

# Gunstock Mountain Resort takes terrain parks to the next level

Winter is around the corner, and the ski industry is getting excited. Gunstock Mountain Resort is proud to announce some exciting changes coming to Gunstock Parks. For those not up on their park lingo, a Terrain Park is a dedicated area on the mountain where skiers and snowboarders are provided specialized terrain and features to perform on-snow and airborne tricks. Gunstock Mountain Resort is making a substantial investment in Gunstock Parks for the 2019-20 season including working closely with the Effective Edge consulting group, and investing in new snowmaking and grooming equipment.

Effective Edge is the industry leader in terrain park design, operations planning, program mapping, training, and risk management. Gunstock began working with Effective Edge at the end of last ski season in preparation for the 2019-20 season. Through



COURTESY  
**(Left) Gunstock Mountain Resort is proud to announce some exciting changes coming to Gunstock Parks.**

robust collaboration, a strategic plan has been built to utilize Effective Edge's expertise in combination with Gunstock's progressive terrain and innovative spirit.

Effective Edge professional, Tom Monterosso has been living out West for a number of years, working with Snowboarder Magazine and Ride Snowboards. But New Hampshire will always hold a special place in his heart. When asked why he and Effective Edge were drawn to working with Gunstock, Monterosso didn't need to think twice:

"What drew me to working with Gunstock is that I'm from New Hampshire, and Gunstock was one of my favorite resorts to ride when I was a kid. Their park was always so fun and the resort itself has

SEE TERRAIN PAGE A10

## Little Dog Paper Co. to be featured at next Connect event

Patrick's Pub and Eatery welcomes back Little Dog Paper Co. at their networking event, "Connect", on Thursday, Oct. 17 from 6-8 p.m.

As Best of NH Magazine 2019's Editor's Choice for Best Paper Store in NH, Little Dog Paper Company is excited to return to Patrick's this Thursday

night for their second Connect Event this year. Nicole Ayers started the company 6 years ago as an online greeting card and scrapbooking business. Ayers quickly gained notoriety in the stationery industry, becoming featured in the Huffington Post and Glamour, among

SEE LITTLE DOG PAGE A10

## Contaminants on State School property more manageable than expected

BY ERIN PLUMMER  
mnews@salmonpress.news

MEREDITH — Work is underway to determine the condition of the former state school property in Laconia, including results indicating that containment levels on the property are not as high as initially feared.

Last Thursday, Tim Andrews of Nobis Engineering, an environmental consultant on the Brownfields project at the former

ERIN PLUMMER  
Tim Andrews of Nobis Engineering describes the analysis of the former Laconia State School property to the Lakes Region Planning Commission and US Rep. Chris Pappas.

# GHS students give back to community

A group of 120 Gilford High School 9th graders participated in Community Service Projects at several non-profit community organizations in the Lakes Region on Oct. 9.

As part of their commitment to give 24 hours of service to their community, 20 students helped with the Fall

clean up at the Bolduc Park golf course. Debra Laliberte, Gilford High School's Career and College Readiness Coordinator, accompanied the students. She reports Gilford High

SEE CLEAN UP PAGE A10



Gilford High School Students Help with Fall Clean Up at Bolduc Park Golf Course. From left: Bob Bolduc, Course Superintendent at Bolduc Park, with students Ella Decarli, Ella Denney, Hannah Donovan and Dane DeHart.

State School property, presented the current status of the property and recent findings at a special meeting of the Lakes Region Planning Commission that also included US Congressman Chris Pappas.

The property is a 247 acre campus with over 26 buildings and support structures located by Lakes Winnisquam and Opechee. Andrews said the property has great potential for redevelopment with its great views and easy access to downtown Laconia.

The property has housed a poor farm and the former New Hampshire School for the Feeble-minded.

Discussions on the future of the property

SEE CONTAMINANTS PAGE A10



# ALMANAC

## Notes from the Gilford Public Library

BY MARK THOMAS  
Library Correspondent

What a week! We have had many people coming in looking for information on a wide variety of topics ranging from constitutional rights, to gender identity and gender non-conforming experience, to recent New Hampshire law. We've heard people speaking with passion, fear, confusion, grief, and exaltation. What a time to offer information!

We are here for you and for everyone. Jo Godwin has a famous quote, "A truly great library contains something in it to offend everyone." It is not the purpose of the library to offend people, but coming off the back of Banned Book Week, we know that offense is inevitable when we have a

curated collection to meet the reading and information seeking needs of a diverse community.

To that end, you'll find all sorts of things in the library. Books on controversial topics, books written by controversial people, collected NH statutes, and for everything we don't have, we have computers. Librarians are ready to help you find information, and to determine the trustworthiness of source.

If it is the human aspect of a topic you are looking for, we have books for all experiences. Sometimes finding a source of shared experience can be encouraging. We can help you find books that speak to you. Pamphlets are available on several topics to help get you started in case

you aren't comfortable asking for help.

No matter what you're thinking about, arm yourself with quality information! This is a safe place to study any topic. If information is power, the Library is the arsenal in town. You don't need to engage in challenging conversations without knowing everything you can about the topic. Find out if the data supports your instincts, and send others looking for more information our way.

Quality information and discussion can bridge the communication gaps, cut through the times we talk past one another, and get to the heart of an issue. It can help us to understand the fears of others, substantiate worries that have foundations, and help us to overcome our own fears when they are unfounded. Information is the delicious and the banquet is set. Let's feast.

This month's book is Americnah by Chinamanda Ngozi Adichie, described as "...Witheringly trenchant and hugely empathetic...". Copies of the book will be available at the circulation desk, and the discussion will be led by Molly Harper.

Conversational French, 4pm-5pm  
Evening Book Discussion, 6pm-7pm

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Foreign Movie Night, 7pm-9pm

This month's movie is The Eagle Huntress, a G rated movie from Mongolia with a run time of 101 minutes.

Friday, October 18th  
Social Bridge, 10:30

am-12:30pm  
Crafty Preschool Story Time, 10:30am-11:30am  
Knit Wits, 1:30-2:30pm  
Advanced Conversational German, 2:30-3:30pm

Monday, October 21st  
Tai Chi-Chih, 9:45am-10:45am  
Mahjong, 12:30pm-3pm

Tuesday, October 22nd  
Geri Fit, 9am-10am  
Hook Nook, 10am-11am  
Volunteer Training, 10am-11am  
Bridge, 10:30am-12:30pm  
Pumpkin Carving, 4pm-7pm

We provide the pumpkins and you carve, paint, decorate, and create a masterpiece without the mess in your home! All ages welcome, adult supervision required for those under 3rd grade. Sign up by calling the library or stopping by

the circulation desk. (2 pumpkins per family)  
Nightly Knitting, 6pm-8pm

Wednesday, October 23rd  
Line Dancing, 9-10:30am  
Check Out an Expert, 10am-12pm  
Lakes Region Fiber Artists and Crafters, 10am-12pm  
The InbeTween: Library Teen/Tween Club, 2:30pm-3:30pm  
Chess Club, 3:30pm-4:30pm

Thursday, October 24th  
Geri Fit, 9am-10am  
Preschool Pumpkin Decorating, 10:30am-11:30am  
Decorate pumpkins for Halloween! Ages 2-5. Sign up required.  
Homeschool Game Club, 12:15pm-2:15pm  
Conversational French, 4pm-5pm

## Gilford Public Library Top Ten Requests

1. "The 19th Christmas" by James Patterson
2. "The Shape of Night" by Tess Gerritsen
3. "Where the Crawdads Sing" by Delia Owens
4. "A Better Man" by Louise Penny
5. "AMrs.MiracleChristmas"byDebbieMacomber
6. "Summer of '69" by Elin Hilderbrand
7. "The Institute" by Stephen King
8. "The Inn" by James Patterson
9. "Bloody Genius: A Virgil Flowers Novel" By John Sandford
10. "The Dutch House" by Ann Patchett

Classes & Special Events  
October 17th-24th  
Thursday, October 17th  
Geri Fit, 9am-10am  
Yoga Fun, 10:30am-11:30am  
Homeschool Game Club, 12:15pm-2:15pm  
Lunchtime Book Discussion, 12:30pm-1:30pm

## Gilford Parks and Recreation News

BY HERB GREENE  
Director  
Gilford Parks and Recreation

Adult Pick-up Basketball Begins on Thursday, Oct. 17

The Gilford Parks and Recreation Department is sponsoring a Pick-up Basketball program for adults ages 18 and up, Thursday evening from 7 - 9 p.m. in the Gilford Middle School Gymnasium. This program will begin on Oct. 17 and runs through the November 21st (no program on Oct. 31st or Nov. 14). There is a \$2 fee per participant, per evening. This program is open to any interested adults and no pre-registration is required.

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

Senior Moment-um Breakfast and Movie - Monday, Oct. 21

The Gilford Parks and Recreation Department will be sponsoring a Senior Moment-um program on Monday, Oct. 21. We will meet at the Community Church, Fellowship Hall at 9:30 am for breakfast and a movie! We will be watching "Hocus Pocus," a Halloween themed comedy

starring Bette Midler, Sarah Jessica Parker and Kathy Najimy. The movie and coffee are free of charge. We will also have breakfast available for anyone interested at \$3.00 per person featuring breakfast burritos, hash brown patties and juice. So please join us to watch this modern classic! Participants are asked to RSVP by Thursday, Oct. 17!

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

Adult Fall Hiking Program Continues on Tuesday mornings

The Gilford Parks and Recreation Department is sponsoring some fall hikes for any adults looking for fresh air, fun, exercise and beautiful foliage on Tuesday mornings this fall. The next hike will be held on Tuesday, Oct. 22 at West Rattlesnake in Holderness. Participants will gather each morning at 9:15 a.m. in the Gilford Town Hall Lobby before departing for the hike. All interested participants must RSVP at least one day in advance to each trip.

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

Annual "Halloween Happening" Party on Oct. 25

The Gilford Parks and Recreation Department will be sponsoring their annual "Halloween Happening" Party on Friday, Oct. 25 from 5:30 - 7:30 p.m. in the Gilford Middle School Gym and Cafeteria. This party is open to all Gilford children up through the 6th grade. Activities will include; Give-Aways, The Monster Mash Raffle, Costume Contest, Halloween Games and of course the annual Halloween Jail and Pillow Fight Ring. Cupcake

decorating and Halloween crafts will again be available in the cafeteria(until 6:30 p.m.)!

As always, the Parks and Recreation Department is looking for volunteers to assist with the party. Help is needed with running games/activities during the party and clean-up following the party.

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

\*The Gilford Police Department has set Trick-or-Treating in Gilford for Thursday, October 31st from 5:00 - 8:00 p.m. During these hours, Belknap Mountain Road will be closed from Potter Hill Road to the Imagination Station Parking Lot at the GES.

Boston Celtics bus trip scheduled for March 18, 2020

The Gilford and Belmont Parks and Recreation Departments are co-sponsoring a Bus Trip to Boston to see the Celtics take on the New York Knicks on Wednesday, March 18, 2020. Cost of the trip is \$80 per person and includes round trip motor coach from Gilford or Belmont and your ticket (section 311 of the balcony) to the game. Our deluxe motor coach will depart from Gilford High School at 4:45 p.m. and the Tioga Pavilion in Belmont at 5:00PM for the 7:30PM game. You will have time to visit the pro-shop and get dinner on your own prior to the game. Seats are limited; a registration form must be completed accompanied by payment and tickets are non-refundable.

For more information, please contact the Gilford Parks and Recreation Department at 527-4722 or visit their website at [www.gilfordrec.com](http://www.gilfordrec.com).

2019 Salmon Press

## Holiday Gift Guide

Published Thursday,  
November 28<sup>th</sup>

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USPS 024967

The Gilford Steamer is published weekly by Salmon Press, P.O. Box 729, 5 Water St., Meredith, NH 03253. Periodicals, postage paid at Meredith, NH 03253. POSTMASTER: Send address changes to the Gilford Steamer, P.O. Box 729, Meredith, NH 03253.



# Decades in the dirt

## Prescott Farm establishes “Ursula Allen Volunteer Appreciation Award”

LACONIA – Prescott Farm Environmental Education Center celebrated the efforts and achievements of volunteers last week with the annual Volunteer Appreciation Dinner. The evening featured staff-made harvest-inspired food and drink along with beautiful autumnal décor. The dedication and efforts of all of the nonprofit’s active volunteers was noted, but staff and guests took a few special moments to honor the 22-year commitment of one particular volunteer.

When Prescott Farm was established in 1997, Ursula Allen realized it was the perfect place for her recently-retired husband, John, to volunteer and keep busy. What she didn’t know at the time was that her passion for gardening would make Prescott Farm a home-away-from-home for her, too. In his words, John is just free labor and Ursula is the brains behind the operation.

However, the division of labor is actu-

ally split, the Allens’ impact on the Prescott Farm property is significant.

“Over the decades, Ursula has lead a small but vital team that provides garden resources used to educate members of our local community and beyond,” Prescott Farm Executive Director Jude Hamel said. “They have transformed our gardens into some of the most admired in the area.”

Hamel notes that the future of Prescott Farm is only as strong as its volunteer base, and the gardens are just one area where people can pitch in. From trail maintenance and chicken care to event planning and curriculum development, Lakes Region community members with a wide range of interests and skills can make a significant impact through volunteerism at Prescott Farm.

At last week’s dinner, Hamel, the staff, and fellow volunteers honored Ursula by establishing the “Ursula Allen Vol-



COURTESY  
(Left) John and Ursula Allen pose with Prescott Farm’s inaugural “Ursula Allen Volunteer Appreciation Award” garden shovel and plaque.

unteer Appreciation Award”. The award was presented with a green garden shovel embossed with Prescott Farm’s logo and the award name along with a perpetual plaque that will be on display in the Samuel P. Pardoe Building at Prescott Farm. The names of future honorees will be added to name plates for years to come.

