

Turkey Trot to return Thanksgiving morning

BY ERIN PLUMMER
mnews@salmonpress.news

A Thanksgiving morning tradition will return this year, as the Turkey Trot is scheduled with social distancing protocols.

The Gilford Youth Center's annual Turkey Trot 5K is on for Thanksgiving morning, Nov. 26.

The race started in 2007 as an informal, friendly gathering of 30 people getting together for a run on Thanksgiving morning. A race jar was passed along that benefitted a local charity. Since the founding of the GYC, the race has been one of its biggest fundraisers. It now draws a few hundred people each year, including people from around the country who are in the area visiting for the holiday.

With the onset of the pandemic, however, most races across the country from local 5K's to the Boston Marathon have gone virtual. The GYC held its own Virtual 5K in the spring, where participants did their own run of walk and recorded their times, turning them in to the event.

Some races have returned for in-person participation. Locally the Gunstock Nordic Association's Old Home Day 5K went on as scheduled on Aug. 29 with guidelines.

This year's Turkey Trot will go on as an in-person event on Thanksgiving morning with some new rules in place.

"It is the goal of the Gilford Youth Center to provide a safe race during this current pandemic."

SEE TROT PAGE A10



FILE PHOTO
The Gilford Youth Center's annual Turkey Trot 5K will be back this year on Thanksgiving morning.

New mask rule, exposure plans part of Gilford School District pandemic response

BY ERIN PLUMMER
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Going into the new school year the Gilford School District is taking precautions against COVID-19 and has laid out a plan for if someone in the schools does test positive.

The district is now prohibiting the use of masks with vents after a decision by the Gilford School Board.

Superintendent Kirk Beitler wrote on the district website that the district had previously distributed some of these masks, but would discontinue the practice and not allow their use in the schools.

As the virus is transmitted by respiratory droplets, masks are intended to prevent the virus' spread by keeping those droplets away from others. Beitler wrote that masks with one-way valves or vents still release those droplets into the air and still pose an exposure risk to others. The CDC has recommended against using masks with valves or vents.

The school board decided during the Sept. 14 meeting that these masks will not be distributed or allowed in the schools.

As of Sept. 14, the district was in the process of ordering new cloth masks for students that had been given vented masks, especially for elementary school students. The use of the masks with vents and valves was banned in the buildings effective Sept. 21. Disposable masks will be made available until they get new cloth masks.

The district does have a protocol for what happens if any student or staff member test positive for COVID-19. Families and staff have been asked to fill out a self screening sheet asking questions about their temperature, if they're showing other possible symptoms, if they've been in close contact with someone suspected or confirmed of having COVID-19, and if they've traveled outside New England. Those with a temperature of over 100 degrees and/or have answered yes to any of the questions they are asked to contact the school nurse and stay home. In the event of a positive COVID-19 case the district will ask for these sheets.

The school nurses will also have information sheets based on students displaying symptoms and results of tests.

If a staff member or students tests positive the school will follow a flowchart provided by the state Department of Education. Anyone who tests positive will be asked to isolate at home and will receive a health interview. All their close contacts (those who have spent more than 10 minutes less than six

BY JOSHUA SPAULDING
Sports Editor

REGION — The Gilford-Belmont football team members spent the first portion of the first official practice of the season attaching plastic shields to their helmets.

It wasn't exactly the most exciting thing, but as coach Josh Marzahl told them, this was what they needed to do if they wanted to play football, so the kids tackled the project.

"Our number one goal right now is to play football in the safest way possible," Marzahl said. "We understand the commitment we have as a program to do things the right way and follow guidelines."

The good news for Marzahl and his coach-



JOSHUA SPAULDING

The Gilford-Belmont football team linemen work on their stances during the first day of practices.

ing staff is that the team returns a large slate of seniors who have played for all three years, have plenty of experience and

are ready to go.

Quarterback Alex Cheek (also a safety on defense) returns for another season after being

named All-Conference last year and will have fellow All-Conference player Curtis Nelson re-

SEE FOOTBALL PAGE A10

"Godspell" debuts at GHS this weekend

BY ERIN PLUMMER
mnews@salmonpress.news

The first of three showings of Gilford High School's production of "Godspell" opens this Friday with an all senior

cast and a few seniors taking some major roles in the show.

GHS theater students have been working in small casts for three different productions of

"Godspell, Jr." to keep with social distancing. The all senior version will run Friday and Saturday, both at 7 p.m. at the GHS auditorium

Seniors Katherine Os-

burn and Chelsea Sasser-son are collaborating on the choreography, a first for both of them.

This experience is a relative first for both of them. Osburn said she had done some choreography at a summer camp, but hadn't done anything more than that.

"It's all seniors so they're all my friends," Osburn said. "It's really fun working with them. I thought we weren't going to have a show at all but to do it again it's fun, especially all seniors."

Osburn and Sasser-son divided up different songs to choreograph and collaborated on a few other songs. Sasser-son said they both will bounce ideas off each other and come up with ideas together. Sasser-son said they will both



PHOTO BY ERIN PLUMMER

An all senior cast gets ready for the coming production of "Godspell" at Gilford High School.

SEE RESPONSE PAGE A10

SEE GODSPELL PAGE A10

Notes from the Gilford Public Library

BY MARK THOMAS
Library Correspondent

Things are changing at the Gilford Public Library. There are new faces at the desks, new labels on books, and new services to explore. With all these changes, the library is not going to write this weekly article anymore, instead putting out a ‘What’s New?’ release at the start of each month along with the weekly events. We’re hoping that this change will help us focus on the new and exciting services like remote programming, literacy events, and the library of things, without sacrificing the information provided.

Though this is a farewell to the weekly banner on this platform, all ends are new begin-

nings! Our online presence has grown, and so has the public usage of it. It’s been wonderful to see faces on Zoom, to hear from folks on social media like Facebook Live, and to help introduce people to using the digital tools on the library website. After all, gilfordlibrary.org is the place to find information about library happenings. That’s where you’ll find the calendar of events with descriptions and links and where the digital resources are, including the catalog with your patron account.

If you’ve been enjoying these “Notes From the Gilford Library,” know that we have been too! We’re looking forward to continuing our conversations in person, and remote. Thank you to the Gilford Steamer

for hosting our articles all this time, and for continuing to host our monthly updates!

Classes & Special Events

Sept. 24 – Oct. 1
*Sign up and face masks required

Thursday, Sept. 24
*Advanced Line Dancing, 10-10:30 a.m.

Mother Goose on the Loose (Virtual), 10:30-11:30 a.m.

Join Miss Maria on Facebook Live for an interactive experience with you and your baby with rhymes, songs, movement, and more! *ages two and a half and under

*Beginner Line Dancing, 11:15 a.m.-12:15 p.m.

*Knit Wits, 1-2 p.m.

*French, 4-5 p.m.
Conversational french group. Maximum of 10 people in the group.

*Foreign Movie Night, 6-7 p.m.

This month’s movie is “A Bag of Marbles” from France, an unrated movie that runs 110 minutes, and follows the adventure of a Jewish boy and his brother escaping Nazi persecution in occupied France. Sign up required, maximum of eight people.

Friday, Sept. 25
*Bridge, 10:30-

11:30 a.m.

If you love Bridge and just can’t get enough, join our bi-weekly group. Maximum of 10 people.

*Preschool Storytime, 10:30-11:30 a.m.

Join us for storytime fun here at the library. In order to follow CDC guidelines, spaces will be limited to a 10 person total limit and masks are required to attend. Ages two and a half to six.

Monday, Sept. 28
STEAM Challenge, 10:30-11:30 a.m.

Join us to get hands on knowledge through different weekly STEAM related challenges. Most materials will be available in your home. If you do not have materials available please email library@gilfordlibrary.org and we will provide materials for you. Videos/Instructions will be available every Monday on Facebook Live and on our YouTube channel. Tune in to view the challenge and try it at home!

