LETTERS TO THE EDITOR

### Sanbornton's government is case of dysfunctional management

To the Editor:

Sanbornton government — a textbook example of "dysfunctional management."

As of July 1, there had been a turnover of 17 positions in our town administration over the past five years or so. Four of these were Town Administrators. With the recent resignations of the Deputy Town Clerk in July and more recently the Town Clerk/Tax Collector, the number has risen to 19 new replacements.

Now, if we put on our thinking caps for a few minutes, what conclusions would you draw from this process? Would you think that we had 19 incompetent people in our employ? Truth is that we had some very qualified and productive people in all positions, but they didn't get along with the Board of Selectmen for the most part. So working for the

Town of Sanbornton became very uncomfortable for them.

If only it was possible to do a study in regards to the cost of all the inconvenience, gaps in the normal daily administrative functions, the hiring and training process of new employees, not to mention increased salary cost that normally play a role in replacement hiring. Where does that money come from? You will find out when you get your next tax bill.

Now is the best time to start thinking March 2020 Election. If you think Town Meeting is a waste of your precious time, believe me, it could be the most lucrative four hours of your life if you help put a stop to the out of control lack of stewardship of your tax dollars!

Jack Robinson  
Sanbornton

## FRANKLIN VNA & HOSPICE'S HEALTH CORNER

Summer can bring humidity and blooming weeds which can aggravate allergies or chronic respiratory conditions for many people, but Fall brings its own set of respiratory irritants we need to be aware of. The World Health Organization estimates that an estimated 65 million people have moderate to severe chronic obstructive pulmonary disease (COPD), and with about three mil-

lion deaths each year, it's the third leading cause of death worldwide. They also estimate that about 334 million people suffer from asthma and the numbers are on the rise. As we welcome the colors of Fall, let's also ensure that we're taking care of our respiratory health, and the health of our loved ones, too.

Early fall is part of the blooming season for both Golden Rod and

Ragweed. These common weeds produce a pollen that travels for hundreds of miles on wind, and can make you stuffy, itchy and wheezy. An annoyance for some, but a trigger for those with severe asthma or other respiratory illnesses like chronic obstructive pulmonary disease.

Another common culprit in triggering respiratory flare-ups? Mold. While we might

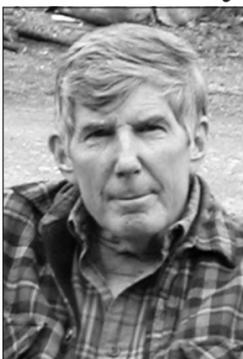
first think of dingy basements, Fall, as the name reminds us, brings the fall of all the leaves. Damp, warm leaf piles are a popular spot for mold spores to grow which can get stirred up by wind or raking.

If mold and pollen are allergy or respiratory problem triggers for you, try staying inside with the windows closed during high pollen count

SEE VNA, PAGE A9

## NORTH COUNTRY NOTEBOOK

*Thoughts while enjoying a little lunch:  
"Hey, you look like someone I know"*



By JOHN HARRIGAN  
COLUMNIST

In the business of writing columns, often it's not what you wrote that gets people upset, it's what they think you wrote.

Last week, I reported that while rounding



COURTESY

Somewhere in New Hampshire, a praying mantis (it's the thing that looks like a stick) munches away amid the foliage, perhaps looking for, oh, another mantis, for dessert.

a bend and meeting a truck, I managed a quick

look at the ditch (to judge where I was) and caught

brief sight of a grey, SEE NOTEBOOK, PAGE A10

# Spelling Bee plans Scholarship Foundation team all 'a-buzz'

LACONIA — As summer winds down, the Lakes Region Scholarship office has been gearing up for their annual Community Spelling Bee to be held on Thursday, Oct. 24 at 6:30 p.m., in the Laconia High School Auditorium. The busy bees in the LRSF office are “buzzing” with activity, preparing for the upcoming Bee. Spelling word lists have been finalized and team sponsors have been contacted. The Community Spelling Bee has been the major fundraising project of the LRSF Friends of the Foundation operating fund since 2000 and last year raised over \$10,000 for the organization.

The Foundation plans a fun evening for all present. In addition to possibility of prizes for the teams who compete, everyone in attendance gets a free door prize ticket, giving them a chance to win one of the many prizes drawn between each of the five rounds. Prizes range from gift certificates for area restaurants and supermarkets, to hair salon appointments and gift certificates for Squam Lakes Science Center and the Capitol Center for the Arts. There is also a 50/50 raffle. Admission for those who come to watch the Bee is also free.

Each year, teams from various area businesses, community organizations and schools come together for an evening of competition and fun, all to benefit a good cause. Teams are asked to dress in costume and many blend humor with their efforts to flabbergast the audience with their skills in orthography (spelling). The goal of each team is to make it to the final round, and add their name to the list of winners of the much sought after Bee Trophy.

Bee teams are sponsored by area businesses or benefactors. The competition is lively and provides the audience with a unique evening's entertainment. This year's emcee will be local celebrity, Pat Kelly, host of Good Morning NH on 107.7-The Pulse and WEMJ. The pronouncers will be veterans, Rick Crockford and Rhetta Colon while Karen Bianco and Mike Nolan will be manning the gavels as judges. Last year the winning team was The Treble Clefs' team, made up of members of the Laconia High School Band. LRSF Executive Director, Paulette Loughlin said that she hopes to see upcoming members of the LHS band come forward again this year to defend the band title. In addition, the Laconia Librarians have been asked to return again year. The Librarians are still looking to complete the coveted Bee “hat trick” with a third, first place title, in an effort to tie the record set by the retired Class of 1977 team of Judy Ball, Ruth Turner McLaughlin and Sherry Weeks.



Finale of last year's Bee with the 2017 winners in the center, the LHS Band team “The Treble Clefs” (l to r: Bryden Wright, Joey Bailey and Noah Mousseau) surrounded by the members of the Lakes Region Scholarship Foundation Board and staff as well as the evening's volunteer judges (Marilyn Lynch and Karen Bianco), pronouncer (Rick Crockford) and emcee (Pat Kelly).

Scholarship Foundation is a non-profit organization that currently acts as a clearing house for scholarship funds from over 260 donors. This year the Foundation celebrated its 63rd anniversary. The idea for LRSF began in 1956 with a small group of concerned citizens, supported by just eight local individuals, civic groups and organizations. The awards that year totaled just \$2,650.00 to sixteen recipients. It has grown over these six decades, and this year the foundation awarded well over \$400,000 to nearly 300 local students. Over the 63 years, this local organization has awarded over 6.5 million dollars. All of this has been accomplished thanks to the generosity of about 586 donors over the years, not including the thousands who have contributed to specific memorial funds or spe-

cial fundraisers. As the Foundation's major funding event, the goal of the Bee is to raise much-needed revenue for the administrative costs of the foundation. While the primary fo-

cus of the scholarship foundation is to generate more dollars for scholarships to benefit area students in their quest for continuing education; the operating costs to run the office continue to

be an annual challenge. Support for the LRSF Community Spelling Bee, allows foundation to continue its work in the community. For more information, or to donate to the

scholarship foundation, you may call the office at 527-3533 or email them at scholarship@lrscholarship.org or send mail to PO Box 7312, Gilford, NH 03247.

## Sanbornton Public Library hosting Kimchi workshop

SANBORNTON — Learn to make kimchi at Sanbornton Public Library on Tuesday, Sept. 24 at 1 p.m. Discover the health benefits of this sparkling fermented cabbage and leave with your own starter. This hour and a half kimchi class includes a talk about the history of kimchi, what exactly kimchi is, health benefits and nutrition, a sampling, and hands on instructions that in-

clude do's and don'ts. Everyone leaves with an instruction packet with fun recipes and troubleshooting tips, as well as a jar with a live culture to get started at home.

There is a \$10 materials fee paid to the instructor. Our instructor is Lori Steere, Certified Integrative Health Coach with “Good For You Health.” Lori pre-

sented the kombucha class at SPL two years ago. Class size is limited to 10 people so please sign up in the library or call 286-8288 to register.

### Elizabeth Lachapelle, Ph. D.

Licensed Psychologist

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announces the close of her private practice.

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### Winnisquam Regional School District (SAU 59) Child Find Notice

Winnisquam Regional School District, SAU 59, ensures that all children who have disabilities, from age 2.5 to age 21 years, who reside within the district, and who are in need of special education and related services are located, evaluated, and identified. This applies to all children with disabilities, including highly mobile children (such as migrant and homeless children), children placed in homes for children, health care facilities, or state institutions, and children who are suspected of having a disability under IDEA. In addition, this applies to those children attending approved non-public schools within the geographic boundaries of SAU 59.

Winnisquam Regional School District has established referral procedures which ensure that all students who are suspected or known to be a child with a disability are referred to the Special Education team for evaluation. Special Education referrals may be directed to the following contact persons:

Winnisquam Regional High School  
Dana Giampaolo, Principal  
(603) 286-4531

Winnisquam Regional Middle School  
Michael Bryant, Principal  
(603) 286-7143

Union Sanborn School  
Jessica Welch, Principal  
(603) 286-4332

Sanbornton Central School  
Kathleen Pope, Principal  
(603) 286-8223

Southwick School  
Dr. Eric Keck, Principal  
(603) 286-3611

Winnisquam Regional School District  
Lisa Burbach, Director of Student Services  
(603) 286-4116

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Tracy Lewis at 444-3927 or email: tracy@salmonpress.news  
Beth Tobyne at 279-4516 ext.110 or email: beth@salmonpress.news

## Irene Mary (Morin) Morrissette, 69

TILTON — Irene M. Aubut-Morrissette, 69, a resident of Tilton, died on Tuesday, Sept. 10, 2019 at Concord Hospital after a long illness.

Irene was born in Manchester on June 1, 1950, the daughter of Leon Morin. She was a resident of Belmont prior to moving to Tilton 15 years ago. She was employed for several years as the Business Office



Manager for the New Hampshire Technical

Institute in Concord. Irene had many enjoyments in her life, from gardening and floral arranging to bird watching, craft fairs and traveling. Her newest conquest was kayaking, but her greatest was her family especially her grand and great grandchildren.

Irene was predeceased by her first husband, Richard M. Aubut, in 2011 and her

granddaughter, Meaghan Aubut, in 2016.

Her family includes her husband, Bruce Kent Morrissette of Tilton; her daughter, Shari Colby of Moultonborough; her two sons, Kim Aubut of Manchester and Tracy Aubut of Franklin; her grandchildren, Abrianna Colby, Aimee Aubut, Trevar Colby, Jennifer Matteau, Jessica Bouch-

er and Christopher Daddio; six great grandchildren; her sisters, Sharon Champagne of Franklin and Carol Joyce of Franklin; and her dog, Fred.

According to Irene's wishes, calling hours will be held on Saturday, Sept. 21, 2019 from 1 to 3 p.m. at the William F. Smart Sr. Memorial Home, 584 West Main St. (Franklin-Tilton Road) in Tilton. She will be buried

with her first husband Richard in the New Hampshire State Veterans Cemetery at a later date.

In lieu of flowers, memorial donations in memory of Irene may be made to St. Jude Children's Research Hospital, 501 St. Jude Place, Memphis, TN 38105.