For more information about volunteer opportunities at Prescott Farm, contact volunteer@prescottfarm.rog or call Kathryn at 366-5695.

## All welcome at Central VNA’s Service of Remembrance

LACONIA — Central New Hampshire VNA & Hospice invites all members of the community to join us for our Annual Interfaith Service of Remembrance on Sunday, Nov. 3 at 2 p.m. at Good Shepherd Lutheran Church 2238 Parade Road, Laconia. This annual service welcomes anyone grieving a loss to join with friends, families, and neighbors of all ages to remember and celebrate our loved ones.

The Annual Interfaith Service of Remembrance coincides with the beginning of National Hospice Month, and will provide an opportunity for loved ones, caregivers, hospice staff, and hospice families to reconnect and provide mutual support. Celebrate the living memory of loved ones who died in hospice care and all others who are dear to us whom we have lost. The ceremony will include music of hope & solace, interfaith readings and reflections with hospice staff and volunteers, as well as opportunities to share names and cherished memories of our loved ones.

The service is open to all, whether you have been connected to hospice or not, and wheth-

er you are connected to a faith tradition or not. It will run from about 2 to 3 p.m., and will be followed by a reception with light refreshments and opportunities for connection. For more information, please contact Dan Kusch, Bereavement and Spiritual Care Coordinator, 524-8444 or dan@centralvna.org.

### ABOUT our Hospice Program

Central New Hampshire VNA & Hospice provides care focused on maintaining dignity, increasing quality of life, and providing comfort, including pain and symptom management. Hospice recognizes that every person’s experience will be different

and the hospice team creates a plan of care according to the individual needs and wishes of each patient. With fully certified hospice care practitioners and a Medicare certified program, the care we provide is held to the highest of standards.

### ABOUT Central New Hampshire VNA & Hospice

Providing care to New Hampshire’s Lakes Region since 1918, the Mission of Central New Hampshire VNA & Hospice is “Promoting dignity, independence, and well-being through the delivery of quality home health, hospice and community-based care services.” Central New Hampshire VNA

& Hospice serves Lakes Region communities in Belknap and Southern Carroll County and provides Home Care (nursing and rehabilitation services in the home); Pediatric Care (direct health care, education and support services for children and families); and a comprehensive, team-based Hospice program. Central New Hampshire VNA & Hospice is a not-for-profit, Medicare-certified provider of home care and hospice services, licensed by the State of New Hampshire. The agency is governed by a volunteer Board of Trustees and supported by private and corporate donations. Visit on the Web at www.centralvna.org.

## Taylor Community hosting League of Women Voters lecture

LACONIA — The League of Women Voters, a nonpartisan political organization, encourages informed and active participation in government, works to include understanding of major public policy issues, and influences public policy through education and advocacy.

Everyone is invited to join us for this always-popular discus-

sion, Tuesday, Oct. 22 at 6:30 p.m. in Taylor Community’s Woodside Building.

Follow Taylor Community on Facebook to keep up with all our free, public events. Visit [www.taylorcommunity.org](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.

## UMC hosting harvest supper Saturday

First United Methodist Church will host a Harvest Supper Saturday, Oct. 19 with Bean Hole Beans, corned beef, cabbage, potatoes, carrots, and pie. Settings at 5 pm

and 6:30. Adults-\$15, Kids under 12 - \$7. First United Methodist Church 18 Wesley Way (off Route 11-A near the 3/11 bypass), Gilford. For ticket reservations, call 524-3289.

### Power Outage Tips

**BEFORE**

- Follow directions from local officials
- Check flashlight and radio batteries
- Charge mobile devices
- Add warm clothes and blankets to emergency kit
- Keep gas tank full
- Take cash out (ATM’s may not work)

**DURING**

- Conserve energy
- Go to community warming shelters & check on neighbors, family, seniors and homeless
- Only use generators in open areas away from windows and home to prevent carbon monoxide poisoning

**AFTER**

- Throw out unsafe food

[www.Ready.gov/blackouts](http://www.Ready.gov/blackouts)

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## CRUISE

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# OPINION

## MARK ON THE MARKETS

### *Assets or income*



BY MARK PATTERSON

Lately, it seems as though many new clients that I meet with have the same worries. That worry is that they do not have enough money to retire when they want, and that their lifestyle will entail quite a bit less than what they have now. Eating cat food and living in a tar-paper shack are some of the more colorful descriptions of their feared retirement lifestyle.

Most people believe that they need millions of dollars in retirement, and that could be true if you were a high earner that lived above their means, but for the average person, getting by on a bit less is obtainable. I have heard clients say that they had always heard they need \$1.2 million or some other arbitrary number, and this is in part a scare tactic brought on by the financial media and investment or mutual fund companies.

There is so much more to determining what kind of assets we need to gather during our working years or the accumulation phase of our lives. The distribution of those assets happens when we determine that we can retire in part or completely.

The first step is to calculate a reasonable budget that includes things that we enjoy but often “forget” to include. For instance, a new client added \$200 per month for wine. She likes nice wines and that is what it cost. She was being realistic with an item that carries a real expense but many of us would not list that as a budgeted item because we may think it is frivolous.

During our working years or accumulation years, we save or invest. But during these distribution years we no longer need to add this deferred or invested money to our budget, now we will start to distribute this money as income in retirement.

Sustainability of these assets for our lifetime must be considered, so let us mitigate market risk and maximize income with a quality fixed income portfolio of investment grade bonds or even consider a fixed indexed annuity, with guaranteed income, for a small portion of your portfolio.

We must look at Social Security and determine a strategy of when to take this entitlement. Many are paying high premiums for health insurance. Once retired, we should see a large reduction in premium when we go onto Medicare.

When we calculate a realistic honest budget and determine money that will be saved or reduced in retirement, then is the time to make sure that we are working with a firm that works for you! It is disheartening to review a portfolio and find that the “advisor” has loaded the account with high commissions and relationship fees that reduce the cash-flow to the client.

My objective is to provide a sustainable adequate income, manage remaining assets that can still grow but do not affect my client’s lifestyle if the markets implode like 2008. Provide a death benefit or legacy if needed. Provide some form of long-term care, if there are remaining dollars over and above what it takes to live!

The first step is to sit down and discuss with a good planner and get the ball rolling, it is never too soon.

*Mark Patterson is a planner and asset manager with MHP Asset Management. Mark can be reached at 447-1979 or Mark@mhp-asset.com.*



COURTESY

### Lions assist with vision screening

Members of the Laconia-Gilford Lions Club recently assisted in the vision screenings of children in the local Head Start program. Nearly sixty kids, aged three to six were screened. “We love having the opportunity to bring our community together and work with you! We look forward to (hopefully) working with you again next year,” commented Kate Graves, DTR, CLC, Head Start Health Services Coordinator. “We are glad to continue the Lions tradition of helping screen youngsters for vision problems,” added Matt Soza, Club President. Pictured with the vision screener are Matt Soza and Kate Graves.

## NORTH COUNTRY NOTEBOOK



By JOHN HARRIGAN  
COLUMNIST

Smalltown and Rural America get a ton of visitors when the leaves begin turning into a riot of color, which always makes me wonder about the riot police. There are the inevitable questions about indoor plumbing. A visitor asked me the other day if “you have cell phones up here,” and whether we have any problems with drugs. Out came the standard reply, which is that we have all the creature comforts perceived as

### *To a moose, there’s no difference between an 18-wheeler and a wolf*

necessities, and all of the problems that seem to go with them.

The crime rate is low in Rural America because people who do bad things are more likely to get caught, and they know it. One big difference is that there are no crowds for miscreants to melt into--no subway system, for instance--where bad guys can hide from scrutiny. In Small Town and Rural U.S.A., everybody knows everyone else, and what kind of vehicle they drive, and when. If I were a criminal, the last place I’d ever pick to hide is right here.

That night, the news featured a clip on a story about a wanted person (you know, post office wall) who was caught because

someone spotted a vehicle where “it didn’t belong,” meaning date, make, and time of day. Try to hide in places where people memorize other people’s vehicles? Sure.

+++++

Last week, the news featured a moose that had fallen into an empty swimming pool in Bedford, a town just across the river from Manchester. The animal, aided by Fish and Game officers who kept the inevitable crowd away, eventually figured out how to pull itself out by using its folded front legs to pull itself out. “Stupid” moose indeed.

Moose get called “stupid” because they sometimes just stand there looking at the

headlights while an 18-wheeler piles right on in. This is because Mother Nature programs moose to resist the impulse to run from their most likely danger--wolves. The animal is doing exactly what its instincts demand, which is to face whatever danger appears.

+++++

Data comparisons, annual reports, and columns of figures are the last thing many readers want to see, I think, having been besieged by this stuff day in and day out. People would rather watch an info-ad on how to build a beach bungalow on Bimini.

However, once in a while I bump into SEE NOTEBOOK PAGE A5

## Send us your letters!

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

Send your letters to:

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Our fax number is 279 3331.  
E-mail us at [brendan@salmonpress.news](mailto:brendan@salmonpress.news).  
We’re looking forward to hearing from you!

### FROM OUR READERS

#### Lions Club Electronic Waste Collection Day a great success

To the Editor:  
The Laconia-Gilford Lions Club Electronic Waste Collection Day on Oct. 5 was a great success, and the Lions are grateful to all those who brought items and participated in this fundraiser. Thanks to you, we filled up two large trucks with recyclable electronic items.

Special thanks to the owners of the Cinema 8 plaza in Gilford, WJP Development, LLC, for allowing us to use their parking lot for this fundraiser.

The money that the Lions raised will allow the Club to meet pressing needs in our community including eye exams, eye glasses, eye screening in the schools, hearing aids, scholarships to graduating Seniors, Christmas baskets, assistance to

food pantries, Lakes Region Community Services, Community Health & Hospice, among many other local charities. The Lions greatly appreciate all of your support and look forward to seeing you in April 2020 for our spring Electronic Waste Collection Day fundraiser.

The Lions are looking for service-minded people to join us. We meet the first and the third Thursday of each month of the year except in January and February. For more information, call 528-2663.

Thank you all.

Marylin Brown  
Laconia-Gilford Lions Club



# Who will win the battle to “Bee” the best?

LACONIA —The Community Spelling Bee has become an annual tradition for the Mousseau Family. Five members of the family will be competing in the upcoming Lakes Region Scholarship Foundation Community Spelling Bee this year. It may look like extreme sibling “rivalry,” in the picture above, however, this event has been something the whole Mousseau family has shared an interest in since they first entered the competition seven years ago. Noah, Sullivan and Finnian have been contestants in the Bee since 2013, when most of them were students at Pleasant Street School.

Since Noah, and then his two younger siblings moved up to high school, they have been entering as members of the LHS Band team, leaving room for the younger siblings-Madeline and Holden to move up to the family team. Always a crowd favorite, the Mousseaus continued to strive for the coveted “bee trophy.” Last year, Noah, with teammates Joey Bailey and Bryden Wright took the bee crown and came in first place. This year, Noah and Joey (joined by Sullivan Mousseau) are hoping to repeat their first place performance, as members of the LHS



COURTESY

**Who will win the battle to BEE the Best?** Five members of the Mousseau family, with friend, Joey Bailey, line up outside Laconia High School, each hoping to take home the Spelling Bee trophy for their team. Who will prevail- the older stronger boys, the small but mighty Mousseau family team to the right or will there be a dark horse from another team who will be victorious? Pictured from left to right: Sullivan Mousseau, Noah Mousseau, Joe Bailey, (Bee Trophy), Holden Mousseau, Madeline Mousseau and Finnian Mousseau.

Band “B-Flats.” Hoping to topple their big brothers, the younger Mousseau’s as members of “The ‘Bee”tles” team have joined the ranks of the Bee contestants.

Both teams will face stiff competition on Thursday evening, Oct. 24 at 6:30 p.m. at the La-

conia High School auditorium.

They will be facing off against 21 other teams from including business and civic teams from: Cross Insurance, Westcott Law, Laconia City Hall, the Laconia City Council, Gilford Rotary Club, the Congregation-

al Church as well as two-time winners-the Laconia Public Library team. In addition, there will be student teams from Laconia, Gilford and Belmont high schools, the Huot Center and Holy Trinity School as well as adult teams from area schools: one led by LHS

principal, Mike Fredricksen; a team led by Gilford principal, Anthony Sperazzo, a team led by Laconia Middle School principal, Alison Bryant and the “Book Worms” staff team from Pleasant Street School. The event also features a costume contest for the teams, with prizes for the top competitors. Free door prizes awarded between each round to audience members

and spellers alike. The scholarship foundation has also added an incentive award for the team which brings in the most supporters to the Bee. The admission is free, so there should be no barrier to prevent each team from bringing as many audience supporters as they can. The event is open to all, for anyone interested in a unique and fun evening’s entertainment

## NOTEBOOK

(Continued from Page A4)

some data well-gathered and well-presented on a subject pretty close to home---wildlife. My “commute,” after all, is often like something out of “Lion Country Safari.” Because most science-oriented people tend to be lousy writers (and most writers probably make lousy scientists), a good deal of wildlife news and scientific breakthroughs show up in “news releases” that are duller than dishwater.

However, I really hit statistical paydirt in a paper with the unlikely title, “Numbers of human fatalities, injuries, and illnesses in the United States due to wildlife,” by Michael R. Conover, of the Jack H. Berryman Institute and Department of Wildland Resources at Utah State University, Logan, Utah.

