

Winnisquam Echo

THURSDAY, OCTOBER 29, 2020

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FREE

Bears sweep past Raiders in season finale



Winnisquam's Kayla Briere tries to hit the ball over the defense of Belmont's Alyzabeth O'Connell in action Friday night in Belmont.



Emma Richardson goes up to punch the ball over the net in action Friday night.



Kat Davies pushes the ball over the net in action against Winnisquam Friday night.

BY JOSHUA SPAULDING
Sports Editor

BELMONT — The Winnisquam and Belmont volleyball teams wrapped up the regular season with a match in Belmont on Friday, Oct. 23.

Belmont got off to a quick start but it was

Winnisquam that took care of business in the end, finishing off a 3-0 win.

"We had a couple of lapses throughout the game where we let our guard down," said Winnisquam coach Kevin Archibald. "Once we figured out what we needed

to do, we put on the pressure and did what we could."

"The girls worked really hard tonight," said Belmont coach Polly Camire. "The whole season has been difficult in terms of the schedule we played."

The Raiders got off to

a hot start, scoring the first seven points out of the gate but the Bears slowly crawled back into the match, led by hits from Delaney Skourtis and Emma Richardson. Madeline Johnson had

a hit for Belmont to get them back on board but Winnisquam answered with an ace from Emily O'Neil.

Belmont's Isabella McDonald made a great defensive reaction to a

big hit from the Bears and Belmont pushed the lead to 13-9. A tip and hit from Skourtis sandwiched around a hit from Johnson on the

SEE BEARS, PAGE A6

Ag Center temporarily closed due to COVID case

BY BRENDAN BERUBE
Editor

TILTON — A report that a staff member had tested positive for COVID-19 prompted Winnisquam Regional School District officials to temporarily shut down the high school's Agricultural Center earlier this week.

In a letter mailed to the families of Winnisquam students Monday, Superintendent Robert Seaward announced that a confirmed case of COVID-19 had been reported to the district on Sunday by a staff member at the Ag Cen-

ter. At this point in time, district officials are not aware of the staff member having had any recent contact with students, and steps have been taken to alert other staff who may have had close contact with the individual. They have been instructed to self-quarantine for 14 days, seek medical attention as needed, and arrange to be tested for the virus.

In response to the situation, Seaward explained that students currently attending classes at the Ag Center will be transitioning to remote instruction

through Nov. 6 via Zoom or Google Meet. The Ag Center was closed Monday in order to give teachers a chance to prepare for the transition, which took effect Tuesday.

"The safety of our children, employees and visitors remains our top priority," Seaward wrote, noting that all district employees have been following guidelines from both the Centers for Disease Control and the state Department of Health and Human Services regarding the use of personal pro-

SEE CLOSED, PAGE A6

Don Campbell Band to perform at Franklin Opera House



FRANKLIN — As with all performance venues, the current global pandemic put a halt to live shows at the Franklin Opera House until a

safe way to welcome audiences and performers could be found.

After a seven-month hiatus, the Opera House reopened in October

with limited live seating, plus a simultaneous livestream online. And the next show to be enjoyed, on Saturday, Nov.

SEE BAND, PAGE A6

Gilford edges Winnisquam to earn semifinal berth



Winnisquam's Jordan Boelig and Gilford's Jordyn Byars battle along the line in action Sunday.

BY JOSHUA SPAULDING
Sports Editor

TILTON — Gilford field hockey coach Dave Rogacki coached Winnisquam coach Samantha Magoon when she attended Winnisquam, so Sunday's Division III field hockey quarterfinal game had a lot of meaning for everyone involved.

In the end, the veteran coach was able to squeak by his former charge, as Gilford picked up a 2-1 win over Winnisquam to advance to the Division III semifinals.

"There was no way we ever thought we'd

be into the Final Four with this young group," said Rogacki. "We hoped we'd get one tournament game, but they played so well."

"They brought it like they were supposed to," said Magoon of her squad. "But in the end, the better team won."

The two teams exchanged chances early on, with Chloe McDonald for Winnisquam sending a shot wide and then Allison Carr doing the same for Gilford at the other end. Winnisquam had the game's first corner but Gilford's Maddie Guest made a

nice defensive stop. Lexi Shute took the ball the other way on a run, but Sophia Braun made a nice defensive stop for the Bears. Taryn Fountain and Carr teamed up on a cross but could not put the ball in the net.

Gilford had a trio of corners, with Addy Wernig, Aly Pichette and Fountain getting in close on one bid and Shute getting a shot on another but the Golden Eagles could not convert. Emma Griffin had a nice defensive stop for the Bears and the hosts were able

SEE GILFORD, PAGE A8

Lawrence Major of Loudon enrolls at the University of Utah

SALT LAKE CITY, Utah — Lawrence Major of Loudon is among the 4,483 students who make up the largest and most diverse freshman class in the University of Utah's history. Despite nationwide concerns over declining enrollment for institutions of higher education due to the COVID-19 pandemic, the University of Utah saw its largest total enrollment in its 170-year history for the Fall 2020 Semester.

"With many universities across the country seeing declining enrollments this fall, the University of Utah has again proven that we are unique," said Steve Robinson, senior associate vice president for Enrollment Management. "More students chose to enroll at the U than ever before. This reflects both the value of our degrees and the incredible academic opportunities that the flagship of our state offers."

Enrollment of first-time freshman increased 5.5 percent with 4,484 students, and overall enrollment increased to 33,047-up from 32,818. The number of new transfer students also increased by 9.5 percent to 1,416. The university also saw a record high in graduate enrollment with 8,404 graduate students this fall.

In addition to the largest freshman class in U history, the class of 2024 is also the most diverse. Students of color represent 31% of the incoming domestic class, and the number of undergraduate females is the largest it has ever been, representing 48% of first-time freshmen. The incoming class represents all 50 U.S. states,

38 countries and 24 Utah counties.

This fall the university also welcomed the first students awarded the For Utah scholarship to campus. Overall, 781 students enrolled at the U after receiving this scholarship which provides for a fully funded path to a degree for students who are Pell-eligible Utah residents. This scholarship creates greater opportunities for students to enroll at the University of Utah by creating new access to a degree from the flagship university of the state. "We knew that the For Utah scholarship would create incredible opportunities for students from across Utah," Robinson said. "However, we never expected the groundswell of interest and enrollment that the scholarship created in just its first year."

This cohort is also the first to enroll at the U since the institution was selected as a new member of the Association of American Universities-an invitation-only, prestigious group of 65 leading research institutions marked by excellence in academic expertise and research impact, student success, and securing resources in support of core missions.

"A University of Utah education is a transformative experience, partnering students with world-class faculty who are committed to expanding human knowl-

edge and solving the world's-and Utah's-most pressing problems," said Dan Reed, senior vice president for Academic Affairs. "We empower our students and our graduates to make a difference, because we are the University of and for Utah."

About the U

The University of Utah, located in Salt Lake City in the foothills of the Wasatch Mountains, is the flagship institution of higher learning in Utah. Founded in 1850, it serves over 32,000 students from across the U.S. and the world. With over 100 major subjects at the undergraduate level and more than 90 major fields of study at the graduate level, including law and medicine, the university prepares students to live and compete in the global workplace. In 2019, the university was selected as a new member of the Association of American Universities-an invitation-only, prestigious group of 65 leading research institutions marked by excellence in academic expertise and research impact, student success, and securing resources in support of core missions. Known for its proximity to seven world-class ski resorts within 40 minutes of campus, the U encourages an active, holistic lifestyle, innovation and collaborative thinking to engage students, faculty, and business leaders.



COURTESY

Christmas in October

The Franklin Adult Coed Softball organization held a "Christmas in October" softball tournament, with 16 teams from New Hampshire and Connecticut, to collect toys for Christmas for children of all ages. Over 100 toys were donated to the St. Vincent de Paul Children's Foundation and will be distributed during the Christmas Angel Program being held in early December. From Left to Right are Colton Miller, Justina Sawyer, Don Miller organizers for the tournament and Sue Page, St. Vincent de Paul Children's Foundation coordinator.

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USPS 024-975
 The Winnisquam Echo is published weekly by Salmon Press, P.O. Box 729, 5 Water St., Meredith, NH 03253. Periodicals postage paid at Meredith, NH 03253. POSTMASTER: Send address changes to the Winnisquam Echo, P.O. Box 729, Meredith, NH 03253.

Franklin VNA & Hospice to host drive-thru flu shot clinic

FRANKLIN — A Drive-Thru influenza vaccine clinic will be held at the Franklin VNA & Hospice, 75 Chestnut St. in Franklin, on Tuesday, Nov. 3 between 11 a.m. and 1 p.m. To ensure we have enough spots for people to get vaccinated we are asking folks to call and register at 934-3454.