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

# Silent September continues on LRPA with "Male and Female"

LACONIA—Silence is golden during the month of September on LRPA After Dark! Celebrate Hollywood's great silent film era each Friday and Saturday night at 10:30 p.m. with our second annual "Silent September" Film Festival. Almost every genre of film -- action, comedy, romance, western, horror, sci-fi -- can be traced back to the silent era that began nearly 125 years ago and ran until the introduction of "talkies" in the late 1920s. Many technical and artistic elements that modern moviegoers take for granted, such as scene continuity, close up shots, enhanced lighting and feature-length films, developed during this important time in the history of cinema.

This weekend (September 20 & 21), we are proud to show a rarely-seen silent classic: 1919's "Male and Female," directed by Cecil B. DeMille and starring Gloria Swanson and Thomas Meighan.

Crichton (Meighan)

is an educated butler serving in the home of Lord Loam. He is secretly in love with Loam's captivating daughter, Lady Mary Lasenby (Swanson). She doesn't give Crichton a moment's notice, as he is a member of a lower social status and the two could never be together. To round out this unrequited love triangle, Tweeny (Lila Lee) fancies Crichton, but he doesn't recognize her simple charms. One day, Lord Loam takes family and friends out for a sail on his yacht. Crichton and Tweeny are also onboard to serve. The yacht becomes shipwrecked on a remote island, filled with wild animals and danger at every turn. Lady Mary and her family and friends are not equipped to cope with the circumstances of the disaster -- but their help, particularly the brave and steady Crichton, most certainly are. In light of the situation, the societal roles begin to re-

verse. Lady Mary sees Crichton in a new light -- strong, reliable, capable -- and falls in love with her former butler. Just as the islanders become comfortable with their new lives, they are rescued. What will happen when they return to civilization? Can love conquer all?

While not the most famous of Cecil B. DeMille's epic blockbusters, "Male and Female" was indeed one of the most notable of DeMille's silent film career, and has much to offer the modern viewer in terms of acting, set design, lighting, and elements of potential danger. There were scenes filmed with live animals, including several lions (on set with Gloria Swanson) and even a purportedly "man-killing" leopard that was tranquilized so that he could lie across a terrified Thomas Meighan's shoulders! "Male and Female" includes a well-known fantasy sequence that features Swanson in an elaborate costume

complete with a feathered headdress. She is at the top of her silent film splendor, and that alone makes it a movie worth watching. Nearly a century after its release, the theme of class distinction in "Male and Female" is still topical. So grab your popcorn and join LRPA after dark for a night of dramatic adventure.

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

Sept. 20 & 21: 1919's "Male and Female," starring Gloria Swanson

Sept. 27 & 28: 1922's infamous documentary "Nanook of the North"

Coming in October: LRPA's Fourth Annual "Shocktober" Filmfest!

You can't find television like this it anywhere but LRPA TV, Atlantic Broadband Channel 25. Not a subscriber? Then log onto Live Stream through our Web site ([www.lrpa.org](http://www.lrpa.org)), where you can catch all the fun.

### About Lakes Region Public Access Television (LRPA)

Lakes Region Public Access Television (LRPA) is a nonprofit, noncommercial public access TV station and community media center located on the Laconia High School campus in Laconia, NH. LRPA cablecasts locally on Atlantic Broadband Channel 24 (educational programming and public bulletin board), Channel 25 (information and entertainment) and Channel 26 (government meetings) to nearly 12,000 viewers in our member communities of Belmont, Gilford, Laconia, Meredith and Northwood. Program-

ming is produced by and for the people of the greater Lakes Region.

LRPA's mission is to empower our community members to produce content that

fosters free speech and the open exchange of ideas,

encourages artistic and creative expression,

promotes a well-informed public through governmental transparency, and

unites our communities through the power of media and technology.

LRPA's slogan: Community empowered by media. Visit us on the Web at [www.lrpa.org](http://www.lrpa.org).

## Benefit ride planned in support of Camp Resilience

LACONIA — Polish up your chrome and join us in supporting our veterans!

The Patriot Resilient Leader Institute (PRLI) invite you to join them for a cruise around the Lakes Region for the first Camp Resilience Motorcycle Ride to benefit retreats for veterans. The Camp Resilience Motorcycle Ride will take place on Saturday, Sept. 21. The ride will assemble at the Broken Spoke Saloon at 1072 Watson Rd., Laconia. Registration will start at 9 a.m., with kickstands up at 10:30 a.m. Riders will take a scenic tour around the Lakes Region concluding at Broken Spoke Saloon for a BBQ and raffles. Registration is \$15 per rider, \$10 for passenger, and \$10 for non-riders joining us for the BBQ.

The PRLI is a nonprofit group comprised of veterans and concerned citizens who seek to combine the talents of area professionals and the beauty of the Lakes Region to assist veterans throughout New England. Using a three-pronged approach, Camp Resilience helps

veterans bounce back in mind, body, and spirit. The three mainstays of the program are recreational outdoor team-building/experiential learning, life skills training, and facilitated peer-to-peer counseling. The retreats last three to four days each, are open to military veterans from all six New England States, and are free of charge for the attending veterans. In early August PRLI and Camp Resilience celebrated two major milestones. On Aug. 1, the 50th Camp Resilience Retreat wrapped up bringing the total number of veterans, spouses, caregivers and children served to 502.

To pre-register for the ride visit [www.camp-resilience.org/ride](http://www.camp-resilience.org/ride). If you are interested in donating a raffle item or being a ride sponsor, please contact Alyssa Mosher at [amosher@camp-resilience.org](mailto:amosher@camp-resilience.org) or (978) 219-4003.

To learn more about PRLI and Camp Resilience visit our website at [www.camp-resilience.org](http://www.camp-resilience.org) or our Facebook page, [www.facebook.com/campresilience](http://www.facebook.com/campresilience).

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

LACONIA — When 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 lives."

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 music. It's sure to be a great evening!

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



### 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.

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

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

### The Community Church of Alton's

**Joyful Footsteps PreSchool and Extended Care is looking for an afternoon Teacher from 2:30-5:30, Monday -Friday. Our schedule follows the Alton Central School calendar and observes the same snow days.**

Applicants should have 9 ECE Credits, or 1500 hours in a licensed daycare setting, willing to become CPR / First aid certified and able to pass background check.

All interested should email resume and cover letter to: [coa.joyfulfootsteps@gmail.com](mailto:coa.joyfulfootsteps@gmail.com), with pre-k teacher in subject line. Or, inquire to: (603) 875-5561



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## HAPPENINGS

CONTINUED FROM PAGE A3

9, from 6 to 8 p.m., for our annual Pumpkin Carving Party. We will provide carving tools as well as paints and brushes for the younger kids, and clean up the mess. Bring your own pumpkins, or buy them from the Pines for \$5.00 and \$7.00 each. Refreshments, such as pizza, candy and drinks, will be on sale, so bring your

appetite. Otherwise there is no charge for this messy, orange event.

## Craft Fair

The Pines' Second Annual Craft Fair is coming up on Saturday, Nov. 2, from 9 a.m. to 2 p.m. In addition to local crafters offering their handmade goods, the Pines will be selling concessions and baked goods, and there will be raffles during the day. Stop by and get a head start on your Christmas

shopping! Craft Fair profits will be split between the Pines and the WRHS Class of 2020, who are assisting with the event. Vendor registration ends Friday, Oct. 25 at 5:30 p.m. Vendor set-up is Friday evening, Nov. 1, from 4 to 6 p.m. If you are interested in selling your own handcrafted items here, please contact Recreation Director Samantha Magoon at pccprogramdirector@gmail.com or 286-8653.

## Haunted House

In addition to our annual Halloween Party, this year we are also offering a Haunted House on Friday, Oct. 25, from 5:30 to 7 p.m. The cost is \$3.00 per person. Come check out our Spooky basement – if you dare! This is recommended for all ages. Children 10 and under must be accompanied by an adult.

## Halloween Party

The Pines Annual

Free Spook-tacular Halloween Party is coming up on Friday, Oct. 25, from 6 to 7:30 p.m. The party is for kids up through Grade 5. Come dressed to scare! There are free crafts for kids at the make and take tables, free goodie bags for the first 50 kids, prize drawings for kids with costumes, games, and seasonal treats for sale at the concession stand. No advance registration necessary. If you belong to a group or organization that is interested in helping out, or would like to sponsor, or run, an activity for the kids, please contact Samantha Magoon. She may be reached at 286-8653 or at pccprogramdirector@gmail.com.

## Zumba with Akiesha

Zumba instructor Akiesha Young offers Zumba classes at the Pines Tuesday and Thursday evenings. Thursdays are Zumba Gold, which is an easier to follow, lower intensity and impact form designed for those who are new to fitness, recovering from an injury, new mothers or active older adults. Both classes are 5:30 to 6:30 p.m., and your first class is always free. The drop-in rate is \$5 per person, or you can purchase a punch card for \$45.00. Fill it and earn a free class!

## Closed

The Pines will be closed on Monday, Oct. 14, in honor of Columbus Day.

## APPRECIATION

CONTINUED FROM PAGE A1

new to the organization or have been here for 45 years – for their continuous hard work and dedication to the mission of our organization through supporting the children and families we serve every day.”

Spaulding is proud that so many of its employees have dedicated large portions, or in some cases their entire

career, to its mission of supporting exceptional children and families toward a successful future. Currently, the organization employs 42 five-year, 30 ten-year, 10 twenty-year, 5 thirty-year, 1 forty-year and 1 forty-five-year tenured staff members.

Spaulding Youth Center staff is comprised of highly trained, experienced and compassionate professionals who share a commitment to excellence in providing

quality services to the organization's children and their families. To review current openings and apply to join the Spaulding team, please visit [www.SpauldingYouthCenter.org/careers](http://www.SpauldingYouthCenter.org/careers).

## About Spaulding Youth Center

Spaulding Youth Center is a leading provider of services for children and youth with neurological, emotional, behavioral, learning and/or de-

velopmental challenges, including Autism Spectrum Disorder and those who have experienced significant trauma, abuse or neglect. Services include academic, behavioral health, residential, foster care, health and wellness and family support. Spaulding Youth Center is a tax-exempt 501(c)(3) nonprofit. For information about Spaulding Youth Center, visit [www.SpauldingYouthCenter.org](http://www.SpauldingYouthCenter.org).

## VETERANS

CONTINUED FROM PAGE A1

called how eerie it was to be the only plane in the sky. He described the adrenaline rush as like the combat sorties he flew in the first Gulf War, but over his own nation's capital.

Michael Pelletier, a civilian employee of the NH National Guard, was at work at Teradyne in Nashua that day and got his first clue when police cruisers surrounded the nearby FAA Air Traffic Control Center, a potential target. After everyone was told to leave for the day, it was on his way home that he found out in a call from his wife that his 22-year-old

nephew, David DeMiglio of Wakefield, Ma., a recent college graduate, was aboard American Airlines Flight 11, the first plane to hit.

The tragedy prompted Pelletier, who'd been out of the service since 1993, to re-enlist with the Guard. He was deployed for more than 15 months during Operation Enduring Freedom and again during Operation New Dawn.

Following several other readings and messages from various federal and state officials, the ceremony concluded with the playing of "Taps" in honor of the nearly 3,000 who died in the attacks.

## FSB

CONTINUED FROM PAGE A1

Diabetes Association; Mix 94.1 FM Cash-n-Cans; HOPE for NH Recovery; Greater Tilton Area Family Resource Center; Awareness for Adalyn; Every Child is Ours; Paul Smith School Playground Fund; Chem-Free After Prom/Graduation celebrations; and the Aaron Risley Memorial and

McDonald Family Scholarships.

