

Winnisquam falls in playoff battle of the field hockey Bears

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — Sunday's Division III field hockey quarterfinal matchup between Newfound and Winnisquam pretty much had everything that you could want from a playoff field hockey battle.

The two squads of Bears went back and forth, with Newfound taking the two-goal lead in the first half, but the visitors scored in the third quarter to cut the lead to just one. Newfound held on to the end, scoring a late goal to secure the 3-1 win to advance to the Division III semifinals.

"It is supposed to be a battle," said Newfound coach Kammi Williams. "I field like the first half we outplayed them, but in the third quarter they

SEE **BATTLE**, PAGE A9



Newfound's Savannah Bradley and Winnisquam's Lexi Poole battle for the ball in action Sunday.

JOSHUA SPAULDING

November at the Belmont Library

Police investigate untimely death in Sanbornton



Miss Emily has joined the staff at the Belmont Public Library as the new Youth Services Librarian.

BELMONT — Come meet your new Youth Services Librarian, Miss Emily! Emily comes from the Hooksett Public Library, where she spent two years. She enjoys spending time with her husband and three crazy boys at home. Some of her favorite picture book authors include Jory John, Mo Willems, and Kevin Henkes. She is so excited to meet the families in town and welcome them back to storytime at the library!

Join Miss Emily for a special Thanksgiving Storytime. We will gather in the chil-

dren's room to read stories, sing songs, and think about what makes us feel thankful. There will be a craft to work on together, or to bring home for later, Wednesday November 17th at 10:30am.

The November non-fiction book group is centered on "A Libertarian walks into a bear" by Matthew Hontz-Hetling. A tiny American town's plans for radical self-government overlooked one hairy detail: no one told the bears. Once upon a

SEE **LIBRARY**, PAGE A9

SANBORNTON — The New Hampshire State Police and Sanbornton Police Department say the untimely death of a Tuftonboro woman in Sanbornton does not appear suspicious.

On Oct. 21, the deceased woman was identified as Megan Robinson, age 33, from Tuftonboro.

An autopsy was completed by the Office of the Chief Medical Examiner in Concord Thursday.

The cause and manner of death are pending investigation/pending toxicology; however, the death does not appear suspicious at this time, police said in a press release on Thursday.

The State Police first announced the untimely death on Wednesday, but said they do not expect to release any further updates on the case.

Take the Wheel NH program celebrates first graduate

FRANKLIN — Franklin Savings Bank, in partnership with Lakes Region Community Developers, HOMEteam, and Grappone Automotive Group, is pleased to congratulate the first graduate of Take the Wheel NH – a program offered to low- to moderate-income families in need of a reliable, fuel-efficient vehicle. The program's first graduate received a 2019 Nissan Rogue from Grappone Automotive Group with credit counseling and financing provided by HOMEteam and FSB, respectively.

"We are proud to recognize the first graduate of this extraordinary program which assists individuals with obtaining reliable, economical vehicles they

can afford," commented Ron Magoon, President & CEO. "Public transportation in the Lakes Region area has been an issue for quite some time due to the limited public transportation options for those without reliable transportation. We were grateful for the opportunity to join this partnership, spearheaded by Carmen Lorentz and her team at Lakes Region Community Developers."

Carmen Lorentz, Executive Director of Lakes Region Community Developers, added, "We are very appreciative of the partnership formed between HOMEteam, Grappone Automotive Group and Franklin Savings Bank in our Take the Wheel NH program. This col-



laboration fills a significant need for individuals struggling to find a vehicle they can afford. Our program fills the gap as well as provides individuals with the necessary resources to ensure they can afford a vehicle

based upon their needs."

In order for a participant to be considered into the Take the Wheel NH (TWNH) program, applicants must complete a survey online at TakeTheWheelNH.com. Upon acceptance, the applicant will meet with a financial counselor from HOMEteam who will assist an individual with developing a personal budget, a timeline for the purchase of a vehicle, discuss financial

concerns, as well as help with determining the type of car that fits within a predetermined budget. Once financial counseling requirements have been fulfilled, the

SEE **GRADUATE**, PAGE A9

NH LAKES offering Webinar on low-salt road treatment



CONCORD — Join NH LAKES and the New Hampshire Department of Environmental Services on Wednesday, Nov. 3, at 7 p.m., for the webinar “Help Put Our Lakes on a Low-Salt Diet this Winter!”

Winter is approaching and that means it’s time to start planning for snow and ice removal. Tune in to this session and find out why road salt is a problem for our lakes and what you can do to help put our lakes on a low salt diet this coming winter! This session will be presented by Dave Neils, Chief Aquatic Biologist with the New Hampshire Department of Environmental Services, and Chris Avery, Drinking

Water Program Supervisor (and former Green SnowPro Program Coordinator) with the New Hampshire Department of Environmental Services.

Hundreds of participants have tuned in to the “Explore Lakes with NH LAKES” webinar series and the feedback has been overwhelmingly positive! “Excellent access to highest-quality information from highest-quality experts!”

These webinars are sponsored by Grappone Automotive Group. They are FREE, but pre-registration is required, and space is limited. Visit nhlakes.org/explore-lakes-webinars to learn more and sign up!

Established in 1992, the mission of NH LAKES, a statewide, publicly-supported non-profit organization, is to ensure that New Hampshire’s 1,000 lakes are clean and healthy, now and in the future. To achieve its mission, NH LAKES works with partners, promotes clean water policies and responsible use, and inspires the public to care for our lakes. For more information, visit nhlakes.org, email info@nhlakes.org, or call 603-226-0299.

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LRSO concert features two gifted soloists

MEREDITH — The Lakes Region Symphony Orchestra (LRSO) invites you to its season-opening concert “A Triumphant Return” on Saturday, Nov. 6 at 7 p.m. at Hanaway Theatre at Plymouth State University.

We are delighted to partner for the first time with Plymouth State University to perform in the beautiful Hanaway Theatre, and are doubly-delighted to feature pianist Dr. Adam Mayon, Director of the University’s piano programs. Dr. Mayon will be performing Beethoven’s “Piano Concerto No. 3” with the orchestra. We are triply-delighted to feature the winner of our 2021 student concerto scholarship competition, violinist Sava Thurber, performing the marvelously energetic “Carmen Fantasy” by Pablo de Sarasate. And if it’s possible, we are quadruply-delighted to perform one of the most famous

masterworks “Symphony No. 9 (New World)” by Antonin Dvorak.

The LRSO concerto competition has been an exciting journey since its inception 13 years ago. Over the years more than 150 incredibly talented high-school students have auditioned, each competing for scholarships and the opportunity to perform with the LRSO.

This year’s winner is remarkable violinist Sava Thurber. A senior at Phillips Exeter Academy, Sava has been studying violin since age four, and actively performs in youth orchestras throughout New England. In 2019 he performed for Prince Alexander and Princess Katherine of Serbia. Sava has a long performance resume, and is gracious in his philanthropic ventures as well, working with organizations on behalf of orphans in Belgrade and Haiti, among many



Dr. Adam Mayon, Director of Piano Studies at Plymouth State University, and violinist Sava Thurber, winner of the 2021 LRSO student concerto scholarship competition, perform with the Lakes Region Symphony Orchestra on November 6th at Plymouth State University.



COURTESY

others.

Dr. Adam Mayon, PSU’s recent addition to the Piano faculty and music department, joins LRSO for his performance of the Beethoven “Piano Concerto No. 3”. Dr. Mayon is a multi-faceted talent, not

only as a pianist but educator and author as well. He received a Musical Arts degree in Piano Performance from University of Cincinnati College - Conservatory of Music, with previous degrees from Eastman School of Music and Loyola Uni-

versity New Orleans. Adam is a dynamic performer and musical interpreter, often performing 4-hand piano works with his wife Zi Liang, also a collaborative pianist at PSU.

Tickets to all performances are on sale now at www.LRSO.org. A reminder to our long-time

patrons, all ticketing is now done online with reserved seating at all venues except PSU.

LRSO performs with a home-town flair that is comfortable, familiar, and uplifting. We invite you to give us a try. Live orchestral music is an amazing experience!

About The Lakes Region Symphony Orchestra

The Lakes Region Symphony Orchestra is a Meredith-based, non-profit orchestra that performs throughout the fall, winter, and spring months. Orchestra members range in age from teens through retired seniors, representing over 30 communities in the Lakes Region and beyond. For over 40 years the Orchestra has been focused on showcasing young talent and providing a venue for local musicians to perform orchestral music ranging from classics to contemporary, all in the valued community setting of the Lakes Region of New Hampshire.

Sununu visits Canterbury Shaker Village



COURTESY

New Hampshire Gov. Chris Sununu visited Canterbury Shaker Village on Thursday, Oct. 21.

CANTERBURY — New Hampshire Gov. Chris Sununu visited Canterbury Shaker Village on Thursday, Oct. 21. Accompanied by Executive Director Leslie Nolan and Board of Trustee members, Sununu was led through the Village by longtime tour guide Bill Naughton.

On his first visit to the Village since taking office in 2017, Sununu, a graduate of MIT, was impressed by the technologies of the Canterbury Shakers and their accomplishments in en-

gineering. He especially appreciated the mechanics of the Laundry Building and enjoyed a behind-the-scenes look at the Shaker Sisters’ last car, a mid-1970’s Pontiac Bonneville.