*Line Dancing, 5:30-6:30 p.m.

Tuesday, Sept. 29
*Geri Fit, 10-11 a.m.

Stuffed Animal Storytime (Virtual) 10:30-11:30 a.m.

Wednesday, Sept. 30
Virtual Check out an Expert, 10 a.m.-noon

*Geri Fit, 10-11 a.m.

*Read With Me, 10:30-11:30 a.m.

Early readers often are not confident in their abilities. Studies show that reading to a

non-judgemental adult or animals will boost reading confidence. Join Miss Jill for a one-on-one reading experience. Each child will have a reading log and weekly prizes will be earned after each session. Ages three to six, sessions will be 10-15 minutes.

Nature Talks (Virtual), 10:30 a.m.

Join nature enthusiasts and National Award Winner for Environmental Teacher, Wendy Oellers-Fulmer each week as she wanders through nature and teaches us a bit about the many wonders found in the natural world. Perfect for any child interested in nature and/or a quick science lesson. Tune in on Facebook.

Homemade with Heidi: English Muffins, 1 p.m.

Local homesteader is back to continue lessons on sourdough. Join us on Facebook Live to learn how to make delicious English muffins.

Teen Club, 2:30-3:30 p.m.

After-school Teen Club. Hangout with friends, play games, and make stuff. This club is whatever you want it to be! Fifth-12th grade.

*Read With Me, 3:30-4:30 p.m.

See “Read With Me” above.

Thursday, Oct. 1.
*Advanced Line Dancing, 10-10:30 a.m.

Mother Goose on the Loose (Virtual), 10:30-11:30 a.m.

Join Miss Maria on Facebook Live for an interactive experience with you and your baby with rhymes, songs, movement, and more! *ages two and a half and under

*Beginner Line Dancing, 11:15 a.m.-12:15 p.m.

*Knit Wits, 1-2 p.m.

*French, 4-5 p.m.

Conversational french group. Maximum of 10 people in the group.

*NH Humanities: History of the NH Primary, 6:30-7:30 p.m.

This program presents a brief history of the New Hampshire Presidential Primary, from its origins during the Progressive era of the early twentieth century, through its evolution to the most important step toward being elected President of the United States. Based around segments from the documentary “The Premier Primary, New Hampshire and Presidential Elections,” clips from the documentary are interspersed with discussion and questions about how New Hampshire came to hold this important political event every four years. Led by John Gfroerer, who has produced several documentaries about New Hampshire’s political history. This is a hybrid in-person, Zoom, and Facebook live program.

Gilford Public Library Top Ten Requests

1. “Too Much and Never Enough” by Mary L. Trump
2. “The Midwife Murders” by James Patterson
3. “All The Devils Are Here” by Louise Penny
4. “The Guest List” by Lucy Foley
5. “1st Case” by James Patterson
6. “The Silent Wife” by Karin Slaughter
7. “The Vanishing Half” by Brit Bennett
8. “Where the Crawdads Sing” by Delia Owens
9. “The Order” by Daniel Silva
10. “The Darkest Evening” by Ann Cleeves

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GILFORD POLICE LOG

The Gilford Police Department reported the following arrests during the week of Sept. 14-20.

Shawn M. Patraw, age 39, of Laconia and Derek Nicholson, age 33, of Belmont were arrested on Sept. 17 for Criminal Trespassing. Nicholson was also arrested for Obstructing Government Administration and in connection with a warrant.

Robert Scott Powers, age 63, of Gilford was arrested on Sept. 17 for Driving While Intoxicated (subsequent) and an Open Container violation.

Karen Elizabeth Durocher, age 42, of Gilford was arrested on Sept. 17 in connection with a bench warrant and for Resisting Arrest or Detention. Shawn Fabian Durocher, age 41, also of Gilford, was arrested during the same incident in

connection with multiple bench warrants.

Elizabeth L. Gailey, age 28, of Laconia was arrested on Sept. 18 for Driving While Intoxicated.

Johnathon M. Coutrier, age 34, of Gilford was arrested on Sept. 18 for Prohibited Use of Computer Services.

Robert G. Grant, age 62, of Franklin was arrested on Sept. 18 for Driving While Intoxicated.

A juvenile runaway, age 16, was taken into temporary custody on Sept. 18.

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Lighthouse Title & Closing Services celebrates opening of new office

LACONIA — The Lakes Region Chamber celebrated a Ribbon Cutting Ceremony at the new office of Lighthouse Title & Closing Services, LLC. and the opening of their newest location in Campton at 399 NH Route 49. Lighthouse Title & Closing Services is able to serve clients conveniently throughout the entire state of New Hampshire, Massachusetts, and Maine. The team of seasoned professionals provides prompt, efficient, and accurate service. Lighthouse Title & Closing

Services is affiliated with a full service law firm specializing in real estate and business law and is available to assist clients. Business Development & Marketing Manager, Lori Harding specializes in serving the Lakes Region. She is available whether you need a second opinion on a Purchase & Sales Agreement, assistance with a title defect, or any other real estate related issue. Harding shared, “We are available to help with Residential and Com-

mercial real estate as we do it all at Lighthouse Title. You will always get the answers you need and the communication you deserve.” The Lakes Region Chamber is a private, non-profit organization striving to create and promote a more engaged community and thriving economy for the businesses in the Lakes Region. For a directory of Lakes Region businesses and a full community calendar of events, go to LakesRegionChamber.org.



Courtesy
Masks hid the smiles behind Lighthouse Title & Closing Services ribbon cutting event! Front Row - Lori Harding, Business Development & Marketing Manager, Attorney Matthew Braucher; Attorney William Amann; Back Row - Karen Andrews, Paralegal; Cindi Shaw, Senior Paralegal; Attorney Martha Davidson; Leanne Psiras, Senior Paralegal/Title Examiner; Susan Pierce, Administrative Assistant; Attorney Timothy French.

Gilford library continues gradual reopening

BY ERIN PLUMMER
mnews@salmonpress.news
The Gilford Public Library is gradually expanding some hours and services as part of its gradual reopening plan. The library is now open on Fridays after previously only being open for curbside service that day, The building is open Monday through Wednesday from 10 a.m.-5 p.m., Thursday 10 a.m.-8 p.m., and Friday and Saturday from 10 a.m.-2 p.m. According to the li-

brary’s website, visitors are now asked to stay for no more than 60 minutes. When the library reopened that time limit was 30 minutes. There is a limit of 20 patrons in the building at a time and masks are strongly encouraged. Computers are available, though use is limited to 60 minutes per person. Lounge chairs, work desks, and study areas are unavailable, though patrons are invited to come in and browse books and materials. The library is still of-

fering curbside services. Patrons can reserve books online, park in a designated curbside service area at the library, then call the library and have the books brought out. Curbside service runs Monday through Friday from 9 a.m.-5 p.m. The interlibrary loan program is also back up and running. The statewide service halted because of the pandemic, but recently restarted. Cardholders looking for a book title can contact the library and see if a copy is available from

another library in the state. The van runs three times a week to the Gilford Library. Programs and activities are still continuing at the library, including programs done in person with distancing and remotely. See the library’s website gilfordlibrary.org for a full calendar of activities. September is Library Card Sign-up Month and the library is encouraging people to sign up for a card. Library cards are free for Gilford residents, those who own

property but live outside of town, work in Gilford, or attend Gilford schools. All others can

get a library card for \$40 every two years.