Normally, we offer flu clinics at the local Senior Centers, but with those closed for the pandemic, we wanted to ensure that there was a safe way for our vulnerable elders to still be vaccinated without needing to be potentially exposed to COVID-19.

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Climb aboard the "Horror Express" on LRPA this weekend

LACONIA— Just when you thought it couldn't get any scarier out there ... LRPA After Dark unveils our Fifth Annual Shocktoberfest, a month devoted to vintage horror films. Our final weekend (Oct. 30 & 31) features the 1972 horror/sci-fi thriller "Horror Express," starring Christopher Lee and Peter Cushing, with a cameo appearance 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. Wells' 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 all but 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 loosely

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 earlier 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? 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 delicious Halloween treat:

Oct. 30 & 31: "Horror Express," 1972

You can't find television like this it anywhere but LRPA TV, Atlantic Broadband Channel 25. Not a subscriber? Then watch us online at live.lrpa.org to catch all the fun.

About Lakes Region Public Access Television

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

wood. 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.

Winnisquam seniors receive Book Awards

TILTON — The Winnisquam Regional High School Counseling Office is pleased to announce the following seniors were awarded Book Awards to recognize outstanding academic, leadership and community involvement from prestigious colleges. Congratulations to these recipients:

- Tayah Moore – University of Rochester
- Riley Mann and Charles Hibbert – St. Michael's College
- Eveline Auger - St. Anselm College
- Gianluca Piovano – Clarkson University Leadership
- Michael Camerato – Clarkson University Achievement
- Madison Muzzey – Wells College
- Dylan Robert, Cooper French, Madison House, Philip Nichols – Sage College
- Nathaniel Bragdon – University of New Hampshire
- Jasmine Jordan – Smith College
- Daniel Licata – Suffolk University
- Nicole Reusch – University of Michigan
- Abby Smith – St. Lawrence University
- Tayah Moore – St. Thomas University
- Faith Gosselin – George Washington University

TILTON POLICE LOG

TILTON — The Tilton Police Department responded to 849 calls for service and made the following arrests from Oct. 12-25.

Arrested during this time period were Michelle Gagne (in connection with a warrant and for Resisting Arrest), Bradford Ross (in connection with a warrant), Hannah Pearson (for Willful Concealment), Samuel Piper (for Conduct After an Accident and Possession of Drugs), Katrina O'Donnell (in connection with a warrant), Audrey McLeod (for Possession of Drugs), Bradley Perkins (in connection with a warrant), Keith Abbott (for Possession of Drugs), Joshua White (for Criminal Trespassing and Theft), Michael Deveno (in connection with a warrant), Dylan Collins (in connection with a warrant), and Frederick Temple (for Driving After Suspension).

BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests during the week of Oct. 12-19.

Arthur J. Liesner, age 35, of Concord was arrested on Oct. 13 on multiple counts of Possession of a Controlled Drug.

Joseph D. Perdomo, age 35, of Elmhurst, N.Y. was arrested on Oct. 13 for Driving After Revocation or Suspension.

Rebecca J. Shambo, age 25, of Belmont was arrested on Oct. 13 in connection with a warrant.

Caleb B. Elliott, age 24, of Gilmanton Iron Works was arrested on Oct. 14 for Driving After Revocation or Suspension.

Michele G. Tinker, age 36, of Laconia was arrested on Oct. 16 for Driving After Revocation or Suspension.

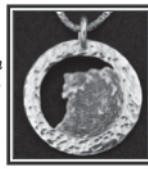
Matthew F. Goupil, age 37, of Belmont was arrested on Oct. 17 for Driving After Revocation or Suspension and in connection with multiple bench warrants.

Brian D. Raymond, Jr., age 30, of Gilmanton was arrested on Oct. 19 in connection with a warrant.

Joseph T. Marcello, age 37, of Hampstead was arrested on Oct. 19 for Burglary.

Kelani A. Castellez, age 33, of Lebanon, Maine was arrested on Oct. 19 for Breach of Bail.

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CHURCH THANKS AREA LIONS CLUB

Lakes Region organizations who helped distribute holiday food baskets sponsored by the Laconia-Gilford Lions Club continue to express gratitude for the project. The latest was the First Baptist Church in Belmont.

Their Missions Board stated: "First Baptist Church wants to thank the Lions Club for your donation of food baskets at Christmas. We appreciate your gift so much. Please know that you helped families in the community. Thank you!"

"We at the Lions Club partner with a range of organizations to deliver the baskets to disadvantaged families through this annual program," added Laconia-Gilford Lions Club President Matt Soza. "We have expanded the project in recent years and are already planning for the upcoming Christmas season. It is one of the ways with which we want to address the issue of food insecurity in the area. The issue is more important than ever due to the effects of the pandemic, lockdowns and increased social isolation."

First Baptist Church is located at 49 Church St. in Belmont. To learn more about the Laconia-Gilford Lions, check out our Facebook page or call 528-2663.

Opinion

Your voice, and your vote, matter

We have heard a good deal of buzz from younger voters recently regarding the upcoming election, and the overwhelming consensus among them is a sense that their votes do not count. While there are exceptions to this rule, we feel it is important to stress to our younger counterparts how important it is to pay attention and to head to the ballot box.

The youth voice is important, whether you are a Republican, Democrat, Independent, Libertarian, or something in between. Important issues in every election directly relate to concerns students and young professionals have, which is even more reason to arm yourself with knowledge. Truth be told, younger voters are needed now more than ever. Issues that concern students are college tuition reform, healthcare and federal job programs to name a few. You may not care now, but you may care a few years from now when choices politicians make, begin to affect your life, and they will.

Young voters make up almost 50 percent of the voting population, giving you a stronger voice than you think, making your votes collectively more influential across the board. An interesting bit of trivia is that youth votes declined by 2 percent from a record of 52 percent in 2008. In 2016, 19 percent of those ages 18-29 voted in the presidential election. Those ages 45-64, however, made up for 49 percent of the vote.

You may not think your vote matters, but the fact is that every vote counts. The climate of the country appears to be so divided that the youth vote matters now more than ever. Oftentimes, politicians will win by a small margin as low as 20 votes, especially in local and state races, proof that your vote does matter. Young people that want to inspire change need to find the candidate who represents their values best, and cast their votes.

With news at our fingertips these days, it's easier now more than ever to educate yourself regarding politics. Sure it may seem boring and often times it is, but educating yourself on current events and the issues will serve you well. One bit of advice is not to believe everything you read or see, and to always fact check your sources. Protect your interests and use your voice, after all this is what democracy is all about.

Do not be discouraged or intimidated to vote — it's easy. You have a right to be at the polls just like every other American. Bring a friend and go grab some lunch or breakfast afterwards, making it a fun occasion.

Send your letters!

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COURTESY

LRAA names Artists of the Month

Paintings and a photograph selected by members of the Lakes Region Art Association/Gallery for 'Artists of the Month' awards, and have their artwork on public display during November are, left to right: Photographer Sherwood Frazier-Franklin Savings Bank, Franklin, Artist Duane Hammond-Laconia Library, Paul Foote-Northway Bank, Laconia. Seated L-R: Sally Hibberd-Northway Bank, Meredith, Barbara McClintock-Franklin Savings Bank, Gilford, and Martha AuCoin-Northway Bank, Tilton. The LRAA/Gallery is a non-profit 501 c-3 association of artist dedicated to promoting the visual arts and provide its members a venue to display and sell what they create. The LRAA is located in the Tanger Mall, Tilton, suite 132. Hours are Thursday- Sunday, 10 a.m.- 6 p.m.

LETTERS TO THE EDITOR

Democrats' lust for power knows no limits

To the Editor:
Both Biden and Harris have repeatedly refused to answer the direct question of whether they intend to pack the Supreme Court if they win Nov. 3. In refusing to answer, they're telling all of us, that's exactly what they intend to do.
Biden has doubled down by stating we don't deserve to know what he intends to do. So, we have no right to know what a Biden administration intends to do to our country, we should just shut up and vote for him?
At Gettysburg, Lincoln spoke of government of the people, by the people, for the people. The Harris/Biden ticket is clearly devoted to government of the Democrats, by the Democrats, for the Democrats. This tells us all that this election is not about just

picking a President, but about the Democrats' endless lust for power, over us, the people. The Declaration of Independence states: "Governments are instituted among men, deriving their just powers from the consent of the governed." How can consent be given, when we don't know to what we are consenting? This Democrat ticket is telling us every day that this election is not about representing we the people, but about cementing their control over our government by any means possible. We cannot sit idly by on Nov. 3 and let this happen. Vote Republican and save our country, save our Constitution and make it known you do not consent to government by secrecy.
DAVE STRANG
GILMANTON

Know your facts

To the Editor:
In 2012, I was standing outside a political event, holding a sign. A couple who had attended the event approached me. The lady said, "I do not agree with you." I smiled and replied, "That's the beauty of a democracy, we do not have to agree with each other." Her husband, who had been bracing for an argument, looked surprised and nodded ever so slightly. The couple headed for their car and I continued to hold my sign.