“Welcoming Gov. Sununu to Canterbury Shaker Village was a tremendous opportunity to showcase the work being done to restore the infrastructure of this National Historic Landmark,” said Nolan. “We were eager to discuss the results of recent grants awarded by New Hampshire Land and Community

Heritage Investment Program, New Hampshire Humanities, New Hampshire State Council on the Arts, and the National Endowment of the Humanities.”

The Village is grateful for the Governor’s genuine curiosity about the Shakers’ history as well as his careful consideration of the museum’s future preservation.

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Clash of the horror titans

With Halloween taking place in four days, we figured we'd have a bit of fun and pose the question who's scarier — Freddy or Jason?

For those not in the know, Freddy Krueger is the lead character from the 1980's movie series, 'A Nightmare on Elm Street', created by Wes Craven. Donning a black hat and a red and grey sweater, Krueger played by Robert Englund, literally gave all of us '80's kids nightmares for months. With his face shredded and his claw hand, we all definitely slept with the light on for a while.

Enter Jason Voorhees from the famous "Friday the 13th" movies. Voorhees was the young son of a camp cook turned killer, Mrs. Voorhees. This film was created by Victor Miller, Ron Kurz, Sean Cunningham and Tom Savini. The plot begins with a group of teenagers on vacation at a lakeside camp. One by one they start to disappear. What could be scarier than a hockey mask, machete wielding ghost?

A poll we conducted revealed that Freddy is the scarier of the two leading men. This revelation may not offer us anything of real value, but it does give us some insight on what the majority considers 'scary.' We remember watching the "Nightmare on Elm Street" series as adults and actually laughing during parts we thought were scary as youths.

One reader replied, "Freddy, because he's in your dreams."

Another brought up a good point: "You can run away from Jason, but not Freddy."

Another reader took the question quite seriously and gave us a great answer: "I'd argue that Jason was more the product of childhood trauma. A missing father, mentally ill mother who goes on a killing spree after she thinks he's drowned. Freddy's supernatural capabilities far surpass Jason. So I'd say Freddy."

"Freddy is the scarier of the two, but Michael Meyers is a true problem," remarked one person.

Another said, "Freddy, because you can't resist falling asleep, and with Jason there are no facial expressions."

One person called it a draw, stating "Can't do it; it's like the chicken and the egg question. Props to Freddy for the nightmares but props to Jason for the daymares."

We got a chuckle out of 'daymares.'

Of course, our Executive Editor and movie buff gave his take: "Freddy, but I'm going to qualify my answer by saying Freddy from the first two 'Nightmare' movies, before they turned him into Don Rickles in a striped sweater."

We can't write an editorial regarding scary characters without mentioning Gollum from the "Hobbit" and "Lord of the Rings" franchises. No one is scarier than Gollum, and he did it without even trying.

With that, we hope you enjoy Halloween, half off candy sales, a scary movie or two and enjoy the beautiful fall weather before the snow flies.



COURTESY

Christmas in October

The local Franklin Coed Adult Softball organization held a "Christmas in October, It's for the Kids!" softball tournament, where 20 teams participated and every player was asked to bring a toy/toys for children whose family could use a helping hand during the up coming holiday season. Two trucks full of toys were delivered to the St. Vincent de Paul's Children Foundation so the toys could be distributed to families with children during the Christmas Angel Program being held the first two weeks of December. From Left to right: Kyle Kaplan, Tournament co-coordinator, Justina Sawyer-Photography/Publicity coordinator, holding Colton Miller, Don Miller, Tournament co-coordinator and Sue Page, St. Vincent de Paul Children's Foundation. Missing from the photo is Cary Kaplan- Snack Shack coordinator.

STRATEGIES FOR LIVING

On Paradise in a rock quarry

BY LARRY SCOTT

Golgotha, better known as Calvary, was a rock quarry servicing the city of Jerusalem. Perhaps no longer used as a quarry by the time of Jesus' crucifixion, it marked the place God's Son gave His life as a living sacrifice for sin. And it was there two thieves, crucified beside Him, decided whether paradise was for them an empty dream ... or a last-hour, life-altering promise.

One thief, defiant and proud, and unrepentant to the very last, challenged Jesus to do for him what he could not do for himself. "Come on, Jesus, get yourself and the two of us out of this mess!" He would go down fighting, none the better for his traumatic

encounter with the Son of God.

The other thief, however, turned to Jesus for help during the last moments of his life. He knew he was getting what he deserved. He appealed to Jesus anyway and discovered God never turns His back on an open heart. "Remember me when you come into your kingdom," he said, and Jesus, fighting through the agony of nightmarish pain, took a moment to reassure the man. "Today you will be with me in paradise." Before the sun set, society's first Christian would find himself in the presence of Almighty God. A lonely thief he may have been, but from a rock quarry, he discovered paradise.

An old Christian

hymn says, "Were you there when they crucified my Lord?" and, truly, we all were there. Two men who met Christ for perhaps the first time in their miserable lives spoke for you and me, each making a choice that would have eternal implications.

For some, Jesus Christ was little more than a historical figure, a deluded rabbi, a wandering mendicant who had little to say that is relevant in our day and time. Evaluate the facts, however; study the record, and read the New Testament writings of the Apostle Paul, and you will understand why Christians believe they have discovered the essence of life in a first-century rock quarry, and the key to para-

dise.

If I were to tell you what Jesus Christ has done for me, and of the changes my faith has brought to my life, you would understand why I write as I do.

I spent several years on the road as a long-haul trucker, free to do as I pleased, and no one would have known the difference. I stayed true to my faith, however, and during this time, the darkest period of my life, I discovered God cared about me, found Jesus Christ to be a viable force in my life, and discovered a faith that, indeed, made a paradise of my world.

For further thoughts like these, follow me at in-defenseoftruth.net.

North Country Notebook

Notes in an old jar, hanging from a tree



By JOHN HARRIGAN
COLUMNIST

A while back, I was reminiscing with son Mike about an overnight trip into the woods we took when we lived on Route 2 just east of Jefferson. It was not your typical sleepover in the back yard, but instead involved two of the principal peaks north of the Presidentials, and took us navigating the woods by dead reckoning.

The peaks were Mount Starr King at 3,907 feet, and its neighbor Mount Waumbek at 4,006. Our

house, far below, was the so-called "red school house," opposite the Cedric Phelps Road (it was never a schoolhouse so far as I could determine, but was indeed a sort of institutional red).

This was in the mid-'80s, when Mike was around 12. We bush-whacked up the southeastern slopes of Mount Starr King, named for the Rev. Thomas Starr King (1824-1864). The going got more difficult as we neared the summit, mainly because the ground-cover became mostly scrub spruce. This became head-high and then waist high, and ever-more intertwined and impenetrable, and now and then I grabbed Mike by the knees and pushed him through to where he could grab a handhold.

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Many summits have histories of being cleared of low growth for the views they could afford, Mount Star King's included, but that was decades ago, so we didn't tarry. Instead, we took a couple of side-trails to views of the Presidentials, and then headed for the summit of Waumbek, reached via an old path through old growth along the backbone of a connecting spine.

Somewhere in my reading I remembered mention of an old message-jar supposedly hanging from a tree atop Waumbek, so we fanned out (difficult for a group of two) and soon found it. Inside were several notes from visitors over the years, and I added ours to the mix and returned the jar to its perch.

After a light lunch,



COURTESY

Hiking right into cold weather is nothing new to many of New England's major peaks, as attested to by this fieldstone fireplace near the top of Mount Starr King. (Photo courtesy northeasthikes.com)

I took a compass bearing on the headwaters of a little brook over the hump in the Kilkenny Basin, although I didn't really need it, having hunted the area often. But that's why they make maps and compasses.

Best friend John Lanier was supposed to pick us up on the Kilkenny Loop Road at around noon the next day. We'd never live it down if we were late.

We made our bunks the old way, collecting fir

balsam boughs soft on their ends with spring growth, and layering them so the softest parts of the boughs were uppermost, like shingles.

NOTEBOOK

CONTINUED FROM PAGE A4

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Making camp this way always reminds me of accounts about people who travelled through the primeval forests of the East in the late 1600s, with only what they could carry on their backs. These were the trappers, long-hunters, adventurers, and explorers. Ultimately, they supplied the information needed by the treaty-makers of wars between European rulers, who annexed and ceded huge parts of the

New World like so many chessboard pawns.

The surveyors and map-makers were often commissioned by the nobility, who were granted lands in the colonies and beyond as the spoils of war. They could afford provisioners and camp-helpers, and established a series of base camps so they could hopscotch across the land, doing their meticulous work.

A Colonial surveying team was using rod and chain to detail what the Indians already carried

(more or less) in their heads. Known today as First People, they described great swathes of lands in terms of watersheds--the lands drained by the Androscoggin, Piscataqua, Merrimack, Ashuelot, and Connecticut rivers, for example. These lands, often vaguely described, were often "sold" by alleged chiefs or sub-chiefs--the supposed representatives of people who had no notion of private property, all lands being held in common.

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At some point early in my newspapering career; when I was mentally collecting material that would stay with me for life, somebody told me about the old habit that summit visitors had of leaving notes in bottles.

This, I think, was Casey Hodgdon of Gorham, a high-country forest ranger who as a side-job held surveying rods for famed mapmaker and mountaineer Brad Washburn. Casey carried a good deal of mountain legend and lore around in his head, and I was lucky to hike with him

for many a mile.