Making Strides to hold Rolling Pink Rally this October



LACONIA — This October may look different, but breast cancer hasn’t stopped and neither has the American Cancer Society and its dedicated group of volunteers with the Making Strides Against Breast Cancer of the Greater Lakes movement. Join the first ever Making Strides Against Breast Cancer of the Greater Lakes Rolling Pink Rally on Sunday, Oct. 4 from 10 to 11 a.m. The route will start and end at the Laconia Middle School and take a festive tour around Lake Opechee. In keeping with safety guidelines and socially distant protocols, the Society asks that participants do not get out of their car prior, during, or after the rally. Participants, survivors, and the community are encouraged to decorate their vehicles with past or present team banners and all things pink. T-shirts, signs, window paint, balloons, and more are encouraged to show your pink spirit and your commitment to the fight against breast cancer. We need your help more than ever as the

American Cancer Society has been impacted by COVID-19. Our ability to fund cancer research has been reduced in 2020 – our lowest investment this century if current trends continue. We can’t allow progress to be put on hold because of the pandemic. Funds raised through the Making Strides Against Breast Cancer movement enables

the American Cancer Society to help cancer patients, a population vulnerable to COVID-19, to navigate their cancer journey during a pandemic. The Society offers advice on coping with cancer treatment side effects, answers questions about health insurance and so much more. Donations fund a round-the-clock toll-free helpline, 800-227-2345, and live

chat at cancer.org; support research into cancer’s causes, cures and treatments; and promote education to reduce the risk of a diagnosis and to detect cancer as early as possible. Register your team or donate today at www.MakingStridesWalk.org/GreaterLakesNH and follow us on Facebook for event updates at www.Facebook.com/GreaterLakesMSABC. For more information or to RSVP to the Rolling Pink Rally reach out to GreaterLakesNHStrides@cancer.org.

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The passing of a trail blazer

The world lost a champion for justice last week with the passing of Supreme Court Justice Ruth Bader Ginsburg. A role model for both men and women, Ginsburg passed away at the age of 87. Ginsburg was active up until the last two weeks of her life, even performing a wedding ceremony.

She became the second female justice to sit on the U.S. Supreme Court, and the first Jewish woman. Her path to the highest court in the nation was not an easy one being cast off because she was a woman. Despite the pushback, Ginsburg had a list of firsts under her belt, including being the first tenured female professor at Columbia University. She was also the first female member of the Harvard Law Review. Ginsburg was one of nine females out of 500 attending Harvard Law School. At one point, the law dean asked each of the women to justify taking places at the school that could be filled by men.

Serving as the Director of the Women's Rights Project of the American Civil Liberties Union during the 1970s, Ginsburg fought to make legal the right for women to sign a mortgage without a man, the right to have a bank account without a male co-signer, the right to have a job without being discriminated based on gender and the right for women to be pregnant, have children and work at the same time. It was around this time she met her husband Martin Ginsburg, a tax lawyer who she helped through school, while he battled cancer. Together they had two children.

After graduation from Columbia, Ginsburg applied to work for 12 firms; however, she was denied based on her sex. Eventually, she was offered a clerkship at the U.S. District Court with Judge Edmund G. Palmieri. According to Ginsburg, she was declined other positions due to men feeling uncomfortable with her in chambers.

Ginsburg became a professor of law at Rutgers in 1963 just after studying the Swedish legal system.

In 1980, she was appointed to the U.S. Court of Appeals for the District of Columbia. In 1993, she was named to the U.S. Supreme Court by President Bill Clinton. During her Senate confirmation hearings, she refused to answer any questions that would reveal her personal opinions, and would not comment on hypothetical cases. She did so to "maintain [her] open-mindedness and integrity as a jurist."

Her list of achievements can fill a book and her life story is exceptional. Outside the steps of the Supreme Court, thousands have paid respects by leaving flowers, candles and messages that read "Rest in power" and "we can because she did."

A black drape was hung over the entrance of the Supreme Court building on Saturday, a tradition that dates back to 1873 after the passing of Chief Justice Salmon P. Chase. Ginsburg's chair and the front of the bench where she sat was also draped with a black cloth. Both will remain for 30 days.



RC GREENWOOD

Shutout win

Anthony Aguiar drives the ball down the field for the Gilford boys' soccer team in its opening match Friday against Winnisquam. The Golden Eagles got the 8-0 win. They continue the season today, Sept. 24, at Prospect Mountain, will be hosting Laconia on Monday, Sept. 28, and will be at Laconia on Wednesday, Sept. 30, all with 4 p.m. starts.

FROM OUR READERS

Make your votes really count!

To the Editor:

Whether you vote by absentee ballot or in person on Nov. 3, making you vote really count is critically important.

By that, it is suggested that many voters choose

to vote only at the "top" of the ticket, say, for President, Governor and maybe a few more "major" offices, failing to cast votes for candidates toward the "bottom" of the ballot such as those running for state representatives, state sena-

tors, and state executive council.

Those at the top of the ticket for whom you vote can only be as effective as their entire "team" exists, so you are encouraged to vote a complete ballot when you vote.

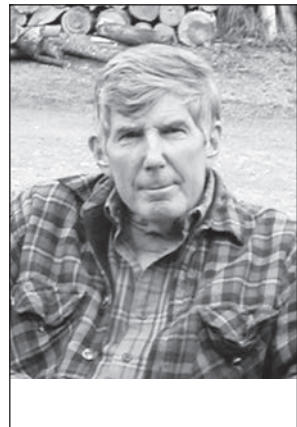
Do not abdicate voting in any of the races on the ballot.

And please remember, vote like your way of life depends on it—because it does.

NORM SILBER
GILFORD

NORTH COUNTRY NOTEBOOK

Soaking wet and freezing, they brought the drive down



By JOHN HARRIGAN
COLUMNIST

I have a soft spot for old glass-plate negatives, especially ones showing men at work, specifically men getting the logs or pulpwood out of the woods and down the river to the mills.

Fortunately, I have the Brown Company collection in reach, curated by Plymouth State University, a wealth of such images. The Brown family spent some money to document its time of ascent in a head-spinning era of one dazzling invention after another, in the pursuit of logging as in all others. Life was changing faster than

ever before, before everyone's eyes.

In the old photos, some of them taken almost two centuries ago, the men stand still for a moment in a fast-paced job. They are obeying instructions--shouted as virtual commands--by the photographer and co-workers, because the film of the times was too slow to tolerate movement. Anything that moved much tended to come out blurred. Set-pieces of furniture for portraits had iron-rod head-brackets so customers could avoid shakes.

+++++

Wars tend to be well-springs of inventions that wind up benefiting civilization in myriad ways--witness untold medical advances during the First World War, and the caterpillar tread. Photography's great benefactor was the Civil War. Film and print solutions simply had to get faster, and they did.

Post-war films could

capture at least some motion, and silver solutions for print-paper kept pace. Suddenly, practically overnight, we could see river hogs riding logs down through the rapids, and most of the time you could read the name on a boat. In staged scenes, everyone was crisp and clear, and anyone who moved was only slightly blurred.

The photographer still had to throw a big black cloth over his head and brush the silver nitrate solution onto the glass plate before sliding it into the camera and making his exposure, a dramatic flair of the trade that would not be surmounted by technology until the turn of the century.

In post-Civil War years, when life in the logging camps began to improve, company photographers often made the rounds of the camps toward the end of winter, just before spring breakup.

With the walking boss often standing by to keep order, the photographer lined up the few chairs in front of camp and arranged the standees. The crew often had a dog, which of course had to be in the picture. It neither understood nor harked to the command, "Don't move!" and often was just a blur.

+++++

Often a scene of men working a log drive on

the Androscoggin or Connecticut rivers looks so familiar and so life-like that I feel as though I could jump right into it--the flannel shirts, the boots, and the slouched felt hats, as comfortable as an old shoe.

They worked long hours--daylight to sunset--often up to their hips in numbing-cold water, amid logs that could crush a man flat.

Plenty of men were looking for work after mustering out from the Civil War, and even deep in the woods labor was plentiful and cheap. Logging on a wider scale, more centralized and organized, emerged at the right time to take advantage of the labor pool.