In the United States of America in 2020, we do not, thankfully, have to agree with each other, but we should all be very careful to seek out the facts before criticizing the other party. I encourage any Echo readers with concerns about the Democratic Party to go to Demconvention.com/Party Platform and/or joebiden.com.

RHU MCBEE
TILTON

Bob Guida will fight for Tilton!

To the Editor:
The turmoil and uncertainty that plague current day lives has not left New Hampshire towns untouched. Each day we face new challenges in the guise of unfunded mandates passed down from state government. One of the areas Tilton has faced are roads, once maintained and funded by the state, but now primarily our responsibility. Once such road which poses a severe safety hazard for our children has been tossed around for the last several years. It has been the subject of various high-level state officials to no avail. We have had promises made and promises broken. We have been put at the top of the road list, moved down the list and then completely removed.

Bob Guida will fight for Tilton!
During this debacle and several others, we have heard one clear voice working tirelessly as an advocate for Tilton. That voice has been Sen. Bob Guida. As a member of the state Finance Committee he has been able to move us forward on this project. I feel certain that he will follow through as he always has. He has been steadfast in his commitment to Tilton as he has any time he has been called upon to assist his Tilton constituents. He is a rare find in the current climate and he is worth keeping in the Senate. I know we can count on Bob to be there for all of us.
Sincerely,
PAT CONSENTINO
TILTON

Sen. Bob Guida for honesty

To the Editor:
I'm writing to ask you to re-elect Sen. Bob Guida in Senate District 2 on Tuesday, Nov. 3. Bob has served with distinction during his time in the State Senate, winning awards for his legislation, cutting taxes, and working to responsibly limit pending increases as a member of the Finance and Ways & Means Committees.

Bob respects the sanctity of life and our Second Amendments Rights (with an A rating and endorsement by both the NRA and Gun Owners of America), and consistently supports sound public health and safety legislation. Also Bob received an A+ from NH Firearms Coalition.

What I find most important is Bob's consistency of character and his honesty with the people of this district. While in office, he has acted and voted as a true Republican. He stands for fiscal discipline and supports responsible spending with a sharp focus on stewardship of taxpayers' dollars.

Ladies and gentlemen of the Sanbornton, Tilton & New Hampton area, I ask you to vote for a true Republican, military veteran, on Nov. 3. Join with me to re-elect Sen. Bob Guida — because integrity in public office really matters today.

BRIAN GALLAGHER
SANBORNTON

LETTERS TO THE EDITOR

It will take more than planting trees to fight climate change

To the Editor:

Congressional candidate and New Jersey political opportunist Matt Mowers, during an online interview, said he supports planting trees as a response to the climate emergency and more fossil fuels, repeating his former bosses, New Jersey Gov. Chris Christie and President Trump. We can do much more than plant trees to stop climate change. We need a sharper vision, smarter action, and leadership to impact the trajectory scientists have modeled. A little creativity wouldn't hurt either. Scientists have told us clearly for years that carbon dioxide is a major contributor to the changing climate and burning fossil fuels is the biggest

source of carbon. Logic tells us then that stopping the burning of fossil fuels would reduce a major source of the carbon. We can get energy and heat from the sun, offshore wind, geothermal, and reduce our demand by being more efficient and storing it where we use it. The next step would be ending fossil fuel use. We know this. Leadership is needed not spin doctors like Mr. Mowers. We are voting for Chris Pappas for Congress because he supports investing in clean energy, not more pipelines and fossil fuels.

Sincerely,

Dick and Sue De Seve
Gilmanton

Looking back, looking ahead

To the Editor:

When COVID-19 struck New Hampshire, Gov. Sununu quickly set up the Governor's Economic Reopening Task Force (GERTF) working with businesses and industries to develop reopening guidelines; and the Governor's Office for Emergency Relief and Recovery (GOFERR) to advise him on delivering desperately needed CARES Act funds to our families, communities, and businesses.

I volunteered for GERTF because I knew the closed economy would financially devastate our families, and state revenues would plummet, with serious consequences. We spent hundreds of hours taking testimony from businesses to develop reopening guidelines for every type of business in the state. We pored over COVID-19 statistics from the CDC, OSHA, state Public Health professionals, the Department of Employment Security, and the Department of Revenue Administration. For months, we met via

conference call 5 days a week, taking input and delivering proposed guidelines to the state's Public Health team and the Governor for final approval. We spent our summer balancing the safety of our citizens with the need to rebuild our economy. We continue to conference weekly, analyzing and amending guidelines as necessary.

The impact of COVID-19 on adults, children, families, teachers, students, first responders, local, county and state government workers, the elderly has changed our lives for the time being. I've had the privilege of seeing the best of our citizens and state government as we fight this virus. No matter our successes, every one of us is deeply affected by every life claimed by this pandemic. We remain driven to defeat COVID-19 and get back to our normal way of life.

Working together, we will win.

SEN. BOB GIUDA
WARREN

Let's Make New Hampshire Great Again

To the Editor:

Well, it's the time when state candidates are running around their districts attempting to convince you, the voters that they are the next best thing to sliced bread. Of course, I don't know why I should compare myself to sliced bread. I actually like my wife's homemade sourdough. It's a true bread and the starter also makes wonderful waffles. So, what does this have to do with my re-election campaign to re-gain a seat that pays a whopping \$100 per year? I want to make New Hampshire a better place without artificial ingredients. I want to Make New Hampshire Great Again!

Last term, the Republicans were in a minority after a 2018 rout. We saw the opposition try to force an agenda of anti-gun laws, an income tax, higher utility rates, and every other radical left wing idea they could imagine. If there wasn't a governor who handed back a record number of vetoes and a solid Republican block to sustain those vetoes, New Hampshire would no longer be free. I don't want to take a chance like that again. This is why I am working to get myself and a large majority of principled Republican Representatives elected. May I have your vote on Nov. 3.

The House only meets at the call (whim) of the Speaker; and while we hid with our blankies (mask) over our heads, all work stopped except for backroom dealings. So instead of meeting weekly to conduct the business of the state, we only met three times. The Democrats picked over the bills they wanted and try to force feed them down our throats at the UNH

ice arena. The arena allowed proper distances as well as adequate room to "take a knee" during the Pledge of Allegiance and National Anthem. The Speaker said nothing to reprimand those members of his party when they demonstrated disrespect for our country, but he tearfully chastised those of us in the unmasked Freedom Seats.