Early travelers and, in a way, explorers were the advance scouts for successive waves of peak-baggers, who at least at first wanted to leave evidence that they had visited such places, so unusual were their destinations. The notes said, in essence, "Kilroy was here." Often, they contained an addendum or two, like directions to the nearest spring.

Either way, I've looked all around whenever I've reached some seldom-known summit in

some seldom-known place, a summit once known to some and perhaps sought by many, but now overgrown by hardy, century-old spruce, with no evidence of anyone at all but a few notes in a jar, over there somewhere, swinging from a branch.

(Please address mail, including phone numbers for questions, to campguyhooligan@gmail.com or 386 South Hill Rd., Colebrook, NH 03576.)

Take a trip on the “Horror Express” with LRPA this weekend

LACONIA— Do you like scary movies? If you do, then LRPA TV has got you covered! Celebrate the scariest month of year with our Fifth Annual Shocktoberfest, a month devoted to vintage horror films. For our final weekend (Oct. 29 & 30), we present the 1972 horror/sci-fi thriller “Horror Express,” starring Christopher Lee and Peter Cushing, with a cameo by Telly Savalas!

The year: 1906. While on expedition in remote Manchuria, British anthropologist Alexander Saxton (Lee) discovers the remains of a primitive creature that may be the “missing link” in human evolution. The specimen is packed in a crate to be shipped back to Europe on the Trans-Siberian Express. Also boarding the train in Shanghai is Dr. Wells (Cushing), a colleague and friendly rival of Saxton’s in the British scientific community. Saxton has some trouble getting

his discovery onto the crowded train. While the crate sits on the platform waiting to be loaded, a thief dares to peek inside at contents. Minutes later he is found dead, his corpse bleeding from blank, white eyes. Panic ensues, and a Russian monk claims that the crate’s contents are evil and must be destroyed. Saxton dismisses the monk’s warnings and the train, loaded with passengers and the specimen, begins its long journey to the West. Dr. Well’s curiosity about the crate gets the best of him, and he bribes a baggage handler to look inside and report back with his findings. The handler never gets to tell Wells what he sees, because staring at the creature’s red eyes puts him into the same death trance that killed the thief on the platform. The creature escapes and begins a murderous spree. Saxton confesses his discovery to Wells and together, they race against time to contain

the beast and stop the killings. Yet each time they seem to get closer to stopping the carnage, someone else aboard the train gets drawn into the killings. How can one creature attack so many passengers? What is the secret of the mysterious creature?

When “Horror Express” was first released in 1972, it was ignored by critics. Yet over the years, it has grown into a cult favorite for its mash up of genres, including horror, sci-fi and period adventure-thriller. The story was adapted from John Campbell Jr.’s novella “Who Goes There?” which was the inspiration for the films The Thing from Another World and both versions of “The Thing.” “Horror Express” is also notable for its two leads, British Hammer Horror greats Christopher Lee and Peter Cushing. The two actors were colleagues and friends. In fact, legend has it that Cushing, whose wife had died ear-

lier that year, arrived on the set and told the director that he couldn’t work on the film because he was still in mourning. Lee stepped up and worked closely with Cushing to create a relaxed and supportive atmosphere on the set – and the film was finished on time. Fans return to “Horror Express” again and again for its brisk pacing, quirky characters (Telly Savalas’s cameo is a true 1970s pleasure!) and its comically dark humor. What’s not to love? So grab your candy corn and join LRPA after dark on the train ride of your life – or death!

Mark your calendars for Shocktoberfest’s final Halloween treat: Oct. 29 & 30: “Horror Express” (1972) And coming next month: Noir in November!

You can’t find television like this it anywhere but LRPA TV, Atlantic Broadband 25. Not

a subscriber? Log onto www.live.lrpa.org and catch all the fun.

About Lakes Region Public Access Television (LRPA)

Lakes Region Public Access Television (LRPA) is a nonprofit, noncommercial public access TV station and community media center located on the Laconia High School campus in Laconia, NH. LRPA streams via the web at live.lrpa.org, and cablecasts locally on Atlantic Broadband Channel 24 (educational programming), Channel 25 (information and entertainment) and Channel 26 (government meetings) to nearly 11,000 viewers in our member communities of Belmont, Gil-

ford, Laconia, Meredith and Northwood. Programming is produced by and for the people of the greater Lakes Region. LRPA’s mission is to empower our community members to produce content that fosters free speech and the open exchange of ideas, encourages artistic and creative expression, promotes a well-informed public through governmental transparency, and unites our communities through the power of media and technology. LRPA’s slogan: Community empowered by media. Visit us on the Web at www.lrpa.org.

BHS students hosting Climate Summit

BELMONT — Chris Pare and William Riley, Co-Presidents of the Outdoor Environmental Club at Belmont High School, are launching another Belmont Climate Summit on Oct. 28.

The Climate Summit brings climatology leaders from around the state to teach and inspire young people. Chris Pare, a senior at Belmont High School, believes the climate summit “will help kick-start high school students state-wide into being more environmentally cautious and educated.” William Riley, a junior at Belmont High School, sees the climate summit as “an oppor-

tunity to create new connections between schools throughout New Hampshire, which will hopefully lead towards climate action.”

The students ran a Climate Summit last May, which brought together more than 100 viewers, and six expert speakers, including the State Climatologist, and a former leading NASA Scientist. This year the summit has a theme of “The Effects of Climate Change on Wildlife,” bringing together four phenomenal speakers, including a Dartmouth professor, and the Executive Director of the Squam Lakes Science Center. The

event is set to take place on Oct. 28 from 4-6 p.m. over ZOOM.

The event is being overseen by Outdoor Environmental Club advisors Sarah Deuell, and Adrien Deshaies, both science teachers at Belmont High School. Sarah Deuell says, “New Hampshire’s climate has been slowly changing over the last century. Understanding our impact and what we can do in

our day-to-day choices to mitigate climate change in our state is a civic duty. I’m excited to learn how climate change impacts our native wildlife and what the future holds for them.”

For more information and to sign up for the event, please visit their Web site: <https://sites.google.com/sau80.org/outdoor-environmental-club/home>.



News, really close to home

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November 11 at 7pm

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This project was made possible with support from NH Humanities, in partnership with the National Endowment for the Humanities.

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Edward Jones: Financial Focus

Protect your financial information online

If you’re an investor, you probably enjoy the convenience of managing your accounts online. But you’ll also want to make sure that you’re not making it convenient for hackers, “phishers” and others with bad intentions to gain the same access. Fortunately, there’s a lot you can do to protect your privacy. Here are a few suggestions offered by the U.S. Securities and Exchange Commission:

- Use a strong password or passphrase. You’ll want to pick a password that would be virtually impossible for anyone to guess, employing capital and lowercase letters, plus symbols and numbers. Of course, you’ll want to record the password in a secure place so you won’t forget it. Instead of using a password, you may have the option of choosing

a passphrase, which contains a series of words strung together. You’ll want to avoid phrases taken from popular culture or that are otherwise commonly used. And it’s also a good idea not to use phrases containing your name, birthday or other personal identifiers.

- Activate your account alerts. When you turn on your account alerts, you’ll receive text messages or emails notifying you of certain activities, such as account logins, failed account login attempts, personal information changes, money transfers, adding or deleting of external financial accounts, and more. These alerts can help you monitor your accounts for fraud and verify your own moves, as well.
- Avoid using public computers to access investment accounts. If

you’re at a hotel or library, try to avoid the temptation to use the computer to check in on your investments. But if you do use a public computer, at least take proper precautions. For starters, don’t leave data on a screen and walk away, even for a moment. And when you’re finished with the computer, log out of your account to end the online session. You may also want to change any password you used.

- Ignore suspicious links. Be suspicious of emails or text messages containing links claiming to be connected to your investment accounts. These links could take you to websites designed to solicit sensitive account information, which could then be used

for financial or identity theft. Even if the link seems to be coming from a business you know, you’ll want to be quite cautious – experienced “phishers” can now create websites or online documents that look real. And keep in mind that legitimate investment firms will not ask you to divulge personal information without going through the password or two-step authentication protocols already described. The ability to connect with your investment accounts online can be extremely useful to you – and you’ll feel more comfortable about these interactions if you know you’ve done all you can to safeguard your information.



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Before investing in bonds, you should understand the risks involved, including credit risk and market risk. Bond investments are also subject to interest rate risk such that when interest rates rise, the prices of bonds can decrease, and the investor can lose principal value if the investment is sold prior to maturity.

Golden Eagles strong early, but Plymouth pulls away for the win



JOSHUA SPAULDING

Gilford-Belmont's Hutch Haskins tries to haul down Plymouth's Dylan Welch in action on Saturday afternoon.

BY JOSHUA SPAULDING
Sports Editor

GILFORD — Gilford-Belmont football coach Josh Marzahl knew his team would have to play close to perfect in order to beat Plymouth on Saturday.

Plymouth football coach Chris Sanborn was hopeful his team would bounce back from a flat loss the previous week against St. Thomas to clinch a playoff berth.

Both teams came out in the first quarter and basically did what they needed to do, with the Golden Eagles holding the Bobcats to just three points in the frame, but Plymouth turned the heat up the rest of the way and pulled away for the 40-13 win to earn a spot in the Division II tournament.

"We needed to get back on track, we didn't play well last week," Sanborn said. "We lacked intensity and focus, I was very disappointed in that."