Established in 1869, Franklin Savings Bank is an independent, mutually-owned community bank, offering a full array of commercial lending, personal banking and investment services throughout the Central Lakes Region and southern New Hampshire. Headquartered in Franklin, the Bank has offices in Bristol, Boscauon, Tilton, Gilford,

Merrimack and Goffstown, as well as an office in Bedford for business lending. The Bank also offers investment, insurance and financial planning services through its wholly-owned subsidiary, Independence Financial Advisors. As a recognized leader in providing the latest in financial services technology, Franklin Savings Bank remains committed to serving the needs of businesses, families

and the communities it serves, through a dedicated team of employees, a diverse line of financial products and services, and continued investment in emerging technology

Since 2009, Franklin Savings Bank has donated more than 11 percent of its net income to charity. Visit [www.fsbnh.com](http://www.fsbnh.com) to learn more or follow the bank on Facebook, LinkedIn, Twitter and YouTube.

## SYC

CONTINUED FROM PAGE A1

sentation will discuss the realities of what children and teens are being exposed to online, including pornography, predatory behavior and human trafficking risks, as well as offer key tips and guidelines for foster parents to help them navigate safely. The event will also include a Q&A session where attendees are encouraged to voice their questions and concerns regarding this important modern health and safety issue.

“On behalf of Spaulding Youth Center, I was thrilled to welcome Bethanee Syverson to campus for this informative presentation,” said Dawn Fontaine, Recruitment & Licensing Specialist at Spaulding Youth Center. “In today's day and age, it is crucial for foster parents, family members and educators to learn how to keep children

safe in a culture where kids often have immediate access to smart phones, social media and technology. Spaulding Youth Center is happy to provide resources like this training to our foster parents as our goal is to maintain an environment where students feel safe, supported and loved.”

“How to Protect Your Kids in a Digital World” will be held at the Spaulding Youth Center Community Center on Saturday, Sept. 21 from 8 a.m.-12:30 p.m. This program includes adult content and no childcare is provided.

Registration in advance is required for this event. Please email Dawn Fontaine at [dfontaine@spauldingyouthcenter.org](mailto:dfontaine@spauldingyouthcenter.org) or Beth Maltzie at [bmaltzie@gmail.com](mailto:bmaltzie@gmail.com) to register prior to Thursday September 19.

## About Spaulding Youth Center

Spaulding Youth Cen-

ter is a leading provider of services for children and youth with neurological, emotional, behavioral, learning and/or developmental challenges, including Autism Spectrum Disorder and those who have experienced significant trauma, abuse or neglect. Services include aca-

demic, behavioral health, residential, foster care, health and wellness and family support. Spaulding Youth Center is a tax-exempt 501(c)(3) nonprofit. For information about Spaulding Youth Center, visit [www.SpauldingYouthCenter.org](http://www.SpauldingYouthCenter.org).

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Queen is a lovely 11 month old hound mix that came to the NHHS through Georgia transport. She does not currently know much, but is very food motivated and ready to learn. She does come from an unfortunate past, and has some touch sensitivities that would make her not the best fit for a household with children. However, she has done amazingly well with other dogs and cats in the past and may even benefit from another furry friend! Queen is looking for a patient, adult-only home with an active lifestyle and some basic training.



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# New Hampshire FAIR DAYS

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 Online: [www.lancasterfair.com](http://www.lancasterfair.com)

## HOPKINTON STATE FAIR

August 30 to September 2, 2019

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

## ROCHESTER FAIR

September 12 to 22, 2019

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

## HILLSBOROUGH COUNTY AGRICULTURAL FAIR

September 6 to 8, 2019

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

## DEERFIELD FAIR

September 26 to 29, 2019

Deerfield Fairgrounds  
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 Online: [www.deerfieldfair.com](http://www.deerfieldfair.com)

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October 12 to 14, 2019

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# Milfoil management underway on Lake Winnisquam

BELMONT — For the second year in a row, the Winnisquam Watershed Network (WWN) is conducting a comprehensive management program targeting variable milfoil growth in Lake Winnisquam. Variable milfoil is an invasive aquatic plant which, left unchecked, can impact aquatic habitat, recreational enjoyment and property values. Working with staff from the New Hampshire Department of Environmental Service's (NHDES) Exotic Species program, the WWN has mapped the milfoil growth throughout the lake and developed a lake-wide management plan.

Management applied a targeted herbicide, Procaccor, in those areas with the densest milfoil growth: at the northern end of the lake, in Jay's Marina and in Ephraim's Cove. For the next several weeks trained divers from Aqualogic, Inc. will perform diver-assisted suction harvesting to remove milfoil elsewhere in Lake Winnisquam. The program is funded through a NHDES Exotic Species grant to the WWN, local matches from the communities of Meredith, Laconia, Belmont, Tilton and Sanbornton, and WWN donors. For more information visit [www.winnisquamwatershed.org](http://www.winnisquamwatershed.org).



On Aug. 21, SOL-

**Sugar Hill's Autumn Celebration**  
 Saturday and Sunday, October 5-6  
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 For More Information: [www.HarmansCheese.com/autumn](http://www.HarmansCheese.com/autumn) or Call 603-823-8000

**VNA**

CONTINUED FROM PAGE A4 days, and using an air filter with HEPA filtration will help. Some vacuum cleaners come with HEPA filtration as well, since pollen, mold and dust mites can settle on carpets and drapes in the home and trigger indoor respiratory problems. Heating systems have had all summer for these allergens to accumulate within their pipes and vents; a good vacuuming and cleaning prior to turning your heating system on for the year will help prevent these irritants from being blown into the air the

first time the furnace kicks on.

Wearing a mask during these cleanings, and during Fall yardwork outside, will help reduce your exposure, or consider enlisting a loved one to help, hiring a homemaker or landscaping company, to get the cleaning and yard work done if you can't do it yourself.

Understanding what triggers respiratory problems and taking steps to minimize those triggers is one of the best ways to help combat Fall allergies, and reduce flare-ups and hospitalizations related to them.

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**NOTEBOOK**

CONTINUED FROM PAGE A4  
 roundish animal that registered in my admittedly sometimes dimwitted mind as "armadillo."

I didn't say that it was an armadillo, mind you, and didn't follow the incident with any attempt at verification. I simply had too little to go on.

I did, in fact, do a column a year or so ago on creatures that have

pushed their range northward during the current warming trend, and the armadillo is one of them. It is now regularly seen in several Massachusetts towns. There is no evidence they've gained a foothold in New Hampshire, but strays have appeared here and there. An armadillo was reported in Berlin, but authorities figure someone brought it there as

a pet, or it hitched a ride up in mid-summer on a pallet in a freight truck.

+++++

**More errata:**

On the subject of mistakes, if you doubt your readers' eyesight, just make one.

A couple of weeks ago I waxed poetic about happy times way back when I was doing a lot more radio than I do now, and from time to time was

working with someone I identified as "the late Bob Lobel."

Bob is hardly dead, and among those who noticed, and said so, was reader Jack Kurdzionak. He too had noticed funeral services for a Bob Lobel in eastern Pennsylvania, who also happened to do radio, but it was the wrong one. Our Bob is still alive and, despite serious health problems, still working--on a show called "Legends with Bob Lobel" on WPME TV on Saturdays at 11, and on WBIN TV at noon Sundays.

+++++

The other thing that happened last week, with no time or space to expound on it, was the arrival of a praying mantis through the livingroom door. Not that it came through the door itself--no way, because the screens have wire-mesh screens fine enough to bar midges, or noseums.

No, the mantis I spotted on the floor by my reading chair had to have been dragged in or had hitched a ride on me or the dog.

Either way, there it was, looking every bit like just another green stick, eerily rotating its head to follow me with its spooky eyes.

It was eating a bumblebee when I spotted it, so after looking it over with a magnifying glass (while it looked me over right back), I went off to do other things, and when I returned in 15 minutes it was gone.

Entomologists often point to the praying mantis as perhaps the best evidence of how cold-blooded Mother Nature truly is. No one who's seen the classic film of two mantises eating each other alive will ever forget it.

+++++

"While the praying mantis is found in Vermont and New Hampshire, it isn't found here often," says Northern Woodlands, the magazine I would take above all others on the 350-mile, sometimes 13-hour Quebec North Shore & Labrador Railroad--to be read only if the fog rolled in, there was nothing to see, and I'd had enough of playing cards and passing around clandestine containers of whiskey or playing with the Indian kids.

What fun that was, by the way. They were Montagnais, Naskaupi, and Cree. To the young ones, the railroad represented everything new and wonderful. They had perfect, white teeth. But they had only just then

discovered soft drink and candy, readily available in the train's snack bar, and they couldn't get enough of it.

I had two tricks I performed with string (still do), and one of them, called "The Fence," required 11 definitely dexterous moves.

One bright-eyed squirrel of a girl of about 10 watched me do "The Fence" two or three times, her concentration keen as a knife, and then asked me for the string (in French--the Indians had no English). She tried the moves once, twice, and failed. Proffering the string, she asked me to do it once more.

And on her next try, she made it--a perfect, criss-crossed fence. And I wanted to give her something as a reward, but it certainly wasn't going to be soft drink or candy, so I dug into my pack and gave her a picture of house and family back home.

And man oh man, did the questions ever come flying then. A house, all made of wood--she was so used to hides.

(Please address mail, including phone numbers, to [campguyhooligan@gmail.com](mailto:campguyhooligan@gmail.com) or 386 South Hill Road, Colebrook, NH 03576.)



COURTESY

**Northfield PD welcomes new officer**

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## SPORTS

THE WINNISQUAM ECHO  
SalmonPress.comTHURSDAY  
September 19, 2019

BOB MARTIN

Garret Mango had three touchdowns in the game for Winnisquam.



BOB MARTIN

Gunnar Horman had 143 receiving yards for the Bears last week.

# After slow start, Bears cruise past Fall Mountain

BY BOB MARTIN  
Bob@salmonpress.news

TILTON – The Winnisquam Bears faced Fall Mountain on a drizzly Saturday afternoon and despite the slick conditions, Phil Nichols was able to use his strong throwing arm to lead the Bears to a 33-14 victory.

The first half was mostly a defensive bat-

tle with both teams trading dead end drives, but with 30 seconds left in the first quarter, Winnisquam recovered a fumble at its own 25-yard line. However, Fall Mountain's defense rose to the occasion and forced a three and out. This would be the theme of the second quarter for both teams.

Fall Mountain had

a scoring chance about halfway through the second quarter when a 29-yard run by Morgan Wilbur got the Wildcats to the one-yard line. However a string of penalties all of a sudden had the Wildcats at the 15-yard line. The Wildcats would miss a field goal from the eight-yard line and the score remained tied up at 0-0.

The first score of the game came with 38 seconds on the clock in the first half when Nichols tossed a perfect spiral to Garret Mango, who was running a deep go route. Mango caught the pass in stride and never looked back, sending it 48 yards for the score. The point after attempt was good and it was 7-0 going into halftime.

The Bears went up 14-0 with 4:57 left in the third quarter. Gunnar Horman caught a 15-yard pass to get Winnisquam to the two-yard line and then Mango scored on a quick slant.

The kickoff went to Tyler Swain and he ran it back for a touchdown to make it a 14-7 game after the PAT. While this gave Fall Moun-

tain some much needed momentum, it was shut down quickly by the powerful Bear offense.

Horman had a 34-yard catch, which was followed by a 46-yard touchdown pass to Mango to go up 20-7. The PAT was blocked.