Just the preamble to Mr. Conover’s paper was daunting. “Over 47,000 people annually in the United States sought medical

attention after being attacked or bitten by wildlife, and approximately 8 people died annually. Most bites were by snakes, birds, rodents, and raccoons. Each year, wildlife-vehicle collisions resulted in >59,000 human injuries and >440 human fatalities, while wildlife-aircraft collisions added 16 more injuries and 10 fatalities. I also found that >68,000 people each year sought medical assistance for a zoonotic (infectious) disease, and 243 of these cases were fatal. When wildlife-related casualties and fatalities are summed, >174,000 people were injured or sickened and >700 were killed by wildlife annually.”

Mr. Conover hastens to say that all this is not to suggest that wildlife populations should be reduced. Instead, he says, the figures demonstrate a great opportunity to serve humanity by advocating for prevention, or as is said

in lawyer-speak, “risk management.” The author sees that same strategy as beneficial for wildlife. The reader is left wondering if there is any way to think about this without getting the Mother of all Headaches.

+++++

I have a morbid fascination with snakebites, and Mr. Conover apparently shares this, because there is plenty here on snakes and their interaction with humans, a combination which results, fairly often, of course, in snake bites.

From 6,000 to 8,000 people are bitten by venomous snakes each year in the U.S., of which an average of six people die. The American Association of Poison Control Centers reports getting an average of 6,803 snakebite reports per year, but more intriguing to me, another 1,050 bites from “other reptiles.” This is way more information than I want.

In a great display of all-American coolness while under attack by slithering reptiles, 2,409 people actually identified the snake that bit them. Of these, 1,193 people were bitten by rattlesnakes (Viperidae), 869 by copperheads (Agkistrodon contortrix), 173 by cottonmouths (Agkistrodon piscivorus), and 82 by coral snakes.

In a data submission having nothing to do with Mr. Conover’s report but which came in, suspiciously, on April 1 this past spring, a control group of 2,510 adults admitted, after administration of sodium pentothal, that every single time they were confronted by a rattlesnake, a copperhead, a cottonmouth, or a coral snake, they had wet their pants and run away.

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

## Taylor Community welcomes historian & author Neal Bascomb

LACONIA — Neal Bascomb is a national award-winning and New York Times bestselling author of a number of books, all non-fiction narratives focused on inspiring stories of adventure and achievement. His work has been translated into more than 15 languages, featured in several documentaries, and optioned for major film and television projects.

Everyone is invited to join us for Bascomb’s presentation, Friday, Oct. 25 at 7 p.m. in Taylor Community’s Woodside Building.

After earning a double degree in Economics and English Literature at Miami University (Ohio), Bascomb lived in Europe for several years as a journalist, and worked as an editor at St. Martin’s Press, New York. In 2000, he started writing books full time.

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.

## PET OF THE WEEK CHANCE

Chance is a shy, gentle boy full of love! He is looking for a patient owner that can work with him to help build his confidence. He would do best in an adult home and has done well with some dogs he has met here.



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**NOTICE OF SESSION, SUPERVISORS OF THE CHECKLIST-- GILFORD**  
Friday, October 25, 2019, 7:00-7:30 p.m. Gilford Town Hall  
Supervisors/Trustees Office  
47 Cherry Valley Rd., Gilford  
Across from the Town Clerk’s office

New registrations accepted, and all changes to the Checklist will be reviewed. **THIS IS THE LAST OPPORTUNITY FOR CURRENTLY REGISTERED VOTERS TO CHANGE THEIR PARTY AFFILIATION BEFORE THE 2020 PRESIDENTIAL PRIMARY.**

**NEW VOTERS** strongly encouraged to Register by October 25<sup>th</sup> 2019 either at the Town Clerk’s office during regular office hours OR during this Supervisors Session, to avoid potential delays at the Polls.

The Public Voter Checklist is posted in the Town Clerk’s office.

**SUPERVISORS OF THE CHECKLIST:**  
Mary Villaume, Chair  
Irene LaChance  
Miriam York

**VOTERS, YOU MAY CHECK YOUR PARTY, FIND YOUR POLLING PLACE, AND MORE. ALSO ABSENTEE VOTERS YOU MAY TRACK YOUR BALLOTS BY GOING TO:**  
<http://app.sos.nh.gov>.

**AGAIN, PLEASE NOTE YOU MAY NOT CHANGE YOUR PARTY AFFILIATION PRIOR TO THE PRESIDENTIAL PRIMARY AFTER THIS SUPERVISOR’S SESSION.**



VitaMarie Torres, 77

VitaMarie (Trodello) Torres, 77, of Gilford passed away peacefully on Monday, Oct. 7, 2019 after a long and courageous battle with pancreatic cancer. She was a devoted wife, mother, grandmother, sister and friend.

VitaMarie was born on Nov. 16, 1941 in Cambridge, Mass., the daughter of the late Angelo and Frances (Grippo) Trodello. She grew up in Fitchburg, Mass. and spent summers in New London, Conn. as a child. In her younger years, Vita starred in many theater productions and was crowned Spelling Bee Champion on more than one occasion. She graduated from Fitchburg State University with a Bachelor's degree in Elementary Education and later went on to receive a Master's Degree and a Sixth Year Degree from Southern Connecticut State University.

Vita met her husband, James Torres, while working together at Lincoln's Department store in Fitchburg, and the couple moved to Connecticut after getting married. After brief stints living in Branford, West Haven and Newtown, they settled in Guilford, Conn. where Vita worked for the Guilford Public School System as an elementary school teacher for more than 35 years. She was passionate about helping kids and had a positive impact on generations of young lives, staying in touch with many of her former students well into their adulthood. In her free time, Vita loved to garden, play tennis, take sailing trips around



Long Island Sound, and watch her daughter's gymnastics meets and orchestra and band concerts. After retiring, Vita moved to Madison, Conn., where she enjoyed life on the marsh and became President of the Windermere Condominium Association. Vita's greatest joy in life was her family, and learning she was about to become a grandmother prompted a move to Gilford in 2008 to be closer to family. "Vivi," as her grandson affectionately called her embraced life in the Granite State by joining the Unitarian Universalist Church Choir, becoming a regular at the Wednesday night Duplicate Bridge game at the Weirs Community Center, and volunteering at Elm Street School on a regular basis. She was a staple on the sidelines at all of her grandson's soccer, hockey, baseball and flag football games, and always looked forward to Friday afternoons when she took him to drum lessons.

Vita's joie de vivre inspired all who knew her. She will be remembered for her honesty and candor, keen sense of humor, strength of spirit, and large, tender heart.

Vita is survived by her husband, James Torres; her daughter, Sarah Torres Svindland; her son-in-law, Kristian Svindland; her grandson, Asher Svindland; her brother, Joseph Trodello; her sister, Sandra Steves; and many loving in-laws, nieces and nephews. In addition to her parents she was predeceased by her sister, Frances LaSorsa, and her infant brother, Angelo Trodello, Jr.

The family would like to thank the Norris Cotton Cancer Center at Dartmouth-Hitchcock, especially Dr. Gabriel Brooks, as well as the caring team at Lakes Region Visiting Nurse Association, and the compassionate staff at Forestview Manor.

A Celebration of Life will be held on Saturday, October 19, 2019 at 11:00am at the Unitarian Universalist Society of Laconia, 172 Pleasant St., Laconia, NH 03246.

Burial will take place at a later date in the Old Main Street Cemetery in New London.

In lieu of flowers, donations may be made in loving memory of VitaMarie Torres in support of the NCCC Pancreatic Cancer Research Fund. Checks may be made payable to Dartmouth-Hitchcock Health (with NCCC Pancreatic Cancer Research in the memo line) and mailed to Dartmouth-Hitchcock/Geisel School of Medicine Development Office, One Medical Center Drive, HB-7070, Lebanon, NH 03756-0001.

Wilkinson-Beane-Simoneau-Paquette Funeral Home & Cremation Services in Laconia is assisting the family with the arrangements. For more information and to view an online memorial, go to [www.wilkinsonbeane.com](http://www.wilkinsonbeane.com).

Comfort Keepers  
What is respite care?

BY MARTHA SWATS  
Owner/Administrator  
Comfort Keepers

In its Caregiving in the U.S. report, AARP estimates that 39.8 million family members provided unpaid care to an adult in 2014 and 2015. And, the Centers for Disease Control reports that over half (53%) of caregivers indicated that a decline in their health compromises their ability to provide care.

Caring for a senior loved one is both rewarding and challenging. Family caregivers need to remember that it's important to take necessary breaks and practice self-care so they can ensure that they continue to find joy in their role.

Respite care is defined as the transfer of primary caregiving responsibilities to another person, typically a professional caregiver, relative or friend, in order for primary caregivers to receive temporary relief from caregiving responsibilities. Respite care takes many forms – some family caregivers choose to have someone take on caregiver duties for a few hours a week or a few hours a day. Or, some schedule respite care for longer periods of time to accommodate an extended break or vacation.

This can be particularly important for those caring for a senior that has a severe illness. A study led by the Stanford Center on Longevity and Stanford University Psychology Department, which was conducted with assistance from Comfort Keepers and

Clear Care, found that for older family caregivers:

- Caring for a loved one with a mild illness generally leaves them in the same emotional state as their peers – with emotional well-being generally greater than that of younger adults.
- When responsible for a loved one with a severe illness, reported emotional well-being tended to be lower than those of their peers.
- The cause of a decrease in emotional well-being is attributed to caregiver's inability to pursue their social goals and friendships.

The purpose of this study was to help identify the unique challenges and stressors that family caregivers face. As a partner in this research study, we reached out to the family members and decision-makers of approximately 2,000 Comfort Keepers clients.

These results suggest that older people have higher emotional well-being than younger people but not when they have a relative with a severe illness. Not all older people with ailing relatives have low well-being; rather, it depends on the severity of the relative's ailment.

Caring for a senior loved one can be fulfilling and can strengthen bonds within a family. But it's important to recognize that being a family caregiver can come with feelings of loss, stress and physical strain. Caregivers risk their own health and wellbeing when

they don't account for their own needs or take a break when necessary, and respite care provides a convenient solution for many families.

Comfort Keepers® can help

Trusting your loved one with someone else can be difficult, but with Comfort Keepers®, you can trust that he or she will be in capable hands. Our specially trained caregivers will stay with your loved one while you take care of yourself, for as much or as little time as you need. And, every client receives a custom care plans that aims to engage them in intellectual, physical and emotional exercises and activities. To learn more about our uplifting in-home and respite services, contact your nearest Comfort Keepers® office today.

About

Comfort Keepers

Comfort Keepers is a leader in providing in-home care consisting of such services as companionship, transportation, housekeeping, meal preparation, bathing, mobility assistance, nursing services, and a host of additional items all meant to keep seniors living independently worry free in the comfort of their homes. Comfort Keepers have been serving New Hampshire residents since 2005. Let us help you stay independent. Please call 536-6060 or visit our Web site at [www.nhcomfortkeepers.com](http://www.nhcomfortkeepers.com) for more information.

Temple B'nai Israel's "We Care" to host benefit concert

LACONIA — Get ready to rock n' roll, twist n' shout, and party like it's 1959 on Saturday night, Oct. 26, when "We Care"

of Temple B'nai Israel proudly presents a benefit concert featuring Doo-Wop DeVille, one of New England's premiere show bands performing the most memorable music of the '50's and '60's.

Doo-Wop DeVille is comprised of experienced professional musicians dedicated to the presentation of authentic doo-wop music. The group features four talented vocalists backed by a band that includes bass, guitar, sax, drums, and keyboard. The stirring vocal harmonies and captivating choreography of men sporting sharkskin suits singing to the exciting and dynamic rock-and-roll of a live band will have the audience clapping, snapping, dancing, and singing along.

"We Care" invites you to come out for a good time and a good cause to support Interlakes Community Caregivers, Inc. a 501(c)(3) organization that provides rides and other direct services to assist local residents in their daily lives. Services are provided at no charge

and include rides to medical appointments (both long distance and local), personal appointments, grocery shopping and other errands, as well as friendly visits and more. To learn more, visit [www.InterlakesCommunityCaregivers.org](http://www.InterlakesCommunityCaregivers.org), call 253-9275 or follow them on Facebook.

Tickets are just \$27.50 and available online at [www.tbinh.org](http://www.tbinh.org) or at one of the following retail locations: Innisfree Book Store in Meredith, Bayswater Books in Center Harbor, Black's Paper Store in Wolfeboro, or Greenlaw's Music and Audio in Laconia.

Bring the kids and grandkids! Tickets for students with ID are JUST \$10 at the door. Children 12 and under are free with paying adult. Doors open at 7 p.m. for complimentary homemade desserts and the show starts at 7:45 p.m.

"We Care" thanks event sponsors Miracle Farms Landscaping and Electrical Installations, Inc. for their support.



# How to Submit Obituaries & Announcements To Salmon Press Publications

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*Please contact Executive Editor  
Brendan Berube at (603) 279-4516, ext. 101  
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# Pappas volunteers support for cell coverage study

BY ERIN PLUMMER  
mnews@salmonpress.news

MEREDITH — Lack- ing cell phone coverage is an issue on the minds of local planners, though Congressman Chris Pap- pas has said he will do what he can to help with this.

US Rep. Chris Pappas attended a special meet- ing of the Lakes Region Planning Commission on Thursday to hear about a number of different proj- ects and concerns.

One major concern is cellular coverage, which officials said becoming the major source of broad- band coverage for many people in rural areas.

LRPC executive direc- tor Jeff Hayes said the state is claiming that the state had 90 percent cel- lular coverage. The FCC however ran a challenge to that research that indi- cated that those numbers were closer to 40 or 50 percent in most regions. Those figures were pre- sented to the Public Util- ities Commission and the FCC, who has opened an investigation on these fig- ures.

“We haven’t heard anything back about

what that investigation is doing and what the out- comes might be,” Hayes said.

Hayes said they heard from a detective on the Gilford Police Depart- ment who said their Ver- izon service “has fallen through the floor” and it has impacted their jobs.