"We still made some mistakes, but we definitely had more intensity," the Bobcat coach said. "The seniors brought the intensity today."

"We knew to win we had to be close to perfect," Marzahl said. "We weren't as close to that as we needed to be."

"Our defense was definitely a little banged up and a little gassed in the second half," he added.

Plymouth started the game with their traditional ball-moving down the field, with Anthony Ciotti and Matt Cleary doing the carrying. However, on fourth and three inside the 15-yard line, Michael Macaione came up with a huge stop and

Gilford-Belmont got the turnover.

After Austin Normandin carried a pile of would-be tacklers on the first play for 22 yards, the Golden Eagle drive stalled and they punted away. Two plays later, Normandin got to Plymouth quarterback Kurtis Cross as he was throwing the ball and Macaione got the interception to the hosts the ball back.

The Golden Eagle drive didn't last too long, as on the third play from scrimmage, the ball was fumbled and Jaivon Cadore came up with the ball for the Bobcats. Plymouth then moved the ball down the field exclusively with the legs of Ciotti, getting to the four before the Gilford-Belmont defense held tight and forced a field goal try, with Will Fogarty booting in through from 21 yards out for the 3-0 lead.

Gilford-Belmont went three and out on the next drive and Plymouth closed out the quarter with a runs from Dylan Welch and Brock Tanner. The second quarter started with the Bobcats moving the ball with Welch, Ciotti and Tanner carrying the ball. Ciotti scored from one yard out with 6:41 to go in the first half and Fogarty's extra point made it 10-0.

The Plymouth defense again held the Golden Eagles to a three and out. Macaione and Hutch Haskins had big defensive stops for Gilford-Belmont to put Plymouth in a fourth and one situation, but Welch picked up the first down. One play later, Tanner broke free for a 65-yard touchdown run and Fogarty's extra point gave the Bobcats the 17-0 lead.

The Golden Eagles didn't wait long to get on the board, as quarterback Isaiah Reese hit Logan Grant with a pass along the Plymouth sideline and Grant went all the way to the end zone for an 81-yard touchdown with just a tick less than three minutes to go to make it 17-7.

Gilford-Belmont pinned Plymouth inside the 25 with the ensuing punt, but a pass to Jake Crowley picked up 13 yards on the first play and a pass to Welch picked up another first down as the Bobcats moved down the field quickly. Welch carried in from three yards out with 30 seconds to go and Fogarty's foot made it 24-17. Gilford-Belmont attempted to get to the end zone and got to the 11-yard line before having to settle for a field goal attempt, which missed the mark and Plymouth took the 24-7 lead to halftime.

On the third play of the first drive of the half, Crowley came down with an interception for the Bobcats and on the first play of Plymouth's ensuing drive, Tanner caught a Cross pass for a 26-yard gain inside the 10 and on fourth and goal from the one, Ciotti carried in and the extra point made it 31-7 with 9:06 to go in the third.

Reese carried for a first down on Gilford-Belmont's next drive and hit Haskins with a pass and



Michael Macaione shows off the ball after an early interception against Plymouth Saturday.

Michael Kitto carried on fourth and inches for a first down. After Reese ran for another first down, a fumble on the next play was recovered by Plymouth's Mason Lesard and the Bobcats had the ball back.

Plymouth's drive didn't last long, as Zakary Ober intercepted a Cross pass on the first play of the drive and Gilford-Belmont needed just four plays to get to the end zone, with Reese connecting with Haskins on fourth down for a 13-yard touchdown pass. The Golden Eagles went for two and Plymouth's lead was 31-13 with 5:45 to go in the third.

Ciotti and Tanner carried the ball for the Bobcats on the next drive and on fourth and eight, Cross hit Brennan Johnson with a screen pass, but it came up just short of the first down mark and Gilford-Belmont took over.

Four plays later, Nate Ruff picked off a Reese pass and the Bobcats had the ball to end the third quarter. Two plays into the fourth quarter, Ciotti ran in his third touchdown of the game from one yard out and Plymouth led 38-13 with Fogarty's extra point.

Cadore, Lessard and Caden Sanborn combined for a sack on the first play of the next Golden Eagle drive, but Reese broke free for a big run that got the hosts inside the 25. However, they couldn't convert on

fourth and 15 and Plymouth took over. Parker Eastman took over as quarterback and the Bobcats eventually had to punt away. Tyler Dekutowski recovered a Gilford-Belmont fumble on third down a play after a Calvin Swanson sack, but Plymouth went three and out, thanks in part to a good defensive stop from Riley Marsh for the Golden Eagles.

Gilford-Belmont was pinned deep and a bad snap sent the ball out of the end zone on the second play of the next drive, earning the Bobcats a safety and they took a knee to run out the clock on the 40-13 win.

"We came out flat last week (against St. Thomas) and we learned you can't do that and win football games," Sanborn said. "We battled and came out with a good win and got into the playoffs."

"I saw some good stuff today," the Bobcat coach noted, pointing out it was nice to get senior captains Eddie Camp and Swanson back after not having any of the three captains available for last week's game (Joe Peters has been out since early in the season). "It was good to get a win against a pretty good team."

Sanborn noted next week's regular season finale should have a big crowd for Bobcat Nation Day and with the Chuck Lenahan dedication, it should be a big day.

Because of the loss the previous week, however, it will be the final home game, as the Bobcats will have to go on the road in the playoffs.

"I thought our defense did a nice job today," said Marzahl. "Looking at the scoreboard, 40 points looks like a poor defensive effort, but I thought on the field, the play of the defense was better than a 40-point game."

He noted that Plymouth has a way of chipping away play after play and that can wear down any team.

"They are really good at not getting negative plays," he said. "I also thought our offensive line did well."

In that vein, he praised the work of Macaione, who had some good pressure up front from the nose tackle position.

The Golden-Eagles head to the final week of the regular season treating their game at St. Thomas as a one-game playoff.

"We're treating it like a one-game playoff," Marzahl said. "If we win, we have a shot of getting into the playoffs."

Gilford-Belmont will be at St. Thomas on Friday, Oct. 29, at 7 p.m. and Plymouth will be hosting Sanborn on Saturday, Oct. 30, at 2 p.m.

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

Lewis, Edgren pace Belmont at Capital Area Championships

BY JOSHUA SPAULDING
Sports Editor

PENACOOK — The Belmont cross country team wrapped up the regular season with a trip to Penacook for the Capital Area Championships, held at Merrimack Valley High School on Thursday, Oct. 21.

The Belmont boys finished in 13th place overall on the day.

The Raiders were led by Baidyn Lewis, who finished in 39th place overall in a time of 20:11.

Tanner McKim was next, finishing in 44th place in 20:42 and Chris Pare finished in 22:15 for 62nd overall.

Tyler Durand was 69th in 27:45 and Cody Annis rounded out the scoring with a time of 23:36 for 76th place.

Kaine Stevens finished in a time of 26:08 for 82nd place.

Alyssa Edgren led the Belmont girls with a time of 23:01 for 27th place overall.

Rebekah Edgren was 39th overall with a time of 24:07 and Adeline Takantjas was 47th overall with a time of 24:32.

Aspen Fillebrown finished out the field of Raiders with a time of 27:23 for 73rd place.

In the combined JV race, Evan Christensen finished in 40th place in 25:13, Michael Annis was 62nd in 29:09 and Isabella Lewis was 81st overall in 36:38.

The Raiders will now

be competing in the Division III State Meet, which takes place at Manchester's Derryfield Park on Saturday, Oct. 30. The girls will be racing at 10 a.m. and the boys will follow at 10:40 a.m.

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



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Volleyball Bears fall to Knights in home finale



Triniti Carter goes up for a hit in action against Kingswood on Friday night.

JOSHUA SPAULDING

BY JOSHUA SPAULDING
Sports Editor

TILTON — The Winnisquam and Kingswood volleyball teams hit the court on Friday night as the regular season drew near an end.

The Knights were able to finish their season with a 25-17, 25-11, 25-19 win, though the Bears were able to bounce back and pick up a 3-2 win the following day in Peterborough to wrap up their season.

“I thought that was a good, strong finish for us,” said Kingswood coach Lynette Place. “We did a lot of good things, we passed the ball well and our serves were more consistent than they have been.”

“We’ve made super huge improvements (since the beginning of the year),” said Winnisquam coach Rachel Guyer. “There was a lot of individual play at the beginning of the year, but tonight they showed how they can be as a team.”

Kingswood came out and took care of business in the first set, winning by a 25-17 score and the second set saw the Knights pull away late. They were up 16-11 when Sophie Moulton stepped to the service line and proceeded to close out the game with some strong serving. She had five aces in the run of nine points, with Harmony Drenning chipping in with a nice block along the way and the Knights took the 25-11 win for the 2-0 lead.

The strong serving continued into the third set for the Knights, as Dakota Turner had a

couple of aces and got the Knights out to a 6-0 lead. Brooke Tasker and Drenning helped out with big hits before Winnisquam’s Triniti Carter got a hit to get the Bears on the board.

Tasker and Carter exchanged hits and Winnisquam got a pair of service aces from Delaney Skourtis to pull close at 7-6. After a Kingswood point, hits from Carter and Laura Slate allowed the hosts to tie the set at eight. Kingswood went up by one but again Winnisquam pulled even.

