



THURSDAY, NOVEMBER 2, 2017 GILFORD, N.H. - FREE

Halloween fun at annual Parks and Rec Happening

BY ERIN PLUMMER
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When the sun went down last Friday, Gilford Middle School costumed revelers of all ages gathered for some games, food, crafts, and plenty of Halloween fun for the annual Halloween Happening Party.

The Parks and Recreation held its annual halloween bash on Friday night. Children played Halloween themed games in the gym as well as a costume contest. Food and Halloween crafts could be found in the cafeteria. People of all ages could take part in raffles with drawings throughout the night.

Parks and Recreation Director Herb Greene said the party had a good turnout and went excellently overall.

"It's a great community event; people just come out and have a



ERIN PLUMMER

Charlotte and Beatrix Wood, ages five and two, get a fortune from Madame Zelda during the Halloween Happening Party.

Selectmen will further review Bellows Row designation

BY ERIN PLUMMER
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The board of selectmen will continue to review whether Bellows Row should become a Class VI road or remain Class V after receiving information challenging a Class VI designation.

Last Wednesday, the selectmen held a public hearing to determine if Bellows Row should be declared a Class VI road, which would not be maintained by the town.

Town Administrator Scott Dunn said this began with resident John Morgenstern asking if the town could plow that road. After some research as to why the town has not done that before, Dunn said he learned there was a recommendation in the early 2000's to make Bellows Row a Class VI road that was never followed through. The matter was now before the selectmen to decide if that road should be Class VI.

Morgenstern said attorney Rod Dyer reviewed the matter for the residents and submitted a letter of his findings to the board. Dyer wrote that state law says a road can be declared Class VI if it is not maintained in a suitable condition for five years and if the use is discontinued subject to gates and bars; say-

ing none of these apply to this road.

Morgenstern said the town doesn't do winter maintenance on Bellows Row, but does has done other road maintenance sporadically and the residents have never paid to have it maintained. Morgenstern and resident Ray Ouellette both said they have seen Public Works personnel and equipment doing some kind of work on that road. Additionally Ouellette said that road has remained open for the 21

SEE **BELLOWS ROW** PAGE A13

good time," Greene said. Greene said they had a number of great volunteers, including students

from Gilford Middle and High Schools as well as many people from the Senior Moment-um program.

Parks and Recreation Programming Assistant Kristin Jarvi played

Madame Zelda in one classroom, giving entertaining fortunes to kids. She said a lot of kids will come up to her table, hear a fortune, and touch her electronic magic ball.

"I think kids just really like to go in there," Jarvi said.

She said it's fun watching kids believing their fortunes.

Jarvi said the party overall went great.

"Every year, we try to add something a little bit different," Jarvi said. "We still keep traditional stuff."

Jarrold Dyer was one of the volunteers from GHS helping out with the games. Dyer is a member of the Interact Club and dressed as a cowboy to help out kids. He said he didn't think he would enjoy himself at the party, but he was happy to be wrong.

"It's really fun actually," he said, adding "the kids are so cute too."

Callie McGreevy and Jillian Lachapelle, member

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GHS students get creative in pumpkin contest

BY ERIN PLUMMER
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A series of colorful and creatively decorated pumpkins lined up in the lobby showed the creativity, cooperation, and seasonal spirit of Gilford High School students in an annual Halloween tradition.

Students got together in each of their advisories to decorate a pumpkin with the potential to win the class a prize. Each advisory received a pumpkin or members of the class to decorate in whatever theme they wanted.

On Friday, all the



ERIN PLUMMER

pumpkins were then turned in and put on display in the school lobby starting.

Oscar the Grouch was one of the many unique pumpkins decorated by Gilford High School advisories.

Pumpkins took the form of unicorns, "Sesame Street" characters, icons from horror movies, animals, other kinds of food items, and many more ideas. Pumpkins were put on tables and arranged by grade, giving visitors a chance to see them.

The pumpkin decorating is hosted every year by Student Council and has been a longtime tradition at GHS.

Senior and Student Council vice president Sarah Fillion said a lot of the ideas come with seeing what themselves and others have done in previous years. She said her class could look at past years' pumpkins and come up with ideas.

"It's really helpful for

SEE **PUMPKINS** PAGE A14

F-U-N spells a great time for all at Scholarship Foundation's Spelling Bee

BY ERIN PLUMMER
mnews@salmonpress.news

LACONIA — Teams of teens and adults from across the Lakes Region showed their spelling stuff during the Lakes Region Scholarship Foundation's 17th Annual Community Spelling Bee.

The annual fundraiser for the LRSF took place last Thursday night at Laconia High School. A total of 23 teams representing schools, organizations, businesses, and more from across the region took part in the bee. LRSF assistant director Paulette Loughlin said 25 were supposed to take part, though two were unable to compete.

"We had a nice, even



COURTESY PHOTO

The LHS National Honor Society team, "We Put a Spell on You" were the winners of the 2017 Lakes Region Scholarship Community Spelling Bee. Pictured from left to right are: Karen Switzer, LRSF Assistant Director; Paulette Loughlin, LRSF Assistant Director, Amber Patten, Isabella Lovering and Dakota Cross from LHS and LRSF President Mike Nolan with LRSF Executive Director, Joan Cormier.

participation this year between adults and kids," Loughlin said.

Loughlin said they have contacts at Laconia, Gilford, and Belmont High Schools who

recruit students to take part in the bee.

"When they come, they do so well; it's so awesome for us," Loughlin said.

Pat Kelly emceed the

event, with Rhett Colon and Rick Crockford serving as enunciators. Marilyn Lynch and Karen Bianco judged the words and determined

SEE **SPELLING BEE** PAGE A14

Notes from the Gilford Public Library

BY MARK THOMAS
Library Correspondent

“STAND BACK! I’m going to do.... SCIENCE!” said the fifth grader as she added a little extra stuff to the mixture to see what would change. I remember when science had a reputation for being boring and confusing. It was something ‘white coats’ did before they told the world dubious facts. Now, science is in. Its cool, like Fall’s first frost.

As people, companies, and government

tal organizations rely more on the results of scientific studies, scientific literacy has jumped into the public eye. Companies rely on studies to learn what works, so they need employees that can conduct studies and others that can read and understand them. It’s not just pharmaceutical companies that use science, any results oriented organization looks to such studies to influence policy, and those that don’t are at a disadvantage.

Here is a spot of logic. Premise 1: Quality information promotes quality decision making. Premise 2: I want to make quality decisions. Premise 3: Science provides higher quality information than not science. Premise 4: Scientific literacy is necessary to consistently understand information provided by science. Premise 5: Scientific material is readily available. If premise 1, 2, 3, 4 and 5, then--Conclusion 1: Reading scientific material with

scientific literacy will promote quality decision making and--Conclusion 2, I should do it! The same is true if you swap ‘I’ out for ‘organizations.’

The Library helps a lot with Premise 5. With our scholarly databases, like EBSCO, our books, and our access to information from other libraries in the state, we can help people doing research to find what they need. We also help learners with Premise 4 by providing science books for kids that not only teach kids the tools they need, but also encourage them to pursue a scientific career, and to use science to form and defend their ideas. Steve Mould’s book, ‘How to be a Scientist’ does just that, for example.

Recent juvenile biographies have been particularly cool. So far in 2017 we added ‘Shark Lady’ about Eugenie Clark, ‘Caroline’s Comets’ about Caroline Herschel, ‘Margaret and the Moon’ about Margaret Hamilton (my personal favorite), all of which are in the Science & Tech section. There’s

also ‘She Persisted: 13 American Women Who Changed the World’ by Chelsea Clinton.

It’s a bright future for scientific thinking, so come on by the library to learn some scientific literacy or put it to use, and bring the kids!

Classes & Special Events
Nov. 2 to Nov. 8

Thursday, Nov. 2
Homeschool Game Club, 1:15-2:30 p.m.
Teen Table Toppers, 2:30-3:30 p.m.
Teens can play games at the library every Thursday after school!

Conversational French, 4-5 p.m.

Friday, Nov. 3
Social Bridge, 10:30 a.m.-12:30 p.m.
Knit Wits, 1:30-2:30 p.m.
Conversational German, 2:30-3:30 p.m.

Monday, Nov. 6
Fiber Friends, 10 a.m.-12:15 p.m.
Mahjong, 12:30-3 p.m.
Lego Challenge Club, 3:15-4:15 p.m.
Join us for a new

challenge every week! K - fourth grade

Tuesday, Nov. 7
Baby and Toddler Storytime, 10-10:30 a.m.
Drop-in storytime. Stories, songs, lap bounces, puppets, and more! Children up to gage two and their caregivers. Must be a GPL cardholder.

Preschool Storytime, 10:30-11:30 a.m.
Drop-in storytime. Stories, songs, and literacy activities. Children ages three to five and their caregivers. Must be a GPL cardholder.

Bridge, 10:30 a.m.-12:30 p.m.
Book Bites, 5-6:30 p.m.

This month’s theme is Cooking with Cranberry. Sign up at the front desk, cost is \$5
Classic Book Discussions, 6:30-7:30 p.m.
This month we’ll discuss “The Country of the Pointed Firs” by Sarah Orne Jewett.

Wednesday, Nov. 8
Trustee Meeting, 8:30-10 a.m.
Line Dancing, 9-10:30 a.m.
Check Out an Expert, 10 a.m.-noon

GILFORD POLICE LOG

The Gilford Police Department responded to 230 calls for service and made the following arrests from Oct. 16-25. Please note that the names of juveniles, and those of individuals taken into protective custody but not formally charged, have been withheld.

Zachary Sweet, age 25, of Nottingham was arrested on Oct. 16 for Driving While Intoxicated (Subsequent).

Patrick G. Stitt, age 43, of Belmont was arrested on Oct. 17 for Theft By Deception in an amount less than \$1,000.

Natalie Philpot, age 36, of Manchester Center, Vt. was taken into protective custody for intoxication on Oct. 18, and subsequently charged with Theft By Unauthorized Taking in an amount less than \$1,000.

Leon Gary Laroche, Jr., age 48, current address unknown, was arrested on Oct. 19 for Violation of a Protective Order and Breach

of Bail.

Lawrence Gerard Cahill, age 65, of Lowell, Mass.; Nicole Angela Pickowicz, age 23, of Laconia; and Taylor E. Knytych, age 27, of Gilford were arrested on Oct. 22 for Criminal Trespassing.

Emily Gratz, age 20, of Hudson, Mass. was arrested on Oct. 23 for Unlawful Possession of Alcohol. Two other individuals were taken into protective custody for intoxication during the same incident.

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Public invited to Turkey Plunge lunch

LACONIA — The 13th Annual Salvation Army Turkey Plunge will take place on Saturday, Nov. 18 at the Opechee Cove Beach just off North Main Street in Laconia.

In addition to the family fun and excitement of plunging, or cheering for your favorite plunger, a highlight of the event each year has been the post-Plunge

luncheon. This year the lunch will be held at the Boys & Girls Club located across Main Street from the beach and, once again, be served by the Culinary Arts students from Lakes Region Community College.