In the fourth quarter, the scoring continued for the Bears on a 54-

SEE FOOTBALL, PAGE B3

The 143<sup>rd</sup>

# DEERFIELD FAIR

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BOB MARTIN

Emma Richardson had 13 kills to lead the offensive charge for the Bears against Belmont last week.



BOB MARTIN

Haley McGlynn serves for Belmont High School against Winnisquam last week.

# Champs take care of business against rival Belmont

BY BOB MARTIN

Bob@Salmonpress.news

TILTON – The Winnisquam Bears and the Belmont Red Raiders took their rivalry to the volleyball court on Sept. 11, and while the Red Raiders had some spurts where they had the Bears off balance, the defending champion Bears came away with a three-set victory.

The first set started with Belmont picking up an ace and another quick point to go up 2-0. The teams traded points and it was only a 17-16 lead for Winnisquam deep into the set. The Bears then took over for the 25-20 win on some nice kills by Emma Richardson and Gabby Isabelle, set up well by Chloe Colarusso.

The second set also started off fairly even

with the teams locked at a 5-5 tie. This would change drastically, and quickly, with the Bears piling on points en route to a 25-16 victory.

In the third set, Belmont went up 5-1 and looked like the Red Raiders had the upper hand with some confident play. Winnisquam fought back but Belmont kept tacking on points and went up 12-9. This is where the Bears kicked it into high gear and only allowed six points the rest of the way, cruising to a 25-15 win.

Richardson led the offense with 13 kills, and defensively was also on point with six digs and a pair of blocks. Outside hitter Isabelle, who was an All-Stater last season and considered one of the best hitters in Division 3,

had eight kills and three digs. Colarusso had 22 assists and played well in the setter role.

Emily O'Neil had a well-rounded game with 10 digs and three kills. She was also a force at the serving line with four aces. Hanna Honeman had a good match with two kills and four aces serving.

The Winnisquam Bears have a team of 17 players with five returning players from last year's team. It certainly will be difficult to replace the production of Shannon Goodwin, who graduated with school records with 845 kills and 559 digs, as well as Aubrey St. Onge who tallied 475 digs, which was second in school history. The team also graduated key players like Sarah

Seymour, Alli Foster, Becca Persson and Hannah Blackburn.

The Bears returns Olivia Dill, who was outstanding in the setter position with a Winnisquam record 549 assists in her career. Coach Mike Livernois, who was the Division 3 coach of the year in 2018, has opted to move her to defensive specialist to anchor the team's defense and put Colarusso at starting setter.

Isabelle returns after a first team All-State season. She had shoulder surgery in March but is expected to bring her high flying spike kills to the court on full blast again this season. She is joined on the left side by Richardson, who looks to thrive as a hitter in her junior season. Honeman

also returns from last year's squad as an outside hitter in her senior year.

Joining the Bears are juniors Emily O'Neil, Makenzie Foster, Kayla Briere, Nicole Reusch and Kylie Stevens. Freshmen Leigha Brown and Delaney Skourtis will also see some time this season.

The Bears have won two straight titles and Livernois knows the team will need to serve and hit well to be successful again. He also feels that experience playing volleyball at a high level will bode well for this year.

"The team is starting to come together with the new players settling into their roles," said Livernois. "Most of the girls played JO (Junior Olym-

pic) volleyball during the winter and attended the summer program working to prepare for this season."

Belmont coach Polly Camire commended the play of senior captain Haley Tremer, who had a great serving night at 100 percent from the line. Senior captain Becca Camire also served well at a 91 percent clip. She said the team played with "a lot of energy and grit."

"We came out strong against the defending champions in game one, putting together great plays and working well together as a team," said coach Camire.

## Winnisquam

The Bears played Raymond and had another three set sweep by scores of 25-2, 25-14 and 25-11. Isabelle had 14 kills and five digs in what was a big night for the outside hitter. Richardson had six kills, two digs and six aces. Colarusso had 10 assists and 11 aces. Dill had six digs and three assists. Honeman had three kills and a block.

The first game was dominated by Winnisquam, with Isabelle laying down five kills and Colarusso with nine aces. The second game saw Winnisquam build a 20-7 lead before Raymond closed the gap to 20-13, but the team regrouped and cruised to victory. The third game was close, with a score of 10-8 before Dill led a strong service run to shut down Raymond.

Winnisquam played Portsmouth Christian and Inter-Lakes after deadline. Next up is a road game against Franklin at 11:15 a.m. on Saturday.

## Belmont

Belmont played Prospect Mountain on Sept. 13 and was swept in three sets. The scores were 25-18, 25-13 and 25-6. Coach Camire said despite an initial lineup error, the team played tough but simply couldn't keep up with Prospect Mountain's offensive attack. She said the team is now looking to put the game behind them, regroup and move forward.

Belmont played Trinity after deadline and next up is at Sunapee on Sept. 19 at 6:15 p.m. Belmont plays Franklin at home on Sept. 23 at 6 p.m.

# Robarge leads Belmont golfers in pair of matches

BY BOB MARTIN

Bob@Salmonpress.news

FARMINGTON – The Belmont High School golf team is off to a tough start, posting a 2-13 in the early part of the fall season.

The Red Raiders went 0-3 in at match on Sept. 9, with Pelham winning with a score of 82, followed by Sanborn at 64 and Prospect Mountain at 59. Will Robarge played well for Belmont, shooting a 46, which translates to 17 points and the top score for the Red Raiders. Paige Irving had a score of 12 and shot a 51 on the day, Eamonn Kelley had a score of 11 and shot 52, Jon Phillips shot 57 and had a score of six, Oliver Mahoney and Cole Lamprey both shot 62 and recorded a score of one.

On Sept. 11, the Red Raiders had a score of 43 and went 0-3 behind Plymouth's score of 88, Lebanon with 68 and Gilford with 66. Robarge did well again with a score of 19 to lead Belmont followed by Irving with nine, Kelley with eight, Phillips with seven, Mahoney had a score of three, and Lamprey with one.



JOSHUA SPAULDING

Will Robarge has been the top golfer for Belmont High School this season.



JOSHUA SPAULDING

Paige Irving putts in a golf match last week for Belmont.



JOSHUA SPAULDING

Dylan Robert and Riley Mann make their way through the rain at the Laconia Invitational cross country meet last weekend.



JOSHUA SPAULDING

Aurora Couto races through the course at the Laconia Invitational cross country meet.

## Belmont soccer boys win two, girls split

BY BOB MARTIN

Bob@Salmonpress.news

**BELMONT** – The Belmont boys' soccer team had plenty of question marks going into this season after graduating a large core of last year's team, but the Red Raiders have responded to the challenge nicely with five-straight wins to start the season.

Last week, the Red Raiders played Newfoundland and came away

with a 3-0 shutout. Nate Sottak was the scoring leader with a pair of goals. Bryce Hall had a goal and an assist, while Ron Pesa added an assist. Jacob Bivens, who is new in goal this season for the Red Raiders, had three saves in the shutout win.

Belmont then took on Berlin and had a dominant 7-1 victory. Sottak and Lars Major each had two

goals apiece. Lucas Mathieu scored a goal and pitched in with a pair of assists. Brice Pethic and Liam Waldron rounded out the goal scoring. Recording assists were Liam Waldron, Eddie Mann, Kyle Whitcomb, Ben Hillsgrove and Pesa. Bivens had three saves for the win.

Next up for the boys' soccer team is Inter-Lakes on Sept. 19 at 4 p.m.

The Belmont girls' soccer team had only an up and down week with a 1-0 loss to Derryfield on Monday and then a 4-0 shutout victory at Fall Mountain on Sept. 13.

It was a tough loss for Belmont against Derryfield, but coach Mark Dawalga said Derryfield deserves credit for defending so well in the second half as Belmont had ample opportunities to score.

Derryfield scored at the 20-minute mark of the first half and held on for the win. Dawalga commended the defensive effort by Sana Syed and Deanna Bourque. This game, he said, could have gone either way.

"Sometimes the ball just does not bounce your way and tonight was one of those nights," Dawalga said.

The Red Raiders then faced Fall Mountain on the road, and despite the long bus ride and the late start to the game, Belmont managed to come away with the 4-0 shutout win.

Rebecca Fleming got the Red Raiders on the board with the first goal, assisted by Sierra Bourque, at the 21 minute mark. Fleming also had an assist in the

game.

Two minutes later, Lena Rodrigues had a goal to go up 2-0 at the half. The second half scoring was led by Kaily Gerbig and Bourque, with both goals assisted by Katie Gagnon. The defense was great again, with Dawalga complimenting the play of Syed, Morgan Hall, Courtney Burke, Deanna Bourque and goalie Emma Cochran.

"Great team win," Dawalga said. "It was nice to see the work the kids are putting in practice come together tonight."

Next up for Belmont is an away game against Campbell at 4 p.m. on Sept. 19. Belmont also plays Laconia on the road on Sept. 21 for the Sachems' Homecoming.

## Bears blast past Franklin

BY BOB MARTIN

Bob@Salmonpress.news

**TILTON** – The Winnisquam field hockey team got on the winning track last week with a massive offensive output against nearby rival Franklin with an 11-0 blowout victory.

The team was led by Meghan Cote, who had six goals and an assist in the big win. Hannah Max was very strong with three goals and two assists. Maddie

House and Lexi Poole, a pair of All-Staters from last season, had a goal and an assist apiece.

Franklin was short-handed by one player, but coach Samantha Magoon commended them for their play in the face of adversity. She said the Golden Tornado front line was strong and despite the barrage of goals, Magoon felt the work in net for Franklin was very good. She said the Win-

nisquam front line cooperated well in getting the ball up the field, as well as knowing when to switch sides.

She commended the strong play of Poole for her work on both sides of the ball.

"Lexi Poole worked hard playing offense and defense, which helped with her assists and scoring her first goal of the season," Magoon said.

Winnisquam played Hopkinton at home

three days later and lost 2-1. The Bears are now 1-2 in the young season and next up is an away game against Littleton on Sept. 20 at 3:45 p.m.

## Soccer Bears pick up first win of the season

BY BOB MARTIN

Bob@Salmonpress.news

**TILTON** – The Winnisquam soccer team recorded its first win of the season at Franklin in shutout fashion on Sept. 3, and with a big gap between games, the Bears fell to Bishop Brady 3-1 to give the team a 1-2 record in the early season.

In the game against Franklin on Sept. 3, the Bears were led by Ayden Cushing, who had four goals. Sophomore Lucas Robdau had a hat trick in the game and was also a leader for Winnisquam. Senior Eric Young and freshman Beau Auger rounded out the scoring.

Eric Young had two assists while Aiden Phelps, Ilijana Markelic and Nick Pyra had an assist each. Sophomore Jacob Holt and freshman Aiden Donahue split time in net and had three saves each in the combined shutout.

Winnisquam then had

a game against Bishop Brady 10 days later and fell 3-1. The Bears surrendered a 1-0 lead in the first half but Winnisquam battled back and scored on a through ball from Phelps to Cushing. In the second half, junior Zach Braun sent a shot to the goal after he got by a hard charging Bishop Brady goalie. However the shot was cleared off the goal line and the teams remained tied for much of the game.

Bishop Brady finally broke the tie with 12 minutes left in the match, and Winnisquam surrendered a quick third goal to go down 3-1. Holt was in goal for the Bears and was commended by coach Peter Steese for several quality saves. He also said Ashley DeShaies was outstanding in the game as the team's starting back, and is a player to look out for this season.

"Everybody is really excited about how well Ashley can play," said Steese.