Gillian Seigars came through with a couple of big hits for the Knights, but Winnisquam didn’t back down and tied the match at 10 and 11 and took a 12-11 lead. Tasker pulled Kingswood even at 12 with a hit and after the Knights went up by one, Turner had a service ace to help the Knights pull out to a 15-12 lead. Amber Dolliver had a good return for the Knights and Moulton added a service ace as the Knights went up 18-13.

Slate came up with a good block for the Bears, but Drenning responded with a hit for the Knights. After a Seigars hit, Tasker came through with an ace and Kingswood was up 21-15. Slate got a service ace for the Bears but a good play from Turner answered on the other side of the net.

Kingswood got a service ace from Mariah Aikens to go up 24-17 and after a couple of points from the Bears, the Knights were able to close out the 25-19 win

and the 3-0 victory to close out their season.

“It was nice to finish feeling strong,” said Place. “The last couple of days, they’ve worked harder than they have all year (in practice). They’re figuring some things out and they’ve had a heck of a lot of energy,” Place continued. “It carried over into today.

“They’ll go (into the playoffs) feeling they can do a lot of damage,” the Knight coach said.

“COVID impacts everything and I think the girls did really well adjusting to everything,” said Guyer, who noted that different people were out at different times and people had to be moved around the court. “They did a good job going into new positions and trusting me as a coach.

“It only brightens things for the future next year,” the Bear coach added.

Kingswood finishes the regular season at 8-8 and Winnisquam, with the 3-2 win over Con-Val on Saturday, finishes at 5-11.

The Division II volleyball tournament was slated to kick off after deadline on Wednesday, Oct. 27, and continues on Friday, Oct. 29, both at the home of the higher seed. The semifinals are set for Wednesday, Nov. 3, at Pinkerton Academy in Derry at 5 and 7 p.m. Full brackets are available at nhiaa.org.

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



Alexia Baker bumps the ball during her team’s game with Kingswood on Friday.



KATHY SUTHERLAND

Season finale

Ryan Warr of Prospect Mountain and Manny Mahoney of Belmont chase after the ball in the regular season finale for both teams on Friday in Alton. Belmont picked up the 3-1 win over the host Timber Wolves. The Division III tournament opened after deadline on Tuesday. The quarterfinals are Friday, Oct. 29, at the home of the higher seed and the semifinals are Monday, Nov. 1, at Bank of New Hampshire Stadium in Laconia at 4 and 6:15 p.m.

WINNISQUAM REGIONAL SCHOOL DISTRICT SCHOOL DISTRICT CLERK

The WRSD School Board has an opening for School District Clerk. Interested candidate must reside in Northfield, Sanbornton or Tilton and be a registered voter.

Please submit a resume and letter of interest to:

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Winnisquam Regional School Board
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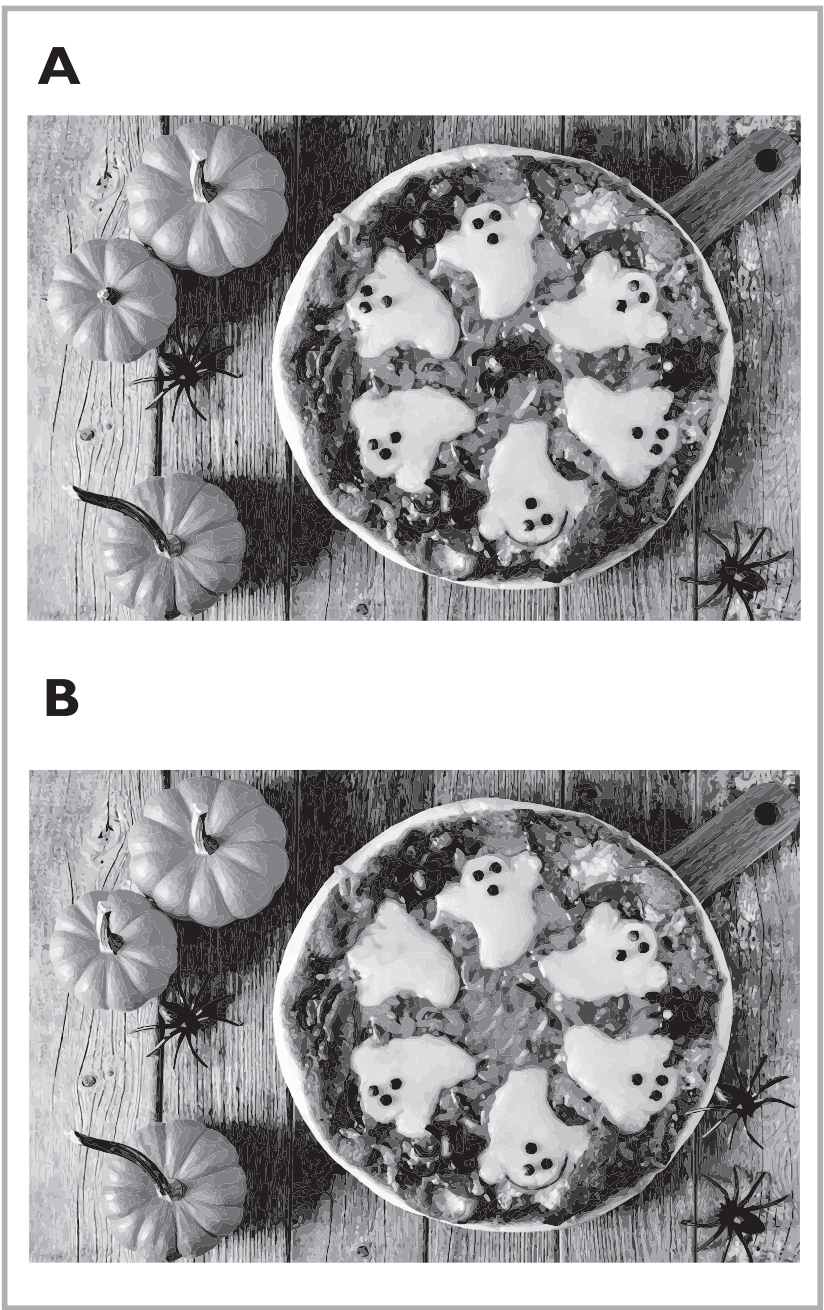
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What’s the Difference?

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



Answers: 1. Extra spider on right 2. No spider in center of pizza 3. No eyes on ghost 4. Pumpkin on middle left has bigger stem

THIS DAY IN...



HISTORY

- **1415:** THE BATTLE OF AGINCOURT BETWEEN ENGLAND AND FRANCE TAKES PLACE.
- **1760:** KING GEORGE III OF BRITAIN IS CROWNED.
- **1940:** BENJAMIN O. DAVIS IS NAMED THE FIRST AFRICAN AMERICAN GENERAL IN THE U.S. ARMY.



PHANTOM

ghost or figment of the imagination



HALLOWEEN TRACES ITS ORIGINS TO THIS COUNTRY.

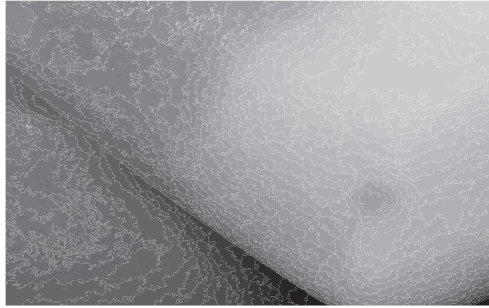
ANSWER: IRELAND



- ENGLISH:** Ghost
- SPANISH:** Fantasma
- ITALIAN:** Spettro
- FRENCH:** Fantôme
- GERMAN:** Geist



TO HELP A JACK-O'-LANTERN LAST LONGER AFTER IT'S BEEN CARVED, LEAVE THE STEM INTACT AND CUT A HOLE TO INSERT A LIGHT IN THE BACK OR BOTTOM OF THE PUMPKIN, INSTEAD.



Can you guess what the bigger picture is?

ANSWER: CANDY CORN

ABCDEFGHIJKLMNOPQRSTUVWXYZ

CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to kitchens and baths. Each number corresponds to a letter. (Hint: 18 = O)

A. 13 17 4 5 20 10

Clue: Where water comes out

B. 5 18 4 15 10 20 11

Clue: Flat-topped fixture

C. 11 20 15 18 22 17 10 20

Clue: Restore or rebuild

D. 13 9 18 18 11 6 15 26

Clue: What's underfoot

Answers: A. faucet B. counter C. renovate D. flooring

SUDOKU

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

Level: Intermediate

Here's How It Works:

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

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

ANSWER:

BATTLE

CONTINUED FROM PAGE A1
outplayed us. So, the fourth quarter we went very defensive-minded with Lindsey (Lacasse) back on defense.”

“I have never been so impressed with this team,” said Winnisquam coach Samantha Magoon. “All five seniors gave it their all today. I couldn’t be more proud.”

The game started with some good chances from both teams, as Kelsey Rotonnelli had a nice defensive stop for Winnisquam on a good bid from Savannah Bradley of Newfound and then Winnisquam’s Lexi Poole had a shot blocked at the other end. Bradley made another run in, but again it was Rotonnelli there to make the defensive stop. Kaitlyn Carey also had a good defensive stop for the visitors, as Adeline Dolloff made a run into the zone for the hosts.

Ella Macdonald had a shot go wide for Newfound and Poole sent a good ball up the other way, but the bid from Brayden Rose went wide of the net. Newfound’s Cassie Zick made a nice clear of a crossing pass by Rose and Emma Griffin had a shot deflected wide for the visitors.