“Cell phone is becom- ing a part of broadband in some places, in many places in our region it re- ally is the best broadband connect the residents have,” Hayes said.

Hayes said there have been challenges in under- taking the FCC challenge as it requires them to complete one kilometer squares, which he said is hard to do from roads and requires hiking and off- road travel.

Hayes said there is \$4 billion available to sup- port broadband in rural areas that don’t have 4G service, though they can’t access the funding unless it is demonstrated that they don’t have that ser- vice.

“That’s what moti- vates a lot of us to say this needs to be resolved and there needs to be re- cording of those areas



ERIN PLUMMER

Congressman Chris Pappas talks about cellular coverage and other issues with the Lakes Region Planning Commission.

that don’t have service,” Hayes said.

Pappas said it can pret- ty much be agreed that there isn’t 90 percent cell coverage. He said he and his colleagues would be happy to look into any is- sues with rest of the state delegation.

“Broadband cell ser- vices, it’s a lifeline for businesses, a safety issue, quality of life issue,” Pap- pas said. “We’re happy to get to work on that.”

Hayes said having cell service availability is of major importance in the state. It can locate some- one who’s been in an acci-

## Pitman’s welcomes pianist Will Ogmundson

LACONIA — Pitman’s Freight Room, located on New Salem Street in La- conia, is excited to pres- ent the following shows this weekend.

**Friday, Oct. 18, 8pm, \$20: Will Ogmundson Piano Concert**

William Ögmundson is an award winning and EMMY-nominated composer and lyricist, and a classically-trained solo pianist. He began performing at the age of five, and went on to win numerous piano compe- titions. He was selected to be the featured pianist for the New Hampshire Mus- ic Festival Orchestra on four separate occasions. William has performed at venues throughout North America and Eu- rope including the Notre Dame Cathedral in Paris, and St. Peter’s Basilica in the Vatican, where he was honored to have been the organist for a Sunday morning mass. He has recorded six CDs and his music is played on nu-

merous radio stations

EMMY-nominated composer and lyricist, William has written nu- merous musical scores for the stage as well as for television. He has been nominated for the NH Theater Award - Best Music Direction, includ- ing for the production of his original work (with Tom Dunn of Alchemist’s Workshop), "Georgia O’Keeffe Paints Para- dise", which was per- formed Off off Broadway at the Jewel Box Theatre in 2017, and won first place in the Internation- al Theatre Festival for Best Lyrics. His musical "Kindness and Cruelty" premiered Off Broad- way in New York at the Hudson Guild Theatre in February 2018, and was nominated for Best Score in the New York Theatre Festival.

Doors open at 7 p.m., and we are a BYO Venue. Doors open at 7pm and we are a BYO Venue.

For reservations, call 527-0043.

**Saturday, Oct. 19, 8 p.m., \$20: Chris Fitz Blues Band**

Chris Fitz broke into the Boston music scene back in 1994 af- ter a five-year stint in the San Francisco area. Chris honed his blues guitar chops by float- ing around all the blues clubs in the Bay Area and finding inspiration in the local and nation- al blues artists who frequented them. Upon moving back to Bos- ton, his hometown, he wasted no time hitting the various blues jams around the city. His blistering guitar work soon began to make an impact!

Over 20 years and thousands of gigs lat- er, the Chris Fitz Band, with Chris as band lead- er/singer/songwrit- er/guitar player, Dan Bunge on Drums and "Fretless Dave Kendari- an" on bass remains one of the premier "origi- nal" blues and roots acts in all of New England.



## HEIFETZ ON TOUR

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**For more information Call 569-215 or visit [www.wfriendsofmusic.org](http://www.wfriendsofmusic.org)**

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### Edward Jones: Financial Focus

**Be Creative When Withdrawing from Retirement Accounts**

Like many people, you may spend decades putting money into your IRA and your 401(k) or similar employer-sponsored retirement plan. But eventually you will want to take this money out – if you must start withdrawing some of it. How can you make the best use of these funds?

To begin with, here's some background: When you turn 70 ½, you need to start withdrawals – called required minimum distributions, or RMDs – from your traditional IRA and your 401(k) or similar employer-sponsored retirement plan, such as a 457(b) or 403(b). (A Roth IRA is not subject to these rules; you can essentially keep your account intact for as long as you like.) You can take more than the RMD, but if you don't take at least the minimum (which is based on your account balance and your life ex-

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pectancy), you'll generally be taxed at 50% of the amount you should have taken – so don't forget these withdrawals.

Here, then, is the question: What should you do with the RMDs? If you need the entire amount to help support your lifestyle, there's no issue – you take the money and use it. But what if you don't need it all? Keeping in mind that the withdrawals are generally fully taxable at your personal income tax rate, are there some particularly smart ways in which you can use the money to help your family or, possibly, a charitable organization?

Here are a few suggestions:

- Help your grown children with their retirement accounts. Your grown children may not always be able to afford to “max out” on their IRAs. You might

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want to help them with any excess funds from your own retirement accounts. You can give \$15,000 per year, per recipient, without incurring any gift taxes – an amount far higher than the current annual IRA contribution limit of \$6,000 (or \$7,000 for individuals 50 or older).

- Help your grandchildren pay for college. You might want to contribute to an investment specifically designed to build assets for college. A financial professional can help you choose which investments might be most appropriate. Of course, if your grandchildren are already in college, you are free to simply write a check to the school to help cover tuition and other expenses.
- Help support a charitable organization. Due to recent changes in tax laws, many individuals now claim a standard deduction, rather than itemizing. As a

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result, there's less of an incentive, from a tax standpoint, for people to contribute to charitable organizations.

- But if you'd still like to support a charitable group and gain potential tax benefits, you might want to consider moving some, or all, of your required distributions from your IRA to a charity. You can transfer up to \$100,000 from your IRA in this type of qualified charitable distribution, thus meeting your RMD requirements without adding to your taxable income. Furthermore, this move might keep you in a lower tax bracket. (Before making this transfer, though, you will need to consult with your tax advisor.)

Your RMDs can contribute greatly to your retirement income, but, as we've seen, they can do even more than that – so use them wisely.

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

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# LRPA’s Shocktoberfest continues with “The Brain That Wouldn’t Die”

LACONIA— Be very afraid! It’s October on LRPA After Dark, and that means we’re celebrating the Scary Season with our 4th Annual “Shocktoberfest,” a month devoted to vintage horror films. This weekend (October 11 & 12 at 10:30 PM), the chills continue with 1965’s eerie sci-fi-alien gem “The Brain That Wouldn’t Die,” directed by Italian horror master Mario Bava and starring Virginia Leith and Herb Evers.

Dr. Bill Cortner (Evers) is a young, promising but highly unorthodox surgeon who has been experimenting in his secret home lab with transplanted body parts and anti-tissue rejection drugs – much to the growing unease of his father, who is also a surgeon. Bill has been stealing human body parts from the hospital where they work, and administrators are beginning to get suspicious. Bill is engaged to the lovely nurse Jan Compton (Leith). Bill is informed that there is a urgent problem at his home laboratory, and

that he needs to get back there right away. Bill and Jan take off in her car. has an automobile wreck in which his fiancée, Jan, is decapitated. He rushes her head to his laboratory where, with various drugs and equipment, he is able to keep the brain alive. Although Jan pleads with Cortner to let her die, he abducts Doris Powell, a disfigured photographer’s model with a beautiful body, which he intends to attach to his fiancée’s head. Jan, however, manages to communicate with a demented, captive monster created by Cortner’s previous operations; when the creature escapes and sets the laboratory on fire, killing both the doctor and his assistant, Doris is freed and Jan’s suffering ends.

Struggling young scientist Dr. Bill Cortner (Jason “Herb” Evers), whose experiments involving the transplantation of body parts have resulted in some unsavory secrets in his basement at a secret country house. When he wrecks his car and accidentally dismembers his fiancée,

fellow scientist Jan (Virginia Leith), he decides to abscond with her severed head and find it a new, super-stacked body to revive his love life. While the doc spends his spare time cruising strip joints and cheap beauty pageants for the perfect female vessel, the reanimated head of Jan sits in a medical pan and develops a peculiar telepathic connection with Bill’s most monstrous creation, which lurks unseen behind a nearby locked door...

Dr. Bill Cortner has been performing experimental surgery on human guinea pigs without authorization and against the advice of his father, also a surgeon. When Bill’s fiancée Jan Compton is decapitated in an automobile accident, he manages to keep her brain alive. He now needs to find a new body for his bride-to-be and settles on Doris Powell, a glamor model with a facial disfigurement. Jan meanwhile doesn’t want to continue her body-less existence and calls upon the creature hidden in the basement, one of Bill Cortner’s unsuccessful experiments, to break loose.

Grab your candy corn and join LRPA after dark for this rarely screened gem from the past.

**Mark your calendars for Shocktoberfest’s Halloween treats:**

Oct. 18 & 19: 1962’s “The Brain That Wouldn’t Die”  
Oct. 25 & 26: 1962’s “Carnival of Souls”

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)) or at [live.lrpa.org](http://live.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. Programming is produced by and for the people of the greater Lakes Region.

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

- fosters free speech and the open exchange of ideas,
  - encourages artistic and creative expression,
  - promotes a well-informed public through governmental transparency, and
  - 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).

## STRATEGIES FOR LIVING

### Life’s defining moments

BY LARRY SCOTT

I had just resigned as Pastor of Trinity Temple. It had been a long and difficult ten years, and I was burned out. It seemed so right but it was a disaster — for my family, for my congregation, and for me.

A week later, just prior to the beginning of our next worship service, I was approached by one of the leading men of our church. “Pastor,” he said, “would you consider a sabbatical? Would you consider taking some time off and thinking this through?”

The overture took me by surprise. It was an alternative I had not considered. Without giving it the thought it deserved, I rejected the offer. It was the first of three defining moments I would encounter in the next two years, each of which changed the course of my life.

The second defining moment came several months later.

A friend, the owner of a real estate firm, invited me to become their sales manager. The job suited me well, and it would have been ideal. I went to their office to discuss the matter, unannounced and without an appointment. But they were in

conference. Instead of waiting and setting up an appointment, I walked out. I never returned, and they never renewed the invitation. It was my second defining moment, another decision that also might have changed the course of my life.

What do you do when you face a defining moment and do not take advantage? It happens to us all. If we could only live this life over again, how different it would be! But we can’t. The past is past; we must live with the consequences.

You would think that, having made such a mess of things, God would have left me to my folly. But not so. When I had learned the lessons I needed, God intervened, and I encountered a new, life-changing, defining moment.

In 2004, after several short-term jobs and fourteen years of living on the road as a long-haul trucker, I remarried the sweetheart of my youth. We retired, settled down near our family, and I can finally fulfill a long-held dream of mine: I have become a writer.

It is telling that, as difficult as the last thirty years have been, they have not been wasted.

Out of the chaos of my life, something good has emerged. My writing reflects a perspective I did not have prior to that first, fateful, defining moment.

I am not sure how to advise those for whom God is not an active force in their lives. It is not possible to become the person we were created to be without the strength and direction that comes with knowing God. We can all learn from our mistakes, but fundamental changes to our basic nature come only through Jesus Christ.

The Bible says, “We know that in all things God works for the good of those who love him, who have been called according to his purpose.” In the words of Mark Batterson, “It’s never too late to become what you might have been.”

We serve a God of second chances. If we are prepared to walk with him, he will stay by us. God is able, and willing, to take us from where we are, as we are, and bring about something good. Hang in there... hold steady... the best is still to come.

For more thoughts like these, follow me at [indefenseoftruth.net](http://indefenseoftruth.net).

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# Sandwich Fair features something for everyone

BY ERIN PLUMMER  
mnews@salmonpress.news

SANDWICH — Animal competitions, the farmer's market, and exhibit halls were just a few things that brought out people to the Sandwich Fair over the weekend, many giving people a chance to demonstrate their skills.

There was something for people of all ages at the fair, including a number of different competitions and displays.

One of the main attractions for the fair was the animal competitions for people of all ages and with all different kinds of animals.

In the Horse Pull Christina Locke of Barnstead ran Rowdy and Tucker.

Locke said she has been running horses, “ever since I was born pretty much.” She has been working with Rowdy and Tucker since they two months old, now both horses are 17.

“They're hot, but they listen,” she said.

She and her sister run horses on a regular basis.

Locke said she enjoys the Sandwich Fair.

“This fair, it's laid back, it's not as busy,” Locke said

Merrimack County 4-H member Dylan Sheehy of Loudon sat with his family's pig and new piglets for a 4-H Fence Talk to answer people's questions about the pigs for his 4-H project. The 15-year-old's family runs Nemuru Buta Fa'mu (which means “Sleeping Pig Farm” in Japanese) whose female pig breeds the pigs that youths



ERIN PLUMMER

Dusk descends on the midway during the Sandwich Fair's midway preview on Friday.

from the Merrimack County 4-H Swine Club work with. Sheehy was watching over a group of 5-week-old piglets along with their three-year-old mother, who was the first pig he ever worked with.

Sheehy said he enjoys working at the Sandwich Fair.

“I love that it has a pretty large agricultural section and people seem to be interested,” Sheehy said.

A number of local producers had stands in the farmer's market, including many who have done it for years and those joining recently.

New this year was Steve's Original Sauces made by Steve Chase of Belmont. He has been making a signature Kentucky Barbecue sauce for 15 years and has been selling his sauces for a year and a half.

He utilizes the commercial kitchen at Genuine Local in Meredith and will sell his sauces at a number of fairs and events through the year. They can also be found at stores like the Wine'ing Butcher, Beans and

Greens and Shepherd's Hut Market in Gilford, the Moultonborough Country Store, Osborne Agway in Belmont, and many more from Keene to North Conway.

He did the Sandwich Fair for the first time.