This is Steese's first season coaching at Winnisquam, and while he knows the team has had some difficult seasons, he sees talent on the team that could lead to some wins this fall. Steese is a former coach at Colby Sawyer College and has plenty of experience on the soccer field.

"Ayden Cushing is someone to really keep an eye on," said Steese. "He's young and a really good player, already scoring five goals."

Steese said the team is very responsive and working on progressing as a team. He said the Bears need to have discipline in order to win, which is a goal in his first season at the helm.

Next up for the Bears is Mascoma at 4 p.m. on Sept. 20.

## FOOTBALL

CONTINUED FROM PAGE B1  
yard touchdown pass to Gunnar Horman, on a play where he powered through and around defenders to the score.

The kickoff was again run back for a touchdown, this time by Isaiah Silva for more than 70 yards to bring it to 26-14.

The final scoring play was a run up the gut by Andre Cormier for a touchdown and the final score was 33-14.

Coach Derek Hunt was happy to get the big win, but added that there are plenty of issues to work on if they want to stay on the winning track. He said notably special teams need to be fine tuned, which was clear after two runbacks for touch-

downs in the game. Hunt said the team also needs to get the running game going, which was an issue throughout the game against Fall Mountain.

"We will be working on that this week," said Hunt. "Two run backs this week and one last week. Last week I let it go because I had young kids on the team but this week was different."

Hunt was very happy with the performance of Nichols, who has shown that he can be a game changer at the quarterback position. He was 14/24 with 328 yards and four touchdowns. Horman had seven catches for 143 yards and a touchdown. Mango had four catches for 117 yards and three

touchdowns.

"Phil was throwing a nice ball for us, and that really helped," said Hunt. "We tried going balanced and wanted to establish a run game, but the way they were stopping the run we knew we had to throw."

Defensively, Hunt commended Chaz Hibbert and Nolan Perrino for keeping Fall Mountain scoreless on offense. Horman and Perrino had an interception each and Hibbert recovered a fumble.

"Our starting D has been really impressive and haven't allowed any points," Hunt said. "That said, we've got some mental mistakes we have to work on."

Next up is Newfoundland for a 7 p.m. game on Sept. 21 on the road.



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### Special Instruc-

**Beginner Square Dance Lessons**  
Thursdays, starting 9/19 from 7-8:30 pm. Wicwas Lake Grange, 150 Meredith Center Rd., Meredith, NH 03253. First lesson free! Call Winnepesaukee Squares 603-253-9518.

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

### General Help Wanted

**Finish Carpenter Needed**

K.A. CLASON FINE WOODWORKING CORP

COMPANY: We are an award winning team of dedicated professionals building and remodeling waterfront homes in the Lakes Region of New Hampshire.

POSITION: Looking to add the ideal candidate proficient in finish carpentry, millwork and general carpentry. Must be willing to work as part of a team and be a self starter. Must have reliable transportation. Full time position, vacation and benefits to be discussed upon selection.

SALARY: \$15.00-\$25.00/hour

Email Resume to [BUILD@kaclason.com](mailto:BUILD@kaclason.com)  
Office (603)630-7285  
[KACLASON.COM](http://KACLASON.COM)

GSIL is looking for a dedicated personal care attendant to assist one of our consumers in Meredith, NH. Duties include personal/bladder care, dressing, Hoyer transfer, light housekeeping, meal prep, feeding and clean up. Hours are 5:00pm to 11:00pm, Thursday, Friday and Sunday evening. Pay rate is \$10.25 - \$10.75/hr. Prior personal care experience is helpful but, training is available. Please contact Ashley at 603-568-4930 for more information.

GSIL is an Equal Opportunity Employer.



Plymouth State University has the following positions available:

Financial Aid Award Manager  
Student Financial Billing Specialist  
Financial Aid Specialist  
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Institutional Assessment Analyst  
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Catering Coordinator  
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Community Director  
Billing Manager

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- All Shifts  
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**ADJUNCT:**  
Shuttle Bus Driver

To view full descriptions of the positions and to apply, please visit <https://jobs.usnh.edu>

Plymouth State University is an Equal Opportunity/Equal Access/Affirmative Action institution.

Seeking experienced CNC Machinist, full time, first shift in Pittsfield, NH. Knowledge of Swiss screw machines preferred. Excellent benefits: Medical & Dental - employer paid premiums, 3 weeks vacation, flex time, paid holidays, and employee stock ownership - employer paid retirement. Email resume to Leah Gorneau at [leah.g@podmoremf.com](mailto:leah.g@podmoremf.com).

The Mayhew Program, serving at-risk NH boys, seeks a full-time Administrative Manager (35hrs./wk) who is upbeat, skilled, tech. savvy and team-oriented to lead and complete crucial administrative responsibilities. Competitive salary and generous benefit package.

Please email a letter of interest and resume prior to 9/16/19 to Jim Nute, Executive Director, [jim@mayhew.org](mailto:jim@mayhew.org), (603) 744-6131, Bristol, NH

### General Help Wanted

This is a great place to work. We look for team members who work cooperatively and communicate openly. Ability to carry out activities, ensure the safety of the children, communicate with families and provide positive guidance to help the children through their social, cognitive and emotional development. Candidates with 9 or more Early Childhood Credits preferred.

The Sandwich Children's Center is a non-profit Children's Center serving children 6 wks- 12 yrs

### Part-Time Help Wanted

**DIRECTOR OF CHRISTIAN EDUCATION**  
Part-time position at Plymouth Congregational United Church of Christ: Estimated 13 hours a week includes Sundays: 10 month period: minimum education required - Associates Degree: Salary \$9,000-\$10,000. Send letter of interest to PCUCC, Human Resources, PO Box 426, Plymouth, NY 03264.

GSIL is seeking Personal Care Attendants! Duties include, but not limited to: bathing, showering, grooming, meals and housekeeping. Flexible hours and schedules are available. Must have transportation, be dependable and submit to a criminal background check. The hourly rate is \$10.25-\$10.75. Experience helpful but not required. Call Ashley 603-568-4930 for more information. GSIL is an Equal Opportunity Employer.

### Medical/Dental

**Dental office** seeks skilled caring Hygienist to be part of our quality practice. 2 days per week.  
Please call 603-528-2471

### Professional/Technical

Looking for full time Early Childhood Associate Teachers 9 ECE credits needed. Small, fun, loving and caring environment! Please email your resume to [teloca@yahoo.com](mailto:teloca@yahoo.com)

### Real Estate



**Equal Housing Opportunity**  
All real estate advertising in this newspaper is subject to **The Federal Fair Housing Law** which makes it illegal "to make, print, or published any notice, statement, or advertisement, with respect to the sale, or rental of a dwelling that indicates any preference, limitation, or discrimination based on race, color, religion, sex, handicap, familial status or national origin, r an intention to make any such preference, limitation or discrimination."  
(The Fair Housing Act of 1968 at 42 U.S.C, 3604(c))

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The Commission at 163 Loudon Road, Concord, NH 03301  
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To learn more about Tuba City Regional Health Care Corporation, call our Human Resources at 928-283-2432 or e-mail TCRHCCHR@TCHHEALTH.ORG

[WWW.TCHEALTH.ORG](http://WWW.TCHEALTH.ORG)

**CAMPTON SCHOOL DISTRICT**  
**Campton Elementary School**  
**2019-2020 School Year**

**Long-term Substitute**  
**School Counselor**

**(Must be certified)**

Beginning approximately December 1, 2019

Please send letter of intent, resume and certification to:

David Hamnett, Assistant Principal  
Campton Elementary School  
1110 NH Rte. 175  
Campton, NH 03223  
dhamnett@pemibaker.org



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**Plymouth, NH 03264**  
**2019-2020 School Year**  
**Beginning Approximately January 15, 2020**

**LONG-TERM SUBSTITUTE**  
**SPECIAL EDUCATION TEACHER**  
**(Must be certified)**

Interested candidates please send letter of intent, resume and references to:

Julie Flynn, Principal  
Plymouth Elementary School  
43 Old Ward Bridge Road  
Plymouth, NH 03264  
jflynn@pemibaker.org

**Facilities Director Opening**  
**Starting November 2, 2019**

**Newfound Area School District**

We are looking for a professional in facilities management who has a strong background in project management; overseeing both building and grounds maintenance plans, site repairs, and construction projects. This is a full time position with substantial program oversight

**Salary: \$70,000 with an excellent benefits package**

Candidates should provide a letter of interest, resume, job application, and three (3) current letters of recommendation no later than September 30, 2019 to be considered.

**Mail to:** Newfound Area School District  
Attn: Business Admin., Michael Limanni  
20 North Main Street  
Bristol NH 03222

Application & full Job Description is available at:  
<http://www.sau4.org/human-resources/employment-information>

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**Full-Time**

**\*RNs**  
with two years' experience

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**Part-Time Opportunities**  
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**Per-Diem Opportunities**  
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**APPLY ONLINE WWW.UCVH.ORG**  
Upper Connecticut Valley Hospital  
181 Corliss Lane, Colebrook, NH 03576  
Phone: (603)388-4236  
ucvh-hr@ucvh.org  
EOE

**PLYMOUTH ELEMENTARY SCHOOL**  
**Plymouth, NH 03264**  
**2019-2020 School Year**

**Special Education Aides**

Must have official college transcript of Associate's or Bachelor's degree conferred or showing a minimum of 48 college credits or a copy of passing scores for the ParaPro Assessment Praxis test or equivalent.

Interested candidates please send letter of intent, resume and references to:

Julie Flynn, Principal  
Plymouth Elementary School  
43 Old Ward Bridge Road  
Plymouth, NH 03264  
jflynn@pemibaker.org



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**Pemi River Fuels**

**PROPANE AND OIL SERVICE TECH**

Pemi River Fuels is seeking an experienced

**Propane and Oil Service Technician**

Fully licensed as a Propane Technician in NH NEFI or equivalent oil burner school certification  
CDL preferred

We are looking for an experienced and motivated Propane and Oil Technician to join our growing team. Successful candidates will possess strong customer service skills, a strong desire to succeed and desire to grow with our company.

Benefit Package to include- Competitive Compensation, Health Insurance, Dental/Vision, LTD/STD, Life, Aflac, 401(k) with company match, Product Discounts and Generous Personal Time Off.

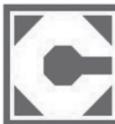
To apply, please send resume to  
Pemiriver@pemiriverfuels.com  
612 Tenney Mountain Highway, Plymouth



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**163 Daniel Webster Hwy, Meredith NH**



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This is a full time position in our Ashland Lumber store. Duties include assisting customers and contractors with product selection and order entry. Minimum 2 years experience in the building industry. Basic computer skills required. Excellent customer service skills a must. Will be required to work some Saturdays and Sundays. Saturday hours 7:30 - 5:00 pm and Sunday 8:00 am to 2:00 pm.

You may apply in person or download an application from our website. All applications should be submitted to:

Dan Uhlman, General Manager  
20 West Street, Ashland, NH 03217  
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**Ashland Elementary School**  
2019-2020 School Year  
**VACANCY**

**Long-Term Substitute for K-8 ART TEACHER**

Certified Art Teacher needed for K-8; full-time beginning November 12<sup>th</sup> through December 20<sup>th</sup>.

**Qualifications:** Valid NH Teacher Certification required. The successful applicant must meet all required conditions of employment.