The public is cordially invited to join in the festivities for a lunch donation of \$5 per person. All proceeds after

expenses go directly to support the numerous community programs of the Lakes Region Salvation Army including The Carey House homeless shelter. The food served is all donated from some of the area’s finest restaurants. This year, as they have since the first Turkey Plunge, the Beetle Family from Patrick’s Pub and Eatery will donate food. Joining Patrick’s in their generosity will be Fratello’s, “O” Steak & Seafood, T-Bones, Hart’s, the Culinary Program from the College and Centerplate Foods from Gunstock. Beverages have been donated by Coca Cola of the Lakes Region and Lago of Meredith; both in

their thirteenth year of supporting the Plunge. The Plunge gates open at Opechee at 10:30 a.m. with the Plunge to start, under the expert guidance of WEMJ’s Pat Kelly, around noon. The lunch at the Boys & Girls Club cafeteria follows at approximately 1 p.m. Come out with the family and watch a fun event and have a great lunch. Admission to the Plunge is free and families are invited to see the wacky costumes, zany antics and the race to Plunge! Anyone interested in plunging individually or with a team of co-workers/friends is invited to go to the Web site to register at www.salvationarmynh.org/plunge

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U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

Gilford Parks and Recreation News

BY HERB GREENE

Director

Gilford Parks and Recreation

Youth Basketball registration deadline is Nov. 8

The Gilford Parks and Recreation Department is currently accepting registrations for the Youth Basketball Program for Gilford children in grades one through six. The early registration fee is available through Nov. 3 and the final registration deadline for all divisions is Wednesday, Nov. 8. Any registration submitted after November 8th will be accepted on an availability basis only.

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

Senior Moment-um Programs

Senior Moment-um

Union Diner Lunch Trip – Nov. 6

The Gilford Parks and Recreation is sponsoring a Senior Moment-um Trip to the Union Diner on Monday, Nov. 6. We will meet at the Diner on Union Avenue in Laconia for lunch at 11:30 a.m. We will be ordering off the menu and each participant is responsible for the cost of their own meal. Participants are asked to please RSVP by Thursday, Nov. 3.

Senior Moment-um Dinner and Theatre Night: “Oliver,” Nov. 16!

Gilford Parks and Recreation in conjunction with the GHS Interact Club and GHS Performing Arts, is sponsoring a Dinner and Theatre evening for participants of the Senior Moment-um Program. This activity

is scheduled for Thursday, Nov. 17. Participants will meet in the Gilford High School Lobby at 5 p.m. to enjoy a nice dinner put on courtesy of the High School Interact Club. Following dinner we will head into the Auditorium to watch the High School’s performance of “Oliver.” There is no fee for this program, but space is limited and reservations will be accepted on a first come basis. RSVP no later noon on Friday, Nov. 10.

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

Gunstock Ski/Snowboard program registration Deadline Nov. 8!

The Gilford Parks and Recreation Department is sponsoring a four-week learn to ski/snowboard program to

be held at Gunstock Ski Area for Gilford children in grades K-6. This program will be running from 4:30 – 8 p.m. every Tuesday from Jan. 2 – Jan. 23, 2018. There is also rental equipment available to those who need it. Registration deadline is Wednesday, Nov. 8.

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

Boston Celtics bus trip scheduled for Feb. 26, 2018

The Gilford and Belmont Parks and Recreation Departments are co-sponsoring a bus trip to Boston to see the Celtics take on the Memphis Grizzlies on Monday, Feb. 26, 2018. Cost of the trip is \$120.00 for lower level Loge seats and \$70 upper level balcony seats and includes round trip motor coach

from Gilford or Belmont and tickets to the game. Our deluxe motor coach will depart from Gilford High School at 5 p.m. and the Belmont Park & Ride-share (Route 106) at 5:15 p.m. You will have time to visit the pro-shop and get dinner on your own prior to the game. Our seats are in section #19 (Loge) and #310 & #311 (Balcony) for the 7:30 p.m. game. Seats are limited; a registration form must be completed accompanied by payment and tickets are non-refundable.

For more information, please contact the Gilford Parks and Recreation Department at 527-4722 or visit their Web site at www.gilfordrec.com.

Senior Strides Weekly Walking Program on Wednesday mornings

The Gilford Parks

and Recreation Department and Gilford Youth Center are co-sponsoring a weekly walking program for senior adults on Wednesday mornings from 9-10 a.m. at the Gilford Youth Center. Participants can track their progress or just walk for fun and socialize with friends. Weather permitting; there may be an option to walk outside through the village as well. There will be plenty of chairs available to take a break as you wish and coffee, tea and water will be provided. A \$1 donation is suggested and fees will go towards monthly raffles and prizes.

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

Opechee Garden Club welcomes NH Mushroom Company to next meeting

GILFORD — New Hampshire Mushroom Company will present a program on growing mushrooms, foraging for wild mushrooms, and medicinal mushrooms to the Opechee Garden Club on Nov. 6, at 1 p.m. at the Gilford Community Church, 19 Potter Hill Rd. The public is invited to attend.

New Hampshire Mushroom Company of Tamworth was established in June of 2012 when Eric Milligan, Keith Garrett and Dennis Chesley teamed up to follow their shared passion of growing specialty organic gourmet mushrooms. In October of 2012, they started cultivating a handful of different species and delivering to restaurants around New Hampshire.

Now NHMC cultivates over 20 varieties of mushrooms and produces around 1,200 pounds per week. Restaurants all over the Northeast, from New Hampshire to Maine to Boston, carry NHMC mushroom varieties. You can also find them at various farmers’ markets around New Hampshire.

The mushrooms are grown under carefully controlled conditions. Grow rooms for the mushrooms have been designed to meet the special cultivation needs of each mushroom variety. The growing medium for the mushrooms is sawdust packed into a plastic bag, with a filtering system to help keep out contaminants and allow airflow. The bags are sterilized in an oven,

allowed to cool, and then inoculated by hand with spawn. The bags are then set on shelving to develop mushrooms. Depending on the type of mushroom, the growing period can vary from 17 days up to 80 days. The mushrooms are harvested three times a day 365 days of the year.

In addition to growing and selling mushrooms, New Hampshire Mushroom Company also teaches classes on foraging for wild mushrooms and offers occasional dinners featuring dishes prepared with their product. NHMC offers free tours of their farm every Sunday at noon, at 153 Gardner Hill Rd. in Tamworth. Stop by to tour the facility and take home some of their delicious mushrooms.

Regionalization expert to address Belknap County Republicans

B E L M O N T — The Belknap County Republican Committee (BCRC) has announced that their next monthly meeting will be held on Wednesday, Nov. 8, at 6:30 p.m. at the Top of the Town Restaurant, 88 Ladd Hill Rd., Belmont.

This month’s guest speaker, Belknap County Chief Deputy Sheriff David Perkins, will discuss regionalization of police and fire departments. Dave’s talk will center on reducing duplication of staff, facilities, and equipment in an effort to help rein in spending. He will also

discuss the hurdles to regionalization, and what can be done to address them.

Chief Deputy Perkins began his career in Law Enforcement in 1996 with the Gilford Police Department, and continued his career with a move to the Belknap County Sheriff’s Department in December of 2001. He has a degree from Franklin Pierce in Criminal Justice and a Master’s of Science degree in Criminal Justice Leadership from New England College.

Belknap County GOP meetings are open to all Republicans and

like-minded Independents. Per their usual meeting format, if you’re interested in having dinner (at your option) and/or wish to socialize before the meeting, plan to arrive as early as 5 p.m.

The Committee again encourages its members to continue to bring non-perishable food items which will be donated to local food pantries.

For more information, please check the Committee’s Web site at www.BelknapCountyGOP.org or send an email to alan.glassman@gmail.com.

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Edward Jones: Financial Focus Checklist for Helping You Choose a Financial Professional

For reasons likely to remain obscure, October 30 is Checklist Day. But while the origins of this observance may be a mystery, the value of checklists is clear: They help us organize our time and break large jobs into manageable steps. You can use a checklist for just about any significant endeavor – including the task of choosing a financial professional to help you achieve your important goals. Here’s what such a checklist might look like:

Find someone with the proper credentials. Make sure a prospective financial professional has the appropriate securities registrations.

Find someone who has worked with people like you. You’ll want to seek out a financial professional who has experience working with people in circumstances similar to yours – that is, people of your financial status and with essentially the same goals and attitudes toward investing.

Find someone who will communicate with you regularly. During the course of your relationship with a financial professional, you will have many questions: Are my investments performing as they should? Should I change my investment mix? Am I still on track to meet my long-term goals? Plus, you will have changes in your life – new children, new jobs, new activities – that will affect your financial picture and that need to be communicated to your financial professional. Consequently, you need to be sure that whomever you work with is easy to reach and will be in regular contact with you. Many financial professionals meet with their clients at least once a year to discuss the clients’ portfolios and recommend changes, as needed, and also make themselves available, through phone calls and email, for any questions or concerns their clients may have.

Find someone who will honor your preferences. Some financial professionals follow certain philosophies. For example, you might find one advisor who tends to favor aggressive investing, while another one might be more conservative. There’s nothing wrong with either approach, but you’ll want to be sure that your preferences take precedence in all recommendations and guidance you receive from a financial professional. And many professionals won’t express any of their own preferences at all, but will instead follow a course of action based on your goals, risk tolerance and time horizon.

Find someone connected to other professionals. Your investment plans don’t exist in a vacuum. Over time, you will likely need to integrate elements of your investment strategy with your tax and estate planning strategies. When this happens, you may find it advantageous to have a financial professional who can work with tax and legal professionals to help you meet all your needs in these areas.

Find someone whose compensation structure is acceptable to you. Financial professionals get paid in different ways – through fees, commissions or a combination of both. Which method is best for you, as an investor? There’s no one “right” answer – but you will certainly want to understand exactly how your financial professional will get paid and how this pay structure will affect your interactions with him or her.

You may find this checklist to be useful when you interview financial professionals. Take your time and make sure you’re confident about your ultimate choice. After all, you’re hiring someone to help you reach your key goals, such as a comfortable retirement, so you’ll want to get the right person on your side.

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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Pet of the Week: Lucy



Lucy does not know she is a muted calico cat and should, by definition present an attitude of haughtiness and entitlement, rather, she is so glad to be cuddled by any humane, her purring demeanor wins over absolutely everyone!

We know Lucy is older, perhaps ten, but of course, a lady never divulges her age.

We know she was abandoned. We know she was desperately trying to survive away from the creature comforts she should never

have been separated from. Lucy is so incredibly affectionate and likes to wrap herself around your shoulders, impersonating a warm, fluffy scarf.

She seems indifferent to life at the shelter, other pets do not register disgruntlement or ire. She truly could assimilate into any home, with one proviso, lots of laps, and cuddling, and cozy, comfy spaces with a family that will not let her wander off.

Check www.nhhumane.org for more details.

NORTH COUNTRY NOTEBOOK

The rooftop deck and a load of logs mark one season's march to the next



By JOHN HARRIGAN
COLUMNIST

I have a rooftop deck off my bedroom, the use of which will soon cease, on account of this thing called "winter." It's a great place to air bedding out, and to dry sheets if I don't want to use clothesline or dryer. It's a great place to get a tan, too, but I never seem to have time, and the sun of summer is now long



JOHN HARRIGAN
"X marks the spot," as the two logs show, where Troy Lambert was unloading tree-length hardwoods for next year's heating season, or maybe 1999.

JOHN HARRIGAN
(Left) I was airing out bedding on the deck one day, with a brisk breeze doing the work, and as usual Millie found a way to work herself into the frame.

gone.

It's also where I sometimes take visitors out after dark about this time of year, well bundled up, to lie flat for a few minutes and look up at the sky. If they are from more built-up areas of the country, as they often are, they are amazed at what they can see here and cannot see at home. Only the cold eventually drives them in.

It is, of course, total darkness, which you can't truly see unless you can escape all ambient light. Since I have no neighbors SEE **NOTEBOOK** PAGE A13

STRATEGIES FOR LIVING

When in doubt, then what?