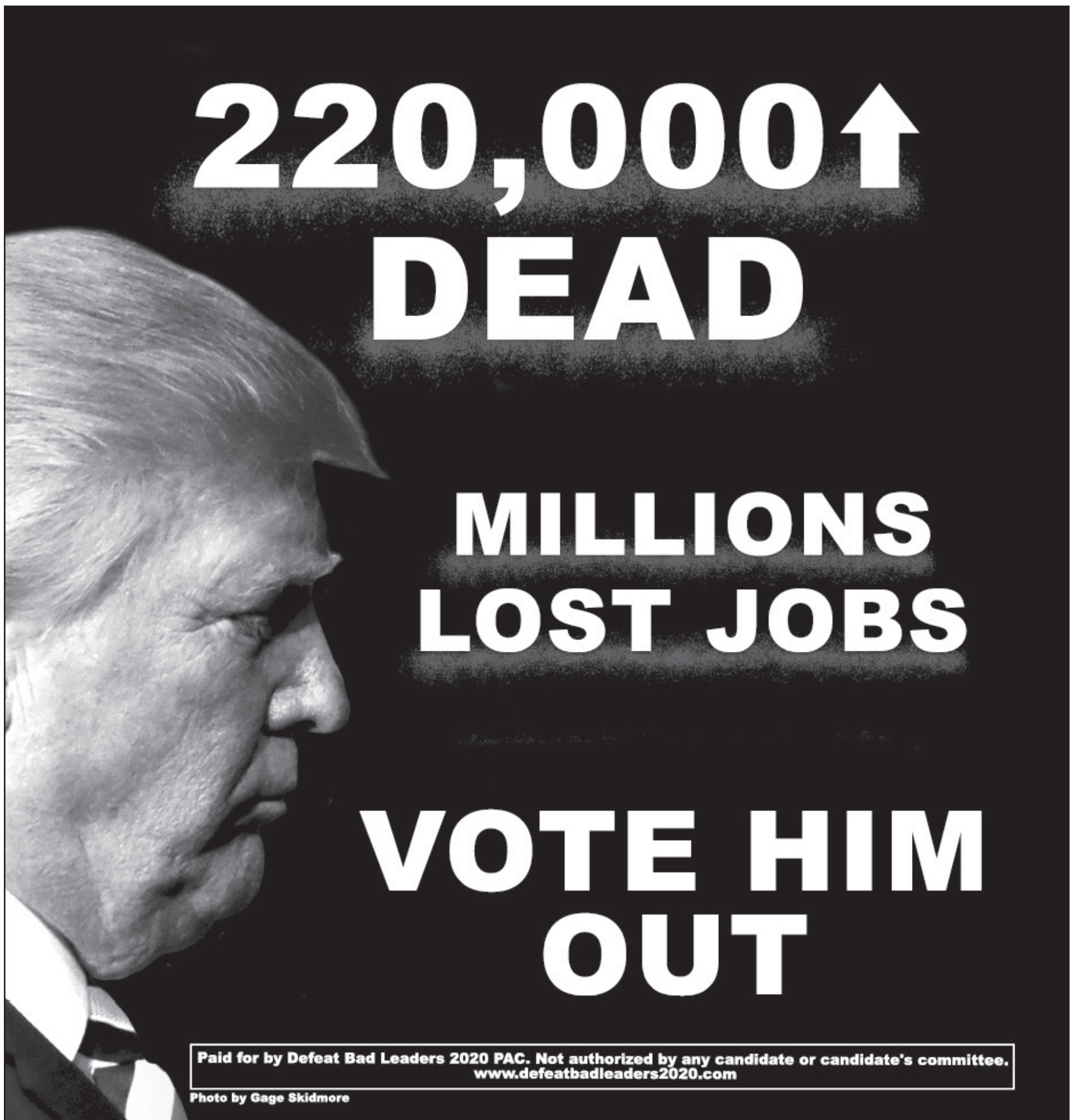
My wife and I listened to Gov. Kristi Noem of South Dakota speak last week. She is a governor who understands her Constitutional role. When this foolishness with COVID hit, she listened to the "experts" and fellow governors and then asked her legal and policy people what she could do within the restraints of the Constitution. She decided to be completely open with her citizens. She did not say who was essential and non-essential. She reminded the citizens of their responsibilities to decide what they needed to do to protect themselves and others. She provided all the information, support and PPE necessary and targeted aid to places like nursing homes. She did not require masks or lockdowns or hundreds of pages of "guidelines" like our king/governor. She was the only governor with the backbone to trust her people and it worked. I predict you will hear about her in four years.

See you at the polls! If you want to talk to me, call 320-9524 or email dave@sanbornhall.net. Your support is appreciated. Together, lets Make New Hampshire Great Again!

Cheers!

REP. DAVE TESTERMAN
FRANKLIN

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Photo by Gage Skidmore

BEARS

CONTINUED FROM PAGE A1
other side helped Winnisquam draw closer. The Bears were able to pull even at 14 before Johnson had a hit for the Raiders. Winnisquam charged ahead behind an ace from Kayla Briere and a hit from Richardson, putting them up 21-17.

Belmont closed the gap to 21-19 on an ace from Alyzabeth O'Connell but then a block and kill from Kylie Stevens for Winnisquam got them back on track. O'Neil added a service ace and Winnisquam got the 25-19 win to start things off.

The second game saw Winnisquam get out to

a quick lead behind hits from Briere and Skourtis, going up 5-0. A tip from McDonald got Belmont on the board but Richardson answered with a hit for Winnisquam. Johnson added a hit for Belmont but Richardson answered again and Winnisquam went up 8-2.

A hit and a block from Kat Davies got Belmont a bit closer but Stevens had a hit for the Bears and Richardson added a service ace to push the lead to 11-4. A hit and a tip from Skourtis pushed the lead to 14-4 before a nice defensive return from O'Connell put Belmont back on the board. A trio of service aces from O'Neill got the Bears out to a 18-6 lead.

Belmont got back on the board but an ace from Makenzie Foster helped Winnisquam continue to stretch the lead. Johnson added an ace for Belmont but Briere and Richardson came back with hits for the Bears and they closed out the 25-11 win for a 2-0 lead.

Winnisquam jumped out to a 6-0 lead in the third game behind hits from Stevens and Richardson. Belmont got a couple of points but the Bears got right back on the board, with Richardson adding another hit. Belmont got a hit from Johnson but O'Neil followed with an ace for the Bears.

The visitors got out to a 15-9 lead, but Belmont bounced back with hits

from O'Connell and Lilly Carter, eventually tying the game at 15 and then taking the lead at 16-15. However, Winnisquam bounced back with a couple of hits from Richardson and a service ace from Ariana Williams. Belmont again battled back and tied the game at 20 on a hit from Davies but O'Neil and Richardson helped the Bears to close out the 25-22 win and the 3-0 victory.

"We needed a win like that, the last two of the season got us ready for Laconia on Monday (playoff match)," Archibald said. "We have to be able to eliminate the mistakes."

"Down 7-0 (in the first game), those are parts of the game we can't let

happen," the Bear coach added. "They can come back to bite you."

"We can't look at a win as bad, it's always a good thing," Archibald added.

"It's hard to come back when you're down and they put it past them and stopped worrying about the score and they picked it up," Camire said. "And big kudos to the seniors for leading us on the court."

Davies, O'Connell and McDonald played their final home game for the Raiders in the loss.

The Raiders drew Newfound in the first round of the tournament, a team they last saw in the first game of the season.

"The schedule we've

had this year, I'm hoping has prepared us to come back and be competitive against them this time," Camire added.

Winnisquam started the playoffs after deadline Monday at home against Laconia. If they won that game, they played after deadline Wednesday at Prospect Mountain. The quarterfinals are Friday night.

Belmont was at Newfound to open the playoffs after deadline Monday night. If they won that game, they played at Moultonborough after deadline on Wednesday. The quarterfinals are Friday night.

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

BAND

CONTINUED FROM PAGE A1

14, is the Don Campbell Band, presenting a special evening celebrating the music of Dan

Fogelberg, along with Don's own music. Officially endorsed in April of 2014 by the Fogelberg Association of Peoria, he and bandmates tour the country perform-

ing "An Evening of Dan Fogelberg Music." Just after its release, Don's Double CD, "Kites to Fly - Celebrating the music of Dan Fogelberg," was nominated for a prestigious Independent Music Award.

He has a unique and uncanny ability to sing comfortably in the tenor range of Vince Gill, Chris Isaak or Dan Fogelberg, and go easily into the sub-bass vocal

level range of country greats Josh Turner and Johnny Cash. Don Campbell's music resides in the home of "American crossover" akin to the Eagles and John Cougar Mellencamp.

Don won a \$50,000 Grand Prize at Nashville's Grand Ol' Opry with his original music, a Grand Prize custom Gibson Les Paul guitar from Jim Beam's Back Room Band Search, and

he's a six-time winner of the title, "Maine's Best Singer-Songwriter" from the Maine Sunday Telegram's Annual Reader's Poll.

Tickets for the in-person, 7:30 p.m. show, with automatically socially distanced seating, are \$18-\$20 in advance. If tickets are still available on the day of the show, they'll be \$25 at the door. Or you can watch online for \$17. The online

performance will be accessible for replay up to 48 hours after the show. Visit www.FranklinOperaHouse.org for ticket purchase options.

Franklin Opera House is a registered non-profit charitable organization dedicated to presenting community-oriented performing arts on the restored historic stage located inside Franklin City Hall, 316 Central St., Franklin.

CLOSED

CONTINUED FROM PAGE A1

ective equipment, hand washing, distancing, daily screening, use of cohorts, flex days, and cleaning and disinfecting of high-traffic areas and frequently touched surfaces.

"We continue to encourage everyone to avoid touching eyes, nose, or mouth with unwashed hands, to remain home if you or your child have a fever or are not feeling well, to maintain social distancing of six feet or more, and to consistently wear face coverings while on school property and at school sponsored events," he added.

Ruelke leads Raiders in state championship

BY JOSHUA SPAULDING

Sports Editor

MANCHESTER — The Belmont golf team traveled to Manchester's Derryfield Country Club on Tuesday, Oct. 20, for the Division III State Meet.

The Raiders finished 17th overall with a score of 431, with Bow taking top honors with a score of 322 for the 18 holes.

Jackson Ruelke led the way for the Belmont squad, finishing with a score of 91, just missing the cut to move on to the individual portion of the tournament.

Eamonn Kelly was next for the Raiders, finishing with a score of 106 and Miles Miller finished with a 110 to place as the third Belmont

scorer.

Oliver Mahoney finished the scoring for the Raiders, firing a 124.

Nick Pucci was Belmont's final golfer, finishing with a 126 overall.

ishing with a 126 overall.