**Compensation:** In accordance with Ashland School District Policy GCG.

**Applications:** <http://www.sau2.k12.nh.us/jobs.html> for a Professional Application - Teacher

**All applications should be submitted to:**  
Ashley Dolloff, Human Resources Director  
[ashley.dolloff@interlakes.org](mailto:ashley.dolloff@interlakes.org)  
Ashland School District  
103 Main Street, Suite 2, Meredith, NH 03253

**Application Deadline: Open Until Filled**  
EOE



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Successful candidate(s) will be at least 21 years of age, U.S. citizen, high school graduate or equivalent, have a current driver's license, ability to pass comprehensive physical agility, background investigation, psychological and polygraph examinations. Those without current NH certification are encouraged to fully explore requirements, including the NH Police Standards & Training Council's physical agility test before applying ([www.pstc.nh.gov/faqs](http://www.pstc.nh.gov/faqs)). Hourly Wage Range: \$22.91 - \$29.97. Special incentive package will be offered to those hired that possess a current full time NHPSTC certification. Please submit letter of interest, resumé and standard Town application form available on Town's website, [www.moultonboroughnh.gov](http://www.moultonboroughnh.gov) (Employment Opportunities) or Town Hall, to Walter P. Johnson, Town Administrator, PO Box 139, Moultonborough, NH 03254. Position(s) open until filled. EEO Employer.

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**NOTICE OF VACANCY CHIEF OF POLICE**  
**TOWN OF GORHAM, NEW HAMPSHIRE**

The Town of Gorham (population 2,607) located in the majestic White Mountains of New Hampshire, where recreation opportunities abound, is seeking a motivated law enforcement professional to command a department of five full-time officers, a staff of part-time officers and a 24-hour dispatch center. The Chief will be a working Chief and be responsible for the policy, development, control, supervision and program implementation within the department and has considerable operational independence subject to the oversight of the Town Manager.

**QUALIFICATIONS:** Applicants should possess an Associates Degree from a recognized, accredited institution in Criminal Justice, and/or Police Administration. Applicants must possess all necessary State Certification as required by the Police Standards and Training Council, a proven track record of progressively responsible experience in law enforcement and crime prevention. CPR trained or NH Licensed EMT is desirable. The applicant should also possess strong leadership, communication and public relation skills.

**SALARY RANGE:** \$65,000 - \$71,000

**APPLICATION PROCEDURE:** Send a cover letter and resume with three (3) work-related references on or before Monday, September 23, 2019 by 4:00 pm to:

Denise Vallee, Town Manager  
Town of Gorham, 20 Park Street, Gorham, NH 03581  
Attn: Police Chief Position

The Town of Gorham is an Equal Opportunity Employer.

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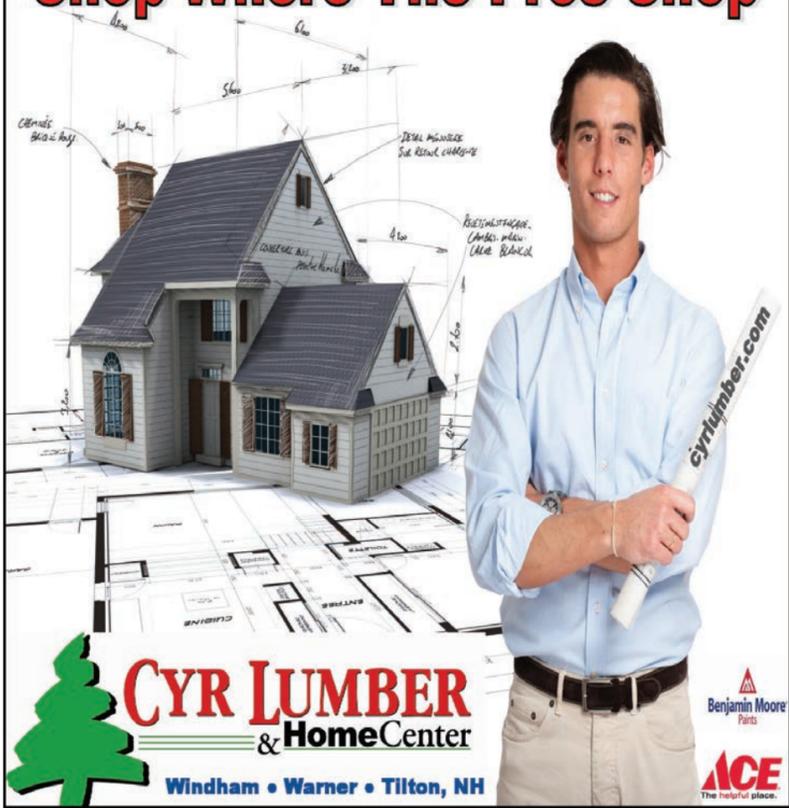
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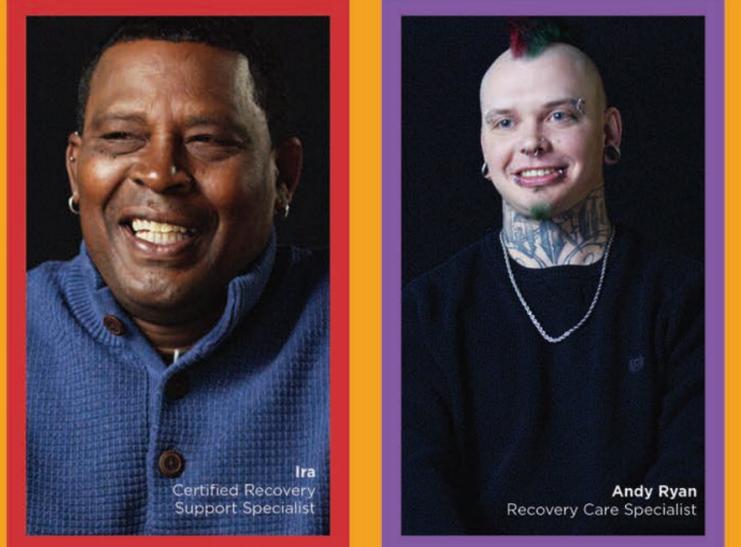
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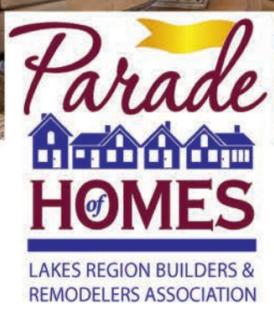
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# Simplify fall leaf cleanup

Apple pie, pumpkins and blooming chrysanthemums are symbols of autumn. But nothing signals the arrival of fall more than the millions of leaves that begin to cascade from the trees as the temperatures dip.

Many people feel nothing is more beautiful than the yellow, red, purple, and orange leaves that coat neighborhoods and countrysides each fall. But in spite of their beauty, leaves might be a nuisance to homeowners tasked with removing the growing piles of them from their lawns. Those with large oak and maple trees in front of their homes understand the seemingly endless work of leaf removal.

As the days begin to

grow shorter and colder, these changes trigger a hormone release in trees, prompting them to drop their leaves. This chemical message causes the formation of abscission cells where the leaf stem meets the branch, say botanists at the Missouri Botanical Garden. So rather than merely dropping off of trees when the wind blows, the leaves actually fall off deliberately.

Left untouched, fallen leaves can contribute to lawn problems such as poor aeration, mold growth and moisture issues. Leaves also can cause staining on driveways and walkways. Prompt removal can help prevent any problems. To make faster

and easier work of leaf removal, keep these tips in mind.

- Mow over thin leaf coverage. If only a few leaves have fallen, use a mulching mower to shred the leaves until they are small enough that they won't suffocate the lawn. The small pieces will decompose in the lawn, reintroducing nutrients as a result.

- Use an ergonomic leaf rake. Ergonomic rakes can prevent back and arm pain, much in the way that ergonomic shovels do when shoveling snow.

- Invest in a quality leaf blower. Using a rake is good exercise, but homeowners with large properties might want to use a leaf blower. These



machines can dislodge leaves from bushes and hard-to-reach crevices, and they work faster than rakes.

- Use a tarp. Rake or blow leaves onto a tarp and then drag the tarp to the curbside or to the back of a truck for proper disposal. Special leaf scoopers enable you to grab more leaves if they need to be picked up and transported. Otherwise, you can use the covers

from two garbage pails to achieve a similar effect.

- Work with the wind. Rake in the direction the wind is blowing and downhill if your property slopes. This way it will be easier on you, and you won't be working against Mother Nature.

- Spread out the job. Do not attempt to remove all fallen leaves in a single day. Sched-

ule a few cleaning days during the season to make lighter work of the job than if you tried to do it all at once. Keep in mind that leaves will continue to fall throughout the season and you may need to spend a few days removing leaves from your yard.

Removing leaves is a large part of fall home maintenance. Employ these tips to make this task less strenuous.



Mums are perennials. When properly planted and cared for, they can bloom every autumn.

## Autumn is a prime time to tend lawns and gardens

Autumn is gardening season. That statement may not seem right to those who think of the spring as the peak time to care for lawns and gardens. However, autumn is an ideal time to get into the garden and ensure that flowers, trees and garden beds will over-winter successfully.

A number of things make autumn a prime gardening season. The cooler days of fall enable gardeners to spend ample time outdoors without the threat of blazing heat. In addition, soil harbors a lot of residual warmth in autumn. Also, the colder temperatures haven't yet arrived in autumn, nor have the leaves completely fallen, making fall a prime time to assess what's already in the landscape, what needs pruning back and where to address planting for next year.

Gardening enthusiasts can focus their attention on these areas this fall.

- Pamper perennials. As annuals and perennials start to fall back, mark the spots where perennials are located so they can be easily identified later on. This way, when planning spots for spring bulbs or other spring layouts for next year, perennials won't be overlooked or covered over.

- Prune shrubs. Look at shrubs and trees and cut out dead or diseased wood.

Weed and tidy up borders and lawn edging.

- Install pavers or rock wall. Embrace the cooler temperatures to work on labor-intensive projects, such as putting in a garden bed, retaining wall or walkway.

- Remove spent summer veggies. Take out vegetable garden plants that have already bloomed and borne fruit. Tidy up vegetable gardens and start to sow cooler weather plants, such as onions, garlic, beans, and sweet peas.

- Rake and compost. Rake the leaves and gather grass clippings to add to the compost pile.

- Plant spring bulbs. Get tulips and other spring bulbs ready for planting so they'll burst with color next year.

- Dig up herbs. Relocate herbs like parsley or basil to indoor gardens. Otherwise, strip all leaves and freeze for storage during winter.

- Consider mums. Chrysanthemum plants are perennials. While they look beautiful in pots, if planted, maintained and winterized, they can bloom every fall.

- Fertilize the lawn. Fertilizing in autumn helps ensure grass will stay healthy throughout the winter.

- Add mulch and compost to the garden. Replenish spent soil with mulch and compost so garden beds will be revitalized for spring planting.

up hedges, as they won't be growing much more this year.

- Clean and store equipment. Clean, sharpen and oil all equipment, storing lawn and garden tools properly so they are ready for spring and not lying out all winter.

Autumn may not seem like gardening season, but there are plenty of lawn and garden tasks to tend to during this time of year.

## Factors to consider when choosing and applying mulch

Homeowners may associate mulch with springtime lawn and garden care, but mulching in fall can benefit a lawn as well. According to the Morton Arboretum in Illinois, mulch protects roots against extreme temperatures, and not just those associated with summer heat waves.

Mulch is often connected with its ability to help soil retain moisture during especially warm times of the year, when mulch promotes strong roots that can help lawns and plants survive periods of extreme heat. But when applied in the fall, mulch also inhibits freezing and thawing in winter, reducing the likelihood that plants will be injured.