“It's nice; lot of people on this side,” Chase said.

Sarah Boothman Glines of Randolph sells a variety of handmade creations including wooden dolls, hand woven baskets, felted items, and many more for her company Mt. Crescent Crafts. She started by making wooden dolls inspired by her family history and said over the years her creations expanded, including making items for the dolls that she realized she could sell on their own, such as woven snowshoes.

She has been doing the Sandwich Fair for around nine years,

“I like the interactions, it's just an absolutely wonderful fair,” Boothman Glines said. “It's not...super crowded and that's what's fun.”

In the Smith and Hodge Exhibit Halls, peo-

ple entered a number of different creations for judging including dairy, art, photography, yarn work, quilts, and so many more.

One of the more recent categories is the Natural Fiber Arts with items made with natural and not human-made fibers. Co-chair Julie Deak said they had 26 people enter 85 different items this year, a jump of around 10 to 15 percent from last year.

She said the display got quite a bit of attention, people especially liked the display of how yarn is made from carded fibers to the spinning wheel. Deak said the category is meant to raise more awareness and interest in these fibers. She said are so many people in Sandwich who raise animals that produce

yarn fibers such as four breeds of sheep, alpaca, angora goats and rabbits, and others and many people who spin these fibers into yarn. There is a fiber arts group that meets at the library on a regular basis and she said so many people still came in unfamiliar with natural fibers.

“It's all right here and we wanted to encourage it,” Deak said.

The entries into the category are judged against a set of standards for each type of entry with consideration given to how difficult the piece is, how well it's finished, and numerous others.



COURTESY

## Art Association contest winner announced

And the winner is...Megan Lowe (L) for correctly guessing the number of art related items held in a clear container. The contest was part of the Lakes Region Art Association's Annual Art Show during the month of August. Contest participants who submitted their guesses, voluntarily donated \$1.00 towards the LRAA's Scholarship Fund. An oil painting titled 'Yellow Roses' donated by LRAA member, Acacia Rogers, is presented by her to Lowe. Rogers, along with other Association members, offer art classes and workshops to any beginning, intermediate or accomplished artists. Those classes offer instruction in many different mediums including drawing, painting, photography, etc. To check-out what is currently being offered and to see hundreds of original works of art, prints, and photographs by LRAA members, visit the Tilton LRAA Gallery, suite 132, Tanger Outlet Mall, 120 Laconia Rd. Thursday- Sunday, 10 a.m.-6 p.m. For membership information. inquire within.



**It's Our Most Spooktacular  
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Halloween Basket**

**Coloring Contest Rules**

1. Color the picture using crayons, markers or poster paint.
2. All entries must be received at our office by October 28th at 4 p.m.
3. Winners will be chosen on artistic merit. Decision of judges is final.
4. Winners will be announced in this newspaper on October 31, 2019. All entries become property of this newspaper and can be printed accordingly.
5. Entries may be mailed or dropped off to the following address:

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**Halloween Coloring Contest**

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TERRAIN

(Continued from Page A1)

all the amenities one would need to have a really fun day out in the mountains. Plus, the resort's proximity to major metropolitan areas in New England make it a great destination for skiers and snowboarders of all ages to come learn how to ski or snowboard, improve upon their skill set, and experience the amazing mountains New Hampshire has to offer!"

The new Gunstock Parks layout is considered a progression, meaning each trail has a dedicated design and series of elements ranging from learning terrain with extra small features all the way up large features for expert freestyle fanatics, and everything in between. According to Kevin Laverty, Effective Edge consultant, "in addition to a dedicated Park Chair which will provide access to easy and quick park laps, I think the new layout, flow, and vibe will keep the experienced park user wanting more laps and having fun with friends. Gunstock is taking a new approach to their parks and progression by mixing up the park with linear and non-linear flow lines, which offers fun features for every level. It's exciting to see them go all in on their terrain parks and offer the flexibility to ride the during the day and at night."

For any parents out there who may be worried about safety in the parks, safety continues to be a top priority at Gunstock Parks. Mark Petrozzi, a long-time Gunstock local who has worked as part of the Gunstock team for over 35 years and also serves as the chair of the National Ski Areas Association Risk Management and Education Committee, which develops the ski industry's national skier and rider safety education programs, has been intimately involved in the evolution of Gunstock Parks. Mark notes, "My terrain park work on a National basis gives me a good perspective on where the industry and our guests are in the whole parks and action sports arena. I strongly believe that with Gunstock's current focus and dedication to grow the park scene, we are poised to be THE leader in not just New Hampshire but throughout New England; providing more excitement and fun for

current Gunstock skiers and riders as well as attracting new guests!"

Opening Day is planned for Friday, Nov. 29. First chair heads up at 9am, so get your pass early and walk right up to the lift. Skiers and snowboarders are invited to participate in the annual Black Friday Rail Jam, a friendly competition open to all ages and abilities. It's a great way to start the season right. Prizes awarded!

About Gunstock Mountain Resort

Located in Gilford and boasting spectacular mountain views of Lake Winnepesaukee and the Ossipee Range, Gunstock Mountain Resort is one of the largest four season recreation areas in the state, and one of the oldest, opening its doors in 1937. Gunstock was the first New England ski area to install a chairlift, offers 1,400 vertical feet, 227 acres and 48 alpine and freestyle trails, plus 50km of dog-friendly cross country, snowshoe, and fat bike trails. Gunstock claims New England's largest aerial obstacle course with 91 challenging elements, more than 1.6 miles of high-adrenaline ZipTour™ zip lines, off-road Segway tours, and the 4,100 foot Mountain Coaster. Gunstock's campground has 290 sites, cozy cabins, and RV/trailer hookups, providing outdoor accommodation for kids of all ages when they stay and play at the mountain. Gunstock also plays host to a growing number of events, such as Gunstock Rocks New Year's Eve, BYODC Pond Skim, Gunstock Hillclimb, SoulFest, and Muddy Puppy trail series. For additional information please visit: [www.gunstock.com](http://www.gunstock.com), [www.facebook.com/gunstockmtn](http://www.facebook.com/gunstockmtn), [www.instagram.com/gunstockmtn](http://www.instagram.com/gunstockmtn), [www.twitter.com/gunstockmtn](http://www.twitter.com/gunstockmtn)

Mark St. J. Petrozzi, ARM.

Petrozzi is the founder and president of Alpen Risk Safety Advisors, LLC, a risk management and safety consulting practice serving the International snowsports, high-risk recreation, and hospitality industries, and has more than 30 years of experience in risk management, insurance, safety, loss control, regulatory compliance, and employment practices. He has been involved in creating many of the

risk management, loss control, incident investigation, mountain safety, and terrain park guidelines used throughout the snowsports industry today. He currently serves as chair of the National Ski Areas Association (NSAA) Risk Management Committee, the New Hampshire Tramway Safety Board, and ASTM's F-27 Committee.

About Effective Edge  
An East Coast work ethic with a West Coast mentality keeping our pulse on innovation and technology. Creating and delivering on shareable experiences for our participants and driving new visitation is key. Our services are done with integrity and transparency. Learn more about Effective Edge: <https://www.effectiveedge.co/>

Michael L. Bettera, President and CEO. Michael has worked closely with resort partners to keep them current with regard to industry trends, as well as through the creation of new, innovative projects and terrain park risk management for the past two decades. He has worked with more than 50 resorts around the globe, is a former head coach at Waterville Valley, NH and has served as a judge at events including the Burton U.S. Open. His career in the resort industry started in 1988 as one of the first snowboard instructors and a member of PSIA.

Kevin Laverty, Professional Consultant. Kevin started his career with a background in International Finance working in New York and Zurich, Switzerland. After deciding to follow his passion for the snow in the Ski Industry, he moved to Whistler to become a Snowboard Instructor. Since his career change he has worked in Ski & Ride School, Terrain Parks, Cat Ski Guiding and other areas of support for Mountain Operations. He followed the snow for 11 seasons working Park Crew at Cardrona and Heavenly in South Lake Tahoe before moving to Colorado as the Park Manager for Keystone A51. During his tenure at Keystone, he was appointed as the Best Practice Lead for all Vail Resorts and liaison to new Urban Resort integrations. While working for Vail Resorts, he also became more involved in the industry as a panelist for Cutters Camp and a committee member for Colorado Ski Country.

Tom Monterosso, Professional Consultant. Tom is a freelance photographer, writer and content creator. For the last twelve years, he was an editorial staff member of SNOWBOARDER Magazine. Currently, he is working for RIDE Snowboards as their staff photographer as well as contracted by other clients in the snowboard space such as Red Bull, Volcom, and Adidas among others. He's also been announcing some of the world's biggest snowboard events for over a decade. He and his wife Lauren have a beautiful little two year-old daughter named Eloise and they live in Salt Lake City, Utah.

LITTLE DOG

(Continued from Page A1)

other publications. In March of 2018, Nicole brought her husband, Dave, on board as her business partner. Together, they moved the operation out of their dining room and into the Brick-and-Mortar location at 31 A Main St. in Meredith, NH. Since then, the business has grown their card catalog to over 240 designs and can now be found in retail stores such as Macro Polo in Portsmouth, N.H. and Party Favors in Brookline, Mass. Now a year and a quarter old, the Little Dog Paper Company location in Meredith continues to enjoy growth by providing the community with a variety of graphic design services, custom wedding suites, stationery products, hysterical cards and a great selection of unique and

funny gifts. The husband and wife team couldn't be prouder of what they've built, more grateful for the warmth of the people who have embraced their new location and forever thankful to their loyal online customers as well.

Visit [littledogpaperco.com](http://littledogpaperco.com) to explore their fantastic selection of retail items along with their greeting cards, planner stickers, and scrapbooking accessories.

Come have some laughs and get to know Little Dog Paper Company at Patrick's Pub! Enter raffles for a chance to win a variety of prizes throughout the event; including a Grand Prize basket containing all 20 of their newest greeting cards as well as a selection of retail items from the shop valued

over \$150! Come early and don't be shy, the first 15 people to say 'Hi' receive a complimentary drink.

Patrick's Connect features local businesses and organizations. The evening includes complimentary craft beer sampling from Woodstock Brewery and raffle drawings at 7 and 8PM. An additional Grand Prize of an overnight stay, brewery tour and breakfast at the Woodstock Inn is given away at 8pm.

For more information on Patrick's Connect, or to register your own business to be featured at an event, call 293-0841 or visit [www.patricks-pub.com/connect](http://www.patricks-pub.com/connect).

To learn more about Starkey Realty, please visit [littledogpaperco.com](http://littledogpaperco.com).

CONTAMINANTS

(Continued from Page A1)

started in 1991. It has had limited use as a maximum security prison and one of its buildings currently houses Lakes Region Mutual Fire Aid and a NH 911 call center.

The LRPC has been working with the Lakeshore Redevelopment Planning Commission and work on the property has been supported through the state's Brownfields program since 2010.

Andrews said there are a lot of stakeholders involved in this property, including numerous state agencies as the property is currently owned and managed by the state. These also include the Department of Environmental Services due to the environmental issues on the site. The Division of Historic Resources is also involved and have done archeological and historical studies on the property given its history including the story that it might have been Native American camping and burial grounds.

There have been major concerns of potential pollution on the property with concerns about how widespread it might be. The property could have contamination from petroleum production, a garage, boiler plant, use of pesticides and herbicides in agriculture, an old

farm dump, and the potential of unmarked graves.

The Brownfields Program has invested \$108,000 for assessment and got an additional \$184,000 in federal grant funding,

Andrews said a number of different studies have been undertaken on the property using numerous methods such as ground penetrating radar, test pits, groundwater collection, archeological studies, and more.

An archeological study didn't uncover any bones or anything of archeological value.

Studies on potential contamination did reveal amounts of different contaminants. Instances of petroleum hydrocarbons along with shallow amounts of asbestos pipe indicates a possible dumping area. There was also an amount of the pesticide dieldrin in the area of the poultry house that exceeded standard levels. There were also polycyclic aromatic hydrocarbons (PAH) as a result of coal combustion and higher lead and arsenic levels on the surface potentially from paints.

Andrews said the levels of all these chemicals are relatively low and don't indicate any deep, widespread contamination on the property. How these chemicals will

be addressed and remediated will depend on what is required by state law.

"I think what we found is things are much, much better than was feared, and it's helped take away a lot of stigma from the site and will assist in getting private assessments for the site," Andrews said.

Andrews said the state pays \$400,000 a year to hold the site, whereas it could be attractive to potential development given its size and location.

Andrews said one community that has greatly benefitted from Brownfield funding is Franklin. The city was able to neutralize contamination threats from some of its older mill buildings and find uses for them that greatly benefitted the city. Franklin mayor Tony Giunta also attended the meeting.

"We appreciate the work you've done to date," Pappas said. "I think this site has tremendous potential."

Pappas said there are a number of potential funding sources for hazard mitigation plans.

"If you can just catalog all the ongoing challenges and focus on steps needed for remediation then it's really marketable and we can take that next step to development," Pappas said.

CLEAN UP

(Continued from Page A1)

School's Community Service Program aims to strengthen school and community relationships and give students opportunities to build character and experience the satisfaction of helping their community.

Bob Bolduc, Bolduc Park Course Superintendent, spent the morning with the students. He says he enjoys helping the

students learn about responsibility and working hard to give back to their community. The students' energetic efforts really help the all-volunteer run Bolduc Park which offers affordable golf, disc golf and cross-country skiing to the public and to school and youth groups. Students, Ella Decarli, Ella Denney, Hannah Donovan

and Dane DeHart expressed enthusiasm about spending time outside their school building to help a good cause and see that their work made a difference as they raked up piles of colorful leaves.

Press Release submitted by Gail Malone, Bolduc Park. Contact phone number: 630-5650.