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

Bivens, Sottak lead Belmont by Winnisquam

BY JOSHUA SPAULDING

Sports Editor

BELMONT — The Belmont boys' soccer team got a solid win over neighboring Winnisquam on Tuesday, Oct. 20, shutting out the Bears by a 6-0 score.

Nate Sottak finished with three goals to lead the way for the Raiders, with coach Mike Foley noting he had a great effort throughout the game.

Liam Waldron had an outstanding effort for a goal, as he took the ball on the endline by three defenders and while diving to the ground, shooting it past the keeper. He also picked up an assist on one of Sottak's goals.

Logan Vaughn hit a laser beam from about 30 yards out past a diving keeper and William Riley chipped one over the keeper from about 25 yards out. Juan Montoya had an assist on one of Sottak's goals.

Jacobb Bivens earned his second shutout of the season with three saves in net for the Raiders.

Belmont was supposed to open the tournament against Inter-Lakes after deadline on Monday, but the Lakers bowed out of postseason action for all of their teams, sending Belmont on to face Laconia on the road after deadline on Wednesday. If the Raiders won that game, they will be playing in Gilford, Berlin or White Mountains on Saturday, Oct. 31.

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



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Edward Jones: Financial Focus

Vote for a Solid Investment Strategy

Election Day is little more than a week away. As a citizen, you may feel the results will affect many aspects of life in this country. But as an investor, your situation probably won't change after the votes are counted. No matter who wins, the financial markets may well show some politically driven volatility, but that often happens around elections, and it typically doesn't last long. But what about the longer term? How might changes in policy and new legislation affect your investment outlook? To begin, keep in mind that many campaign promises remain just that - promises. And even when some of them are enacted, any ultimate legislation may be quite different from what was proposed on the campaign trail. Still, sometime in the future, we could see election-related changes that could affect your investment strategy. For example, over the years, we've seen many adjustments in the

tax rates of capital gains and stock dividends, and it's likely these rates will change again one day. When that happens, you may need to look at the equities portion of your portfolio to see if you want to make some adjustments. Many other changes, though, are hard to predict. It's possible that future legislation could affect specific industries, either positively or negatively. Such moves could also influence the way you look at certain investments, but if you have a diversified portfolio that contains a broad mix of stocks, bonds and other securities, any actions affecting one particular industry probably won't cause you to significantly adjust holdings invested in other sectors. In any case, while it may be a good idea to keep an eye open for things like tax rate changes or how new policies may affect different market segments, your main emphasis, in

terms of your investment decisions, should remain on your goals and what you need to do to achieve them. At least once each year, review your portfolio carefully to make sure your investments are aligned with your goals, whether they are short-term (a new car, a long vacation and so on) or long-term (such as college for your children or a comfortable retirement). Periodically, depending on what's happening in your life and the progress of your investment portfolio, you may need to evaluate your goals to ensure they're prioritized appropriately to help keep you on track toward achieving what's most important to you. Over time, your goals may change, too.

Perhaps you've decided that instead of retiring early and traveling around the world, you now want to turn your hobby into a business. Changing this goal may require a different investment strategy. Or you might change your mind about where you want to live - instead of staying in your home, as originally planned, you might downsize and move to a different area. Your goals may change in many ways, all of which may warrant updating your investment strategies. Here's the key point: You're the one electing to make these changes. No matter what happens in this or any other election, be sure to "vote" for the strategies that have the potential for a winning outcome.

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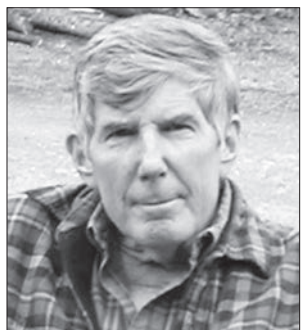
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North Country Notebook

Elephants aren't the answer in this habitat-altering quiz



By JOHN HARRIGAN
COLUMNIST

While a couple of the guys went down to the Boat Trail to see what might be floating on the pond (maybe ducks and geese, beaver sticks, beavers, boats, even people), I tried to decide whether it was colder in the camp or out on the porch. The breeze felt like a straight shot from the tundra of the Far North.

I've already had snow down at the house, several hundred feet lower and a bit to the south on the map, in the form of eight to 10 inches a couple of Mondays ago. Any day now, more snow. I don't know why this tends to make people morose and

want to bash a guy in the nose, but it does, so I've learned to avoid it. Instead of trying to come up with a Weather Greeting, I mumble.

In general, I'd rather have beavers in the pond, not that I have anything to do with it, because they keep the dam at the outlet in good repair, providing the stability that most birds and insects and probably fish too seem to prefer, in a life of so many changes.

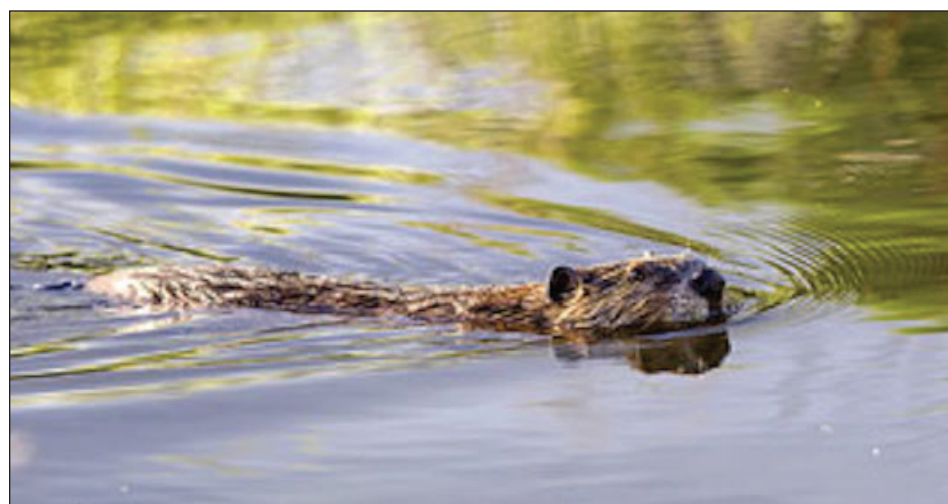
The old-timers called beavers that frequent rivers "bank beavers," as if they were an entirely different creature than regular old beavers hanging out in brooks and streams. This is a leftover childhood curiosity that I've never run down, not that there's any lack of learned people with the answer. There's always the Internet, of course, which gives me the chance to use Google as a verb. Sometimes it's more fun

to just ask, but when I bump into people who are steeped in this kind of thing, I always forget about the bank beavers and ask about armadillos or something instead.

+++++

Anyone serious about fishing is not out there trying to catch beavers, but it happens, and has in fact happened to me, twice. One thing I know from this is that a beaver would not go gently into a good creel, or even a ratty one.

An old log cribwork dam (or is that an old, log-crib dam, or maybe a dammed old log crib?) held back the remains of a mill pond behind our house, a secret world of fish, ducks, herons, bitterns, and of course, beavers. Their canals offered shady places for trout to fan their fins and rest, and on this day I had just thrown my line out when a beaver happened upon the scene,



COURTESY

A beaver doing what it likes to do second best, plowing through some water, the first being gnawing, which it has to do to keep up with its own teeth. (Mikael Makes/Dreamstime)

and got tangled up.

Now, Ray Hicks had de-activated the alarm system and let me catch some fat trout in his pond, which old Mr. Fissette guarded with great zeal, popping out of his house like a Jack-in-the-box whenever a kid so much as looked that way, and my grandfather White had taught me the finer points of handling rod and reel, but nobody had ever taught me how to properly play and net a beaver. Fortunately, the beaver slipped free and headed for Long Island Sound.

Later on, when I was in my teens and casting a lot of line out there while standing up in all types of small watercraft, a pond beaver (perhaps yet another sub-species) swam under my boat and whirled itself into a web of leader and line.

Once more I was unsure of my ground. What did the rule-book say?

+++++

Old-time game wardens and woodsmen reported finding beaver dams 20 or 30 feet high at time of first contact, when Europeans were sure they were discovering everything. Those claims left me wondering. How could such a dam survive the spring freshet?

When the black flies showed up and the Mayflies were due any day now, many small ponds and backwaters harbored foot-long or so beaver sticks of poplar and alder, the result of the beavers' mid-winter snacks. Many a man-made item could not survive all the hydroelectric dams' penstocks, turbines, and spillways, but

a beaver-stick could. I like to think of them creating curiosity as they float by people in Long Island Sound.

To this day, whenever I see a perfectly trimmed stick, bark chiseled off, ends gnawed into perfect cones, I marvel anew at this energetic rodent, which must make the wood-chips fly to keep up with its own teeth.