While applying mulch in fall can be beneficial to lawns, homeowners should first consider a few factors.

- Timing: The Morton

Arboretum notes that mulch being applied as winter protection should not be applied too early in the fall, as doing so may delay the soil freezing process. Homeowners should wait until after a hard frost in the fall to apply winter mulch. In many places, hard frost will not appear until late fall.

- Texture: The Morton Arboretum recommends medium-textured mulch. Fine particles may pack down and retain moisture that will evaporate before it reaches the plant roots. Materials that are too coarse may be incapable of holding sufficient amounts of water to benefit the soil.

- Nutrients: Humus is an organic component of soil that forms when leaves and other plant materials decompose. Organic mulches provide humus and decompose over time, adding nutrients into the soil.

The Morton Arboretum recommends that homeowners use organic mulch that was composted or treated prior to application so any weeds, insects or microorganisms are killed.

- Application: Correct application of the mulch is essential. Applying too much mulch can adversely affect lawns, plants and soil. In addition, excessive application can cause decay and make lawns and plants more vulnerable to disease. Homeowners uncertain about when and how to apply mulch in the fall can consult with a lawn care professional to devise a plan that ensures their lawns and gardens hold up against winter weather.

Mulch may be widely associated with spring lawn care, but applying mulch in the fall can benefit lawns and gardens as well.

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# The Lakes Region Parade of Homes returns October 12-14, 2019



Builder Shamus Keating of Key Day Builders will be showcasing a project on this year's Parade of Homes for his first time. This beautiful 9,500+ Sq.Ft. shingled-styled / Adirondack structural timber frame located in Tuftonboro includes many highlights: live birch tree walls, four custom fireplaces, indoor water falls, amazing accent lighting, custom iron railings, indoor pizza oven, "gorgeous hammer beam great room truss system", and a sound system that will shake the lake. Perfectly situated home offers impressive views from most every angle. Parade-gpers can expect to see a stunning variety of new and remodeled homes over the 3-day event, Columbus Day Weekend.

The Lakes Region Parade of Homes, the hallmark event hosted by the Lakes Region Builders & Remodelers Association (LRBRA), returns this fall for another incredible showcase of the Lakes Region's newest custom built and remodeled homes. The 2019 tour will feature 11 homes and there will be over 50,000 square feet of space for visitors to explore over the Columbus

Day Weekend, October 12-14, 2019, 10-4 daily. This year's home tour will showcase eight communities (Alexandria, Bridgewater, Sanborn, Gilford, Laconia, Meredith, Moultonborough & Tuftonboro.) Of the eleven homes, seven are on the waterfront & four are extensive remodels. The homes range in size from 3,100 SF to 9,500+ Sq. Ft. and offer a variety of styles

from Adirondack-Style, classic lake cottage, modern farm house, quintessential lake home, rustic ranch with contemporary highlights and one-of-a-kind custom timber-frame with features that will "Wow" the crowds. The home builders joining the 2019 Parade include: \*AG STRUCTURES; CARGILL CONSTRUCTION; PAUL V. FLEM-

ING & SONS; HOME COMFORT RETREAT; INTER-LAKES BUILDERS; JC HAYES CONSTRUCTION; K.A. CLASON FINE WOODWORKING; \*KEY DAY BUILDERS; LIGHTHOUSE CONTRACTING GROUP & LAUREN MILLIGAN DESIGN; MEREDITH BAY; \*RH STEPHENS BUILDERS CONTRACTING

Indicate New Builders to the tour! "The Parade of Homes is a longstanding tradition of our building association which shows the great work our builders are providing for today's homeowners," said Brenda Richards, Executive Officer of LRBRA. "It also provides an excellent opportunity for those who attend to learn from and interact with industry professionals." Many of the homes will have volunteers and suppliers to help answer your questions on the products that you are seeing," noted Richards. The event is made possible by our presenting

sponsors: Dead River Co., Meredith Village Savings Bank and Belknap Landscape as well as all of this year's parade partners.

The 3-day self guided home tour offers prospective homebuyers a chance to talk with talented builders about their future building & remodeling plans; plus, for local residence, an opportunity to see the latest in custom homebuilding. This is a very interactive tour where each ticket holder will receive a copy of the official guide book, swag bags, opportunity to comment live on the "Parade Craze APP" and cast a vote for "People's Choice Award" as to which home resonated as their favorite home on the tour. Visitors can also be entered to win some great prizes.

This event is open to the public. Tickets are \$20/pp and can be purchased at the first home visited to begin the tour OR visitors can download the Parade Craze

App and search Lakes Region Parade 2019 and order tickets beginning the week of the event. Ticket proceeds benefit the workforce development initiative - inspiring the next generation of trade professionals. One Ticket, Good All Weekend, Start at any house! Specifics on builders and communities participating are available at lakesregion-paradeofhomes.com.

When the Parade is over, you will have a wealth of information about builders and the building industry. The Lakes Region Builders & Remodelers Association (LRBRA) is a non-profit trade association made up of companies that include not only builders, but also trade contractors, materials suppliers, mortgage lenders, realtors, interior designers, landscapers and many more! Our members all play a vital role in the construction industry in the Lakes Region and surrounding towns.

## How to protect wood floors from inclement weather

Wood floors are a worthwhile investment that can improve the beauty and function of just about any room in a home. Even though wood floors are durable, and new protective treatments help seal out many of the things that may have damaged floors in the past, homeowners still need to prioritize protecting their hardwood floors.



Certain seasons of the year can be more harsh on wood floors than others. For example, seasons characterized by moisture and precipitation, particularly the early spring, winter and fall, can be hard on wood floors. The experts at ServiceMaster Clean say that cold, snowy days can damage wood floors, and Lumber Liquidators agrees that winter weather can be harsh on flooring.

Homeowners need not give up on hardwood if they live in an area that sees all four seasons. They just need to take a few steps to keep floors looking beautiful.

• Clean up the salt. Salt that keeps sidewalks and streets clear of snow and ice inadvertently gets tracked inside a home. Hard chunks of salt can scratch wood floors, and,

if left to sit, that salt can eventually cause white marks and other stains. Routinely vacuuming and sweeping up salt is necessary to protect wood floors.

• Invest in shoe storage. Wet or snowy boots can create puddles around the house. Have a special mat or tray by the front door where wet shoes can be kept. A nice bench in the entryway makes it easy for residents and guests to remove their shoes until it's time to go back outside.

• Use water-wicking mats. Homeowners will probably need a few extra mats around to tame errant drips and wipe shoes. Any entrance that might be used by

people or pets should be protected. Try to avoid petroleum-based, rubber-backed mats, as they could discolor the wood floor.

• Control humidity indoors. Cold, dry air in a home can be problematic because the moisture in the wood can eventually evaporate into the air. The heat will suck that moisture from the flooring, causing it to shrink, creak and splinter and become more brittle. Think about investing in an in-line humidifier for the home's HVAC system that can keep a moderate amount of humidity in the home. Hardwood floorboards are installed to accommodate minor temperature and humidity fluctuations. This is typically a range of between 60 and 80 degrees F with a relative humidity range of 35 to 55 percent, advises ServiceMaster.

• Use the right cleaning products. Avoid excessive water to clean wood floors, and select soaps that are specially designed for wood flooring. Consult with the flooring manufacturer for a list of detergents that are safe to use.

With proper care, hardwood flooring can survive rain, snow and cold weather.



## Potential indicators of roof trouble

With regard to home repairs, homeowners may be able to delay some projects until the weather permits or they find room in their budgets. But other areas, including the roof, may demand immediate action.

Few homeowners give the roofs of their homes much thought until a problem arises. But learning to recognize potential indicators of roof trouble can help homeowners prevent potentially drastic situations down the road.

• Light: Homeowners with attics in their homes can inspect the ceilings inside the attic for signs of holes or leaks. Light peering through the top of the house indicates a hole or leak, as does stains or streaks on the ceiling.

• Worn shingles: Shingles should lie flat against the roof, so any that appear to be buckling or turning up are damaged and in need of repair. A single damaged shingle does not require a full roof replacement, but inspect all the shingles nonetheless. Another indicator of shingle problems can be found when cleaning downspouts or gutters. If the gutters and downspouts contain lots of shingle granules, the roof may soon need to be replaced.

• Moss: Moss on a rooftop may give a home character, but that added character is costly. Shady areas of a roof can be susceptible to the growth of moss and fungi because moisture can be trapped in such areas. If possible, remove moss or fungi from a roof with a stiff brush or hire a professional to do the job instead. Moss may come back even after brushing it off, so homeowners should keep an eye on areas of their roofs that get little sunlight. In addition, trapped moisture can be very harmful to a roof, so it may be wise to exercise caution and have roofs with mold or fungi growths inspected.

• Age: Another indicator of roof trouble may be the age of the roof. Even if there are no visible signs of damage, homeowners whose roofs have some years under their belt may want to consider replacing them. Asphalt shingle roofs typically have life expectancies of 20 to 25 years, while roofs installed over existing layers of shingles may need to be replaced after 20 years.

Recognizing minor roof damage before it escalates into a larger problem can save homeowners substantial amounts of money.



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# Get your home fall- and winter-ready with 5 simple projects

(MS) — If boots, a warm hat and a tuned-up snow blower are the only items on your winter preparation list, your home maintenance plan may need a makeover. These simple home maintenance projects can help lower your energy bills, prevent more costly repairs and/or increase the lifespan of your home.

1. Heating & Ventilation — Examine your fireplace and chimney system to ensure that no soot or creosote has collected. Any cracks or voids could potentially cause a fire. Before you turn the furnace or boiler on, replace the air filter and hire a professional to inspect the unit more thoroughly. These steps will improve the efficiency and life of your furnace and will ensure



stable indoor air quality.

2. Seal Windows and Doors — If not properly sealed, windows and doors can be a major culprit for heat loss. To keep the warm air inside, inspect the weather-stripping around your home's windows and doors for leaks, rot or

decay. Repair or replace structural framing, and caulk inside and out, if necessary.

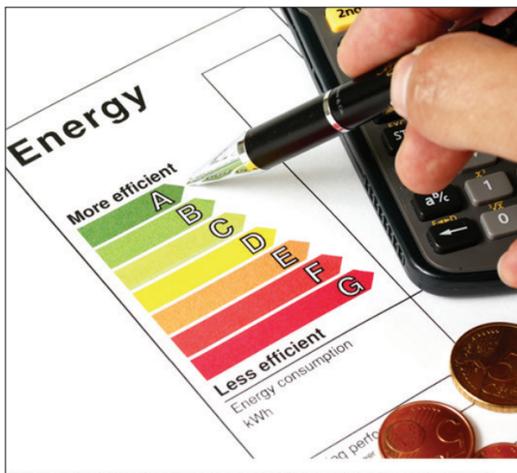
3. Insulate well — One of the easiest and most effective defenses against heat loss is proper insulation. Prevent cold drafts from entering and the loss of heated air

through basement headers, which, when left exposed, can make your furnace work harder. Look for a moisture-resistant product offering high thermal performance, such as Roxul Comfortbatt insulation. This type of mineral

wool insulation makes installation simple. All that's needed is a serrated blade or bread knife. Cut the batt to fit the cavity and press into place. The insulation will help improve energy efficiency as soon as it's in place and provide savings over the lifetime of your home. Comfortbatt can also be used to top or replace old attic insulation. Aim for an R-50 or a depth of 16 inches.