BY LARRY SCOTT

Following Jesus' resurrection, Matthew, one of Jesus' disciples, tells us that "the eleven disciples went to ... the mountain where Jesus had told them to go. When they saw him, they worshiped him; but some doubted." Come again? After all they had experienced with Jesus, they doubted? In the words of John Ortberg, writing in Faith and Doubt, "This is an amazing picture. They have seen him, listened to him, followed him, studied him, and seen him crucified and resurrected – and the last thing we read about them is "and some doubted." ... Then Jesus gives the disciples what is called the Great Commission. ... Jesus looks at these worshipping doubters and says: "You go! You doubters, go. You risk your lives for me. ... And you will find as you

go that it is your own doubts that are healed." Disciples are not people who never doubt. They doubt and worship. They doubt and serve. They doubt and help each other with their doubts (pages 176, 177)."

God, it seems, has called each of us to a life of faith and trust, and there is no other way. Like it or not, this is the way that it is. God is an Eternal Spirit – Majestic, Sovereign, Transcendent – and He has chosen most generally not to communicate to us through our material, human frame of reference.

But, as Ortberg has pointed out, God has not left us without an intelligent, tangible, answer to our doubts, a solution that is provable to anyone with an open mind. His name is Jesus. I believe in God, in His benevolence, His care, and His overwhelming

love – because Jesus did. Sure, it demands faith, but I have chosen to put my trust in Him rather than trust my own understanding. The perspectives that have been proposed by other's who have suggested an approach that keeps God out of the picture don't square with reality in my world.

None of us is able to live without faith and trust – in something. The fundamental issues of life – our origin, our purpose, our morality, and our destiny – all demand our attention. We can, of course, "bury our heads in the sand" and simply refuse to think. If that, however, is not an option, then we either place ultimate trust in our feelings or we look for someone else to follow – and let them do our thinking for us.

When life has challenged my faith, when

doubts overwhelm me with unanswered questions, I hold steady. To think of this as the only heaven I am ever going to know is simply not acceptable. I will not surrender to my instincts and exploit the physical to my own peril; neither will I accept a tomorrow that will not ultimately bring righteousness and justice. And even if I am totally wrong, my life is still testimony to the fact that ignorance with Jesus has led to a far better life than the wisdom to be found in anything society has to offer.

Faith and trust, they are a choice, and I have chosen to follow God. I am convinced that I won't be disappointed, and my proof can be summarized in one name: Jesus!

You want to talk about? Hit me up at rlarryscott@gmail.com.

FROM OUR READERS

It's the busiest time of year at St. Vincent de Paul

To the Editor:

The St. Vincent de Paul Society, located at 1269 Union Ave. in Laconia, is always buzzing with activity, especially this time of the year. The Thrift Store, which is open Tuesday-Friday from 10 a.m. – 4 p.m. and Saturday from 10 a.m. – 3 p.m., is "the place" to go for great bargains on gently used adult & children clothing, shoes, housewares and furniture. New fall clothing is now appearing on their racks. The SVDP Thrift Store runs "Daily Specials," so don't forget to check the Sale Board when you enter the store.

The Food Pantry is now taking applications for the Thanksgiving Food Basket Program. Applications are due by Oct. 31, and pick up dates are Saturday, Nov. 18 from 9 a.m.-3 p.m. or Monday, Nov. 20 from 9 a.m.-1 p.m. Regular hours for the Food Pantry are Mondays from noon-2 p.m. and Wednesdays from 6-8 p.m. Families may come once a month to pick up

food supplies to help stretch their budgets.

The Children's Foundation is preparing for its Christmas Angel Program which will run Tuesdays Dec. 5 & 12 from 4:30 – 7 p.m. and Saturdays, Dec. 9 & 16, from 10 a.m. – 2 p.m. An outfit of clothing, socks, underwear, diapers and personal hygiene items will be handed out for ages infant to 18 years of age. The Children's Foundation works closely with school nurses, guidance counselors, case managers and teachers to help provide children with the necessities so they may have a positive self-esteem and sound educational experience.

The Financial Assistance team is another important piece of the St Vincent de Paul Society. Financial teams of two meet with individuals to help access their needs and determine where financial help is needed. As winter approaches and more car repairs are needed, the activity is picking up.

Volunteers are always needed, especially now with some of the "snowbird" volunteers leaving for warmer climates. The thrift store needs cashiers, telephone operators, and management help. Financial assistance needs some "amateur case workers." The Pantry and Children's Foundation need holiday help. The organization is also in need of someone with accounting/financial software experience for our Treasurer's position. Please stop by to fill out an application and to see what positions are needed at this time.

For more information please stop by our facility, visit our Web site or call at 524-5470.

Neil Ahern
President

Gilford Steamer

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“The Snows of Kilimanjaro” is this weekend's After Dark feature on LRPA

L A C O N I A — Join Lakes Region Public Access Television at 10:30 p.m. this Friday and Saturday night (November 3 & 4) for our “LRPA After Dark” presentation of 1952’s adventurous melodrama “The Snows of Kilimanjaro,” starring Gregory Peck, Susan Hayward and Ava Gardner.

“The Snows of Kilimanjaro” tells the story of American writer Harry Street (Peck), who is on safari in Africa with his second wife Helen (Hayward). Their marriage suffers from Harry drinking, womanizing and world-weary cynicism. A wound on Harry’s leg becomes infected, and as he lays in a feverish delirium, he reflects on his life and past loves. One of his great regrets is losing his beautiful first wife, Cynthia Green (Gardner). Her memory and the way that he lost her haunt his dreams. As Harry clings to life, Helen nurses him and protects him from the many dangers lurking just outside of the campfire. Will Harry survive the long night, and will he and Helen be able to find love again?

Based on the short story by Ernest Hemingway, “The Snows of Kilimanjaro” was well received by critics and movie goers alike. It was nominated for two Academy Awards, including Best Art Direction and Best Cinematography. In his New York Time column, critic Bosley Crowther noted “ ... They have made a picture that constantly fascinates the eye and stimulates the emotions in

small, isolated ways.” It is a beautiful and exotic Technicolor film that exemplifies the often spectacular filmmaking of its generation. Need we say more? Grab your popcorn and join LRPA after dark for this gorgeous, dramatic adventure.

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

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 MetroCast channels 24 (education), 25 (information and entertainment) and 26 (government) to nearly 12,000 viewers in our member municipalities of Belmont, Gilford, Laconia, Meredith and Northwood, and around the world via LiveStream at www.lrpa.org. 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.

About Lakes Region Public Access Television (LRPA)

Get your blues and comedy fix at Pitman's this weekend

L A C O N I A — Pitman's Freight Room at 94 New Salem St. in downtown Laconia, is pleased to announce the following events for this weekend:

Friday, Nov. 3, 8 p.m., \$20 in adv, \$25 at the door: John Primer and the Real Deal Blues Band

Grammy Award nominee and Handy Award Nominee, John Primer is truly "The Real Deal" Fresh off the heels of his great success with the Muddy Waters Band, John signed on with the legendary Magic Slim. For the next 14 years, he toured with Magic Slim & The Tear Drops, bringing tight, house-rocking sounds to every corner of the earth. But John's days as a sideman were numbered with his solo career taking off



John Primer

in the early to mid-'90s with the critically acclaimed album "Stuff You Got To Watch," for Earwig Music in '93, and in '95 the veteran blues man released the critically acclaimed "The Real Deal," on Code Blue. He has since toured extensively in support of his ten solo albums to date. With John Primer's strong traditionalist blues phrasing and lightning

fast slide techniques, few artists can match him. A master storyteller and songwriter, his catalog of songs is endless and his sound is unforgettable. John Primer & The Real Deal Blues Band continue to electrify audiences at clubs and festivals around the world, and remain a driving force in the world of Blues music today.

SEE **PITMANS** PAGE A13



Aniko Geldaze and Noelle Beaudin present a Harvests Concert on Nov. 5, 2 p.m. at the Unitarian Universalist Society of Laconia.

Harvest concert and pie sale, Nov. 5 at Unitarian Universalist Society

L A C O N I A — A Harvest Concert featuring Aniko Geldaze, violin, and Noelle Beaudin, piano, will be held on Sunday afternoon, Nov. 5, at 2 p.m. at the Unitarian Universalist Society, 172 Pleasant St. in Laconia.

Tickets are \$10 in advance and \$12 at the door. Tickets are on sale at Greenlaw's Music Store in downtown Laconia, or may be reserved by calling 848-2469.

Aniko Geldaze and

Noelle Beaudin are one powerful pair when this violin and piano duo take the stage. Aniko and Noelle Beaudin will play a highly entertaining and eclectic mix of traditional, Celtic, Quebecois, and modern fiddle and piano music.

During intermission, enjoy a variety of pies, crisps, and cobblers. Whole pies to take home will also be on sale.

Aniko Geldaze is a concertmaster and soloist from Russia. She has collaborated with major orchestras and musicians from many parts of the world, including Russia, Europe, and Asia. Aniko studied at Royal College of Music (London) and participated in yearly concert

tours in Spain, France, Belgium, Germany, Taiwan, and Hong Kong. She is currently a member of the Nashua Chamber Orchestra, and The Portsmouth Symphony and also performs with the University of New Hampshire Music Department, Portsmouth Pro Musica, and The New Hampshire Philharmonic.

Noelle Beaudin is an accomplished pianist from The Boston Conservatory of Music and has performed throughout New England and Europe as soloist or accompanist. Most recently she was one of the featured performing artists at the Concord Auditorium for the Walker Lecture Series.

Two headliners at three-person Pitman's comedy event Nov. 4

L A C O N I A — Comedian Mark Riley, a long time Boston headliner will be making his first trip to Pitman's Freight Room, in Laconia, Saturday, Nov. 4 for an 8 p.m. show. Joining Riley will be a second Boston headliner in Will Noonan, with David Lamb opening the night.

Tickets are \$20 and may be purchased by contacting Pitman's at 527-0043, 494-3334. Tickets may also be purchased at the door the night of the show. For additional information on this show check Pitman's Web site at www.pitmansfreightroom.com or for comedy information email msmith789@comcast.net. Pitman's is a “bring your own food and drinks venue.”

Riley has been seen on Comedy Central and has played some of the nation’s top clubs including ther Riviera in Las Vegas, the Comedy Cellar in New York, the Comedy Store in California, Zanies in Chica-



Mark Riley

go, The Laugh Spot in Houston as well as the premier clubs in New England.

Riley has authored a book “Not Every Kid Gets a Trophy,” and is in pre-production for his screenplay “Penalty Box,” which is a recount of his years as a referee in the East Coast Hockey League made famous by the Paul Newman classic film Slapshot about the Charlestown Chiefs.

“I’ve heard a lot about Pitman’s,” said Riley. “All the comedians I’ve talked to who have worked it say the crowds are great and it’s a fun



Will Noonan

room to work.”

Serving as the second headliner on the night is Noonan who is a Boston favorite who has been seen on Gotham Comedy TV Live, Comedy Central, “Laughs,” on Fox, and his albums are

played on Sirius XM radio.

He is a regular on “The Artie and Anthony Show” with Artie Lange and Anthony Cumia. He has appeared on The Oddball Comedy Festival with Louis CK, Amy Schumer and Sarah Silverman, and told a story on NPR’s “This American Life”. He’s appeared on MTV as a comedian and was named Comedy Ambassador and a Moment Maker by Skype. He is also sometimes a fill in radio host for WAAF in Boston.

Opening the night will be Lamb who is a rising star on the Boston comedy scene.

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Rhianna Marie Santiago, 22

LACONIA — Rhianna Marie Santiago, 22, died on Saturday, Oct. 21 from injuries sustained in a motor vehicle accident in Gilford.