The crews aboard SkyLab can see the Great Wall of China and the Aswan Dam. Only the beaver can make such great changes to Mother Earth's terrain.

(Please address mail, with phone numbers in case of questions, to campguyhooligan@gmail.com or 386 South Hill Rd., Colebrook, NH 03576.)

JMG Marketing & Business Strategy to host livestream event with CEO



Jodie Gallant

GILFORD — Jodie Gallant, Owner, CEO and Business Strategist/Coach of JMG Marketing & Business Strategy, is thrilled to announce they are bringing back CEO Live for its second year on Friday, Nov. 13; this time as a virtual live-stream event. Early Bird and Buy One Get One 50% off tickets are available now through Nov. 1. Visit jodiegalant.com for details or to sign up.

CEO Live 2020 is a one-day interactive virtual event in New Hampshire's Lakes Region for Small Business Owners, Entrepreneurs, and Professionals working hard to take their life and business to the next level.

Just as CEO Live invites business owners and leaders to up-level their businesses, JMG too is up-leveling the CEO Live experience. This virtual event is not another zoom meeting or webinar. JMG is excited to be working with Marc McNamara and his

team at The Enablement Group to deliver a high-end, interactive, virtual event streaming live from the historic and newly renovated, Belknap Mill. JMG is also thankful to have support from the Lakes Region Chamber of Commerce, which is sharing the event with its members.

"As a believer of possibility and a lover of small local service businesses, I created CEO LIVE to invite business owners and leaders on the fast-track to reaching their dreams and building their businesses to fuel the life they desire," shared Jodie Gallant. "While COVID is keeping us from being all together in one room, I'm beyond excited to be working with The Enablement Group to be taking this virtual event to a whole new level. It's going to be so fun!"

In addition to hearing from Jodie herself, participants will be treated to five guest speakers, joining from New England to the Mid-Atlan-

tic, vision connection, a Live Interview with a local inspiring business owner, live strategy Q&A session with the presenters, select access to a private Q&A with a speaker of their choice and even prizes for joining in the conversation. What's more, participants can expect high energy, music, inspiration, and strategy so they know the actionable steps they can take toward those big goals and dreams.

JMG proudly introduces the CEO Live 2020 speakers: Anna Cosic, Career and Leadership Coach; Myrna Plaisir Daramy, Digital Media Optimization Specialist; Elizabeth Eskenazi, Certified Professional Co-Active Coach and Principal Consultant and Founder of Mind the Core; and Raya Al-Hashmi, Brand Photographer. The live interview, Sponsored by She Built This, will feature Karen Bassett, Co-Owner of Wayfarer Coffee Roasters.

Jodie has been in the business branding, marketing, and community leadership game for many years and with that experience, hunkered into her passion to help local business owners go from good to great. It is with this foundation, that she is so excited to bring business owners and leaders into a new realm of expansion, mindset development, coaching, support and strategy to build their business and brand their way.

Outside the business world, Jodie is in the depths of raising three busy teens with her beloved best friend, business partner, and husband, Matt of 20 years. They live in the Lakes Region and enjoy summering in Wells, Maine.

For more details, or to register for CEO Live, visit jodiegalant.com.

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Comfort Keepers

Cyber security and seniors

Five tips to protect your senior loved ones

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

More seniors are spending time online than ever before. Technology can benefit seniors in so many ways – it can help them connect with loved ones, get essential goods and services without leaving their home, and provides opportunities to stay in contact with their communities.

Anyone can be a target for cyber criminals, and there are a variety of ways that attacks can occur. Avoiding scams and predators online is critical for anyone that spends time online, but even more for seniors. Older adults need to be aware of potential scams and know how to stay diligent while online. According to Cybercrime Magazine, estimated losses from scams on the elderly are thought to cost families 36 billion annually.

Like all powerful tools, the internet and mobile technologies come with some risks. These risks can be managed if users follow some basic rules: Here are five ways that seniors can stay safe online:

Security software – There are a variety of anti-virus and anti-spyware software options that can help protect a senior online. Ensuring the program is installed properly is critical and running updates on a regular basis ensures that new threats are mitigated. It is also important to make sure to update software on computers, tablets, and mobile devices to the latest version when those updates are released. These updates protect users from bugs and provide software patches to protect from hackers.

Limit access to accounts – Scammers often try to steal the personal and financial information that seniors access online. To keep this data

secure, users should enable two-factor authentication where it is offered and never send personal information to those they don't know. Most importantly, users need to be mindful about creating smart, strong passwords. Seniors should never use names of loved ones, birthdates, or common words. Strong passwords also include a mix of upper/lower case, numbers, and symbols.

Evaluate emails – Email is one of the primary tools that people use to steal information from older people online. Remember that financial institutions will never ask for account information through email, and sending account numbers, passwords or personal information is never a good idea. If a senior is not sure whether their financial institution is trying to reach them about a problem, they can always call and discuss any issues with their bank.

Shop online and access social media safely – One common way that information can be stolen online is through fake shopping sites. Shopping trusted vendors is helpful and there are often online reviews for merchants that will alert shoppers to potential scams. Seniors should also remember to use a credit card instead of a debit card when possible, and monitor accounts regularly for fraudulent activity. The same goes for social media accounts. Fraudsters use quizzes and faux profiles to gain access to users' social media accounts by posing as another person within the network or by using the information a user has posted to try to guess "secret question" answers.

Ask for help – Seniors should not be afraid to reach out to their trusted loved ones or friends if they feel uncomfortable online or need help navigating security measures. For those con-

cerned about the seniors in their life, they can help educate them about known scams and tactics for staying vigilant, and can help with software updates. Calling customer service at a bank or store can help clear up confusion if an email, communication or transaction looks wrong. Having a trusted team of people that can help with online issues can give seniors more confidence using the technology available to them.

Comfort Keepers® can help

Our goal is to provide uplifting in-home care that benefits seniors and their families. The individualized care plans we create for our clients consider physical goals as well as non-physical mental health needs. Our caregivers can provide companionship and support physician-prescribed exercise regimens, provide transportation to appointments and help to families that want to stay connect-

ed through technology. We strive to elevate the human spirit through quality, compassionate, joyful care.

To learn more about our in-home care services, contact your local Comfort Keepers location today.

About Comfort Keepers

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

MARK ON THE MARKETS

Volatility opportunity



BY MARK PATTERSON

As an investment advisor and money manager, I custody my client's money with one of a few custodians that best suit their account type and the objectives. Last week, one of the custodians increased their margin requirements, which really does not affect any of my clients because we do not use margin, however many highly active traders must use margin for short sales or futures contracts. While that is not a service that I provide for my clients, it is telling that the custodian is concerned about volatility in the markets surrounding the upcoming election. If you have been listening to my

videos on my website or those sent to clients via email, you will know that I am concerned about the volatility as well. It is times like these that being an active manager as opposed to passively investing people's money in mutual funds is big plus, whereas an active manager can use volatility to create an opportunity for our clients. It could be as simple as raising cash by taking profit on some account positions or using an option strategy by writing covered calls and collecting premium on some of those profitable positions or even cleaning up the portfolio and selling some laggards creating cash for future opportunity.

In 2000, Bush vs. Gore, the election was decided by the Supreme Court over a month beyond election day. During this time, the S&P 500 index which is a broad measurement of the US and global equity markets retracted a little more than 11 percent. While the Democrats and Republicans were at odds over hanging chads, my personal belief is that the

upcoming election will be far more contentious and potentially drag out longer than a month. The country is more divided and there appears to be a lot more at stake than in the 2000 election. Everyone has their opinion of what the equity markets will do if either candidate wins, but I believe there is a consensus that if this is the elongated battle in the courts that potentially could be the worst possible scenario for our capital markets. If there is one thing the equity markets do not

like it is uncertainty. The markets are very resilient and once there is a clear winner announced regardless of who it is, I believe the markets will find a way, in time, to continue moving forward.

If the equity markets give us this opportunity to buy some quality companies at better pricing, then I feel obligated as a money manager to take advantage of some of those opportunities by having sufficient liquidity in my clients' accounts. If your bro-

ker or advisor has you fully invested in mutual funds you probably do not have liquidity to take advantage of potential upcoming volatility. You cannot use option strategies with mutual funds, so you are not likely to make additional "Alpha", a.k.a. growth over the expected return of the portfolio.

I understand that many people prefer a passively held portfolio that rides through the ups and downs during all market conditions. But if you have ever

wanted your advisor or broker to take advantage of certain situations and they do not because their company's model is passive, then you may want to consider an actively managed portfolio. If you have any questions regarding the content of this blog, give me a call or shoot me an email!

Mark Patterson's portfolio manager with MHP asset management and can be reached at 447-1979 or Mark@MHP-asset.com.