The demographics of New Hampshire, meanwhile, were enriched by an influx of workers and their families from Ireland, Scotland, Russia, the Scandinavian countries, and many more. They got here by hook or crook, working temporary jobs, anything to hold on. Many of them liked the lifestyle and the lay of the land, and scratched and scrounged, and found a way to stay.

+++++

My favorite of all teachers, Marguerite Wiswell, took five of us on an informal field trip into the land of the logging camps one weekend in the late 1950s. Heading for the Dartmouth



COURTESY

This old glass-plate photo, sent in by a reader, shows men "tending out" on a river drive at what appears to be Hell's Gate Gorge, in the Dartmouth College Grants. Many images of this kind have come from the Brown Company collection.

College Grants, we stopped just above Errol to see the massive hull of the old steamer Diamond, hauled out for a final time after a lifetime of warping booms of logs and pulp across the Richardson Lakes and Umbagog.

And then it was up the Magalloway River to Hell's Gate and the Swift Diamond, where we stopped to scoot down the steep bank to see the fabled Hand on the Rock. This was (and is) an elaborate carving atop a huge riverside boulder of granite. Its precise meaning remains a mystery, but consensus is that it's a memorial to someone killed on one of the many log drives past the point.

Andy Anderson was a longtime friend in Pittsburg who came here as a CCC (Civilian Conservation Corps) recruit in the '30s. He got to hobnob with some of the old logging camp and river

drive characters and greats, a thing I've always envied.

On one day when we were touring the territory, we went far up Indian Stream. Andy pulled over to a clump of big cedars. Far up, about as high as a tall man could reach, hung a pair of tall leather boots, one caulked sole hanging loose. When someone was killed on a log drive, his mates always hung up his boots.

Logging was dangerous work, just as it is today, and many a young man went into the logging camps in early winter, maybe down with the river drive in the spring, never to be seen again.

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

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Robert Soloway named Executive Vice President at New Hampshire Mutual Bancorp



Robert Soloway

MEREDITH — Robert Soloway has been appointed Executive Vice President at New Hampshire Mutual Bancorp (NHMB). As Executive Vice President, Soloway will be a part of the NHMB Executive Leadership Team, continuing as Chief Technology Of-

ficer (CTO). Soloway has greatly impacted NHMB's evolving technology since joining the company in September 2019. As CTO, Soloway leads and oversees technological strategy and implementation for Merrimack County Savings Bank (the Merrimack), Meredith Village Savings Bank (MVSBS), Savings Bank of Walpole (SBW) and NHTrust. In March, the oversight of information security, enterprise project management and imaging for NHMB and sister organizations was added to his area of responsibility.

"Excellent technology is essential to ensuring we meet the security, ease of use, service and product expectations for customers of the community banks we serve," said Gregg Tewksbury, President and CEO of New Hampshire Mutual Bancorp. "Rob's impressive contributions to our technological improvements as well as his broad background in operations and strategic information technology leadership has enhanced the capabilities of our banks and wealth management firm. He has the foresight to address the future, and is adept

at managing current opportunities at the same time. Rob has already proven he's an excellent and important member of our leadership team."

Prior to joining NHMB, Soloway was the Chief Information Officer for Municipal Credit Union in New York. He has also held top leadership roles within banking, insurance and shared service environments.

Already familiar with New Hampshire, Soloway began his career in the state as a computer programmer following graduation from what is now Southern New

Hampshire University. He holds a degree in Management Information Systems and Finance.

New Hampshire Mutual Bancorp, a shared services organization, was formed in 2013 when two New Hampshire-based community banks, Meredith Village Savings Bank and Merrimack County Savings Bank, formally affiliated – the first relationship of its kind in the state. This strategic partnership has positioned the banks to leverage each other's strengths as they work together to advance a shared vision of main-

taining and enhancing community banking standards and values. MillRiver Wealth Management joined as a third affiliate in 2015, combining the financial advisory divisions of MVSBS and the Merrimack. Savings Bank of Walpole joined NHMB in 2018. In 2020, MillRiver Wealth Management affiliated with the New Hampshire Trust Company and Savings Bank of Walpole Wealth Management to become NHTrust. NHMB combined assets total more than \$2.6 billion. For more information, visit nhmutual.com.



COURTESY

Craft Fair at Tanger Outlets this weekend

There will be a Craft Fair at the Tanger Outlets on Sept. 26-27, Saturday 10 a.m. to 5 p.m. and Sunday 10 a.m. to 4 p.m. There will be over 70 fabulous arts & crafts exhibitors including metal art, chainsaw wood creations & demonstrations, various jewelry styles, inlaid wooden mirrors & furniture, amazing handpainted artwork on wood/skis/mushrooms/slates/canvas/skates, alpaca creations, Lakes Region aerial photography, African wildlife photography, hand poured soaps, beautiful soy candles, quilted items, gourmet foods, pandemic masks, resin window art, children's toys, fabric creations, quillows, seasonal wreaths & decor, NH maple syrups, kettle corn, & lots more!!! Friendly, Leashed Dogs Welcome!!! Masks & Social Distancing Required! Rain or Shine Under Canopies! Directions: I-93 Exit 20 & Bear Left Off Exit - GPS Address: Tanger Outlets, 120 Laconia Rd., Tilton. For more information, contact Joyce at 528-4014. See you there!

Gilford Parks and Recreation News

BY HERB GREENE

Director
Gilford Parks and Recreation

Adult Fall Hiking Program continues on Tuesday mornings The Gilford Parks and Recreation Department is sponsoring some fall hikes for any adults looking for a fun, socially distanced safe activity on Tuesdays this fall. These hikes continue on Sept. 22 at Weeks Woods in Gilford and September 29 at Ramblin' Vewe Farm. Participants will gather each morning at 9:15 a.m. in the Gilford Town Hall Lobby before departing for the hike. Participants should bring a mask to wear during check in and for any times when stopped on the trail where we cannot practice social distancing. All interested participants must RSVP at least one day in advance to each trip. For more information or to RSVP, please call the Parks and Recreation Office at 527-4722.

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

One in five adults suffer from arthritis, and the majority of these are seniors.

For those that live with arthritis every day, the symptoms can be a barrier to doing the hobbies they love. But with management strategies and lifestyle changes, many seniors find that they can continue the activities that bring them hope, purpose and joy.

For older adults to understand the stages of living with arthritis, it's helpful to talk about how the disease is identified, diagnosed and managed.

Signs and symptoms: Generally, symptoms of arthritis can include any of the following: joint redness, swelling, pain, stiffness, warmth, or difficulty with movement. Many people are familiar with arthritis of the hands and feet, but they don't always realize that it can affect any joint in the body. Anyone experiencing these symptoms should visit their physician.

Diagnosis: When diagnosing

arthritis, medical professionals will typically conduct a physical exam, and gather medical history and genetics information to help identify the type of arthritis. Blood tests and imaging may be necessary as well. While arthritis cannot be cured, it can be managed to limit the impact it has on seniors.

Strategies for arthritis management:

A physician can recommend arthritis management strategies and approve all plans to change or increase physical activity.

Lifestyle changes: Seniors with arthritis may need to stop performing certain activities, or limit them. Depending on the area of the body affected, some hobbies may become more difficult. However, planning ahead can be helpful – for example, having a stool to sit on in the kitchen can help seniors that want to cook but have difficulty standing for long periods of time due to arthritis pain.

Movement: For some types of arthritis, sitting or working in one position for too long can cause the condition to

worsen. Moving, walking and stretching every 15 minutes can be helpful. For some, setting an alarm as a reminder to prompt movement can be helpful. A doctor should be consulted before seniors begin any exercise regimen.

Weight – Maintaining a healthy weight can be helpful in managing arthritis. Excess weight can cause strain on joints, worsening the condition. Anyone concerned about this should consult their physician for exercise and diet recommendations.

Education and awareness are critical – seniors that may have arthritis, or have already been diagnosed, should engage their care team to develop management strategies.