Winnisquam had the game’s first corner, with Carey getting in close with a chance that Newfound keeper Ali Normandin stopped and Maggie Bednaz cleared away the rebound. Doll-off had a shot go wide at the other end of the field.

Newfound was able to get on the board with 3:23 to go in the first quarter, as Bednaz ripped a shot

top shelf past Winnisquam keeper Becca Kulengosky on a penalty corner and Newofund had the 1-0 lead.

Sophia Braun had a couple of good defensive clears for the Winnisquam girls while Griffin sent a ball up to Rose, only to have Newfound’s Mackenzie Jenkins turn the ball the other way. Poole sent a ball through the crease for the blue and white Bears and Newfound came back with a couple of corners as the first quarter ended, but they could not convert and the score was 1-0 for the hosts after one.

Newfound had the early chances in the second half, with Bradley making a run that Carey was able to stop and then Macdonald sent a nice crossing pass that just missed Bradley. Doll-off had a shot that was blocked by Braun.

The hosts had the first corner of the half and Zick got a shot that went off a defender and toward the net, but Kulengosky was there to make the save. Dolloff made another run that Rotonnelli was able to stop and Macdonald sent a crossing pass into the circle that Rotonnelli cleared.

Newfound doubled the lead to 2-0 with 8:41 to go in the first half, as Douville had her shot blocked, but Dolloff was there to put the rebound in the net for the 2-0 lead. Rotonnelli continued her strong defensive play, with a good stop on Dolloff and Zick had a shot that was stopped by Kulengosky. Carey made a nice run in for Winnisquam and Poole also had

a shot, but Douville was there to block the bid.

Winnisquam had a couple of late corners in the second quarter, with Poole getting a shot that Normandin stopped and Carey had a shot that Bednaz was able to block and the game went to the half with Newfound up 2-1.

The third quarter started with Newfound getting a couple of corners, but Braun and Carey turned in good defensive stops to keep the hosts from upping their lead. Zick sent a nice ball in to Bradley that she put wide and Griffin made a run for the visitors, only to find the Newfound defense in the way. Zick had a shot that Kulengosky stopped and Dolloff found the rebound, but again the Winnisquam keeper was there to make the save.

Newfound continued with a couple more corners, with Douville ripping a shot toward the net, but Rotonnelli was there to tip the ball out of the zone. At the other end, Poole had a shot that Normandin turned away.

Winnisquam came back with a couple of good corner chances, but the hosts were able to turn the bids away. However, with 4:47 to go in the third, Lily Auger sent a shot in on net and Maddie Eberhardt was at the post to tip the ball into the net, cutting Newfound’s lead to 2-1.

Auger had another bid for Winnisquam that was stopped and Carey and Jordan Boelig teamed up on a bid from the visitors that Jenkins was able to turn



Kelsey Rotonnelli makes a defensive stop for Winnisquam on Sunday in Bristol.

away. Winnisquam had a couple more corners in the final minutes of the third, but Zick and Bednaz had solid defensive stops and the game went to the third with Newfound up 2-1.

The two teams exchanged corners early in the fourth quarter, but good defense from Carey and Zick helped their respective teams keep the ball out of the net. Griffin made a nice run up the field for the visitors but Bednaz cleared her crossing pass out of the circle. Dolloff had a long shot that deflected off a Winnisquam defender and almost went in the net, but it rang off the post. Zick and Macdonald teamed up on a chance as well, but Kulengosky held tight. Douville and Dolloff also teamed up for a chance.

The host Bears had three late corners and the third one resulted in a goal, as Douville ripped the shot from the top of the circle and into the net with 23 seconds to go to seal the 3-1 win.

“Between the third and fourth quarters, I told them, it’s not easy to win. Whoever told you it was easy to win, lied,” Williams said. “The Final Four is an honor, appreciate that, step up and play.”

“Winnisquam is not going to roll over and die, they’re good players,” she said of her speech between quarters. “That’s the third time we played them, it’s hard to beat a team three times.”

“When it comes down to it, if you go out there with your heads held high, I couldn’t be more pleased,” Magoon said. “If they show me that, plus good sportsmanship and in the end still have their heads up, I’m happy.”

“They were really stepping it up in that third quarter,” the Winnisquam coach added. “But I’m happy for Newfound and wish them luck.”

Magoon noted that in her playing career at Winnisquam, Franklin

was the big rival, but she said it feels like Newfound has kind of slid into that role the last few years.

“It’s always a good battle with them,” she said.

Newfound finished the regular season at 11-2-1 and Winnisquam finished at 10-3-1.

Newfound moves on to play top-ranked Hopkinton in the Division III semifinals, which take place today, Oct. 28, at 7 p.m. at Bill Ball Stadium in Exeter. Williams noted that New Hampton School was nice enough to let her team use the turf for practice on Monday and Wednesday as they prepare for the playoff game on turf.

“On turf, it’s a completely different game,” Williams said, noting her team could benefit from the artificial surface.

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



Jacqueline Beaulieu chases down the ball during playoff action on Sunday afternoon.



Kaitlyn Carey controls the ball during her team’s playoff tilt in Bristol on Sunday.

LIBRARY

CONTINUED FROM PAGE A1
time, a group of libertarians got together and hatched the Free Town Project, a plan to take over an American town and completely eliminate its government. In 2004, they set their sights on Grafton, NH. The discussion is set for Friday, Nov. 12 at 1 p.m.

Our Friday Fiction book group on Friday, Nov. 19 at 10:30 a.m. to discuss “The Glass Hotel” by Emily St. John Mandel. From the award-winning author of Station Eleven, an exhilarating novel set at the glittering intersection of two seemingly disparate events—a mas-

sive Ponzi scheme collapse and the mysterious disappearance of a woman from a ship at sea.

The Library will be closed Thursday, Nov. 11 and Thursday and Friday, Nov. 25 and 26. It will close early Wednesday, Nov. 24 and be open Saturday, Nov. 27.

The Belmont Public Library is open six days a week and any time at www.belmontpubliclibrary.org, serving the community with books, digital resources, and cultural programming. In 2018, the library celebrated 90 years in the same building and 125 as Belmont’s community library.

GARDUATE

CONTINUED FROM PAGE A1
participant will receive assistance from their financial counselor with completing a loan application, which will be sent to Franklin Savings Bank for review. After the loan has been approved, the applicant will be connected with a TWNH specialist at GrapponeAutomotive Group to pick out a vehicle within their preapproved loan amount and family needs.

“Over the years I’ve heard many, many times how important reliable transportation is for NH residents to be able to thrive,” noted Amanda Grappone Osmer, Owner of Grappone Au-

tomotive Group. “Our team at Grappone is very interested in knowing how we can help hard-working people get into safe, affordable cars. Being able to partner with Lakes Region Community Developers, Home Team and Franklin Savings Bank has allowed us to get creative in attacking that problem.”

Paul McLaughlin, Home Ownership Program Director at HOMEteam, further noted, “All partners in the Take the Wheel Program have been fantastic to work with and truly understand the need for this program, especially in the Lakes Region where many residents are required to commute

for employment opportunities, as well as provide critical transportation for their families. In addition to obtaining a reliable vehicle, families are also learning valuable spending and saving habits.”

Established in 1869, Franklin Savings Bank is an independent, mutually-owned community bank, offering a full array of commercial lending, personal banking and investment services. Headquartered in Franklin, the Bank has offices in Bristol, Boscawen, Tilton, Gilford, Merrimack and Goffstown. Through its wholly-owned subsidiary, Independence Financial Advisors, Franklin Savings Bank also offers

investment, insurance and financial planning services. A recognized leader in providing the latest in financial services technology, Franklin Savings Bank is committed to serving the needs of businesses, families and the communities it serves, through a dedicated team of employees, a diverse line of financial products and services, and continued investment in emerging technology.

Franklin Savings Bank has donated more than 11 percent of its net income to charity since 2009. Visit www.fsbnh.bank to learn more or follow the bank on Facebook, LinkedIn, Instagram, Twitter and YouTube.

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Machine Operator 3rd shift
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Maintenance Mechanic – 2nd shift

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Saturday – 10/30/2021
10:00am-2:00pm
Waterville Valley Resort Conference Center
Love to ski or ride? Come be a part of the WV Family this winter, or longer! Managers will be on site to interview and hire on the spot. WV is hiring for full-time, part-time, seasonal and year-round. Day shifts and evening shifts available. Masks and social distancing are recommended during the hiring fair.

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

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837-2528 or kbrady@sau36.org)

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***Substitute teacher rate of pay is
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Applicants must hold the appropriate NH credential for most positions
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For further information, contact:
Cody Arseneault, HR/Payroll Manager
White Mountains Regional School District, SAU #36
14 King Square
Whitefield, New Hampshire 03598
TEL.: 603-837-9363/FAX: 603-837-2326
Email: codyarseneault@sau36.org

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This paper will not knowingly accept any advertising which is in violation of the law. Our readers are hereby informed, that all dwellings advertised in this newspaper are available on an equal opportunity basis.
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You may apply in person or download an application from our website. All applications should be submitted to:

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20 West Street, Ashland, NH 03217

or you may email to duhlman@belletetes.com.