Born June 15, 1995 in Laconia, the daughter of Juan Santiago and Stacey Butman, Rhianna resided in Laconia most of her life, graduating from Laconia High School. She worked for Shaw’s Supermarket in the bakery and produce department. She loved to travel New England with life partner Darren Cartier. Rhianna was unique, loved to draw, sing, dance, enjoyed watching the sun rise and was fascinated by nature.

She is survived by her mother, Stacey Butman of Laconia; father Juan Santiago of Maine; her life part-



ner, Darren Cartier of Laconia; her daughter, Rosalie Christine-Lorraine Cartier; maternal grandparents Lisa (Desautelle) Rojek of Center Barnstead, Michael Butman of Chillicothe, Ohio, and Bettie Collins of Laconia; five siblings; aunty Katherine; uncle Keith Treadwell; cousins Ryan Treadwell, Derrick Perkins and several others.

A celebration of her life was held from noon to 3 p.m. on Sunday, Oct. 29, 2017 at

the Wilkinson-Beane-Simoneau-Paquette Funeral Home, 164 Pleasant St., Laconia, using the carriage house entrance.

After the celebration of life, there was a gathering 4 p.m. at the Lodge of the Laconia Elks #876, 17 Sugarbush Lane in Gilford.

For those who wish, memorial contributions for her daughter, Rosalie, can be made online at <https://www.gofundme.com/88hsb-help-raise-money-for-a-friend>.

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

Genesis Behavioral Health holds 51st Annual Meeting and launches capital campaign

SANBORTON — The Board of Directors of Genesis Behavioral Health was pleased to welcome four new and returning board members at its 51st Annual Meeting, “Bold Moves Require Strong Leadership,” held on Oct. 24 at Steele Hill Resorts in Sanbornton.. The new members included Jim Stapps and Rev. Judith Wright and returning members Ed McFarland and Susan Stearns. Robyn Parker, Ph.D., Dean of the College of Business at Plymouth State University was the keynote speaker on the topic, “Transforming Ourselves and our Organizations through Bold Strokes and Emerging Strides.” Parker earned her Master’s degree in Human Resource Development from Boston University and her Ph.D. in Organizational Communication from Wayne State University in Detroit.

Deb Pendergast, Board Chair, recapped some of the year’s highlights which included our strong participation in New Hampshire’s 1115 Waiver, increased staff training in evidence based practices such as LEAP (Listen, Empathize, Agree, and Partner), Illness Management & Recovery (IMR) using a Dartmouth-based Evidence Based Practice training structure. The SPORT Prevention Plus Wellness program, which is a health and wellness program for children and youth, was launched thanks to a grant from the Lakes Region Children’s Auction.

We expanded our transportation services in the Plymouth area and purchased a second bus thanks to a Department of Transportation grant and a Speare Memorial Hospital Community Health grant.

quieter environment where patients can obtain the appropriate care they need.

We are supporting nearly 100 individuals to help them obtain and maintain competitive employment through our supported employment program. Work is an important part of recovery. It provides patients with a sense of purpose, and improves overall well-being. We collaborate with many employers in the region to support our patients and ensure they have the tools they need to be successful.

And finally, at the Board level, Genesis made the decision to purchase the former HealthLink building from LRGHealthcare. This was a vision more than 10 years in the making and one that will allow us, as an organization, to improve patient care, create operational and financial efficiencies for sustainability and strategically position Genesis for opportunities to expand services to better meet community needs,” said Pendergast.

“There is no better time for us to take this bold and exciting step,” said Maggie Pritchard, Executive Director of Genesis Behavioral Health. “People living with mental illness who participate at work, with family and in communities are valuable resources. Paying for jails, prisons, shelters and acute care hospitals is important but we must also support those recovering from mental illness; they deserve to live their lives with dignity, with family and friends, in their communities. Community care is better care and we must be ready to respond to the increasing and very complex needs of our patients.”

Each year, Genesis presents the Helen Holbrook Leadership & Service Award which is given to an individual who leads by example and gives of themselves to strengthen the cause of mental health in the Lakes Region. This year’s recipient was Stacey Sorrel. Stacey attended UMass Lowell where she attained her MS as a nurse practitioner. She was previously a Pain Management and Behavioral Health nurse at LRGH and currently works at NH Hospital as an inpatient nurse.

Genesis also presented the Dr. George “Pete” Harris Community Service Award to Former Senator Andrew Hosmer. This award is given to an individual who promotes increased awareness, sensitivity, understanding and acceptance of mental health issues in the Lakes Region through educating the public. Andrew attended UMass Amherst and Suffolk University, has four children, served as a Senator from 2012-2016, served as an Asst. District Attorney and is the General Manager for AutoServ. He continues to be an active advocate of mental health issues.

Genesis publically launched their Healthy Minds Healthy Communities capital campaign to help fund the building renovation for their new location slated to open in January 2018.

“Genesis Behavioral Health has the opportunity to enhance the quality and care we offer our patients by consolidating all of our staff and programs into one, new, high-quality medical facility right in downtown Laconia,” said Maggie Pritchard. “The consolidation of our clinical services into one convenient point of access will help us close service gaps, enhance the quality of care, expand the services available to our patients, and make access to care easier for those that need it. Community support of this project is essential to our success.”

Anyone who is interested in learning more about this project or wishes to donate to the capital campaign may do so at cc.genesisbh.org or by contacting Ann Nichols at 524-1100, ext. 445 or anichols@genesisbh.org.

Genesis Behavioral Health is designated by the State of New Hampshire as the community mental health center serving Belknap and southern Grafton Counties. A private, non-profit corporation, Genesis serves nearly 4,000 children, families, adults and older adults each year. For more information or to schedule an appointment, call 524-1100 or visit the website at www.genesisbh.org. Find Genesis Behavioral Health on Facebook and follow us on Twitter for updates and information.

LRGHealthcare selected to participate in RADEO program

LACONIA — LRGHealthcare is proud to be one of ten hospitals in the country selected to participate in the RADEO (Reducing Adverse Drug Events Related to Opioids) program sponsored by the Society for Hospital Medicine.

Opioids are one of the most common medications associated with adverse patient events affecting nearly five percent of hospitalized patients. The RADEO program provides support and tools to hospitals for the development of programs for safe opioid prescribing and administration.

Through the RADEO program, LRGHealthcare participates in quarterly calls with other hospitals to share best practices, challenges and

successes. Additionally, the Society for Hospital Medicine mentors each participating hospital through monthly phone calls and occasional site visits.

At LRGHealthcare, providers, nurses, pharmacy, IT, and quality improvement are collaborating on this project and have identified three areas of focus. They want to improve the way opioids are ordered, have nurses perform a pre and post pain assessment on all patients who receive an opioid medication, and provide opioid education to all patients going home on opioid medication.

By tracking and trending this data over time, LRGHealthcare can monitor how effective these interventions

are in reducing opioid harm to inpatients. They can also identify and troubleshoot any barriers to implementation of these interventions.

The Program runs through April 2018, and is expected to provide LRGHealthcare physicians and nurses with valuable education to provide better care to patients and prevent opioid misuse

LRGHealthcare is a not-for-profit healthcare charitable trust representing Lakes Region General Hospital, Franklin Regional Hospital, and affiliated medical providers. LRGHealthcare’s mission is to provide quality, compassionate care and to strengthen the well-being of our community.

Lakes Region Retired Educators meet Nov. 14

MEREDITH — The Lakes Region Retired Educators’ Association’s Meeting is

scheduled for Tuesday, Nov. 14 at Hart’s Turkey Farm Restaurant in Meredith. The

restaurant is located on Route #3 just north of the intersection with NH Route #106.

Check in begins at 10:30 a.m. We will gather at 11 a.m. for our meeting followed by a Buffet at Noon. The cost will be \$20, which includes tax and tip. Your Phone Captain will be contacting you soon, as reservations are due by Nov. 4. You may also make a reservation by calling Joan Sheehan at 536-5263. Any retired educator who is not a member is welcome to attend. Please call to make a reservation. At approximately 1 o’clock our program will begin with Dr. Steven Hale, an ornithologist from UNH, as our guest speaker. He will speak to us about Backyard Birds. Please plan to attend as this will be an interesting way to prepare us for feeding our NH Birds this winter.



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Bank of New Hampshire's Prestige Plus members travel to Robert Todd Lincoln's Hildene

LACONIA — Bank of New Hampshire's Prestige Plus members recently traveled to picturesque Manchester, Vermont for a quintessential autumn day in New England.

The first stop of the day was at the magnificent Hildene Estate. This historic home, formal gardens and carriage house are set up with breathtaking views of the valley and surrounding mountains of Vermont. Prestige Plus members enjoyed a brief video orientation, a self-guided tour of the Lincoln home, a demonstration of the 1,000-pipe Aeolian organ, Pullman Car exhibit, the formal gardens and the museum store.

Robert Todd Lincoln's father was born in a log cabin and called from the humblest rank in life to preside over our nation during the most momentous period of its history. One generation later, Robert Todd Lincoln, the only child of Abraham and Mary Todd Lincoln to survive to adulthood, became Chairman of the largest corporation in America at the turn of the 20th century. He built his Georgian Revival mansion, called Hildene, in the scenic Vermont village of



COURTESY

Robert Todd Lincoln's summer home, Hildene, in Manchester, VT, taken from the formal gardens.

Manchester in 1905 and it became home to only Lincoln descendants until 1975. It is an example of the "Great American Story" and the story of the Lincoln family's love affair with Vermont.

In 2004, Hildene's permanent collection of President Abraham Lincoln artifacts, including President Lincoln's famous stove-pipe hat, was put on display in a new and insightful interpretation of our 16th president

entitled: "The Personal Abraham Lincoln."

The garden promontory, overlooking the Battenkill Valley, provides spectacular views of the mountains and the meadowlands 300 feet below. The cutting and kitchen garden behind the visitor center was restored in the spring of 2003, and the original potting shed now houses exhibits. The formal gardens include many of the original plantings from 1907.

After the morning visit to Hildene, a buffet luncheon at the historic Equinox Hotel in Manchester Village was enjoyed by everyone. Situated on 1,300 acres, between the Green and Taconic

Mountains, The Equinox dates back more than 200 years.

The day was complete with a stop in Weston, Vermont and the home of the original Vermont Country Store, famous for their

huge selection of top quality classics and hard to find products.

To learn more about Bank of New Hampshire's Prestige Plus program, visit BankNH.com or contact Valerie Drouin, SVP - Prestige Plus Manager at 527-3207 or DrouinV@banknh.com.

Bank of New Hampshire, founded in 1831, provides deposit, lending and wealth management products and services to families and businesses throughout New Hampshire. With 24 banking offices throughout New Hampshire and assets exceeding \$1.5 billion, Bank of New Hampshire is the oldest and largest independent bank in the state. Bank of New Hampshire is a mutual organization, focused on the success of the bank's customers, communities and employees, rather than stockholders. For more information, call 1-800-832-0912 or visit www.BankNH.com.

LRGHealthcare named an Anticoagulation Center of Excellence

LACONIA — LRGHealthcare is pleased to announce that its Coumadin Clinic has passed the Anticoagulation Forum's assessment test and it may once again consider itself an "Anticoagulation Center of Excellence." This illustrates LRGHealthcare's strong commitment to providing the highest level of care to patients taking antithrombotic medications. LRGHealthcare is the only Anticoagulation Center of Excellence in New Hampshire, Maine, and Vermont.

"We are very proud

to have passed the Anticoagulation Centers of Excellence assessment," said Paul Barrett, LRGHealthcare's Director of Pharmacy. "LRGHealthcare is dedicated to actively participating in all aspects of our patients' care since working together with our patients is the best way to improve health outcomes."