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**Join these local businesses in supporting  
breast cancer awareness this October!**

A breast cancer diagnosis is something no one wants to receive. But the burden of breast cancer is substantial. In fact, the World Health Organization notes that breast cancer is the most commonly occurring cancer in women worldwide.

Thankfully, breast cancer survival rates are high in many parts of the world, particularly in developed countries such as the United States, Canada and Japan. While survival rates are lower in developing countries, it is encouraging to know that the average five-year survival rates are as high as 90 percent in some nations. That suggests that the strategies used to successfully fight breast cancer in developed nations may one day prove as effective in developing nations, potentially leading to a sharp decline in global breast cancer deaths.

Upon being diagnosed with breast cancer, patients will be educat-



ed about a host of potential treatment options. The Centers for Disease

Control and Prevention note that breast cancer is treated in several ways,

and the course of treatment a doctor recommends will depend on the

kind of breast cancer and how far it has spread. In addition, according to Breastcancer.org, breast cancer is made up of many different kinds of cancer cells, which often necessitates the use of various types of treatments to get rid of the cancer.

The following are some treatment options doctors may discuss with breast cancer patients.

• **Surgery:** Breastcancer.org notes that surgery is typically the first line of attack against breast cancer. The CDC says the goal of surgery is to cut out cancer tissue. Some common breast cancer surgeries include lumpectomy, in which the tumor and a small amount of

surrounding tissue is removed, and mastectomy, in which all of the breast tissue is removed.

• **Chemotherapy:** Chemotherapy is used to treat various types of cancer and involves the administration of special medicines to shrink or kill existing cancer cells. [Breastcancer.org](http://Breastcancer.org) notes that chemotherapy is sometimes administered prior to surgery in an attempt to shrink the cancer.

- Radiation therapy: Radiation therapy aims to kill cancer cells using high-energy rays that are similar to X-rays. Sometimes referred to as "radiotherapy," radiation therapy is overseen by a radiation oncologist who specializes in this type of treatment.

- Hormonal therapy: Estrogen makes hormone-receptor-positive breast cancers grow, and hormonal therapy, which may be referred to as “anti-estrogen” therapy, aims to reduce the amount of estrogen in the body and block its action on breast cancer cells.

- Targeted therapies: These therapies, which Breastcancer.org notes are generally less likely than chemotherapy to harm normal, healthy cells, target specific characteristics of the cancer cells. Cancer cells can have many characteristics, so there are various types of targeted therapies.

Breast cancer treatments can be highly effective in the fight against breast cancer, particularly when the disease is caught in its early stages.

Breast cancer is a formidable foe. According to the World Health Organization, an estimated 627,000 women lost their lives to breast cancer in 2018. But women are not helpless in the fight against breast cancer, as the WHO notes early detection is critical and could potentially save thousands of lives each year.

A proactive approach is a key component of protecting oneself against breast cancer. While the National Breast Cancer Foundation, Inc.<sup>®</sup> notes that many breast cancer symptoms are invisible and not noticeable without a professional cancer screening, women can keep an eye out for certain signs of breast cancer they might be able to detect on their own. Monthly self-exams can help women more easily identify changes in their breasts. During such self-exams, women can look for the following signs and symptoms and

are advised to report any abnormalities they discover to their physicians immediately.

- Changes in how the breast or nipple feels: The NBCF says nipple tenderness or a lump or thickening in or near the breast or underarm could indicate the presence of breast cancer. Some women may notice changes in the skin texture or an enlargement of the pores in the skin of their breast. In many instances, skin texture has been described as being similar to the texture of an orange peel. Lumps in the breast also may indicate breast cancer, though not all lumps are cancerous.


- Change in appearance of the breast or nipple: Unexplained changes in the size or shape of the breast; dimpling anywhere on the breast; unexplained swelling or shrinking of the breast, particularly when the shrinking or swelling is exclusive to one side only; and a nipple that is

turned slightly inward or inverted are some signs and symptoms of breast cancer that can affect the appearance of the breast or nipple. It is common for women's breasts to be asymmetrical, but sudden asymmetry should be brought to the attention of a physician.

- Discharge from the nipple: The NBCF notes that any discharge from the nipple, but particularly a clear or bloody dis-

charge, could be a sign of breast cancer. The NBCF also advises women that a milky discharge when they are not breastfeeding is not linked to breast cancer but should be discussed with a physician.


Learning to recognize the signs and symptoms of breast cancer can increase the likelihood of early diagnosis, which greatly improves women's chances of surviving this disease.



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A black and white photograph of a woman with long, wavy hair, wearing a boxing headband with the 'Zoë & Co.' logo, boxing gloves, and a dark crop top. She is looking directly at the camera with a determined expression.

**As a survivor, I know the costs to families. Let's fight breast cancer.**

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COURTESY

**Wine Festival raises more than \$19,000 for domestic violence survivors**

The Common Man family Vice President Diane Downing, organizer of the annual Winnepesaukee Wine Festival, presents a check for more than \$19,000 to Sarah Palermo, Director of the NH Campaign for Legal Services in Concord, and Deborah Kane Rein, Co-Chair of the NHLA/LARC Boards of Directors. The June fundraiser was sponsored by Donahue Tucker & Ciandella, and proceeds will help provide legal aid to survivors of domestic violence in New Hampshire.

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## SPORTS

## Gilford plays host to Central Lakes Invitational



BOB MARTIN

The Gilford High School cross country team gathered for a photo at the Central Lakes Invitational.

BY BOB MARTIN

Bob@Salmonpress.news

GILFORD – Eight cross country teams from in and around the Lakes Region competed in the Central Lakes Invitational last Friday at Gilford High School in the midst of a rainstorm, with the girls' team taking first place and Patrick Gandini winning the boys' race to con-

tinue what has been a remarkable freshman campaign.

The girls' team was led by Vanessa Genakos who was fourth with a time of 21:23. Bethany Tanner was 10th with a time of 23:16; Catherine Stow was 13th with a time of 23:50; Tessa Tanner was 17th with a time of 24:59 and Alaina Osburn was 23rd with a time of 27:04.

The boys' team was led by Gandini who was first overall with a fantastic time of 16:34, which was far ahead of the second place finisher Riley Mann of Winnisquam who clocked in at 17:19 for second. Harry Laflamme was 21st with a time of 19:30; Mitchell Townsend was 23rd with a time of 19:39; Jordan Witham was 50th with a time of 22:11 and Dane



BOB MARTIN

Harry Laflamme finished 21st in the Central Lakes Invitational.

DeHart was 59th with a time of 23:33.

Gandini was happy to tack on another win in this impressive season, and was pleased with his time. He also said it was nice to get the win with the home crowd cheering him on. He said he is looking forward to the championship races.

"I would definitely like to be fifth or sixth at the Meet of Champions and I want to be able to make it to New England," said Gandini.

Gandini's time was close to his personal record of 16:28, but he said he still has some work to do to get to where he wants to be. He hopes to be able to get to 15:50 by the end of the season, and he feels good at this point of the fall.

"My legs feel good and I'm not injured, so that's good," said Gandini. "Training is going well and I think I am ready for the last few races."



BOB MARTIN

Vanessa Genakos placed fourth in the Central Lakes Invitational last week.



BOB MARTIN

Bethany Tanner finishes hard at the Central Lakes Invitational, alongside Jada Edgren of Belmont.



COURTESY

Patrick Gandini won the Central Lakes Invitational at Gilford High School last week.

Gilford volleyball survives  
John Stark to remain undefeated

BY BOB MARTIN

Bob@Salmonpress.news

GILFORD – The Golden Eagles remained undefeated and at the top of Division 3 with a pair of wins last week, including a thriller against a talented John Stark squad that nearly handed the Gilford volleyball team its first loss of the season.

John Stark came ready to play but Gilford fought its way to a 3-2 win on Oct. 8. The game scores were 26-24, 20-25, 25-17, 11-25 and 15-13.

"Wow what a match," said coach Amy Tripp. "Tuesday night we played John Stark in an exceptional volleyball match where we narrowly defeated a hard serving, hard hitting John Stark team."

She added that her team was "determined, mentally tough and showed good endurance." Senior captain Naomi Eldridge was commended for her strong, consistent serving, but Tripp said overall it really was a full team effort.

Riley McDonough had 22 assists and three kills. Senior middle blocker Abby O'Connor had a game high 12 kills to go with three blocks. Sophomore middle blocker Kate Sullivan had 10 kills and six blocks. Senior captain outside hitter Abby Warren had eight kills. Junior outside hitter Lindsey Sanderson had five kills and two blocks. Senior captain libero Samantha Holland was huge with 29 digs and a pair of kills.

The Golden Eagles also defeated Souhegan in three straight sets on the road. Next up is a home match against Somersworth on Oct. 18 at 5:45 p.m.

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# Tough week for Gilford soccer girls

BY BOB MARTIN  
[Bob@salmonpress.news](mailto:Bob@salmonpress.news)

GILFORD – It was a tough week for Gilford girls’ soccer, who dropped a pair of games against Bishop Brady and Prospect Mountain.

On Oct. 9, the Golden Eagles fell 4-1 to Bishop Brady. Gilford got on the board first with a goal in the first half by Gwen Knipping off of a corner kick, but Bishop Brady tied things up 15 minutes into the second half. The Green Giants scored three quick goals to run away with the game, which included a penalty kick.

Jaylin Tully had seven saves in net and Knipping scored the lone goal, with no assist credited.

“This was a tough game for us going in,” said coach Rob Meyers. “The girls came out playing really well. The contested every ball and worked hard from end to end. We went up on a broken play and gained a lot of confidence from the goal. Bishop Brady scored, but we were still playing well. We then suffered some injuries, Bishop Brady scored again, and the wind came out of our sails. We will need to continue to improve to beat the better teams.”

On Oct. 11, the Golden Eagles traveled to Prospect Mountain and lost 4-2. Prospect managed to get 21 shots off with 11 on goal, which was much higher than Gilford’s 13 shots with seven on goal.

Prospect Mountain went up early with a quick goal and had a 2-0 lead at halftime. The Golden Eagles showed some fight and evened things up 2-2 with goals by Shelby Cole and Vanessa Flanders, but Prospect Mountain regrouped and scored two more goals to seal the win. Tully had 11 saves in the game.



JOSHUA SPAULDING

Kyla Mercier handles a ball for Gilford against Prospect Mountain.

Meyers felt that the Eagles were sluggish to start the game but were stronger in the second half until Prospect Mountain was able to pull away.

“The wheels came off and PM scored two more goals with no real response from Gilford,” said Meyers. “This was not our best performance. We came out flat and allowed PM to dominate the midfield. We generated enough attacking opportunities up front with Shelby Cole, Maddi Rector and Vanessa Flanders creating chances, but the midfield was not able to keep the pressure up and keep the ball in PM end. We fought back to tie the game 2-2, playing well for the opening 15 minutes of the second half, but we gave up a really soft goal and that seemed to deflate the team.”

The Golden Eagles

are are 7-5 and played White Mountains after deadline. Next up is an away game against Der-

ryfield on Oct. 18.

The boys’ soccer team had a 0-0 tie against Hopkinton on Oct. 8 and a 7-0

victory over Raymond on Oct. 10. Statistics were not available by deadline. Next up for

the Gilford boys’ soccer team is Laconia on Oct. 17 at 6 p.m. on the road.



JOSHUA SPAULDING

Shelby Cole moves the ball up the field against Prospect Mountain last week.

## New Hampshire’s ski areas prepare for season with capital improvements

REGION — New Hampshire ski resorts are unveiling new improvements for the 2019/2020 season. The state’s ski areas have been hard at work during the snowless months, revamping everything from their facilities and trails to improving snowmaking capabilities. Below is a sampling of ways in which resorts have made the state’s official sport – skiing – even more enjoyable for residents and visitors alike for the upcoming winter.

Bretton Woods - Resort enhancements

under way at Bretton Woods include New Hampshire’s first eight-passenger gondola that travels at 1,200-feet per minute, which will debut for the 2019-2020 ski season along with a 16,000 square-foot on-mountain dining-and-event venue, anticipated to open during the summer of 2020.

Cannon Mountain - This season, Cannon Mountain is investing heavily in lift maintenance and infrastructure improvements with \$2.5M being spent on upgrades to the Mountain Station Tram building

at the summit, including \$25K toward adaptive route paving at the Aerial Tramway and \$650K in lift maintenance projects. Cannon will also have a brand new Prinoth Bison WinchCat Groomer with the latest technology to tackle the steep slopes. Cannon’s recently upgraded snowmaking system will get a boost with 20 new HKD Phaser snowguns along with new hydrants and pipe for the Tossup Terrain Park.

Cranmore Mountain Resort - Phase II of Kearsarge Brook Condominiums at Cranmore

Mountain Resort broke ground on Aug. 20. This is the second phase of a \$50 million development that will transform the resort into a vibrant mixed-use community with year-round residences and expanded base facilities.

Great Glen Trails - Great Glen Trails’ biggest investment for this winter is in the form of an additional Snow Coach. Other improvements to Great Glen Trails Nordic Center include upgrades to their tubing hill and drainage work at the racing facility in the stadium area.

Gunstock Mountain Resort - Gunstock Mountain Resort has spent in excess of \$1,000,000 on improvements this year. Gunstock invested in additional high-efficiency snowmaking equipment including 47 new HKD Impulse snow guns and one TechnoAlpin TR8 Fan Gun. Gunstock Ski and Sport, formerly Mountanside Outfitters, has been remodeled and enlarged. Other improvements include an enhanced terrain and freestyle park, new

grooming equipment, trail signage and new base lodge furnishings.

Loon Mountain Resort - Loon Mountain Resort has installed 50 more semi-automated snowmaking hydrants on major trails. Loon Mountain has expanded and remodeled its lodge facilities with the Summit Café remodel and the addition of the all-new Pemigewasset Base Camp. Loon Mountain Resort is introducing RFID ticketing to its resort this winter. Lift tickets, Fly cards and season pass products will now be loaded onto reusable cards, which will be scanned remotely by electronic gates.