## 5 simple ways to increase energy efficiency and savings

(MS) — Fall and winter can be tough on your home and your wallet. As temperatures drop, chances are your furnace will be working overtime. This results in two things — greater energy consumption and higher heating bills. In fact, costs associated with heating and cooling a home year-round typically comprise two-thirds of the average energy bill.



Try these easy DIY projects to help cut down on energy loss and expenses:

1. Replace worn weather-stripping around doors and windows. Worn weather-stripping can create drafts and let heated air out, stressing your furnace and compromising your comfort. Replacing it takes little time and is a low-cost, high-impact solution.

2. Top up or replace old insulation in your attic. A poorly insulated attic is a primary source of energy loss. Also, over time, some types of insulation can settle and compact, allowing heat to escape through gaps. Experts recommend topping up or replacing attic insulation with a dimensionally stable batt insulation like Roxul Comfortbatt. Aim for an

R-value of at least R-50 or a depth of roughly 16 inches.

3. Insulate basement headers and walls. Uninsulated basement headers are common, especially in older homes. They can act as a gateway for heated air to escape. Fixing the problem is fast and easy. Simply cut Comfortbatt mineral wool insulation to fit the cavity and compress into place. Doing this throughout your basement will prevent heat loss and can potentially save hundreds of dollars each year.

4. Caulk around windows. Cracks and crevices are a source of heat loss. They can also be an entry point for water/moisture, as well as for unwelcome insects. Pre-

ventative maintenance, such as caulking, can improve energy efficiency and prevent costly repairs.

5. Change your furnace filter. Make it a point to check your furnace filter monthly, always changing it when it's dirty. This will improve the performance and efficiency of your furnace, saving you money.

## Easy ways to clean up leaves

Autumn is marked by colorful foliage and plummeting temperatures. Once those leaves reach peak color, they fall from the branches and collect on lawns, necessitating cleanup projects. For homeowners with big yards, such a project can be tiring and time-consuming. However, there are ways to make leaf cleanup easier.



One of the easiest ways to clean up leaves is to reach for a lawn mower rather than a rake. The mower will cut leaves down to smaller sizes, creating an effective mulch that can add nutrients back into the lawn. Davey, a lawn and landscape solutions service, says that mowed leaves also can be collected in a mower bag and added to garden beds or compost piles.

For those who prefer manual raking, select a rake with tines that will not skewer the leaves in the process. Big rakes also can make faster work of gathering leaves into piles.

The home improvement resource The Family Handyman advocates for the use of a lawn sweeper. This is a manual device that has a rotating sweeping brush that gathers up lawn debris and leaves into an attached hopper bag. Like mowed leaves, the bag can be emptied into a compost pile or distributed where needed.

Raking leaves onto a large tarp is another option. Once it's full, the tarp can be taken to the curb where many towns will collect the leaves seasonally. Otherwise, the tarp can be used as a funnel to put leaves into a gardening bag or another appropriate receptacle.

Leaf blowers remain a fast option for cleaning up yards, but they require electricity or gas and can be noisy. Still, they are a popular choice for large landscapes or when quick work needs to be made of leaf cleanup.

Leaves will fall in autumn, but luckily homeowners have various methods at their disposal to tame the mess.

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**BEFORE**

**AFTER**



# Home improvement projects for your fall to-do list

Autumn is a great time to inspect patios that might have endured some wear and tear during the heavy usage seasons of spring and summer.

Homeowners know that maintaining a home can be a year-round job. No home is immune to wear and tear, and homeowners who want to protect their real estate investments should try to stay two steps ahead to ensure their homes do not succumb to the elements or become outdated and unappealing to prospective buyers.

Fall has become a season that's synonymous with home improvement, but homeowners need not wait until the leaves begin changing colors to start planning their next projects. The following are a few items homeowners can add to their fall home improvement to-do lists.

### Roof inspection

Less precipitation tends to fall during the warmer months than during the late fall and winter. As a result, homeowners may not be aware of leaky roofs until autumn has come and gone. But waiting until winter to inspect the roof can prove disastrous, as weather conditions will not be

conducive to inspection and increased precipitation may result in potentially costly damage. Leaky roofs can be easily identified by looking for water stains on interior ceilings. Once you see a stain, you can climb onto the roof to identify the location of the leak and fix it before winter rains and snowfall turn the problem into something much larger. Inspect your ceilings for signs of leaking after a strong rainfall, and then address any leaks immediately.

### Gutter cleaning

While some homeowners prefer to delay their gutter cleaning projects until late fall, those whose homes are surrounded by trees may need to schedule two such projects. Gutters clogged with leaves and other debris can cause serious roof damage, and that damage can extend all the way inside a home. In addition, clogged gutters make great nesting areas for insects or critters. Always stand on a ladder when cleaning gutters, wearing gloves to remove items by hand

and dropping leaves and debris into a trash can below. Standing on the roof and leaning over gutters greatly increases your risk of injury. If the gutters are clear when you first examine them in early fall, you can wait until later in the season to give them a complete and thorough cleaning. Once you have finished clearing the gutters, you can use a hose to run water through them and the downspouts to confirm everything is functioning properly.

### Window and doorway inspection

Before temperatures start dropping once again, homeowners will want to inspect their windows and doorways for leaks. Over time, cracks can develop around windows and doorways, and while such cracks are rarely noticeable when the weather outside is warm, they can be quite obvious and very costly if they remain unsealed come the start of winter. Cold air can enter a home through cracks around windows and doorways, and many homeowners who don't

suspect leaks may respond by turning up the thermostats in their homes. That can prove quite expensive over a full winter. Choose a windy autumn day to place a hand by windows and external doorways in your home to see if you can feel drafts. If you can, seal these cracks as soon as possible.

### Patio cleanup

Patios are popular hangouts during spring and summer, and that can result in a lot of wear and tear. Once you store patio furniture for the winter, inspect your entire patio to determine if it needs any refurbishing. While certain patio projects may be best left for spring, you can still clean any stained areas around the grill and look for cracks in the sidewalk that need to be addressed.

Preparing for fall home improvement projects ahead of time can help homeowners complete projects in a timely manner and ensures they won't be forced to brave the winter elements when refurbishing their homes.



## Things to consider before warming up next to your first fire this winter

A warm fire can make even the coldest winter day more enjoyable. Fireplaces may not get much use in spring or summer, but come late fall and throughout the winter, the fireplace can be a great place for families to gather.

Before fireplace season hits full swing, homeowners might want to brush up on a few fireplace facts so they can safely enjoy nights spent sitting by the crackling flames.

The Chimney Safety Institute of America advises homeowners with fireplaces to hire a CSIA-certified chimney sweep to clean their fireplaces. After a lengthy period of non-use, various issues could be affecting the chimney, many of which might not be noticeable to an untrained eye. Professional, certified chimney sweeps have extensive knowledge of fireplaces, making them valuable resources who can let homeowners know if any safety issues developed since fireplaces were last used. The National Protection Agency recommends that chimneys be swept at least once per year.

A full inspection of the chimney might be in order as well. Chimney service technicians will conduct thorough examinations of readily accessible portions of the chimney exterior and interior and accessible portions of the appliance and the chimney connection. The CSIA recommends that homeowners who plan to use their chimneys as they have in the past request a Level 1 inspection, which will examine the soundness of the chimney structure and flue as well as the basic appliance installation and connections. Technicians also will verify if the chimney is free of obstruction and combustible deposits.

Homeowners also should inspect their chimney dampers before lighting their first fires of the season. Dampers should open and close smoothly. If not, a service technician can help fix or replace the damper.

Firewood is another thing homeowners must consider before lighting their first fires of the season. The CSIA says that well-seasoned firewood works best, noting that

wood that is not well-seasoned will produce more smoke than heat. In addition, the home improvement resource This Old House recommends using dense wood that's been split and stored in a high and dry place for at least six months. Oak is an example of dense wood that, when stored properly, can make for an enjoyable fireplace experience. Avoid softwoods like pine. Pine can produce a lot of creosote, which is a byproduct of wood combustion. Creosote is highly flammable, and as it builds up in a chimney, the risk for a chimney fire increases. Choosing the right wood, making sure it's well-seasoned and having a chimney professionally cleaned can reduce the risk of a creosote-related chimney fire. A Level 1 inspection should determine if there are potentially dangerous levels of creosote deposits in the chimney.

Before nestling up to a fireplace this winter, homeowners should consider a host of factors and safety measures to ensure their fireplaces are safe and ready for the season ahead.

## Prepare your deck for winter



Homeowners often take steps to winterize the interior of their homes in the weeks before winter's arrival, but such efforts should extend to the outside of a home as well.

Decks make for great gathering places when the weather permits. Decks are where many people spend their free time and eat their meals come spring and summer, when the temperatures climb and the sun sets well into the evening. But as summer turns to fall, homeowners must take measures to protect their decks from potentially harsh winter weather.

Inspect the deck for problems. Decks tend to be used more often in summer than any other time of year. That makes fall and early winter an

ideal time to inspect for wear and tear and any additional issues that may have cropped up throughout the summer. Damaged boards and loose handrails should be fixed before winter arrives, especially for homeowners who plan to use their decks in winter. Fixing such issues in winter and even into spring may be difficult thanks to harsh conditions, so make good use of the relatively calm autumn weather to fix any issues on the deck.

Clear the deck of potted plants. Even homeowners who intend to use their decks in winter should remove potted plants from the deck in the fall. The home improvement experts at HGTV note that moisture can get trapped between deck boards

and plastic, wood or ceramic containers in cold weather, and that can contribute to mildew, discoloration or decay.

- Store unnecessary furniture. Homeowners who like to sit on their decks in winter will no doubt want to leave some furniture out over the winter. But those with lots of furniture for entertaining guests can likely move the majority of that furniture into a garage or shed for the winter. HGTV notes that doing so will prevent the potential formation of blemishes on the deck that can result from inconsistent weathering.

- Remove snow, but do so carefully. Prolonged contact with snow and ice can damage a deck. As a result, homeowners should clear snow from their decks when accumulation is significant. HGTV recommends using a snow blower on the deck to avoid scarring. If a shovel must be used, push snow with the planks to reduce the risk of damaging the deck.

Homeowners who take steps to protect their decks throughout the winter months can ensure these popular areas are ready once entertaining season returns in the spring.

## The threat posed by ice dams

Cold, snowy weather can present various issues for homeowners to contend with. One such problem, ice dams, can cause damage to walls, ceilings and other areas.

The University of Minnesota Extension says that an ice dam is a ridge of ice that forms at the edge of the roof and prevents melting snow from draining properly. A complex combination of heat loss from a home, snow cover and outside temperatures can lead the formation of ice dams. An ice dam will be fed by melting snow above it and cause a backup at the edge of the roof.

Dams can cause gutters to tear off and loosen shingles and may lead to water backing up and pouring into the home, advises This Old House. Ice dams also can contribute to soggy insulation, making the

insulation lose its protective R-value and becoming a magnet for mold and mildew.

Homeowners can do a number of things to temporarily prevent the formation of ice dams. Heated cables clipped to the roof's edge in a zigzag pattern can help prevent dams that lift shingles. Pushing snow off the roof can help. Laying an ice melt product in gutters to help melt the ice that forms also can prevent ice dams.

More permanent solutions involve keeping the entire roof the same temperature as the eaves by increasing ventilation, adding insulation and properly sealing air leaks that can warm the underside of the roof. This may involve calling in a professional contractor. Such an investment is well worth it, as it can prevent much more costly damage down the line.

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