The Anticoagulation Centers of Excellence program helps healthcare professionals provide the highest level of care and achieve the best possible outcomes for patients on antithrombotic medi-

cations. The program offers a roadmap to consistent, sustainable excellence in five key areas of patient care. Because it successfully met the rigorous standards in each patient care pillar, LRGHealthcare's Coumadin Clinic may be considered an Anticoagulation Center of Excellence for two years.

"The assessment and educational resources on the site helped us streamline our operational performance, improve transition of care and knowledge of drug therapy, and

SEE LRGH PAGE A13

Lakes Region Woodwind Quintet, Nov. 5 at Taylor Community.

LACONIA — The 2017 Taylor Concert Series continues with the Lakes Region Woodwind Quintet. The group features Doris Henney, Flute; Kendra Corcoran, Oboe; Debbi Gibson, Clarinet; Nancy Goldenhar, Bassoon, and Robin Jackman, French Horn.

The concert is scheduled for Sunday, Nov. 5 at 3 p.m. in Taylor Community's Woodside Building. This free event is open to the public. Featured will be music by Barthe, Respighi and Deslandres, as well as a variety of holiday favorites everyone will recognize.

Taylor Communi-

ty is a not-for-profit Continuing Care Retirement Community whose mission is to provide the highest quality of retirement living options to sup-

port the independence, health and dignity of community residents. For more information, visit www.taylorcommunity.org.

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Belknap Landscape supports Tanger's Pink Campaign

TILTON — Belknap Landscape Company of Gilford is once again a proud sponsor of the Tanger Fit For a Cure 5K Run/Walk. Held at the Tanger Outlets in Tilton in September, this event has raised funds to benefit LRG-Healthcare breast health initiatives and to generally promote a healthy, happy lifestyle in our community for the past nine years. Belknap Landscape has also purchased \$700 in Tanger Pink Cards to hand out to its employees as a way to say thank you for all of their hard work and at the same time help support the Tanger PINK Campaign. The cards offer a 25 percent discount at participating Tanger Outlet stores through October 31st.

Becky Doherty of LRGH would like the community to know, “A portion of the proceeds raised from the Tanger Pink Campaign will benefit breast health initiatives at LRGHealthcare. Over the years, Tanger’s philanthropic donations (made possible by shoppers and businesses such as Belknap Landscape Company) have had an enormous impact on the purchase of state-of-the-art digital mammography technology. In addition, funds raised in recent years have allowed the staff in the Oncology Department to offer a helping hand in a number of ways to those patients battling breast cancer, ranging from prosthetics to wigs to gas cards to get to appointments. It’s these small gifts that often offer a bright spot during what can be a very difficult time.”

Eric Proulx, General Manager of the Tanger Outlets in Tilton, is passionate about the Pink Campaign, stating, “We are committed in helping breast cancer/health patients on a local level as well as trying to help find a cure on a national level. Together with our retailers, shoppers and area businesses like Belknap Landscape Company, we unite in the fight every October. Whether it’s support-



Left to right: Becky Doherty of LRGHealthcare; Randy Wood, BLC Account Manager for Tanger Outlets; Eric Proulx, Tanger Outlets GM; Hayden McLaughlin, BLC GM; and Angie Carignan, BLC Human Resources Manager.

ing the 5K or Pink Card Program, we can always count on Belknap Landscape Company to support Tanger’s efforts to give back to the community in which we work or live - our collective efforts are a huge win!”

A sponsor since its inception, Belknap Landscape is proud to support this partnership and to help raise funds and increase awareness in the community. For more information on the Tanger Pink Campaign or to purchase Tanger Pink Cards for yourself or your employees, check out their Web site at <http://www.Tangeroutlet.com> or the Tanger Outlets Tilton Facebook page.

About Belknap Landscape Company

Belknap Landscape Company, Inc. is a family owned full service business located in the beautiful Lakes Region of New Hampshire. Established in 1988 by Hayden McLaughlin, Belknap Landscape owes their 28 plus years of longevity to a commitment to quality and horticultural expertise while exhibiting a unique concern for the Lakes Region, the environment, and their community connections. Visit <http://www.belknaplandscape.com> or Houzz for more information.

Prescott Farm announces new Environmental Educator, Andie Hession

L A C O N I A — Prescott Farm is excited to share that Andie Hession has recently joined their team as the new Environmental Educator!

Hession started her new role at Prescott Farm this month! She graduated from George Washington University in Washington, D.C. with a B.S. in Public Health, where she became interested in the connections between food, the environment, and health. She spent two years as a Food-Corps service member in rural Arkansas, where she managed a school garden and taught food- and garden-based lessons to students of all ages. She has since returned to her native New England to continue working in outdoor education.

Hession enjoys hikes with her dog, kayaking, gardening and cooking with the veggies, and is always looking for new ways to engage in New Hampshire’s great outdoors.

“There are a lot of opportunities to explore the outdoors with Prescott Farm! I look forward to discovering the fields, forests, and ponds at Prescott Farm



Andie Hession

with kids, families, and adults, through camps and public programs. The Naturalist in the Classroom program with area schools helps every student, regardless of previous experiences, get outside. It is inspiring to see students make con-

nections between what they learn in their classrooms and what is happening in the world around them, as they build an appreciation for their own communities,” stated Hession.

Prescott Farm is a nonprofit environmental education center that offers children

ages four through 12 the opportunity to learn and play in nature during nine weeks of environmental-themed WildQuest Summer Camps and during its WildQuest Winter and Spring Camps offered during February and April school vacation weeks. Prescott Farm also hosts public programs designed to encourage environmental exploration for all ages; field trips; a Naturalist in the Classroom program which fosters long-term partnerships with local elementary schools; and Fledglings, a nature-based preschool. The 160 acre historic farm features woodland and field trails, historic barns, an old-fashioned maple sugaring operation during the month of March, heritage gardens, and a forested pond. Prescott Farm is open year round, seven days a week from 9 a.m. – 4 p.m. Hiking trails and the Natural Playscape are open to the public daily from dawn to dusk.

For more information about Prescott Farm Staff and our public programs, please visit www.prescottfarm.org.



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Tommy Turkey seeks teams for 13th Plunge

LACONIA — Tommy Turkey wants to remind everyone that the 13th Annual Salvation Army Turkey Plunge will take place at Opechee Cove Beach on Saturday, Nov. 18 starting at noon. Gates open at 10 a.m.

This family-oriented fun time features members of the public in bathing suits or costumes plunging into the ‘balmy’ waters of the lake while raising funds for the Salvation Army. Salvation Army Commander Captain Scott McNeil urges sports teams, businesses, church and school groups to start assembling their team of intrepid Plungers to help raise awareness of, and financial support for, the local Salvation Army.

“The key to our Plunge success each year is the involvement of teams representing various churches, clubs, businesses and schools,” said McNeil.

“And the Plunge is a great way for any group of employees to bond and build memories to last until next year’s Plunge,” Captain Nora



Tommy Turkey points out the November date for the 13th Annual Turkey Plunge to Salvation Army Officers Captains Nora and Scott McNeil.

McNeil added.

Once again, WEMJ radio personality Pat Kelly will handle the announcing tasks and urge the crowd to cheer on the participants. The public is also invited to the delicious luncheon provided by well-known area restaurants and catered by the Culinary Arts students of Lakes Region Community College

starting at 12:30 p.m.; location is a surprise this year! A \$5 donation qualifies the general public for the luncheon as well as the chance to

win valuable door prizes. Last year’s Plunge generated more than \$10,000 but the needs are great in this economy, especially for the Carey House homeless shelter, said Captain McNeil. He has offered to have Tommy Turkey visit your business or group to personally collect pledge cards for the November Plunge. Contact Captain McNeil at 524-1834 if you are interested in a Tommy visit.

If you are unable to plunge yourself, it’s easy to make a donation in support of the other plungers. Simply go online to www.salvationarmynh.org/plunge or text `turkeyplunge` to 71777 or call the local Salvation Army office at 524-1834. You may also register on-site the morning of the Plunge as an individual or as a team.

You’ve heard about the Plunge, now come on out and join the fun. See you at Opechee Beach.

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LRSO concert features concerto competition winner

MEREDITH — The Lakes Region Symphony Orchestra (LRSO) invites you to its season-opening concert on Saturday, Nov. 4 at 7:30 p.m. at Inter-Lakes Auditorium in Meredith.

We are honored to feature the first of our two co-winners of our 2017 Student Concerto and Scholarship Competition, violinist cellist Roric Cunningham. Roric, a sophomore at Manchester Central High School, will be performing Tchaikovsky's "Rococo Variations," a dazzling and challenging work that is a staple in the cello repertoire.

Also on the November program are Beethoven's "Symphony No. 5" - yes, "that" Beethoven's 5th! - and Franz Schubert's haunting "Rosamunde Overture," one of Schubert's finest orchestral pieces, seasoned with subtle musical humor.

The LRSO concerto competition, now entering its ninth year,



Cellist Roric Cunningham, co-winner of the LRSO's student concerto competition and scholarship program, performs with the Lakes Region Symphony Orchestra on Nov. 4.

has been an exciting journey since its inception eight years ago. Over the years, more than 100 incredibly talented middle- and high-school students have auditioned. Students compete for a scholarship and the opportunity to perform with the LRSO each year. This year's competition was so difficult we could not pick a single winner. We choose co-winners for the first time in the competition's history. Along with Roric we selected 15-year-old violinist Danilo Thurber. Danilo will be performing the first movement from Camille Saint-Saens "Violin Concerto No. 3 in B Minor" at our March 24, 2018 concert.


Roric Cunningham began private lessons at The Manchester Community Music School in early 2015, and currently performs in the Dino Anagnost Youth Symphony Orchestra.

As a freshman at Manchester Central High School, Roric auditioned and was awarded 5th place in the New Hampshire All-State Orchestra auditions. The following year, with only two years of study under his belt, he placed first.

Roric a member of the New Hampshire Philharmonic and has performed with the Nashua Chamber Orchestra.

Tickets are \$20 for adults and \$10 for students college-age and under with ID, are available online at www.LRSO.org/tickets, by phone at 800-838-3006, and at our ticket partners Innisfree Bookshop in Meredith and Greenlaw's Music in Laconia.

LRSO wishes to thank our sponsor Bank of New Hampshire for their gracious support of the Concerto Competition and this performance. We could not do this without their assistance.



How to Submit Announcements & Obituaries To Salmon Press Publications

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

Obituaries can be sent to:
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Wedding, engagement, and anniversary announcements are welcome at:
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Photos are also welcome, but must be submitted in jpeg format.

Please contact Executive Editor

Brendan Berube at (603) 279-4516, ext. 111 with any questions regarding the submission process.

International Film Series continues with “Rabbit-Proof Fence”

LACONIA — The Laconia Human Relations Committee in co-operation with the Laconia Public Library offers the film, “Rabbit-Proof Fence,” on Monday, Nov. 6 at 6:15 p.m. as the November selection for the International Film Series.

Set in 1931, two sisters, 14-year-old Molly and eight-year-old Daisy, and their 10-year-old cousin Gracie live in Western Australia. The three children are referred to as “half-castes” because they have one white and one Aboriginal parent. The official policy of the “White” Australian government is that the Aboriginal people of Australia are a danger to themselves, and “half-castes” must be bred out of existence.

The town they live in lies along the northern part of Australia's rabbit-proof fence, which runs for several thousand miles. Thousands of miles away, the official Protector of Western Australian Aborigines signs the order to relocate the three girls to a re-education camp where they will grow up. They will then presumably become laborers and servants to white families. This is regarded as a “good” situation for them in their life. Eventually, if they marry, it will be to white people and Aboriginal “blood” will then diminish.