Pats Peak - Pats Peak has built a new post and beam lodge featuring new enlarged bathrooms, an elevator and ski boot-friendly stairs. They have also added more energy-efficient snowmaking fan guns and towers to their arsenal that already gives the mountain 100 percent snowmaking coverage.

Ragged Mountain Resort - Ragged Mountain

Resort has remodeled the interior and exterior of the Elmwood and Meetinghouse Lodges and has renovated the New Hampshire Mountain Inn. Other resort improvements include snowmaking system upgrades, new gladed trails, a live streaming camera and a new Rosignol rental fleet.

Mount Sunapee Resort - Mount Sunapee has installed new snowmaking pipe and updated the valve activation for more strategic and specific snowmaking capabilities in its South Peak area, and plumbing and facilities upgrades were made to their maintenance building. Mount Sunapee has also acquired new racks for skis and boots that will accommodate the addition of new rental equipment for Ski School.

Waterville Valley Resort - The Freestyle Lounge at the Waterville Valley base lodge is close to completion and has an anticipated winter opening. Other base lodge improvements include a private event space and a family area.

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# Golden Eagles overcome slow starts, win two

BY BOB MARTIN  
Bob@Salmonpress.news

GILFORD – The Golden Eagle field hockey team had a pair of wins last week, despite having starting off slow in each of the victories. “After their emotional Homecoming victory over Berlin the Eagles had to fight through sluggish starts against

Laconia and White Mountain to run their record to 9-3 going into the last week of the regular season,” said coach Dave Rogacki. Gilford beat Laconia 6-0 on a rainy Monday afternoon. Randi Byars was the scoring leader on the day with a pair of goals. Laurel Gingrich, Shea Brown and Reece Clark had the other

goals for Gilford, along with freshman Murphy Harris, who scored her first varsity goal that day. The Golden Eagles then took the long bus ride north to Whitefield for a game against White Mountains and were sluggish out of the gate. Gilford struggled to find scoring chances in the first half, but Gin-

grich took a pass from Byars to make it a 1-0 game by halftime. Six minutes into the second half, Clark scored off passing from Taryn Fountain and Allyson Carr. Byars scored on a pass by Sydni Lehr to make it 3-0 and secure the victory. Gilford played Frank-

lin after deadline and the final game of the regular season is on Oct. 18 at 4 p.m. against St. Thomas Aquinas.



Natalie Fraser handles a ball for the Golden Eagle field hockey team.



Reece Clark had a goal in each game last week for Gilford.

## Monster truck, mud bog show Saturday

BELMONT — The Belknap County Fairgrounds, 174 Mile Hill Road in Belmont will be hosting Monstober – monster truck / mud bog show on Oct. 19. General admission is \$10, children three and under are free. Gates open at 10 a.m. Event starts at noon. No outside food/drinks or coolers allowed into facility. This is a family friendly event. Pit passes are available for an additional \$10, but you must be over 16 years old to be allowed in pit. Kids six and under can bring their battery operated power wheels

to the event. Kids will be allowed to race their power wheels. Parents interested in entering your child in kids’ powerwheel races, call 267-6947 for details and reserve your spot early. You will need tickets to attend show. Kids wearing a costume to the show will get a prize. Adult costume contest is also taking place, please dress appropriately, this is a family event. There will also be a prize given to the best decorated truck participating in the event. Event is loud, hearing protection encouraged.

Parking is free and the event runs rain or shine. Tickets may be bought on Eventbrite ahead of time or at the gate the day of the event. To purchase tickets on Eventbrite, go to <https://www.eventbrite.com/e/monstober-october-19-2019-tickets-72799618619>. For more details please go to the Bursey Jam page on Facebook. For mud bogging people interested in participating, mud bog registration opens at 8 a.m. Registration fee is \$30

## Gilford/Belmont makes it two in a row

By BOB MARTIN  
Bob@Salmonpress.news

GILFORD – The Gilford/Belmont football team turned things around this weekend with a 45-6 victory, highlighted by a great offensive performance by quarterback Jack McLean, who had a brilliant day throwing the ball for the Golden Eagles. McLean, who had his first start of the season under center, went 13/16 with 313 yards and four touchdowns. He also had one run for three yards. The rushing game was led by Blake Descoteaux, who had 15 attempts for 69 yards and two touchdowns. John Mitchell had seven at-

tempts for 35 yards. Nick Arenstam had two attempts for 20 yards and Luke Loyer had three rushes for 24 yards. Danny Cameron also ran once for two yards. Curtis Nelson was the top receiver with three catches for 153 yards and a touchdown. Jackson Ruelke had had four catches for 32 yards and two touchdowns. Jacob Cress had three receptions for 83 yards and a touchdown. Liam Merriam also pitched in with a pair of catches for 29 yards and a touchdown. Brandon Gallagher had a catch for 21 yards, as well. Defensively, Mitchell was once again the dif-

ference maker, leading the way with 22 tackles. Ruelke had five tackles to go with an interception. Descoteaux had 12 tackles in the win. “Everyone contributed in this win,” said coach Josh Marzahl. “We had five different players score. The team worked hard all week at practice to put us in the position to get this win. The offense had a new quarterback behind center and they did extremely well giving Jack the time he needed to get the job done. We had a lot of confidence in the defense coming in and they exceeded our expectations. It was a great team win.”

## Foley Freedom Run is Saturday

ROCHESTER — On Saturday, Oct. 19, in New Hampshire and Sunday, Oct. 20, in Washington, D.C., thousands of runners globally will turn out to Run For Jim. Runners from all over the world will participate in this one of a kind road race to support the James W. Foley Legacy Foundation in remembrance of Foley, a native of New Hampshire and all Americans who have made the ultimate sacrifice to protect freedoms.

Now in its fifth year, the Foley Freedom Run consists of a traditional 5K run/walk held in both Rochester and Washington, D.C. as well as a virtual run/walk held all over the world. The James W. Foley Legacy Foundation invites the public to share in Foley’s mission and legacy. They seek those who value moral courage and have a compassionate commitment to freedom for Americans taken hostage abroad, freedom

of the press, protection and equity for independent conflict journalists and the basic human rights of all people. Race time is 10 a.m. at the Rochester Community Center, 150 Wakefield St. in Rochester on Oct. 19. Register online at [JamesFoleyFoundation.org](http://JamesFoleyFoundation.org). Same day race registration is also available. This is a fun, family event with a kids’ run, prizes, food, beer tent, music and more.

## PSU hosting softball clinic Nov. 16

PLYMOUTH — Plymouth State University head softball coach Bruce Addison has announced the program will hold a fall clinic for high school-aged student-athletes in mid-November. The event will take place on Saturday, Nov. 16, at 9 a.m. at the Bank of New Hampshire Field House at ALLWell North and is designed to provide an opportunity for skill development, training and competition. Clinic participants

have the option to register for individual sessions or the full clinic. Session one will include pitching and catching only. All pitchers will need to bring a catcher. Session two will include fielding, hitting, live scrimmage and a question and answer session with current Plymouth State softball student-athletes and coaches. Those interested in attending both sessions should register for the full clinic. The cost for the clinic

is \$100 and includes a PSU softball tee shirt. Athletes are encouraged to bring all necessary equipment: bats, gloves, cleats, sneakers, batting gloves, softball pants, catcher’s equipment (if necessary), batting helmet and water bottle. Interested athletes can register online (<https://tinyurl.com/PSUSoftballClinic-Fall19>) and can contact Addison (beaddison@plymouth.edu) for additional information.

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*"to make, print, or published any notice, statement, or advertisement, with respect to the sale, or rental of a dwelling that indicates any preference, limitation, or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination."*  
(The Fair Housing Act of 1968 at 42 U.S.C. 3604(c))

This paper will not knowingly accept any advertng which is in violation of the law. Our readers are hereby informed, that all dwellings advertised in this newspaper are available on an equal opportunity basis.

To complain of discrimination call **HUD** toll free at 1-800-669-9777

For The Washington DC area, please call **HUD** at 275-9200.

The toll free telephone number for the hearing impaired is 1-800-927-9275.

You may also call **The New Hampshire Commission for Human Rights** at 603-271-2767 or write  
The Commission at  
163 Loudon Road,  
Concord, NH 03301

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TOWN•TO•TOWN CLASSIFIEDS




**Full-Time Entry Level  
Retail Position**

Energysavers Inc. is expanding its sales team and looking for its next “Dedicated Sales Advisor”. We are a highly recommended 40+ yr old Lakes Region retailer of well known hearth & spa products.

You can earn while you learn! No prior experience required. All Energysavers employees are expected to participate in all aspects of the business. Must have a valid driver’s license & be able to lift/carry an 80lb min. Hourly pay plus commission. Stop in to fill out an application:

**Energysavers Inc,  
163 Daniel Webster Hwy, Meredith NH**



**Tuba City  
Regional Health Care Corporation**

*Have a Career that Changes Lives*

Live and work on the beautiful Navajo Reservation,  
near national parks and forests, canyon country,  
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The unique community of Tuba City offers a culturally rich  
environment and a rewarding career in an underserved area.

**Emergency Physicians**  
CAREERS

- Very close, collaborative medical staff
- Loan Repayment Program through NHSC
- \$25K Sign-on bonus with 2-year service commitment

To learn more about Tuba City Regional Health Care Corporation, call our  
Human Resources at 928-283-2432 or e-mail TCRHCCHR@TCHEALTH.ORG

**WWW.TCHEALTH.ORG**

**Shaker Regional School District  
2019-2020 Winter Coaching Positions**

**Winter, 2019 – JV Girls Basketball**  
This is a Junior Varsity Coach position for both the girls basketball team. This is a stipend position and it is open until filled. Previous experience coaching is preferred but not required. Interested applicants should send a current resume and letter of interest via email to Cayman Belyea, Athletic Director at cbelyea@sau80.org or through the mail to Cayman Belyea, Athletic Director, Belmont High School, 255 Seavey Rd, Belmont, NH 03220.

**Winter, 2019 – BMS 5/6 Girls Basketball**  
This is the Coach position for Belmont Middle School Grades 5/6 Girls Basketball team. This is a stipend position and it is open until filled. Previous experience coaching is preferred but not required. Interested applicants should send a current resume and letter of interest via email to Cayman Belyea, Athletic Director at cbelyea@sau80.org or through the mail to Cayman Belyea, Athletic Director, Belmont High School, 255 Seavey Road, Belmont, NH 03220.



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& Son, Inc.** Established 1940

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Willing to Train

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EBD Endorsement Preferred  
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Special Education Assistants/Paraprofessionals  
Trained in Applied Behavior Analysis Principles  
& Strategies Preferred  
30 hours per week

**Berlin Middle High School**  
Level 1 Wilson Reading Systems Teacher/Tutor  
2 hours per day/10 hours per week  
Grades 9-12

Interested individuals should send a letter of  
interest, resume, transcripts, and completed  
application (located at www.sau3.org.) to Julie  
King, Superintendent, 183 Hillside Ave.,  
Berlin, NH 03570 or email hr@sau3.org. EOE



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Full-Time  
\*RNs  
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Coding Supervisor	Physical Therapist
Patient Financial Counselor	Radiologic Technologist
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**Part-Time Opportunities**

Unit Secretary (Night Shift)

**Per-Diem Opportunities**

RN	LNA
Housekeeper	Materials Mgmt. Technician
ED Technician	

**APPLY ONLINE  
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181 Corliss Lane, Colebrook, NH 03576  
Phone: (603)388-4236  
ucvh-hr@ucvh.org

EOE



**HELP WANTED  
SOLID WASTE SUPERINTENDENT**


The Town of Gilford is accepting applications for a full-time, year-round position as head of the DPW Solid Waste Division. This is a working foreman's position requiring highly responsible supervisory skills and hands-on management of the Town's brand new Solid Waste Center. Specific duties include: processing household trash and demolition debris, recyclables and yard wastes, staff supervision, budget administration, record keeping, product marketing, rules enforcement, grounds & buildings maintenance, operating equipment, and contractor oversight.

Applicants must be able to successfully pass a physical examination and criminal background check. The ideal candidate will be certified as a NH-DES Principal Operator - Step 3 or greater, have experience operating a front end loader, skid steer, and baling machine, have basic computer skills, be familiar with waste product processing techniques, and have previous experience as a supervisor. The Town is seeking someone with a proven record of outstanding job performance and the ability to work as a team player. A valid driver's license and the ability to work outdoors in all types of weather while traveling over uneven terrain, using hand tools and sorting waste products using vision and physical dexterity is required.

Starting wage rate \$19.73-\$24.44 DOQE with excellent benefits including paid vacations, holidays, sick leave, health and dental insurance. Work hours are Tuesdays through Saturdays, 8am-4pm. This is a non-union position.

A letter of interest with a statement of qualifications or a completed Town of Gilford application form must be submitted to the DPW Director, 55 Cherry Valley Road, Gilford, NH 03249. Applications will be accepted until the position is filled. EOE.

**Call our toll-free number 1-877-766-6891  
and have your help wanted ad  
in 11 papers next week!**



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IN THE CLASSIFIEDS!**

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Lumber Company, Inc.**

**INSIDE SALES PERSON NEEDED**

Duties to include:

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No phone calls please.