Comfort Keepers® Can Help

A care plan for arthritis can minimize the impact of the disease on a senior's life, and Comfort Keepers can provide support for a management program. Our caregivers remind clients to take medication, provide transportation to scheduled appointments, and support physician-pre-

scribed exercise regimens and diets. As part of an individualized care plan, caregivers can also help with activities like cooking, cleaning and physical care. Our goal is to see that clients have the means to find the joy and happiness in each day, regardless of age or ability.

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.

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Edward Jones: Financial Focus

Financial Moves for Widows and Widowers

If you've recently become a widow or widower, you're obviously dealing with an enormous emotional burden, and coping with your grief can seem like a full-time struggle. Unfortunately, the business of life must go on – and the financial moves you make at this time can have a big impact on your life. So, as you attend to your affairs, consider the following suggestions:

- Don't make hasty decisions. Even though you will need to make some moves in the near future, don't feel rushed into decisions that may prove to be ill-advised. For example, don't immediately sell your home or liquidate all your stocks.
- Consult with your estate planning professional. If you and your spouse created an estate plan involving a will, living trust or other documents, you'll want to consult with your estate planning professional to determine what steps should be taken to implement these arrangements.
- Address life insurance issues. If your spouse had a life insurance policy, you'll want to contact your insurance agent for help in navigating the paperwork necessary to receive the death benefit. Of course, some financial advisors also sell life insurance within the context of your overall financial strategy, so, if this is your situation, you'll want to speak with your advisor about how to handle the insurance proceeds.
- Apply for Social Security benefits. If you are 60 or older, you may be entitled to Social Security survivor benefits, along with a one-time death benefit. Contact your local Social Security office to stop the benefits your spouse received and apply for the new ones for yourself.
- Change the name on financial accounts. If you and your spouse had jointly held accounts with "right of survivorship," the assets will typically pass automatically to you, the surviving spouse. However, for legal purposes, it's still a good idea to retitle these assets in your name. This usually only requires filling out some simple documents, which are available from your financial institutions – bank, credit union, investment firm, etc. But you also may need to change the beneficiary designations on accounts held only in your name, such as your 401(k). These designations are powerful and can even supersede instructions in your will or living trust.
- Go over bills and debts. Review all your bills, automatic payments and outstanding loans. If they are in your spouse's name, or in both your names, contact the merchant or financial services provider to change all correspondence and account information to your name only. For any outstanding accounts in your spouse's name, you may need to notify the business that all payments will be handled by your spouse's estate, if you choose to go that route. You may need to provide these businesses with the contact information of your estate planning professional.
- Plan for your future. Once you've handled the immediate financial needs described above, you'll want to think about your own future. This means you may have to update your estate plans and insurance policies. You'll also want to consult with your financial advisor to see what changes, if any, you might need to make to your investment portfolio. Only time can ease the pain of losing a spouse. But by taking care of the mundane matters of daily living, you can at least alleviate the feelings of being overwhelmed – and that, in itself, has value.

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

Member SIPC

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Virtual choir brightens Unitarian Universalist Zoom services

LACONIA — Autumn is often a time of new beginnings. So it is at the Unitarian Universalist Society of Laconia. The new church “year” begins in September and formal services will be held each Sunday through June at 10 a.m. via Zoom. You can see what our church is all about on the Unitarian Universalist Society of Laconia Facebook page. To attend one of our zoom services, email uusloffice@gmail.com for a zoom link. You are encouraged to join at least 10 minutes prior to the start of the service to ensure your microphone and video connection are working.

Thanks to Noelle Beaudin, the Music Director, the UUSL Choir has found a way to sing together using technology. The choir meets every Wednesday to get assignments for the up-

coming weeks. The goal is to have a full folder of hymns by the choir so guest ministers can choose some to insert in their zoom service. Church members enjoy the personal touch of having their choir performing the hymns. Choir members love it because they can sing in the safety of their own homes, but produce a finished piece with a full choir.

“We aren’t using Zoom to sing, because with Zoom there’s too much latency, it just doesn’t work” says Noelle Beaudin, Music Director at the UUSL. “Drive-in choirs are a great concept, but they don’t work well either, plus a car idling for such a long time causes other issues that aren’t good. Singing with masks, well, it can be done, but it’s also problematic. I came up with a different



solution.” “First, I created a shared drive where all choir members can access instructions on what to do. Next I taught them how to use a certain app that is great for recording. I record all my accompaniments,

or their parts, upload them to the drive and then instruct them on how to sing to the piece. Once that is done, I lay it all out in my studio software for a finished product.

“Yes,” she says, “It’s a lot of work, but at the end of the day, we have choir pieces that sound like choir pieces should.”

“More importantly,” she continues, “the choir is learning important things you miss in rehearsal singing together. They are hearing their own voices, they are learning about

rhythm and reading, listening and focus. But most of all, we have pieces that they can listen to over and over again, share with their family and friends. And in this moment in time - that is the most important thing, we as Music educators and directors, can do for people.”

The choir has become so successful in a short amount of time that others from around the area are joining in.

“I’ve even had a choral conductor and composer contact me to have us perform one of his

pieces for Easter,” says Beaudin. “It’s really amazing how well this is going for everyone. It’s finally an outlet for people who just want to be able to sing.”

Noelle will share her strategies and tools for the Virtual Choir on Oct. 17 from 1-2:30 p.m. via a Zoom class. The cost for the class is \$75 and goes directly towards the fundraising efforts of the UUSL. To register for the class, or for more information on joining our virtual choir, please email Noelle at uuslmusicdirector@gmail.com



JOSHUA SPAULDING

Gilford golf

The Gilford golf team hosted a match at Pheasant Ridge on Wednesday, Sept. 16, and finished in third place with a score of 245. Plymouth won at 179 and Laconia was second at 212. Cole Howard and Bradley McIntyre led the way for the Golden Eagles, each firing a 59 and Vivian Kennell (pictured) finished with a 63 as Gilford’s third scorer. Brock Bowe had a 64 to round out the scoring and Daniel Kitto finished with a 65. The Golden Eagles will be in action at Moultonborough on Monday, Sept. 28, and will be at Belmont on Wednesday, Sept. 30.

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High School Slate

Thursday, Sept. 24

BELMONT
Boys’ Soccer at Laconia; 4
Girls’ Soccer vs. Laconia; 4
Volleyball at Laconia; 5:45
GILFORD
Boys’ Soccer at Prospect Mountain; 4
Girls’ Soccer vs. Prospect Mountain; 4
Volleyball at Prospect Mountain; 5:45
WINNISQUAM
Boys’ Soccer vs. Franklin; 4
Field Hockey at Franklin; 4
Volleyball vs. Franklin; 6:15
Friday, Sept. 25
GILFORD
Cross Country Home Race; 4
Field Hockey vs. Newfound; 4
WINNISQUAM
Football at Laconia; 7

Monday, Sept. 28

BELMONT
Boys’ Soccer vs. Plymouth; 4
Girls’ Soccer at Plymouth; 4
Golf at Ridgewood CC; 4
Volleyball vs. Plymouth; 6:15
GILFORD
Boys’ Soccer vs. Laconia; 4
Girls’ Soccer at Laconia; 4
Golf at Ridgewood; 4
Volleyball vs. Laconia; 5:45
WINNISQUAM
Boys’ Soccer at Inter-Lakes; 4
Field Hockey at Plymouth; 4
Volleyball at Inter-Lakes; 5:15
Tuesday, Sept. 29

BELMONT
Cross Country Home Meet; 4
GILFORD
Cross Country at Belmont; 4
Field Hockey at Laconia; 4
Wednesday, Sept. 30

BELMONT
Boys’ Soccer at Plymouth; 4
Girls’ Soccer vs. Plymouth; 4
Golf at Canterbury Woods; 4
Volleyball at Plymouth; 5:45
GILFORD
Boys’ Soccer at Laconia; 4
Golf at Canterbury Woods; 4
WINNISQUAM
Field Hockey vs. Kennett; 4
Thursday, Oct. 1

BELMONT
Boys’ Soccer vs. Prospect Mountain; 4
Golf at Owl’s Nest Resort; 4
Volleyball at Prospect Mountain 5:45
GILFORD
Field Hockey vs. Laconia; 4
Girls’ Soccer vs. Laconia; 4
Volleyball at Laconia; 5:45
WINNISQUAM
Boys’ Soccer vs. Inter-Lakes; 4
Volleyball vs. Inter-Lakes; 5:45

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PET OF THE WEEK

Meet sweet Joan! Joan came all the way from Lubbock, Texas to find her forever family. She is a 2 year old boxer mix ready for adventure. Joan is currently learning quite a bit at our shelter. She is food motivated and willing to train! Currently Joan knows sit, down, is learning leash skills such as ‘with me’ aka heel, and loose leash walking. Joan would do best in an active adult only home as the only animal. If prospective adopters have another dog, we are happy to try them, however Joan has been a little over the top with her doggy friends. No cats for this sweetheart!