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Moultonborough School District

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The Moultonborough School District has the following coaching opportunities available for Fall 2021:

Varsity Nordic Ski Coach

Varsity Girls Softball Coach

JV. Varsity Assistant Girls Soccer Coach

JV/Varsity Assistant Boys Soccer Coach

Middle School Boys Basketball

Varsity Assistant/JV Softball Coach

To apply, complete application found at: <http://www.sau45.org/district/employment> and submit along with a letter of interest to:

Chris Wood, Athletic Director

Moultonborough School District

PO Box 228

Moultonborough, NH 03254

or email all documents to: cwood@sau45.org

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NGH Upper Connecticut Valley Hospital

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RN M/S

RN Nurse Manager

RN ED Nurse Manager

RN Surgical Services Manager

RN OR/M-S

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LNA

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LNAs

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EOE

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Assemblers – 2nd & 3rd Shift - Starting Pay \$14.50

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\$.75 per hour shift differential on 2nd shift.

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OPEN HOUSE / JOB FAIR

WEDNESDAY, NOVEMBER 3rd
7:00am to 11:00am

&
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4:00pm to 8:00pm

Machine Operators – All shifts

Assembler – 2nd and 3rd shift

Sanders – 1st shift

Pay starts at \$14.50 plus shift \$.75 differential for 2nd
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starting pay \$16.00 plus \$1.50 shift differential

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(Full Time with Benefits)
Mon. – Fri. 8:00am to 4:30 pm

For more information, please contact
Linda Elliott, Human Resources at lelliott@nchhha.org
Apply online at Indeed.com

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Great Pay & Benefits. Sign-on Bonus for experienced Candidates. Unexperienced Candidates are welcome to apply.

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We continue to grow and we are looking for dedicated associates to join our team.



\$2,000 SIGN ON BONUS*

Assemblers (\$15.50-\$18.60)
Machinist
Shipping Coordinator
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Quality Inspector
Engineering Technician - 2nd shift
Team Lead - 1st & 2nd shift
Quality Engineer
Automation Engineer

* Does not apply to all positions.

New employees are eligible for the following benefits effective date of hire!

- Medical, dental, and vision benefits
- Company-paid life insurance and disability benefits
- 3 weeks paid time off and 10 paid Holidays

Our work environment includes:

- Clean room operations
- Lean manufacturing and 5S methodologies
- Skilled, experienced peers.

Viant Medical has been in the Lakes Region for over 40 years as a leading manufacturer of medical devices. Come join this steady, successful and growing company.

Apply in person at 45 Lexington Dr., Laconia
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Call 528-1211 for more information.



We continue to grow and we are looking for dedicated associates to join our team.



\$2,000 SIGN ON BONUS*

Assemblers (\$15.50-\$18.60)
Machinist
Shipping Coordinator
Machine Operator
Quality Inspector
Engineering Technician - 2nd shift
Team Lead - 1st & 2nd shift
Quality Engineer
Automation Engineer

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Apply in person at 45 Lexington Dr., Laconia
or on line at viantmedical.com
Call 528-1211 for more information.



Help Wanted

Harris Family Furniture in Plymouth is looking for the right person to join our sales team.

Experience with furniture sales is helpful, but not required.

We are looking for a team player that enjoys working with people. Weekends are a must.

Harris Family Furniture offers benefits to full time employees.

If you are interested, please email your resume to russ@harrisfamilyfurniture.com, or stop by Harris Family Furniture in Plymouth to pick up an application.



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**PART TIME WATCHMEN
POSITIONS AVAILABLE**



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Today, MSA Globe continues to lead the market in serving firefighters by providing innovative, head-to-toe PPE solutions that advance innovation in firefighter performance and safety.

MSA Globe employs 400+ employees, operating three plants, in more than 130,000 square feet of manufacturing space.



Open Positions:

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- Utilize a variety of industrial single needle, double needle and programmable machines to stitch one of over 100 operations to complete the firesuit shell or liner
- Cross training may include learning Snapping, Seam Seal, Automated Stitching, and Trim, Material preparation, Labeling, Inspection, Matching and Final packaging.

OPEN TO ENTRY LEVEL CANDIDATES.
We offer an excellent training program!

Special Knowledge, Skills and Abilities Required:

- Able to speak, read and write English
- Have basic knowledge of computers or tablets
- Willing to learn
- Enjoy working with your hands
- Able to sit and/or stand for long periods of time
- Able to lift approximately 30 pounds
- Strong organization skills and high attention to detail

Candidates with experience in the following areas are encouraged to apply:

- Quality Control and Inspection
- Machine Operation
- Assembly / Crafting / Knitting
- Stitching / Quilting

Cutting Room Associate

- Work in a fast paced environment preparing materials and fabrics used to create the firesuits / turnout gear
- Will spread fabric on one hundred foot table, perform quality inspection, and measure and mark fabric to be cut to specification
- Cut fabric into pieces using a Gerber Cutter
- Place cut goods on rolling racks
- Prepare material for other areas of production
- Bag goods

Special Knowledge, Skills and Abilities Required:

- Able to speak, read and write English
- Have basic knowledge of computers or tablets
- Able to use and understand a ruler and measurements
- Must be able to stand/walk, bend, reach and work with your hands for full shift
- Able to assist in team lifting of approximately 30 pounds
- Strong organization skills and high attention to detail
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- ANSI rated safety shoes (composite, steel or alloy toe) and safety glasses required

Full-time associates are eligible to receive: Sign-On Bonus of \$500 after first scheduled work week is completed*, Stay-Bonus of \$500 after 90 days - \$1,000 after 6 months*, Quarterly Bonus*, Competitive Pay, Great Benefits (including Medical, Dental, Vision, 401K and more), Flexible Schedules, Paid Time Off and Holiday Pay, Tuition Reimbursement*, and so much more!

Apply NOW @ msasafety.com/careers

16-4396-MCP / 08.2021


* Terms and conditions apply

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Do you have construction framing or laborer experience but don't want to be out in the cold this winter? Wallace Building Products is a 100% employee-owned business looking to hire for our Danbury NH facility. This position will work with other employees to build rough-framed walls for the construction industry in a shop environment.

We currently offer health insurance, vacation pay, and a retirement plan, monthly bonuses for good attendance and have plans to offer more benefits in the near future. We will also train those who don't yet have experience.

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Ooo LaLa Creative Cakes supports Canal Street neighbors, Penny Pitou Travel

LACONIA — Chef LaShunda Allen is always thinking of new ways to support her community and her local neighbors. During this pandemic, she has watched her neighbors struggle with their business. Certainly, few businesses were hit harder than Penny Pitou Travel. Now that Chef Allen sees them slowly climbing out of this pandemic, she wanted to find a way to celebrate a small victory with their staff. Marie Caprario, Group Specialist at Penny Pitou Travel, is excited to announce that group travel is making its comeback with the launch of their first

group trip since Scotland in the Fall of 2019. Clients that were slated to leave on March 14, 2020 have patiently been waiting through the pandemic for their turn to head out on their adventure to Ireland! The group will depart Oct. 27 and enjoy Fall and Halloween on the Emerald Isle. Penny Pitou Travel cannot express enough their appreciation for their clients that stayed with them through the disappointment of trips being cancelled. Penny Pitou Travel is actively re-scheduling these trips with their clients for new adventures. Group travel is taking off for 2022 and there are many opportunities for travel

when you do not want to go it alone, but prefer to be part of a group. OOO LaLa Creative Cakes created a special IRISH Cupcake just for the staff to join in their celebration of the return of travel, a group ready to explore Ireland for eight days, and our world re-opening. Kim Terrio, new owner of Penny Pitou Travel is seeing the return of travel along with, new clients that now prefer working with a travel agent. OOO LaLa Creative Cakes is a welcome addition to Canal Street and they are what makes this corner of the-world a little sweeter.



From left to right: Kim Terrio, Kim Chase, Penny Pitou and Chef LaShunda.

COURTESY

Laconia nonprofits celebrate “Our Town!”

LACONIA — Inspired by Powerhouse Theatre Collaborative’s November production of Thornton Wilder’s “Our Town,” several Laconia nonprofits have come together to create an interactive program of events for the community which celebrate Laconia. Called “Celebrate Our Town – Laconia,” Powerhouse and the Belknap Mill will team up with Celebrate Laconia, Laconia Historical

and Museum Society, and the Laconia Library offering seven weeks of programs that explore the arts, culture, and history in Laconia. Says, Karen Prior, Executive Director of the Belknap Mill, “As we were thinking of the themes of Wilder’s masterpiece and how it celebrates a small New Hampshire community, we thought it would be nice to reach out to other local groups and brain-

storm ways we could collaborate to expand the impact of each organization to share in the celebration of our small NH community.” Bookended by Powerhouse’s November 19-21 production at the Colonial and its Jan. 7-9 workshop at the Belknap Mill of a new musical which shares many of the same themes of “Our Town,” the “Celebrate Our Town” events will include the Mill hosting

art exhibits of Laconia inspired art from community members and Laconia students as well as three new works of art produced by its Artist-in-Residence Larry Frates with help from community members. The Mill will also host an exhibit on some of Laconia’s history put together by the Laconia Historical and Museum Society. The library will host a discussion about the play, as well as fea-

ture works of local writers. Celebrate Laconia will be working on an online component where people can share stories and more about life in Laconia. There is a Web page (<https://www.belknapmill.org/celebrate-our-town>) set up to share details on all the events as well as information as to how the community can participate by sharing their artwork and stories. Initial confirmed events are already populated on the page and more will be added over time so check back. The first thing people can do who want to participate in the art exhibit is to contact Larry Frates via the website to find out how to join the painting fun, or to contact Jaylene Bengtson who is curating the art work submitted by community members. Tickets are already on-sale for the “Our Town” production via the Colonial Theatre’s website, and patrons can sign up to attend the free discussion at the library on December 1st. Seating is limited.