As such, the three girls are forcibly taken from their home by a local constable and sent to a resettlement camp in southern Australia. One day, Molly notices a rain cloud in the sky and infers that she, Gracie, and Daisy should escape and go back home on foot. Rain will cover their tracks, making them difficult to follow. The three girls sneak off, running away. An Aboriginal tracker is called in to find them. However, the girls are well trained in disguising tracks. They evade the tracker several times, receiving aid from strangers in the harsh Australian country they travel. They seek the rabbit-proof fence to follow home. This is the story of their journey.

“Rabbit-Proof Fence” is a 2002 Australian drama based on

the book “Follow the Rabbit-Proof Fence” by Doris Pilkington Garimara. It is loosely based on a true story concerning the author's mother.

Make sure that you check the International Film Shelf at the Laconia Library for this and other films shown over the past several years. You can always order films from the International Film Series through your own library if you do not

live in Laconia!

This series offers a monthly selection shown from September through June at the Laconia Public Library. The Laconia Human Relations Committee is a committee of the mayor of Laconia dedicated to expanding our horizons for the appreciation of the diversity found among us and in the wider world. For more information, contact Len Campbell at lcampbell@nh-cc.org.

Laconia Library to hold information services session at Taylor Community

LACONIA — Laconia's Library isn't your typical small town library. Stop by Taylor Community's Woodside Building, Monday, Nov. 6 at 2 p.m. for a talk on the various services provided. This free event is open to the public.

Library staff will be on hand to provide information on eBooks, books on tape, Ancestry.com, Hoopla, Free Museum Passes, Microfilm Research and computer ac-

cess. They will also assist attendees with obtaining a library card.

Taylor Community is a not-for-profit Continuing Care Retirement Community whose mission is to provide the highest quality of retirement living options to support the independence, health and dignity of community residents. Visit www.taylorcommunity.org, or call 366-1400 for more information.



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LRAA names annual show raffle winner

TILTON — The Lakes Region Art Association announced this past week that Loti McLaughlin won the show's raffle drawing for a large, framed print of "Summer Poppies" by Dottie Laughlin.

Laughlin has been a member of the LRAA since 2014, and her original oil painting of "Summer Poppies" won First Place in the oil painting category at the Association's Annual Art Show in 2016. Laughlin was very pleased when she was asked if a print of her painting could be used for the 2017 raffle drawing. Proceeds from the raffle are put toward a fund that is used to award scholarships to local students pursuing art studies in college.

Loti McLaughlin,



Loti McLaughlin, left, is presented with "Summer Poppies" by Marlene Witham of the LRAA Board. Loti won the print after entering the Lakes Region Art Associations Annual Show raffle drawing. The print is from an original oil painting by Dottie Laughlin, a member of the art association.

the winner of the drawing, happened into the art gallery when she had brought a friend from London shopping at the Tanger Outlets. She liked the print and decided to enter the raffle. When she bought her ticket she was thinking about how nice the picture would look in her new home, which they had just bought in the Canterbury area and were renovating.

McLaughlin has had a lifelong love of art and also draws when she has time. She loves to see what inspires artists and particularly enjoys artwork involving nature. Poppies had a special meaning to her, as dear former neighbor grew poppies and Lori could look out her kitchen window and see her neighbors beautifully poppies. She is looking forward to hanging the print in her home and knows that when looking at it, she will not only be reminded of her trip to the LRAA gallery and winning the drawing, but also of a wonderful neighbor from her past.

The 2017 Lakes Region Art Association Annual Show has concluded but the gallery, located in store #132 of the Tanger Outlets continues to have a large variety of original paintings by local artists in all mediums as well as a large selection of photographs from area photographers. The gallery is open every week from Thursday through Sunday, from 10 a.m. to 6 p.m. and is staffed by the artists and photographers who have work in the gallery. The LRAA Gallery will also be participating in League of New Hampshire Craftsman's, "NH Open Doors" event on Nov. 4 & 5, and will have artists demonstrating their craft.



The Laconia Congregational Church's Committee of the Month for October is the Stewardship Committee. After a day of training in January, the committee has explored with the church congregation a broader definition of the concept of stewardship, to include gifts of time and talent, as well as financial giving. Pictured above are committee members (seated left to right) Jaylene Bengtson, Bill Gile, and Martha Kruse. Standing are Dan Tinkham, Reverend Paula Gile, and John Kreidler. Absent from the photo is Interim Minister Reverend Ed Koonz.

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MB Tractor & Equipment signs on as Presenting Sponsor of the Red Dress Gala: Lady in Red!

LACONIA — For the ninth year in a row, MB Tractor & Equipment has signed-on as the \$10,000 Presenting Sponsor of the LRG-Healthcare Red Dress Gala!

Held each year during American Heart Month this signature event will take place on Friday, Feb. 9, 2018 at Church Landing at Mill Falls at the Lake. Proceeds from the Red Dress Gala support cardiac services and technology at LRGHealthcare.

This year's theme, "Lady in Red," will feature a delicious

meal created by The Common Man culinary team, a silent auction, live auction courtesy of auctioneer Jesse Thompson, and dancing to the very talented Eric Grant Band. Guests always dress to the nines, and are encouraged to wear red to show their support for heart health.

The Red Dress Gala offers great sponsorship opportunities for every budget. With a traditionally sold-out crowd, your business will receive excellent exposure and marketing benefits. Advertise in the gala program



Community business leaders come together to support and promote LRGHealthcare's Red Dress Gala, to be held on Friday, February 9, 2018 at Church Landing in Meredith. Pictured from left to right: Gala Co-chair and Interior Designer at Decorative Interiors Stephanie Wentworth; Heidi and Marc Bourgeois of MB Tractor & Equipment, Presenting Sponsor of the 2018 Red Dress Gala; and Gala Co-chair and Bank of New Hampshire Commercial Banking Officer Katie Reid.

booklet or donate to the live or silent auction. A limited number of high-level sponsorships are still available; call now if interested!

MB Tractor joins Candy Bar Sponsor Cartier Group - HAZMAT Solutions; Champagne Toast Sponsor DiGiorgio Associates Inc./Monitor Builders Inc.; Cocktail Reception Sponsor MRS - Medical Reimbursement Specialists, LLC; Entertainment Sponsor Lakes Region General Hospital Auxiliary; Photo Booth Sponsor Bank of New Hampshire; Silver Sponsors Cerner Corporation and Lovering Volvo; Valet Sponsor Atlantic Parking Services, LLC (APS); and Bronze Sponsors AutoServ of Tilton, Binnie Media, Creative Marketing Guru, Franklin Regional Hospital Auxiliary, Meredith Village Savings Bank; Northern Design, Poplin Properties; Dr. and Mrs. Paul Racicot; Salton Amara; and The

Brilliant Gems!.

Major event supporters include: Warren Bailey; Church Landing at Mill Falls at the Lake; Geoff Cunningham, Pianist; Divine Inspirations Custom Sewing Studio & Specialty Linens; Eric Grant Band; JMG Marketing; Lakes Region Floral Studio; Stacey Brobst Photography; The Common Man; Jesse Thompson, and Tylergraphics, Inc.

For more information about the Red Dress Gala, please contact the LRGHealthcare Office of Philanthropy: 527-7063 or philanthropy@lrghealthcare.org.

LRGHealthcare is a not-for-profit health-care charitable trust representing Lakes Region General Hospital, Franklin Regional Hospital, and affiliated medical providers. LRGHealthcare's mission is to provide quality, compassionate care and to strengthen the well-being of our community.

MARK ON THE MARKETS

Tough sell!



BY MARK PATTERSON

Any time between the year 2000 and 2011 would have been a time when your clients would go along with a more "risk adverse" portfolio mix of investments. However, we are in that special time again that seems to erase 11 years of agonizing over our retirement accounts. I am now seeing people who are no longer earning an income or at least approaching retirement years who are in aggressive equity portfolios. Many in the last year or so have recovered from the 2008 2009 correction and are just seeing the retirement accounts ahead of where they were in 2007. Common scenario within these portfolios

is that there are several equity mutual funds with different names but have a redundancy in their holdings and investment style.

Back in the 1950s, Markowitz and Sharpe developed "modern portfolio theory" that really advocates owning multiple low and non-correlated asset classes that mathematically reduce the risk, referred to as standard deviation, and over time provides better returns. Mutual funds with different names but redundant holdings are not multiple asset classes. Stocks (equities) in general are the same asset class but you can get proper diversification with in that asset class by using mutual or exchange traded funds that truly have different styles, capitalization size, regions or a host of other reasons why they are in fact diversified.

For example, diversification in the equity portion of your portfolio may have international stocks,

domestic large-cap, domestic mid-cap, domestic small-cap, emerging markets. Then you may have a commodity index, multiple sources of debt, maybe some real estate investment trust or otherwise known as REITs, potentially some natural resources like the energy sector, precious metals and so on and so on.

So, it really doesn't matter if we're in a bull market stocks like the last eight-plus years or in the middle of a flat to down bear market in stocks, if we are properly invested with the right mix of asset classes depending on your risk tolerance and needs a simple rebalancing every year or so should keep your investments heading in the right direction. I don't want you to think that you cannot have market risk even with a well-constructed portfolio, because you can sustain losses. With a well-constructed portfolio, your losses should not be as deep or long as if you were

in the stock market or stock-based funds with no other diversification in your portfolio.

MHP asset management is an asset management firm whose purpose is to design investment portfolios, crafted with conviction and purpose. What I'm referring to when I state that we create portfolios with conviction and purpose means that we will not give you a "plug-and-play" portfolio based on your response to risk questionnaire, but we will extract the true purpose of this money we are managing on your behalf and design the portfolio so that it is fulfilling your family's needs. MHP asset management works for our clients as a fiduciary. My opinion, as I have stated numerous times, is that whomever is working with your money, must be working for you, not their broker-dealer.

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

Mark Chalifour of NHMB inducted into New England Mortgage Bankers Hall of Fame

NEWPORT, R.I. — Mark Chalifour, Vice President, Residential Mortgage Sales for New Hampshire Mutual Bancorp (NHMB) was inducted at the New England Mortgage Bankers Hall of Fame on Sept. 15 at its annual conference in Newport, R.I.

Hall of fame induction is the highest honor for New England mortgage banking professionals, and is bestowed peer-to-peer. It highlights the outstanding contributions inductees have made to the New England mortgage banking industry as well as the communities they serve. Each New England state selects two inductees to the Hall who have made an outstanding impact in the mortgage industry. Chalifour is one of two industry professionals chosen to represent New Hampshire.



Mark Chalifour

together to advance a shared vision of maintaining and enhancing their community banking standards and values. MillRiver Wealth Management joined as a third subsidiary of NHMB in 2015, combining the financial advisory divisions of the Merrimack and MVSB.

Prior to his role at NHMB, Chalifour was Vice President at Merrimack Title Company. He has also been long involved with the Mortgage Bankers and Brokers Association of New Hampshire, previously serving as its President and currently serving as its Treasurer. In 2008, Chalifour received the organization's Excellence Award for his unwavering commitment to the association and the mortgage finance industry.

"I'm humbled to be inducted into this year's hall of fame," said Chalifour. "I dedicate this incredible honor to the wonderful lenders and colleagues I've worked with over the years. All the success I've ever experienced is SEE **CHALIFOUR** PAGE A13

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BELLOWS ROW

(Continued from Page A1)

years that he has lived there.

“It is important to us; we pay a lot of taxes on that road, and we really need to get to and from our houses,” Morgenstern said.