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Fresh air, and a fresh start, for Scholarship Foundation board

COURTESY

Recently, the Lakes Region Scholarship Foundation Board of Trustees met in their office parking lot at the DeCamp Financial Center for their first face-to-face (or mask to mask) meeting since January of 2020. The Board has met fully, or partially, over the past months via Zoom. They have also communicated via email but they have not had the chance to meet in person. The meeting was facilitated by LRSF Board President, Lori Fasshauer and LRSF Executive Director, Karen Switzer. Also in attendance was the new LRSF Pumpkin Figure pumpkin figure mascot “Brad the Grad” who is seen watching over the group. Among the matters discussed, Executive Director Switzer reported that due to the generosity of their 276 donors this year, the Foundation was able to award over \$460,000 in scholarship awards this year to 295 recipients. She also mentioned that the Foundation was looking forward to hosting the First Annual Pumpkin Figure Contest in October.



The Phantom lurks on LRPA this weekend

LACONIA— This September on LRPA After Dark, movies should be seen and not heard! Celebrate Hollywood’s great silent film era each Friday and Saturday night at 10 p.m. for our Third Annual “Silent September” Film Festival. Almost every genre of film -- action, comedy, romance, western, horror, sci-fi -- can be traced back to the silent era that began nearly 125 years ago and ran until the introduction of “talkies” in the late 1920s. Many technical and artistic elements that modern moviegoers take for granted, such as scene continuity, close-up shots, enhanced lighting and feature-length films, were developed during this important time in the history of cinema. Lakes Region Public Access Television is proud to highlight some of the most interesting films of this period.

This weekend (Sept. 25 & 26), we close our festival of silent films with one of the most famous in the genre: 1925’s “The Phantom of the Opera,” starring Lon Chaney in the role of a lifetime.

In the cellars of the Paris Opera House lives a mysterious masked man known only as the Phantom (Chaney). He has become obsessed with the young opera singer Christine (Mary Philbin). Through the walls of her dressing room, he speaks to her, secretly coaching her performance. He also threatens the opera’s management to assign her better roles. They refuse, instead giving the best parts to the lead singer Carlotta (Virginia Pearson). The Phantom carries through on his threats in a terrible manner, including sending a giant chandelier crashing down on an unsuspecting audience. Carlotta withdraws in terror, allowing Christine to step into the lead. Christine becomes fascinated with the Phantom.

Marine Corps Gathering canceled

LACONIA — The Lakes Region Detachment of the Marine Corps League respectfully announces that its 22nd Annual Gathering of Marines, scheduled for Nov. 7 to celebrate the 245th birthday of the United States Marine Corps, has been cancelled for this year.

It has been tentatively re-scheduled for Nov. 13 at the Laconia Country Club.

We regret any inconvenience this situation has caused.

She has a lover – the Viscount Raoul de Chagny (Norman Kerry) – but cannot resist when the Phantom lures her to his subterranean dwelling. There, he professes his love for her, and promises her fame, fortune and stardom, but only if she leaves her lover and devotes her life to the Opera – and to the Phantom. Christine agrees, but then runs to Raoul and tells him what has happened. They make plans to leave France after her next performance. The Phantom overhears and realizes that Christine never felt anything for him and has broken her promise. Enraged, he kidnaps her from her dressing room and takes her to his lair, where his hideous face is finally revealed. Will Raoul rescue Christine? Or will she succumb to the grisly ways of the Phantom?

“The Phantom of the Opera” was filmed by Universal Studios in 1923, with no expense spared in the production. The sets and costumes were elaborate; hundreds of extras were hired for the masked ball sequence; and an early Technicolor process was used for parts of the film. What could possibly go wrong with such a spectacle? For starters, Chaney and director Rupert Julian famously clashed on set, so much so that Chaney eventually stopped speaking or even taking direction from Julian. Many other cast and crew members also disliked the director. There were problems with lighting, which caused many of the scenes to be re-filmed. Then, when the film was shown to preview audiences, they were so horrified by the movie’s violence and the Phantom’s face that Universal edited the film once again. The movie finally made its debut two years later in 1925. Despite its many problems, “The Phantom of the Opera” was a resounding success with audiences, grossing \$1.5 million.

Eighty-five years after its release, the film still has great power. Roger Ebert wrote: “As an exercise in lurid sensationalism, straining against technical limitations in its eagerness to overwhelm, the first of many Phantom films has a creepy, undeniable power.” If you’ve never seen it, then you owe it to yourself to witness Chaney’s masterful use of expression, and his diabolical make-up, entirely created on his own. Grab your popcorn and join LRPA after dark for this wonderful send-off to cinematic silence.

Mark your calendars for LRPA’s final entry in the Third Annual “Silent September” Film Festival!

All showings are at 10PM on LRPA TV

Sept. 25 & 26:
“The Phantom of the Opera,” 1925

Coming in October:
LRPA’s 5th Annual “Shocktoberfest!”

Oct. 2 & 3:
“The Screaming Skull,” 1958
Oct. 9 & 10:
“A Bucket of Blood,” 1959
Oct. 16 & 17:
“The Last Man on Earth,” 1964
Oct. 23 & 24:
“Night of the Living Dead,” 1968
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 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.



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Silent September continues on LRPA

LACONIA— This September on LRPA After Dark, movies should be seen and not heard! Celebrate Hollywood’s great silent film era each Friday and Saturday night at 10 p.m. for our Third Annual “Silent September” Film Festival. Almost every genre of film -- action, comedy, romance, western, horror, sci-fi -- can be traced back to the silent era that began nearly 125 years ago and ran until the introduction of “talkies” in the late 1920s. Many technical and artistic elements that modern moviegoers take for granted, such as scene continuity, close-up shots, enhanced lighting and feature-length films, were developed during this important time in the history of cinema. Lakes Region Public Access Television is proud to highlight some of the most interesting films of this period.

This weekend’s feature (September 11 &12) is 1924’s “He Who Gets Slapped,” directed by Victor Sjöström and starring three silent film superstars: Lon Chaney, Norma Shearer and John Gilbert. The plot: Paul Beaumont (Chaney) is a brilliant French inventor who is about to present his greatest discovery to a renowned scientific academy. Unbeknownst to him, his patron Baron Regnard (a wonderfully wicked Marc MacDermott) has appropriated not only his life’s work but also his wife. Regnard publicly humiliates Beaumont in front of the academy, whose members jeer and laugh at his plight. Heartbroken and unable to go on, Beaumont abandons his identity and joins a circus as the clown “He Who Gets Slapped.” His act consists of being abused and mistreated by his fellow clowns – and audi-

ences can’t get enough. “He” even wears a fabric heart on his sleeve that gets ripped off during every performance. The clown secretly falls in love with the beautiful horseback rider Consuelo (Shearer), who shows him kindness and sews his heart back on his costume every evening. Consuelo only laughs when “He” professes his love to her, as no one takes the clown seriously. Consuelo only has eyes for her handsome circus riding partner Bezano (Gilbert). One day backstage, “He” overhears Consuelo’s greedy father, the disgraced and penniless Count Mancini, agree to sell her in marriage to none other than the terrible Baron Regnard. Overcome with rage and revenge, “He” takes matters into his own hands to extract.