Says Bryan Halperin, Powerhouse producer and director of “Our Town,” “There are 40 local individuals involved in the production of ‘Our Town,’ but we know there are many more people out there who want to help us celebrate Laconia and can contribute stories and art work, and more or who will want to view the online content, and attend the exhibits and discussions or theatre performances. This collaboration between community nonprofit organizations to celebrate our town is a way to show the city, donors and volunteers of the various organizations that the time, effort and funds committed to these groups produces benefits that the whole community can enjoy together.” As with any public events during this time, Covid could have an impact on the live events. People should check the website for updates on Covid safety precautions and for the possibility of some of the events becoming virtual.

PETS OF THE WEEK

Gannon

Meet Gannon! This big doofus loves to play, go for walks and eat treats. He's an inexperienced fella who needs an experienced owner to help him learn his manners! Gannon isn't a big fan of other dogs or cats, so he's seeking to be the only pet in his new home. Because Gannon is inexperienced with petting and handling, and he's still learning to share his things, he will do best in a home without children. Gannon is currently being treated for a skin condition that may or may not resolve with his current treatment plan. His adopters should speak to their veterinarian, and be prepared for the possibility than Gannon will need to take medication or be on a perscription diet for the rest of his life. If you are looking for a mature dog who needs help learning what love is really all about, then ask us about Gannon!

Cinder

Cinder here, and I have got some stories for you! My background is not like most, making it even harder for you to say no to adopting me. I am quiet around new people, but enjoy petting sessions. I would prefer a quiet home, one where I can warm up at my own pace and be the snuggle bug everyone here at the shelter knows I can be.

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<https://www.education.nh.gov/careers>

The job postings will close on October 29, 2021. Please contact Tracey Frye at Tracey.L.Frye@doe.nh.gov with any questions.

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Breast Cancer awareness

How breast cancer treatments can affect the immune system



Treatment for breast cancer is highly effective. Five-year survival rates for breast cancer have increased dramatically in recent decades, and much of that success can be credited to cancer researchers and campaigns designed to inform women about the importance of screenings.

Breast cancer is highly treatable, but treatment typically leads to some unwanted side effects. According to Johns Hopkins Medicine, women undergoing treatment for breast cancer may experience a host of side effects, including fatigue, pain, headaches, and dental issues. Cancer treatments, most notably chemotherapy, also can take a toll on women's immune systems.

Why does chemotherapy affect the immune system?

Cancer is caused by an uncontrolled division of abnormal cells in the body. According to Breastcancer.org, chemotherapy targets these abnormal cells, but also can affect fast-growing cells that are healthy and normal. So chemotherapy can damage cells

throughout the body, including those in bone marrow. When bone marrow is damaged, it's less capable of producing sufficient red blood cells, white blood cells and platelets. Breastcancer.org notes that the body is more vulnerable to infection when it does not have enough white blood cells.

Does chemotherapy always weaken the immune system?

The effects of chemotherapy on the immune system depend on various factors. According to Breastcancer.org, a patient's age and overall health may influence the effects of chemotherapy on their immune systems. Young, healthy patients may be less vulnerable to infections from weakened immune systems than aging, less healthy patients. However, Susan G. Komen notes that the median age for breast cancer diagnosis in the United States is 63, so many patients are likely to be affected by the impact that treatment can have on their immune systems. The length of treatment and amount of medicines patients receive also

can affect the impact of chemotherapy on patients' immune systems. Breastcancer.org notes that being administered two or more chemotherapy medicines at once is more likely to affect the immune system than just one medication.

Other treatments

Chemotherapy is not the only treatment that can affect breast cancer patients' immune systems. The Cancer Treatment Centers of America® notes that surgery, radiation, CAR T-cell therapy, stem cell transplants, and even immunotherapy can affect the immune system. Surgery can overtax the immune system and compromise its ability to prevent infections and heal wounds caused by the procedure. Like chemotherapy, radiation therapy can damage healthy cells and lead to an increased risk of infection. And while immunotherapy is designed to boost the immune system by helping it recognize and attack cells more effectively, it also can lead to an overactive immune system that attacks healthy cells.

Cancer treatment is often highly effective. However, patients may need to work with their physicians to combat treatment side effects that can adversely affect their immune systems.

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COURTESY
Twelve-year-old Carter Buxton helps lead the pack at the start of The Runaway Pumpkin 10K & 5K and finishes as the top 5K male. The Sixth Annual event, presented by Eastern Propane & Oil, raised over \$21,000 for the WOW Trail (Photo Courtesy of Ian Bryson)

REGION — On Saturday, more than 300 participants came out for the Sixth Annual “The Runaway Pumpkin 10K & 5K Run/Walk” raising more than \$21,000 for the WOW Trail.

Highlights of the day included, Jaidiby Zapata of Milford breaking his own 10K Course Record with a time of 32:48 (5.17/mile) shaving 3 seconds off his 2018 pace. Top female for the 10K was Laconia’s own Victoria Dean (44:50, 7.12p).

Finishing first and top female for the 5K was Andee Swann of Morristown, Tenn. (19:18, 6.13p) followed by second place finisher and top male, 12-year-old Carter Buxton of Concord (21:13, 6.50p).

Although some contenders were vying for cash prizes, the majority of participants were after the event’s signature delicious pumpkin bread prizes, provided courtesy of Annie’s Café & Catering. Even cash-winning Zapata stated with a smile that he “was back this year for the bread.”

“It was a great day for the WOW Trail and we’re so thankful for the generosity of our sponsors and for the many volunteers that make it all happen,” said Event Director Jennifer Beetle.

“We are especially fortunate to have the support of our Presenting Sponsor, Eastern Propane & Oil, and our Shirt Sponsor, Meredith Village Savings Bank along with our Event Sponsors, Franklin Savings Bank, Fratello’s Italian Grille, Opechee Construction, Patrick’s Pub & Eatery and US Foods, Kids Fun Run Sponsor, The Downtown Gym and our Race Director, Jamie Poire. We are so grateful for their partnership and commitment to the WOW Trail.”

For more information about the WOW Trail and to view full race results visit wowtrail.org.

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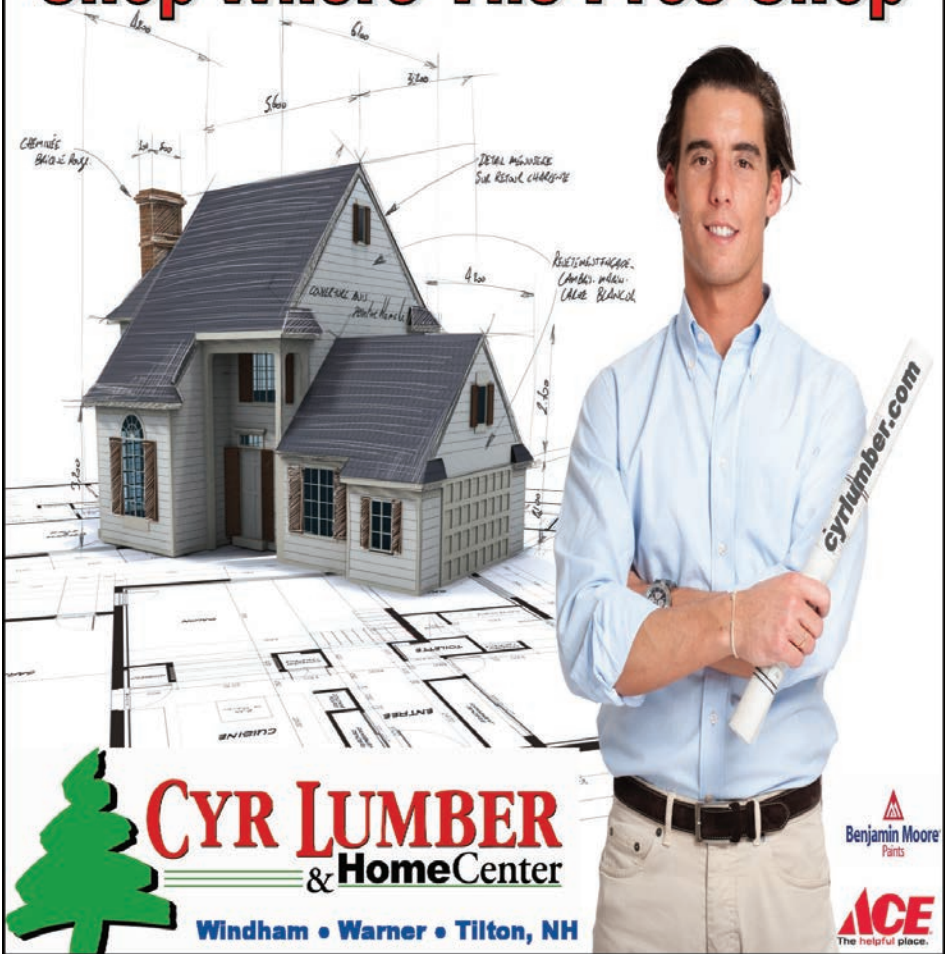
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