## TOWN•TO•TOWN CLASSIFIEDS

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ALWAYS OPEN DAILY • 10 TO 6 SATURDAYS & 10 TO 5 SUNDAYS

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	Sale Price <b>\$64,995</b> 48' 3 Bed		Sale Price <b>\$72,995</b> 48' 3 Bed
	Sale Price <b>\$84,995</b> 56' 3 Bed		Sale Price <b>\$139,995</b> 56x28 Cape

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## REAL ESTATE



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Directions: Rt. 93, exit #23. Right for 1/2 miles, left at post office for 800'

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**The Town of Gilford will sell  
(3) Tax Deeded Properties at  
PUBLIC AUCTION**  
On Saturday • November 9 at 11 am  
At Gilford Town Hall Meeting Room

<b>3 Casey Road</b> Map 223 Lot 551 0.59 acres residential area Assessed Value - \$19,970 Minimum Bid - \$1900		<b>Guild Circle Lot</b> Map 240 Lot 031 0.7 acres Gunstock Acres Assessed Value - \$10,570 Minimum Bid \$1600
	<b>55 Farm View Lane</b> Map 212 -016-009 4.3 acres Assessed Value - \$100,110 Minimum Bid - \$30,500	

**TERMS of SALE:** Deposit of \$5000 in cash or certified check required to bid. All buyers must be present to bid. **10% Buyers Premium** due at closing. The highest bidder required to execute a Purchase and Sale agreement and close in 20 days. Other terms may be announced at the sale. Bidders are responsible for determining the status of the property being offered. The property shall be sold "as is", "where is". The auctioneer does not warrant the condition of any feature described above. Additional terms and info can be found on the website:

[WWW.MCGAUCTIONS.COM](http://WWW.MCGAUCTIONS.COM)  
Tom McGLAULIN Lic #2928/603-536-6099

The McGlaulin Group Auctioneers

**COLDWELL BANKER**  
RESIDENTIAL BROKERAGE

 <b>Moultonborough</b> <b>\$1,375,000</b> Waterfront property that has long lake and mountain views beautiful sunsets and more frontage than most lots. MLS#4775847 <b>Kay Huston</b> 603.387.3483	 <b>Center Harbor</b> <b>\$222,000</b> Private 2 bath earth berm home on gently rolling 4.2 acres in the lovely Winnepesaukee town of Center Harbor. MLS #4755902 <b>Barbara Mylonas</b> 603.344.8197
 <b>Meredith</b> <b>\$749,000</b> Affordable Winnepesaukee Waterfront. Year-round home with detached 2 car garage in a great Meredith location. MLS#4779287 <b>Ellen Mulligan</b> 603.387.0369	 <b>Franklin</b> <b>\$215,000</b> Lovely Ranch with 2 car garage on a cul-de-sac. MLS #4780758 <b>Judy McShane</b> 603.387.4509 <b>Mel McShane</b> 603.273.1937
 <b>Ossipee</b> <b>\$299,900</b> Enjoy the view from the decks of this year-round chalet built in 1995. Open concept with many windows to enjoy the view. MLS #4759588 <b>Kay Huston</b> 603.387.3483 <b>Ellen Kaman</b> 603.986.8556	 <b>Gilford</b> <b>\$69,900</b> 1 BR, 1 BA with lake views from your balcony. MLS #4780631 <b>Nadia Bennett</b> 603.409.2221

[www.ColdwellBankerHomes.com](http://www.ColdwellBankerHomes.com)

**wolfboro bay Real Estate**  
27 South Main Street • Wolfeboro, NH  
603-569-0101  
[www.wolfborobayrealestate.com](http://www.wolfborobayrealestate.com)

**Wolfeboro Neck Cape** - Private and wooded 1.6 acre lot with 3 bedroom home has a spacious and open layout. Large first floor master suite, walk in closets, wood floors, fireplace, full basement, and 2 bay garage. Located a short walk to town beach.

**Stately Colonial on 5 acres!** Charming Colonial rich with history and updates inside and out. 5 bay post and beam barn, flourishing gardens with a greenhouse and mature landscaping surrounds. Home features new siding, new septic, updated granite kitchen, exposed beams and 2 fireplaces.

Visit our new "live" webcam at: [www.wolfborocam.com](http://www.wolfborocam.com)

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(603) 279-7046

**LACONIA OFFICE**  
1921 Parade Road  
(603) 528-0088

**VISIT US ONLINE: WWW.ROCHEREALTY.COM**

 <b>LACONIA:</b> Golf Village townhouse w/ 3BR/2BA & 3-season porch. <b>\$279,900</b>	 <b>CAMPTON:</b> Two lots combined for 5.31 acres. Great base camp & lots of possibilities! <b>\$124,900</b>	 <b>LACONIA:</b> Owner occupied home w/ in-law apt. Attached 2-car garage. <b>\$234,500</b>	 <b>LACONIA:</b> Centrally located 2-BR town home w/ beach rights on Winnepesaukee. <b>\$199,900</b>
 <b>LACONIA:</b> Detached 3-BR condo overlooks golf course w/ beach rights. <b>\$309,900</b>	 <b>MEREDITH:</b> 7.8 ac. lot at Waldron Bay, directly above Lake Winnisquam. <b>\$245,000</b>	 <b>MEREDITH:</b> Commercial property w/ high traffic county. Rebuilt in 2001 <b>\$299,900</b>	 <b>ASHLAND:</b> Open-studded home & barn needs your ideas! 300' on the Squam River! <b>\$219,000</b>

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**Center Harbor:** Junction Rtes. 25 & 25B • 253-9360  
**Alton:** 108 Main Street • 875-3128

**Luxury REAL ESTATE**

 <b>EXQUISITE</b> Waterfront home in coveted Cedar Cove in Alton w/185' beautiful waterfront, U-shaped dock & perched sandy beach. Custom-built 4BR/4BA, w/sliders and waterside deck. 1st-floor Master suite & finished walk-out lower-level. <b>\$2,495,000</b> (4753174) Call 569-3128	 <b>A GRAND</b> location in Alton w/107 private acres brimming w/wild blueberries & private hiking trails. Vast & endless views of surrounding mountains, sunrises & sunsets. Enjoy privacy from your newly built 3BR Contemporary home. <b>\$1,395,000</b> (4755728) Call 569-3128	 <b>STUNNING</b> and expansive views on the quiet side of Lake Winnisquam in Meredith, this 3 plus bedroom Contemporary, open concept home, offers privacy galore. <b>\$999,900</b> (4758188) Call 253-9360	 <b>VINTAGE</b> open concept 3BR/1BA cottage has been loved and enjoyed for many years located on desirable (bridged) Black Cat Island in Meredith. Open concept kitchen, DR and LR. Has a westerly exposure and a million dollar view. <b>\$980,000</b> (4758909) Call 253-9360
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 <b>ALTON</b> // Beautifully appointed, nearly new 4 bedroom, 4 bath colonial with 2 car attached garage with bonus room above complete with pool table all on 27.43 acres. <b>\$625,000</b> (4773194) Call 875-3128	 <b>ALTON</b> // 2+Bedroom cabin with association dock and beach. Vaulted ceiling, pine interior, extra sleep loft area, garage with work space. In protective Peggy's Cove, in quaint Alton Bay. <b>\$350,000</b> (4758140) Call 875-3128	 <b>NEW HAMPTON</b> // Beautifully appointed 3BR/2BA raised ranch home on a one acre lot w/detached 2-car garage, 24' x 32' outbuilding & salt water heated in-ground pool, outdoor kitchen, vegetable & fruit gardens make this property feel like a resort. <b>\$324,900</b> (4780103) Call 253-9360	 <b>MOULTONBOROUGH</b> // Perfectly located between Moultonborough and Center Harbor, 3BD/3BA, full dormered cape with attached 2-car garage. Set on a quiet cul-de-sac surrounded by trees. <b>\$259,000</b> (4753366) Call 253-9360	 <b>BARNSTEAD</b> // Great home in need of completion. Electric, plumbing and radiant floor heating are in. 3 bedroom septic design. Garage and 2 bedroom cottage included on 7.71 acres. <b>\$185,000</b> (4772021) Call 875-3128
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**LAND and ACREAGE**

 <b>ALTON</b> // Build your castle on this 6 acres. Panoramic lake and mountains views. Sloping terrain for ideal walkout. Septic design available. <b>\$550,000</b> (4742985) Call 875-3128	 <b>HEBRON</b> // Own a piece of the mountain! Picture yourself looking out over Newfound Lake on this 130 acre lot situated in the charming, quintessential town of Hebron. Quiet and serene says it all! <b>\$239,900</b> (4653719) Call 253-9360	 <b>MOULTONBOROUGH</b> // 1.6 Acre level wooded lot located in the quaint village district in Comm. Zone "A". Driveway permit with installed culvert, expired permit for office bldg. and garage. Agent interest. <b>\$149,000</b> (4501574) Call 253-9360	 <b>NEW DURHAM</b> // Nice 5 acre building lot in a country setting located close to town and a great commuting location. <b>\$45,000</b> (4458054) Call 875-3128
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[www.MaxfieldRealEstate.com](http://www.MaxfieldRealEstate.com) • [www.IslandRE.com](http://www.IslandRE.com)

**Island REAL ESTATE**

**BEAR ISLAND - MEREDITH**  
Immaculate property, inside and out. Cottage with open loft w/ sitting room, sleeps 5 and bunk house. Sunrise from screen porch or spacious deck. 125' of frontage with 12 x 18 deck over the water. Incredible 180° majestic views.  
**\$575,000** (4759252) Call 569-3972

**GANSY ISLAND - MOULTONBOROUGH**  
Located on a very quiet and peaceful area of the lake. Songbirds, loons and views! 2 parcels: 1.34 acres w/190' ftg., and 2.58 acres w/520' ftg. Offered at:  
**Offered at \$143,900 & \$156,000** (4741171-64) Call 569-3972

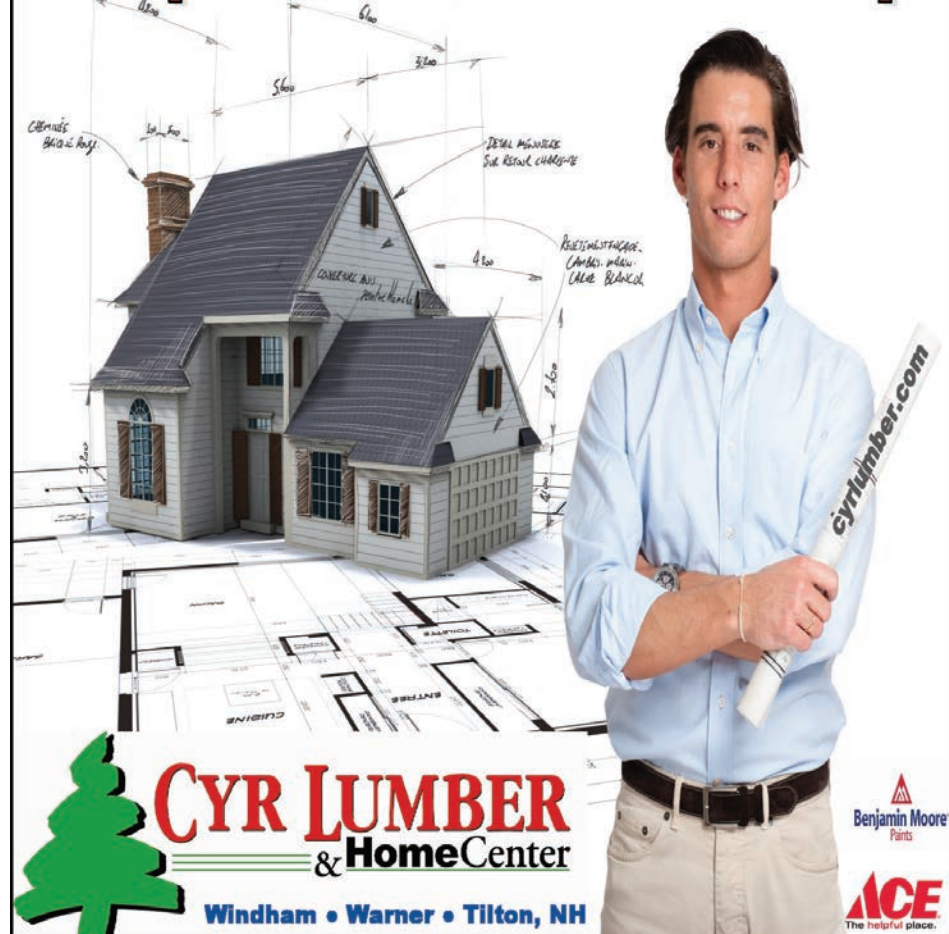
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Halle McAdam @ 253-9360 (CH Office)  
Jennifer Azzara @ 875-3128 (Alton Office)







## "Shop Where The Pros Shop"



# Ben Baldwin Hockey Tournament this weekend

**WOLFEBORO** — The second annual Ben Baldwin Hockey Tournament comes to the Pop Whalen Arena on Oct. 19 and 20. Mite teams from around the state, including Berlin, Laconia, Dover, Rochester, Back Bay and Mount Washington Valley will play cross-ice games on Saturday and full-ice games on Sunday, with the tournament running from 9 a.m. to 2 p.m. both days. There will also be a raffle featuring a number of unique items, including a Bruins jersey signed by last year's team and a trip to the Bruins game with former Bruin Steve Leach, where the winner can watch the game in the Bruins alumni box with Leach. The tournament is named in honor of young hockey player Ben Baldwin, who passed away in an accident in 2018. All proceeds benefit the Ben Baldwin Memorial Scholarship, which is in place to help local kids pursue their athletic dreams.

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# SAVE THE DATE!

# The LRGH Auxiliary's 18<sup>th</sup> Annual Fall Craft Fair

**October 26, 9am-3pm**

**Laconia High School**  
345 Union Avenue



- Bake Sale
- Grand Door Prize
- Raffle Table
- Over 65 Crafters

## Refreshments by Annie's Café and Catering

**Free admission.  
Donations gladly accepted.**



**TOGETHER WE CAN MAKE  
A DIFFERENCE.**



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