“He Who Gets Slapped” is a silent film of many firsts: it was Metro-Goldwyn-Mayer’s first picture to go into production, and the first to include the MGM lion in the opening credits. It was the first MGM picture to feature an “all-star cast” including Lon Chaney, who had previ-

ously worked at Universal Pictures, so it was his first role for MGM. It also marked the American directorial debut of Victor Sjöström, already a well-known and respected Expressionist director in Sweden. The role of “He” is hailed by many critics as one of Chaney’s greatest feats, and Chaney himself considered it a favorite in a distinguished career. “He Who Gets Slapped” was a resounding success at the box-office, grossing nearly \$1 million in its initial run. Critics also enjoyed the film. The New York Times named it as one of the 10 best films of 1924, and its critic Mordaunt Hall stated, “Never in his efforts before the camera has Mr. Chaney delivered such a marvelous performance as he does as this character. He is restrained in his acting, never overdoing the sentimental situations, and is guarded in his makeup.” Over the years, “He Who Gets Slapped” has been included in many silent film festivals, and it was selected for preservation by the Library of Congress in 2017. It is a strange and beautiful film, with wonderful

lighting and cinematography. What more you ask for? Grab your popcorn and join LRPA after dark for a thrilling evening of psychological drama.

Mark your calendars for LRPA’s Third Annual “Silent September” Film Festival! All showings are at 10PM on LRPA TV

Sept. 11 & 12: “He Who gets Slapped,” 1924
Sept. 18 & 19: An Evening of Silent Comedies!
Sept. 25 & 26: “The Phantom of the Opera,” 1925
Coming in October: LRPA’s Fifth Annual “Shocktoberfest!”

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 pub-

lic 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 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.

TROT (Continued from Page A1)

demic,” read the event’s Web page. “We are making necessary modifications to follow state guidelines and to ensure everyone’s safety.”

The race will have a staggered start. To allow this, the race will use a timing company and race chips.

Participants are asked to wear a mask before and after the race, but don’t have to wear them during the race itself.

Any announcements will be made outdoors before the race. There will be no post race awards ceremony and awards will be mailed to the winners.

People of all ages and abilities are encouraged to take part including people with strollers and pets as well as groups of families. Registration is \$26 per person and \$95 for a family of up to five people. Pre-register on the GYC Web site, the first 100 people pre-registered will receive a long sleeved Turkey Trot t-shirt.

The race will start at 8:45 a.m. for walkers and 9 a.m. for runners and will go on rain, snow, or shine.

For more race information and registration links, visit www.gilfordyouthcenter.com/2020-turkey-trot-5k-race—family-walk.html.

GODSPELL

(Continued from Page A1)

ask each other about different ideas, saying Osburn is always honest with her.

Both said they were happy being back in the theater, even in the “new normal.”

“It’s crazy, its kind of weird that we’re back especially with the masks and all,” Osburn said.

Sasserson said she

loved being back working on a show.

“That is my life and it’s like what I want to do for a living,” Sasserson said. “Not having that felt like falling behind.”

She said it’s really nice to be back doing that and getting back into practice for her craft.

“I’m glad it’s this

show in this time, it’s like the perfect choice,” Sasserson said.

Tickets for “Godspell” are only available online and can be purchased at <https://www.onthestage.com/show/gilford-high-school/godspell-jr-43232/tickets>. Tickets are \$7 for adults

FOOTBALL

(Continued from Page A1)

turning as a wide receiver. Blake Descoteaux is also back after earning All-Conference second team as a running back and defensive end.

John Mitchell was also second team All-Conference and will anchor the defense as a linebacker and will carve holes as a fullback. Michael Dandurand will return to both the offensive and defensive lines after an All-Conference second team season last year.

Also returning are Kenny Maccabee on both lines, Jackson Ruelke as a wide receiver and cornerback, Jack McLean as a quarterback and linebacker, Malik Reese as a defensive end and tight end, Liam Merriam as a wide receiver and cornerback, Brandon Gallagher as a wide receiver and corner back, Nate Beaumeister as a linebacker and Cooper Brown as a lineman on both sides of the ball.

Additionally, the squad is eager to welcome Isaiah Reese as a wide receiver in the new

season.

“We have a great group of seniors returning who have started for three years and are eager to get back out on the field,” Marzahl said. “We are fast and athletic on the outside and look forward to using that to our advantage.

“Our linemen have been working extremely hard this offseason and are becoming one of the strongest points on our team,” the Gilford-Belmont coach added. “We look forward to the challenges this season will bring and can’t wait to get started.”

The Golden Eagles will play games against St. Thomas, Kingswood, Kennett, Winnisquam and Plymouth in the shortened season.

The season officially begins on Saturday, Sept. 26, as Gilford-Belmont hosts St. Thomas at 2 p.m.

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

RESPONSE

(Continued from Page A1)

feet apart from them) will be identified and asked to quarantine.

Those with COVID-19 symptoms will be required to isolate until they have no fever for at least 24 hours without the use of fever reducing medication, have had improving symptoms in a 24 hour period, and 10 days have passed since their symptoms started. Those who are asymptomatic will be required to isolate until at least 10 days passed since their last test was collected.

Close contacts will be required to stay home for 14 days after their last exposure, monitor for symptoms, and get tested. They will still have to quarantine for 14 days even if they had a negative test, and can return if they have no symptoms in that period or test positive.

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MARK ON THE MARKETS

Realistic expectations



BY MARK PATTERSON

Whenever we invest our money in any kind of investment vehicle such as, stocks, bonds, real estate, or commodities, we typically have an expected return plugged into our brains based typically on past performance. I can relate to you about my early years as a stockbroker

in the middle '90s. If I had municipal bonds to offer, the yield to maturity was often between 4 and 6 percent tax-free to the client. Depending on the client's tax bracket, that could equate to a tax equivalent yield of eight or 10 percent. As a new broker I would call the fixed income desk at my firm and try to get new issue municipal bonds held aside for me to garner new clients. The municipal bond buyers were typically wealthier or mature clients compared to the typical equity or stock investors. When I did open an account with that equity or stock client, I would discuss expectations for returns in the market. Often times clients would tell me that the expected return was some-

where between 10 and 20 percent. Certainly, the 20 percent expectation was high, but the 10% return expectation was a minimum expectation for those equity(stock) clients. Typically, the investor is using a benchmark of returns from the past to form their expectations of returns in the future. This is quite often unrealistic given interest rates and market returns over the last 15 years. Instead of benchmarks based on past market returns maybe we should think about the necessary return needed, that is reasonable in today's interest rate environment, that we require for our future income. Between 1984 and 1999 the S&P 500 returned

nearly 18 percent per year including dividends. So my client back in 1995 who expected up to 20 percent was really just conditioned by what the markets were actually returning. The next 15 years, 2000 through 2015 the S&P 500 returned a little over 4 percent, including dividends. Today, the yield on the 10-year note is about seven tenths of a percent. In 1995, the yield on the 10 year note was about 6.5 percent. If you are investing money today, just think about real returns in this interest rate environment and understand that equities or stocks are vulnerable to market volatility based on the fact that many investors and their advisors have chased yield and have

taken, in my opinion, too much risk for that reward. An investment grade corporate bond portfolio may offer a yield and coupon of between 2 and 4 percent, depending on effective duration. If structured properly your advisor should be able to immunize the portfolio against interest rate risk compared to a bond fund, that is perpetual (no maturity date). I am not anti-common stock or equities; my intentions are to maximize returns and minimize risk and to structure a portfolio with purpose. The bond market reward vs risk ratio is not appealing now, so what do we do to create income and that return over and above the expected return, known as "alpha?" I get

it, stocks are much more exciting than bonds, so consider using some equity option strategies for income if you have the risk tolerance and understand the strategy, it is not for everyone! If you want information on this strategy, please contact my office. Sharpe selloffs or elongated bear markets deplete our monetary and emotional capital. We potentially have some high volatility in our future as investors, so let us be mindful and alert to what is happening in our world! Mark Patterson is an advisor with MHP asset management and can be reached at 447-1979 or Mark@MHP-asset.com.