GILFORD

CONTINUED FROM PAGE A1

to clear the ball from the zone as the first quarter came to a close with no score.

Fountain had an early bid go through the crease in the second quarter and Gilford had a corner but could not convert. Fountain and Carr teamed up on a bid that went wide of the net and at the other end, Madison House made a run in with Gilford keeper Caroline Guest making the save.

Winnisquam had a pair of corners but they could not get the ball through the crowd. Gilford got good defensive stops from Fountain and Ashley Hart while at the other end, Pichette and Shute connected on a bid that Winnisquam keeper Jocelyn Roache was able to turn away.

Carr had a bid on a corner but Boucher made the save and then House had a shot on a corner at the other end that was tipped just wide of the net. Kaitlyn Carey had a shot for the Bears and Guest made the save and then Winnisquam got another corner, with Fountain making a strong defensive stop. Gilford got a late corner but could not convert and the game went to halftime with zeroes on the board.

Gilford had an early corner in the third quarter, but McDonald made the clear for Winnisquam. Pichette and Carr teamed up on a bid for the Golden Eagles as well.

The visitors got on

the board with less than five minutes gone in the third, as Carr fired a shot into the net for the 1-0 lead. Gilford kept pressuring, getting a trio of corners, with Fountain and Pichette getting chances and McDonald and House making good defensive plays.

The Golden Eagles were awarded a penalty stroke with just about a minute to go in the third, as the ball was heading into the goal and struck a foot in front. Lauren Nash-Boucher stepped up and delivered the penalty stroke for the 2-0 lead.

Winnisquam didn't back down, as they came right back down the field and Carey making a good cross for the Bears and they were awarded a corner as time expired. The Bears made the most of the chance, as Carey put a shot into the circle and Madelyn Eberhardt was able to tip the ball in at the far post, cutting the lead to 2-1 after three quarters.

The Bears came out charging in the fourth quarter looking for the tying goal. Griffin and House teamed up on a bid and Carey had a shot on a corner but Gilford stayed strong, with Carr, Hart and Fountain all making defensive stops. Winnisquam got a defensive stop on Carr from Kelsey Rotonelli and another stop from Madison Gilbert.

Hosue had a shot stopped by Guest and Griffin had a shot deflected. Gilford had a late corner but Carr's shot was deflected in front. Winnisquam tried to make a run following

a nice clear from the zone by McDonald, but Pichette came up with a huge steal in the final minute, allowing Gilford to take the 2-1 win.

"Our goalie did a great job, hats off to her," said Rogacki, who's team allowed just one goal in three playoff games. "The Kingswood game really prepared her for this." He also praised the work of Jordyn Byars on the defensive side of the ball.

He also noted that Nash-Boucher did a nice job converting the penalty stroke that was the eventual game-winning goal.

"You practice those things, but you never know if the kids are going to be successful with it in the game," the veteran coach said. "But it's such a good thing to see the progress from the summer to now. We knew they had it in

them."

"Gilford is always a team that's pretty even with us," Magoon explained. "So you really never know how it's going to go.

"That makes it a good game to watch," the Bear coach said. "But it was a stressful one."

She noted it was an honor to coach a playoff game against her former coach, who in turn, said he loves when he sees kids stick with the sport after high school.

"We're looking forward to next year," Magoon added.

Gilford was set to play Berlin in the semifinals after deadline on Wednesday. The finals are Sunday, Nov. 1.

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

Local veterans sought to share their stories virtually

REGION — Are you a veteran of the United States Armed Services? Do you live in Northfield, Sanbornton, or Tilton, or are an alum of Winnisquam Regional High School? Would you be willing to take a short video of yourself (or have one of our videographers do it for you) talking briefly about your service - where, when, rank, and a powerful reason for joining or something memorable from your service?

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Pieces of your video will potentially be combined with clips from others as part of an upcoming Veteran's Day celebration we will be Livestreaming to our community on Tuesday, Nov. 10 at 6:30 p.m. We hope Veterans from our community will be part of this experience.



Gilford's Maddie Guest reaches in to try and knock the ball away from Winnisquam's Madelyn Eberhardt in action Sunday afternoon.

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Gilford-Belmont falls in regular season finale



Gilford/Belmont sophomore quarterback Jalen Reese looks for a receiver after eluding Plymouth's Tyler Stokowski (77) during Saturday's Division II contest in Gilford.

BY JOE SOUZA

Contributing Writer
GILFORD — With a home playoff game up for grabs, the Plymouth Regional football came out on a mission and a banged-up Gilford/Belmont squad struggled to match up.

The Bobcats scored on their first three possessions, with a safety on a blocked punt in the mix, in building a 23-0 first quarter lead and never eased up in remaining unbeaten with a 51-18 triumph over host Gilford/Belmont in the Division II regular season finale Saturday.

"The kids worked hard. They were ready to play and we came out fast," said Plymouth Regional head coach Chris Sanborn after his Bobcats wrapped up the COVID-19 shortened season at 4-0. Division II seeding will be by winning percentage.

"We came in with a goal to get a home playoff game," Sanborn pointed out. "We wanted to get a home playoff game at George C. Zoulias Field for these seniors because there is nothing like a home game there. The kids worked hard all week and we came

out fast to get that home game."

The Golden Eagles, who were down to their fourth quarterback by the end of the game, never gave in despite falling to 3-2.

"They're a very good football program. They are well coached and disciplined," said Gilford/Belmont head coach Josh Marzahl. "We knew coming in we would have to play a very good football game and we didn't."

Following a big return on the opening kickoff to midfield, the Bobcats took just six plays to find paydirt. Joe D'Ambruso capped the six-play 50-yard drive with an 18-yard run. Following a Gilford/Belmont penalty, D'Ambruso ran in the extra point for an 8-0 edge.

After getting a three-and-out defensively, Plymouth cashed in on a Gilford/Belmont defensive breakdown to go up 14-0 on the very next play. When senior captain Cody Bannon and fellow captain Trevan Sanborn noticed no one covering Sanborn, the two quickly changed the play at the line. Bannon lofted a perfect pass to

Sanborn and the senior outran everyone for a 76-yard touchdown.

"They didn't cover Trevan," coach Sanborn said. "They noticed it and checked out of the play. The kid (Bannon) has started for three years. He started on a state championship team as a sophomore. He carried us last year running the ball. This year he's worked hard on throwing the ball and he's been a great leader."

Trevan Sanborn would add to the Bobcat lead moments later when a broke through the Gilford/Belmont line to block Danny Cameron's punt out of the back of the end zone for a safety, making it 16-0 Plymouth.

Following the ensuing free kick, the Bobcats would go 46 yards in seven plays. Bannon connected with Charlie Comeau for 22 yards on a key fourth-and-seven play. Ian Tryder would go in from six yards out on the next play. Will Fogarty's first of five PAT kicks made it 23-0 Plymouth with a minute and 30 seconds on the first quarter clock.

Despite the deficit, the Golden Eagles kept



Plymouth senior Ian Tryder fights for a couple extra yards in the middle of the line against Gilford/Belmont's Austin Normandin (42) and Jalen Reese (12) in Division II action Saturday.

fighting.

The hosts would get on the scoreboard early in the second quarter: Jacob Cress hauled in an 11-yard pass from Jack McLean to make it 23-6. McLean connected with senior receiver Curtis Nelson for 11 yards and then 25 yards on two key third down plays to keep the drive alive.

Plymouth though would wrestle any momentum the Golden Eagles had away, scoring on its next possession and adding another to take a 37-6 edge into halftime.

Calvin Swanson capped an eight-play, 61-yard drive with a 12-yard run. After two teams exchanged interceptions, Bannon connected with senior wingback down the middle of the field for a 78-yard touchdown strike.

"I was impressed with our offensive line. They knew their assignments and rules," coach Sanborn said. "I think we dominated in the trenches."

Center Caden Sanborn, guards Eddie Camp and Trent Sargent, tackles Sean Grifiths and Tyler Stokowski did control the line of scrimmage with help

from ends Trevan Sanborn and Gabe Wheeler. The two teams exchanged touchdowns in the final two quarters.

The Bobcats got a two-yard touchdown run from Comeau in the third and a one-yard TD run from Brock Tanner in the fourth. Blake Descoteaux broke free for a 52-yard touchdown run in the third for Gilford/Belmont, who would add a 14-yard touchdown run from Isaiah Reese in the final quarter.

In the loss, while tough, the Golden Eagles never flinched despite suffering a number of injuries. Gilford/Belmont, who was already without starting quarterback Alex Cheek, lost backups McLean and Jalen Reese with shoulder injuries. The hosts also lost senior leader Johnathon Mitchell in the opening quarter.

"We had some big injuries to key guys, but we had guys step up," said Marzahl. "Jacob Cress came in and did a good job despite never playing quarterback before. He's a senior and he knows the playbook, and he went out there and did a great job."