He said he and other residents want that road to remain Class V, and the decision wasn't made to make it Class VI because that wasn't necessary.

Ouellette said the road itself needs some work.

“You've seen the road; it needs help,” Ouelette said.

Ouellette said they are willing to work with the town on this.

Given the new findings, a motion was made to table this decision pending further review and consideration. Board Chair Chan Eddy said they wonder how many other roads in town have a similar situation.

“(I) would say this is road the only road that we know was accepted by the town, but the town hasn't plowed it for years that we know,” Dunn said. “I believe there has been

sporadic maintenance over the years.”

Dunn said the option was to either declare the road Class V effective immediately or review this further. Board member Richard Grenier said they got a lot of new information just the day before and he wanted to take his own look at it. Morgenstern said he would be happy to show the road to the selectmen.

The board unanimously approved a motion to table this matter for further review.

PITMANS

(Continued from Page A5)

Saturday, Nov. 4, 8 p.m., \$20: Comedy featuring Mark Riley and Will Noonan

Mark Riley has quickly become a headlining act in the very competitive Boston comedy scene. His unique perspective on everyday situations combined with his sharp observational humor keeps audiences in stitches. Mark developed many of his comedic and acting talents in various coliseums and “ice barns” throughout the country while he traveled as a professional ice hockey referee. Mark has also worked as an actor, studying under Susan Shaw. Mark has stud-

ied various acting techniques, including the methods of Konstantin Stanislavski, Lee Strasberg and Michael Checkhov. With a nice balance of acting and comedic talents, Mark possesses a great foundation to succeed in the entertainment world.

Joining Mark is Will Noonan, an opener in his own right, who has appeared on “Laughs” on FOX and HULU, “Gotham Comedy Live” on AXS-TV and his comedy albums are played often on Sirius XM. He is a regular on “The Artie and Anthony Show” with Artie Lange and Anthony Cumia. He has appeared on The Odd-

ball Comedy Festival with Louis CK, Amy Schumer and Sarah Silverman, and told a story on NPR's “This American Life.” He's appeared on MTV as a comedian and was named Comedy Ambassador and a Moment Maker by Skype. Will is the creator and host of the popular iTunes charting podcast “High Pathetically with Will Noonan” which is always available for free on iTunes, Stitcher, & willnoonan.com.

Opening for Mark and Will is Comedian David Lamb.

Doors open at 7 p.m., and we are a BYO Venue. For reservations, call 527-0043.

CHALIFOUR

(Continued from Page A12)

directly attributed to a remarkable team effort from co-workers who are both customer-facing and behind the scenes.”

“I congratulate Mark on this prestigious award,” said Carol Bickford, Senior Vice President, Retail Lending. “Mark's leadership, expertise and capacity to build relationships have been an incredible asset to our mortgage department and organization as a whole.”

The New England Mortgage Bankers Conference (NEMBC) is an annual three-day event organized and sponsored by the Massachusetts Mortgage Bankers Association (MMBA). Founded in 1976, the MMBA is the largest mortgage association in New England, and is

recognized as one of the most successful in the country. The MMBA leads the mortgage industry through continued business development, which supports homeownership, and achieves its mission through education on public policy and advocating for the highest ethical standards in business practices. Members include mortgage professionals from depository institutions, mortgage companies and wholesalers. Affiliate members represent providers to the mortgage industry, including title, credit, appraisal, insurance, technology, legal, accounting and consulting. For more information, visit massmba.com.

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NOTEBOOK

(Continued from Page A4)

whose light reaches my house, all I have to do is turn off all of my household lights and step out with a flashlight.

The stars practically jump out at you, and the Milky Way is a multi-lane highway. Readers who live or have lived in northern Canada and Alaska will know what this means.

But with the deck, the old saying “Use it or lose it” surely applies. Soon, maybe next week, the door will be shut tight for the winter, and all buttoned up with plastic against the cold.

of years ahead on my log piles, I can drag a couple of trees up onto skids in front of the furnace door, cut them into three-foot sections and leave them where they rest, and not touch them again until I'm hooking them with a pulp-hook and throwing them in.

This is, I think, after all these years, the Holy Grail of wood handling, in terms of the number of times I have to touch each piece. But it only works if I stay well ahead on the logs.

grocery-store plastic bag, and covered it with a heavier one made from a kitchen trash bag. All of this, of course, I wrapped at either end with duct tape.

The other day it occurred to me that I could have just Googled “shower arm protection” or some such careful choice of words. One of my many failings is that I forget just how useful a computer can be, other than a tool for writing.

So the other day, elbow well on the mend, I Googled just that. And one of the first things that popped up was (you guessed it) plastic bags and duct tape.

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

LRGH

(Continued from Page A7)

enhance patient education while learning more about disease state management,” said Marge Kerns, LRGHealthcare Vice President Clinical Services. “Until now, there has not been a comprehensive standard to define ideal practices for an anticoagulation service or a central place to find relevant resources for our practice. This educational program will have a lasting and profound effect on anticoagulation care for many years to come and we are proud to be considered an Antico-

agulation Center of Excellence.”

LRGHealthcare's Coumadin Clinic is available at Lakes Region General Hospital, Franklin Regional Hospital, Interlakes Medical Center in Meredith, and Laconia Clinic Convenience Care.

The Anticoagulation Forum is a multidisciplinary non-profit organization that works to improve the quality of care for patients taking antithrombotic medications. The AC Forum promotes the clinical application of evidence-based prac-

tices, and provides education and networking opportunities for healthcare professionals. To learn more about the program, visit www.excellence.acforum.org.

LRGHealthcare is a not-for-profit healthcare charitable trust representing Lakes Region General Hospital, Franklin Regional Hospital, and affiliated medical providers. LRGHealthcare's mission is to provide quality, compassionate care and to strengthen the well-being of our community.

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HALLOWEEN

(Continued from Page A1)



Kids play games in the Gilford Middle School gym during the Parks and Recreation Department's Halloween Happening Party.



Gilford High School student Jarrod Dyer helps out with kids' games.



Kids do some pillow fighting at the Halloween Happening Party.

bers of GHS's National Honor Society chapter, refereed the pillow fight. "Make sure they're having fun but making sure that they're safe as well," McGreevy said. Both said they have come to this party as

kids, this was their first time volunteering. Lachapelle said it reminded her of her old Halloween costumes as a kid. "It's just really fun to work with the kids too," Lachapelle said.

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PUMPKINS

(Continued from Page A1)

the freshmen to really put ideas together and have a fun activity for Halloween," Fillion said. All the pumpkins were donated by a number of local businesses. Decorations were done with items brought in by the students. Senior and Student Council co-president Jeff Madore said none of the supplies came from the school and all of it was right from the students. Fillion said students would come in with different objects needed for the designs. "It's always fun; it gets



Janice Stowell's advisory represented their class.

more interesting as we get older," Fillion said. Madore's advisory did the pumpkin version of Jason from "Friday the 13th" while Fillion's advisory made their pump-



(Left) Colorfully decorated pumpkins lined the lobby at GHS in the students' annual decorating competition.

kin look like a big vanilla cupcake. The pumpkins were judged, and the winning classes would get prizes.

SPELLING BEE

(Continued from Page A1)



Teams compete to see who is the best speller during the 17th Annual Community Spelling Bee.



Members of We Put A Spell on You learn they just became the winners.

what was spelled correctly. Teams were eliminat-

ed when they spelled their words wrong. Words given got harder the further the bee got.

The winners of the bee were We Put a Spell on You, from Laconia High School's National Honor Society. Members Amber Patten, Isabella Lovering, and Dakota Cross are all seniors.

Patten said she has been in many spelling bees, while Cross said he got second place in a previous bee.

Each of the teams were given a list of words for the initial rounds, though they weren't given the harder words.

"Some of them we didn't know completely, and just went for it," Cross said.

Their winning word was "pharmaceutical," a word Patten and Lovering already knew from medicine and science class.

"As soon as I heard the word, I wanted to jump out of my seat," Patten said.

They said it felt great to win.

"Add something to the trophy case," Lovering said.

Loughlin said this is the second time in 17 years that the winning team has been from a high school, which is a big achievement.

In the spirit of the Halloween season, many contestants wore costumes and prizes were given for the best costumes.

"I think we had more costumes this year, which was great to see," Loughlin said.

This year, the spelling bee raised over \$10,000 towards the Friends of the Foundation's Operating Fund, covering operating costs and ensuring more money goes to students. In the past 17 years the bee has raised over \$5.9 million.

"It is an amazing job, and I'm very proud of this organization," said LRSF president Michael Nolan.

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Mike Eisenmann helped the Gilford Golden Eagles to a win over Somersworth in the first round of the playoffs last week.



BOB MARTIN

Daegan Boucher stumbles on the slippery grass during a rainy playoff win against Stevens.

Leggett's goal sends Gilford to semifinals

BY BOB MARTIN

Bob@Salmonpress.news

GILFORD — It was a hard fought battle between evenly matched teams in the rain, but the Golden Eagles were able to squeak into the semifinals of the state tournament after narrowly defeating Stevens by a score of 1-0 thanks to a goal by Connor Leggett in the second half.

It rained the entire duration of the game, which took place on Oct. 29, and players were slipping and sliding all over the field. It was a messy game, but one that saw much of the action taking place in the middle of the field.

At the end of the first half there were several close opportunities for Gilford to take a lead, but Stevens goalkeeper Tanner Durkee kept the Golden Eagles scoreless in the first half. With no score for either team at the half, it was anyone's game.

In the second half, both teams once again came out determined and it was looking like it would be a matter of who scored first before time ran out. At about 27 minutes left, Gilford had a corner kick opportunity and while it was set up nicely by Patrick

O'Connor, it was thwarted by solid defensive work by Stevens.

At 23:50 and again at 23:20, Durkee made a couple nice saves to keep the game scoreless. This happened again at 17:00 on a direct kick by O'Connor, with Durkee making a diving save.

However, with enough opportunities, Gilford was bound to score. At 15:45 O'Connor launched a corner kick and it was headed in by Leggett to give the Golden Eagles a 1-0 lead. That was all the team would need, and with the win Gilford advanced to the semifinals to take on second-ranked Hopkinton.

"It was a great game," said a smiling coach Dave Pinkham. "I wish we could have both played when it wasn't so slippery, but both teams did well. It was so even. Last year we lost 1-0 and gave up a goal on a set piece. This year we win the game on a set piece."

Pinkham said this was no fluke, because scoring off set piece kicks is something the team has been working on. He commended the work of Durkee in goal for Stevens, saying without him Gilford may have scored earlier.

"You know, Ethan Warren made a few great saves for us but

their goalkeeper was outstanding," said Pinkham. "He must

have made four or five that were just great saves."

All season Pinkham has been stressing how

SEE SOCCER PAGE B3

Once again, Gilford back in Final Four

BY BOB MARTIN

Bob@Salmonpress.news

GILFORD — Anything can happen in the playoffs, and this was almost the case in Gilford over the weekend, when the top-ranked Golden Eagles narrowly defeated ninth-ranked Oyster River 3-2 in an intense Division 2 volleyball match-up.

The Golden Eagles jumped out to an early lead on Oyster River in the first set, making it a 10-4 game before Oyster River was forced to call a timeout and gather themselves. The timeout didn't help, however, and Gilford jumped out to an 18-5 lead thanks to six solid serving by Bailey Hildreth, who led the team to six-straight points. Lexi Boisvert had a kill for point 13, a block for point 16 and also had kills for both points 17 and 18.

Gilford had a 22-7 lead and it looked like the set would be won easily, but Oyster River clawed its way back in the game and scored seven more points before the set was done. The Golden Eagles ultimately came away



BOB MARTIN

Brooke Beaudet goes up for a ball in a win against Oyster River last week.



BOB MARTIN

Lindsey Sanderson goes up for a block during the 3-2 win over Oyster River.

with a 25-15 win, which was more difficult than the score indicated. Boisvert and Brooke Beaudet each have five kills in the first set.

The second set was an easier win for Gilford, which won 25-17. After trading points to start

the set, and going down 2-1, Gilford would never trail again. Abby O'Connor had a pair of blocks while Boisvert, Lindsey Sanderson, Kasey Moore and Maggie McNeil combined for six kills. Beaudet had four kills in the

SEE VOLLEYBALL PAGE B3



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Undefeated Bears prove too much for Golden Eagles

BY JOSHUA SPAULDING
Sports Editor

EXETER — One of the hallmarks of coach Karri Peterson's Newfound field hockey teams is aggressiveness.

Going into the Division III semifinals on Thursday, Oct. 26, Gilford coach Dave Rogacki, knew his team would need to match that aggressiveness to have a chance.

As it turns out, the Golden Eagles were not able to keep up with Newfound's intensity and the Bears walked off with the 5-1 win and a trip to the Division III finals.

"It feels amazing," said Peterson on her team's first trip to the finals since 2009. "I loved for it to be a statement for these girls. They came in hearing that they (Gilford) were the defending state champs. I'm proud of what they did today."

"We reacted so poorly to their aggressiveness," Rogacki said. "We'd make one aggressive move and then stop and they'd just have one after



JOSHUA SPAULDING
Laurel Gingrich moves the ball up the field during her team's semifinal game in Exeter.



JOSHUA SPAULDING
Julie Auld prepares to hit the ball up the field in action in Exeter last week.

another.

"This game is not made to be standing in one place," the Gilford coach added.

Newfound had a couple of corners right out of the gate, with Jasmine Peterson getting in close and both teams got good defensive plays, while Newfound got another



JOSHUA SPAULDING
Jillian Lachapelle coralls the ball during semifinal action last week.

corner and Jillian Lachapelle came through with a strong defensive play for the Golden Eagles to keep things even.

Julianne Marchand had a nice centering pass for the Bears and Laurel Normandin was able to break up the pass. Kylee MacDonald followed that up with a ball in to Peterson, but the defense continued to step up for Gilford and kept the ball out of the net. Peterson also missed Caroline Marchand on a bid and also had a shot deflected.

Gilford keeper Jenna DeLucca made a save on a Newfound corner and then the defense stepped up to stop another corner.

Savanna Bony had a run into the zone but Lachapelle stepped up to meet her and pushed the ball out of the zone. Lachapelle continued to step up with good defense and Gilford was able to turn that into a couple of chances, with Julie Auld making a good run down the side that led to a corner, which went wide.

The Bears got on the board with 12:46 to go in the half, as Julianne Marchand got in alone and poked the ball through DeLucca and then ran around the Gilford keeper and poked the ball in for the 1-0 lead.

Just more than a minute later, the Marchand sisters teamed up, with Julianne Marchand getting credit for the goal on an assist from Caroline Marchand with 11:11 to go.

nice cross into the zone and Caroline Marchand tipped it home for a 4-1 lead.

Then, just less than two minutes later, Caroline Marchand added her second goal of the game, finishing off her own rebound to make it 5-1. Both teams had corners down the stretch, with Bony coming up with nice defense for the Bears and Lachapelle doing the same for the Golden Eagles and the score finished off at 5-1 for the Bears.

"I said on the bus, I just wanted to score first," Peterson said. "I didn't want to have to play from behind."

"That was going to be key, not having to play from behind," Peterson continued. "It was a huge plus getting the first goal, it set the tone early."

With a two-goal lead at the half, Peterson knew it was going to be a long 30 minutes to get through the second half, but with the two extra goals, she was able to relax a bit.

"Once they start scoring, it becomes easier for them," the veteran coach said. "Once they got rolling, they got more comfortable."

Rogacki pointed to his team's highs and lows throughout the season as an indication of his team's character.

"Considering the state championship as a huge high, then we lost Ava (Doris, goaltender who was killed in a car crash in the offseason) as a huge low," Rogacki said. "The resiliency these kids showed coming back over and over, shows you the character of these kids."

"Going to the semifinals is a reward and we've been here five years in a row," the Golden Eagle coach added. "This is the place we like to be, if you meet the goals throughout the year, you get the reward."

The Bears moved on to the Division III finals against Mascoma Valley, winners over Monadnock in the other semifinal game.



Playoff win

The fifth ranked Gilford Golden Eagles unified soccer team knocked off the Inter-Lakes/Moultonborough Academy Lakers in the first round. Here, Corey McDowell of Gilford dribbles the ball up the field in the 6-1 win. The Golden Eagles traveled to fourth-ranked Dover for the quarterfinals on Tuesday after deadline.

RC GREENWOOD

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Gilford harriers wrap up the season

BY BOB MARTIN
Bob@Salmonpress.news

MANCHESTER — The Gilford cross country team traveled to Derryfield Park for the Division 3 state meet, and while none of the team’s players placed high, coach Janine Powis was very pleased with the way the Golden Eagles ran.

“Today was a great way to end the season,” said Powis. “I really think everyone ended on their best race and I hope everyone was happy with their race and their season because they all worked so hard. I am so happy and proud with how everyone performed.”

Powis said not only did the athletes become better runners, they became a better team and better friends.

Golden Eagles ousted by Cougars in opening round

BY BOB MARTIN
Bob@Salmonpress.news

GILFORD — The Golden Eagles girls’ soccer team finished the regular season on a tear with four straight wins earning a 9-7 record and a playoff berth, but the 11th-ranked Eagles were beaten in the first round by sixth-ranked Campbell 5-2 on Oct. 25.

The Golden Eagles traveled to Litchfield for the game, and hopped up on Campbell first with a goal by Lauren Dean about three minutes into the game. About nine minutes into the game and 12 minutes into the game, Campbell responded with a couple quick scores to put the Golden Eagles behind 2-1.

However, Gilford tied up the game before the half ended with a goal by Maddie Rechter, assisted by Julianna Colstring. Campbell’s solid offense continued, however, as the team was able to score two more goals and make it a 4-2 game at halftime.

Campbell added one more goal in the second half and managed to keep Gilford scoreless the rest of the way to take the win and move onto the second round of the playoffs to face Bishop Brady.

“We thought early we could have done something when we went

“They are a great group of athletes who are great listeners and hard workers,” Powis said. “I really enjoyed coaching this group of athletes this season.”

For the girls’ team, Madison Relf was 48th with a time of 23:29.2. Kayla Loureio was right behind her at 50th with a time of 23:29.2. Bethany Tanner was 53rd with a time of 23:45. Elizabeth Relf was 86th with a time of 25:11.5, Alaina Osburn was 107th with a time of 26:47.7, Chloe Schwartz was 117th with a time of 28:36.7 and Kaelan O’Connor came in 133rd with a time of 30:53.1.

The girls’ team came in 11th out of the 18 teams that competed.

For the boys’ team, Jonas Bilodeau was 37th with a time of 18:42.6.



JOSHUA SPAULDING
Senior Madison Relf was 48th in the Division 3 cross country meet on Saturday at Derryfield Park with a time of 23:29.2.



JOSHUA SPAULDING
Sophomore Eddie Demers had a time of 20:31, good for 99th in the Division 3 state meet.



JOSHUA SPAULDING
Freshman Charles Townsend placed 90th at the Division 3 state meet with a time of 20:14.8.



JOSHUA SPAULDING
Elizabeth Relf had a time of 25:11.5, good for 86th in the Division 3 cross country state meet.

Beck McLean was 65th with a time of 19:25. Michael Wernig was 77th with a time of 19:44.1 and Matthew McDonough was close behind with a time of 19:46, good for

79th. Charles Townsend came in 90th with a time of 20:14.8 while Eddie Demers came in 99th with a time of 20:31. Jacob Malbourne was 128th with a time of 21:37.2

VOLLEYBALL

set, as well.

Gilford had a tough time in the third set and had its lowest number of points in a set all season.

“Seeing the end of their season in sight, Oyster River put together a fantastic performance and held Gilford to just 12 points,” said coach Joan Forge.

Gilford never had a lead in the set and ended up losing 25-12.

Oyster River took that momentum into the fourth set and battled hard with Gilford. The Bobcats stayed right in the game with Gilford, and despite the Golden Eagles tying things up 22-22, Oyster River came away with a 25-22 win. Beaudet had five kills in the loss.

This was the fifth

time this year that Gilford went to a fifth set, and Forge said the team knew the importance of jumping out to an early lead. Gilford did this by going up 6-1 with solid play by Beaudet who put down kills or points two, four and five. McNeil also had an ace on point three, while Sanborn had an ace on point six. While Oyster River continued to claw and seemed determined to complete an upset, Gilford’s team was too strong for the Bobcats and came away with the 15-9 win.

Sanborn finished the day with 33 assists, 11 digs and two aces. Beaudet had 21 kills, 20 digs and an ace. Boisvert had six kills, 20 digs, one ace and a block. McNeil had five kills, 21 digs and two

aces. O’Connor had three kills, two blocks and four digs. Moore had 15 digs, Hildreth had 12 sigs and Naomi Eldridge had a dig.

The Gilford captains Beaudet, Hildreth and Moore agreed that the game was “a little rough” for Gilford, pointing out the third and fourth sets in particular.

“The competition was very intense and I feel like we rose above,” said Moore. “In the middle games we lost our energy.”

When Oyster River was pushing hard at Gilford, Beaudet said the

(Continued from Page B1)

team knew they needed to step it up a notch.

“We have worked way too hard to stop here,” said Beaudet.

Looking forward at the rest of the playoffs, Hildreth said that she “feels confident” in the Golden Eagles.

“We know what we are capable of and it is going to be crazy when it unleashes on Wednesday,” Moore said.

This marks the 24th year in a row, and 29th overall, that Gilford has made the semifinals. It took place Wednesday night at Pinkerton Academy after deadline.

SOCCER

(Continued from Page B1)

great the defense has been for the Golden Eagles and this game was no different.

“We’ve had a heck of a year,” said Pinkham. “You can see why all season long I have been saying ‘look at this defense.’ We don’t give up a lot of great opportunities. If you are going to win you’ve got to first do

it with your defense.”

Earlier in the week, Gilford knocked off 14th-ranked Somersworth with a 3-1 win to advance to the second round, where the Eagles beat Stevens.

Number 3 Gilford faced number 2 Hopkinton on Wednesday at Laconia High School after deadline.

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Ad Council

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Photo: Grant Delin

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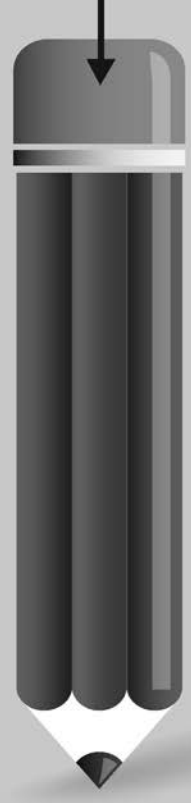
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- Set clear rules about no underage drinking
- Know where your children are and whom they are with
- Know your children's friends
- Ensure your children's social environments are alcohol free
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- Eat dinner together

Research shows teens who regularly eat as a family (5-7 times per week) are **33 percent** less likely to use alcohol.

Most parents don't realize they are the No. 1 influence in their children's lives.

When parents were asked to draw the greatest influences on their teens, they placed themselves last.

Parents' view

When teens were asked to draw the major influences in their lives, they placed their parents first, before peers and activities.

Teen's view


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