"Our goal coming in was to win the game and improve as a football team," he added. "I felt

we made strides mentally. When we got down in the past, we would let up. Today we fought hard right to the end."

Plymouth showed its ability to deliver big plays as well as grind it out. Bannon complete four of five passes for 182 yards, with two touchdown tosses over 75 yards. The senior signal caller also rushed for 23 yards on three carries. D'Ambruso led the ground attack with 71 yards and a touchdown on nine carries. Tryder finished with 55 yards and a score on eight attempts. Comeau also had 55 yards and a TD on the ground on just four carries.

McLean completed four of 13 passes for 50 yards and a touchdown before getting injured. Jalen Reese went three for nine for 37 yards before suffering his injury. Descoteaux led all rushers, carrying the 14 times for 127 yards and a touchdown. Nelson caught three passes for 49 yards.

Both teams will look to get ready for the post-season, which starts with quarterfinal action next Saturday.

Whitcomb runs to the win at Prospect Mountain



Jared Whitcomb clears a rock on his way to winning a race at Prospect Mountain last week.

BY JOSHUA SPAULDING

Sports Editor

ALTON — The Belmont cross country team traveled to Alton to close out the regular season on Tuesday, Oct. 20, racing against Prospect Mountain.

Jared Whitcomb ran to his first-ever cross country victory, crossing the finish line in a time of 18:56, just nine seconds ahead of Prospect's Frank Dowd.

Micah Edgren was next in for the Raiders, finishing in a time of

19:27 for fifth place overall and Chris Pare ran to a time of 20:09 for seventh place overall.

Baidyn Lewis finished with a time of 20:45 for ninth place and Brandon Robichaud rounded out the scoring for the Raiders with the time of 21:34 for 10th place.

Evan Christensen finished in a time of 21:44 for 11th place, Tanner McKim was 12th in a time of 23:10, Cody Annis finished in a time of 23:32 for 13th place and Brice Boisselle finished in a time of 29:01 to close



Alyssa Edgren finished second for the Belmont girls in a race in Alton last week.

out the field of Raiders in 14th place.

In the girls' race, Aurora Coutu of Belmont and Veronica Dowd of Prospect battled side by side for most of the race, with Dowd finishing eight seconds ahead of Coutu, who finished in 21:14 for second place.

Alyssa Edgren finished in a time of 23:18 for fifth place and Emilie DeFrancesco finished in 26:59 for seventh place. Isabella Lewis achieved a personal best of more than three minutes, finishing in 34:34 for ninth

place overall.

The Division III State Meet will take place on Saturday, Oct. 31, at Derryfield Park in Manchester. The girls will run at 3:30 p.m. and the boys at 4:20 p.m. Spectators will not be allowed on the course and the race can be viewed at newhampshirecrosscountry.com.

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

Belmont girls fall in final two regular season games

BY JOSHUA SPAULDING

Sports Editor

BELMONT — The Belmont girls' soccer team played Laconia twice in the final week of the regular season and came up on the short end of both games by 2-1 scores.

The Raiders got the week started with a trip to Laconia and got the first goal of the game in the 18th minute, with Darci Stone getting the goal for Belmont.

The Sachems came back and tied the game just before halftime and then scored the game winner in the final six minutes of the game.

"We really struggled getting our legs going tonight," said coach Mark Dawalga. "Give Laconia credit, they played very well."

"I thought tonight we were a step behind going to the ball, but give Laconia credit for that," the Raider coach continued.

Dawalga praised the work of Maddie Lima and Emma Cochran in goal and Jada Edgren on the field.

The two teams went back at it later in the week and again it was a one-goal game, but the Sachems took the 2-1 win in overtime.

"We knew this game was going to be close and it played out that way," said Dawalga.

Stone scored on a corner kick to get the scoring started and Laconia again tied the game up right before the half, sending the game to the break at one. Neither team was able to score in the second half and the game went to overtime.

The Sachems scored two minutes into overtime on a corner kick.

Lima had five saves in net and Cochran had four saves. Morgan Hall and Brooklyn Erick also earned their coach's praise for their play.

"With the NHIAA tournament starting next week, we have a lot of things to work on," Dawalga said.

Belmont will kick off the tournament today, Oct. 29, at home at 3 p.m. against either Berlin or White Mountains. The quarterfinals are Sunday, Nov. 1.

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

October is Breast Cancer Awareness Month



Life after breast cancer

The moment a person receives a breast cancer diagnosis, his or her life changes immeasurably. The roller coaster of emotions begins, and suddenly this person is thrust into a schedule of doctor's appointments, treatments and visits from friends and family.

The World Cancer Research Fund International says breast cancer is the second most common cancer in women and men and is the most frequently diagnosed cancer among women in 140 of 184 countries worldwide. Despite that prevalence, the five-

year relative survival rate for women diagnosed with localized breast cancer (cancer that has not spread to the lymph nodes or outside the breast) is 98.5 percent, says the American Cancer Society. Survival odds increase as more is learned about breast cancer and more people take preventative measures, including routine screenings. Today, there are nearly three million breast cancer survivors living in the United States.

Breast cancer treatments may last anywhere from six months to a year. Adjusting after treatment may not come so easily at first. But

adjustments are easier with time, and many cancer survivors continue to live life to the fullest in much the same way they did prior to their diagnosis.

When treatment ends, patients often still have fears about the cancer, wondering if all of the cancerous cells have been destroyed and worrying about recurrence. But focusing on the present and all of the things you now can do with health on your side is a great way to put your fears behind you.

Many cancer survivors must still visit their doctors after treatments end. Doctors still want to monitor patients closely, so be sure to go to all follow-up appointments and discuss any symptoms or feelings you may be having. Side effects may continue long after radiation or chemotherapy has ended. Your doctor may have suggestions for coping with certain side effects or will be able to prescribe medications to offset these



effects. Follow-up appointments should gradually decrease the longer you have been cancer-free.

It's not uncommon to feel differently after cancer treatment, as your body has been through quite a lot. Many women still experience fatigue, and sleep or normal rest doesn't seem to make it abate. Realize this is normal, and how long it will

last differs from person to person. It can take months or years for you to experience your "new normal." Things do not happen overnight. While your hair may grow back quickly, it may take some time for you to feel like yourself again. Exercise routines or other lifestyle changes may help you overcome fatigue or make it more manageable.

Speaking with others who have survived breast cancer can help. Join a support group or reach out to others through social media. Getting a first-hand account of what can be expected the first year after treatment can assuage anxiety.



The vital role of a cancer support network



The moment a person is diagnosed with cancer can elicit a variety of emotions. Fear of what's to come is a common reaction to such a diagnosis, and some people may feel alone upon learning they have cancer. But no cancer patient should face their diagnosis and treatment alone. In fact, a strong support network can be vital to patients' recoveries.

According to Weill Cornell Medicine, recent changes in the healthcare industry have shifted the burden of care from the hospital to the home. That underscores the importance of a strong support network. Many of the challenges cancer patients face in the months after diagnosis will be new, and patients can expect a range of emotions. According to Breast Cancer Now, a charitable organization that funds one-third of breast cancer research in the United Kingdom, women may

experience emotions such as shock, anger, disbelief, anxiety, and sadness after being diagnosed with breast cancer. Having loved ones there to help them make sense of those emotions and stay positive as they navigate their way through the treatment process is essential.

In addition to providing emotional support, loved ones of breast cancer patients may need to take on additional roles as they help their friends or family members face the challenges that lay ahead. Because of the industry changes noted by Weill Cornell Medicine,

cancer caregivers and support networks may need to prepare themselves to take on the following roles, each of which is vital to cancer patients' survival.

- Monitor the disease: Support networks may need to keep track of how their loved ones' disease is progressing and if there are any complications from treatment.

- Manage symptoms: Breastcancer.org notes that treatment causes severe side effects in many women. Such side effects may include nausea/vomiting, diarrhea, constipation, pain, arm swelling, shortness of

breath, and skin irritation. Thankfully, most of these side effects can be treated. In addition, Breastcancer.org notes that most side effects ease up after treatment is completed. In the meantime, support networks may need to help patients manage those symptoms, performing a host of tasks to make their loved ones' lives easier. For example, patients experiencing shortness of breath may be incapable of performing chores around the house. In such instances, members of a support network can tackle those chores until their loved one bounces back.

- Administer medication: Breast cancer patients may be too overwhelmed to handle their own medications, so support networks can take over this important responsibility for them.
- Assist with personal care: Some patients may experience fatigue after treatment.

In such instances, support networks can help patients maintain their personal hygiene. Support networks can

be vital to helping cancer patients overcome their disease and navigate their way through successful treatment regimens.

We support National Breast Cancer Awareness Month

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