STRATEGIES FOR LIVING

I impeach!

BY LARRY SCOTT

In light of the impeachment craze that gripped our nation last year, I have decided to join the movement and do a bit of my own "impeaching." If the Articles of Impeachment drawn up against our President were, as some claimed, a call for justice and accountability, I, too, have several "Articles" to submit. I impeach the progressive left for dishonesty. They make promises they cannot keep, articulating principles that defy common sense, and treat the public as gullible fools. This is little more than political expediency; what is good for America is not at issue. I cannot believe they are being taken seriously. I impeach the pro-abortion lobby. To think that we are allowed, under law, to kill our babies up until the day of birth, defies belief. The argument that children should not be brought up in a home that doesn't want them is not valid. Thousands of childless couples would be delighted to give them a home. But that seems to be too much trouble; it's easier to have the birth center put them to death. I impeach an educational system that would teach our children how to have "safe sex" but shield them from the principles of morality

and truth championed by the Christian faith. They teach our young people how to live without God, but leave them totally unprepared to meet Him after death. I impeach a society that has challenged a concept of marriage that has been the cornerstone of civilization from its earliest days. And don't misunderstand; I respect the right others have to live and love as they please. But it grieves me to see what is happening to the American family and to the children we are bringing into our world. With no allegiance to Jesus Christ, no belief in God, and without an objective standard of right and wrong as given us in God's Word, our children are left to the dictates of their own drives and ambitions. The result is self-evident. And, finally, I impeach the Evangelical Church for voting its politics rather than its theology. If Evangelicals united to vote consistent with their beliefs, we could change the course of American history. Many of the problems we face as a nation - respect for authority, the right to life, the integrity of our leaders -- to name just three, are not political or social, they are spiritual. We have the wisdom to solve our most intractable problems but we don't have the will. America does not need a

change of government; it needs a change of heart! Although I am incensed at what is happening in America, and submit my own "Articles of Impeachment" without apology, I do not face the new year either bitter or in fear. I agonize for our great country; one cannot abandon principles of truth and morality without paying an awesome price. If you question my point of view, just watch the news. But I do not despair. It is a great strength to me

to that I and our nation are under the watchful care of a Benevolent God that is unseen but real. As stated by the Apostle Paul, "He who began a good work in you will carry it on to completion until the day of Christ Jesus." Although I am but one "voice in the darkness," I will continue to believe in, and pray to, a God Who has all things under His control. For more thoughts like these, follow me at indefenseoftruth.net.

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And the winners are...

TILTON — “In the 80 years of our existence, this year’s Annual Members Show, was by far our best ever, we had a great number of artists and photographers participate and a big turnout by the public,” said Pat Edsall, chairperson for the event.

“And, our special thanks to Erwin Motors for sponsoring this great event,” she added.

There are first place winners in each of eight different mediums. Winners were selected by three professional judges. First Place, and Best of Show winner is Duane Hammond for his pastel painting; ‘Drivers on the Storm’. First place

in acrylics and winning 2nd Place in Best of Show – Robert Emory- ‘ Northwest of Mogan’ and 3rd place, Best of Show-Alison N. Smith-‘Siamese’. First place in Digital Art awarded to Gerry Fagan- ‘Blue Twirl,’ Thomas Hitchcock awarded first place for his drawing-‘Hummingbird. In the mixed media category, first place and a winner a third time is: Robert Emory- ‘Rock Walkers at Pemaquid Point, Maine.’

First place winner in oil Painting is: Kathleen Miller-‘Sentinel.’ First place in photography-Sherwood Frazier-‘Willing Workers

Hall’, and topping off the list of first place winners is a watercolor by Pat Edsall-‘Magical Morning’. Cash prizes and ribbons were awarded to all winners.

President of the Lakes Region Art Association, Thomas Hitchcock, is proud to announce, “Not only do we have many other great works of art and photography on display along-side the winners, but the LRAA/ Gallery itself was selected as “THE BEST” Gallery in the Lakes Region this year. “And that’s just the beginning, we are growing with more new members, and providing instruction in drawing and paint-

ing as a teaching gallery too.”

Anyone interested in learning how to draw, paint or how to become a great photographer can come in and sign-up at the gallery during regular hours Thursday-Sunday 11 a.m. -7 p.m. For information on specific classes, call Tom Hitchcock for drawing classes 496-6768; call Pat Edsall for watercolor classes, 472-3733, and Acacia Rogers for acrylic painting classes, 965-5551. For information on membership, email: info@lraanh.org, or call the gallery: 998-0029.

Hitchcock concluded, “Future plans also in-

clude taking ‘our show’ on the road, set-up exhibits etc. at a wide variety of venues beginning in 2021.”

The Lakes Region Art Association is a 501-C3 non-profit organization located in the Tanger Mall, 120 Laconia Rd.,

suite 132, Tilton. All art and photography is sold directly by the artist at wholesale pricing. There are no mark-ups or commissions included in the cost. All art is framed, ready to display.

Landowners invited to conservation plan Webinar series

REGION — Belknap County Conservation District invites landowners to join in a series of virtual workshops on Conservation Planning. The programs are designed for both new and long-time landowners.

The webinars will address how to better define goals for protecting the environment; identify key soil, water, and other natural resources; define conservation practices to consider as management options; and turn best management practices into actionable steps.

Whether landowners are interested in protecting open space, wildlife habitat, improving forest land, or a farm, conservation plans can help them meet their goals for the future. Session topics include:

- introduction to conservation for landowners
 - agriculture
 - land trust and estate planning
 - forestland and watershed protection
- The workshops feature interaction with conservation experts, practical tips, and information.

The free workshops will take place on online Tuesdays in October (6th, 13th, 20th, and 27th) from 7-8 p.m. For more information or to register, visit <https://prescottfarm.wufoo.com/forms/qae14g20tfs0yb/>.

Pichette delivers for Gilford in overtime

BY JOSHUA SPAULDING
SPORTS EDITOR

TILTON — The Gilford field hockey team couldn’t convert on some good chances, but was able to get the ball in the goal on one chance in overtime to secure a 1-0 win over Winnisquam in the season opener for both teams on Friday, Sept. 18.

“The young Eagles looked just that as they struggled to convert some good scoring opportunities,” said coach Dave Rogacki.

Both teams had plenty of scoring chances in the 60

minutes of regulation, but neither team was able to get on the board.

However, with five minutes left in the seven-on-seven overtime, Aly Pichette connected on a pass from Taryn Fountain to give the Eagles the 1-0 win.

Caroline Guest earned the win with a solid effort in goal for the Golden Eagles and Rogacki also praised the work of Lauren Nash-Boucher on defense.

The Golden Eagles will be in action at home for the first time on Friday, Sept. 25, hosting Newfound at 4 p.m. On Tuesday, Sept. 29, Gilford will be at Laconia at 4 p.m.

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

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JOB FAIR Tuesday, September 29, 2020 from 2:00 PM – 6:00 PM



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8. Create your candidate profile, upload your current resume or complete the text box with your work experience, education and any relevant information you would like to include, then select “Submit Profile”.
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NOTICE TO ALTON RESIDENTS SCHOOL BOARD VACANCY

Due to a recent resignation, the Alton School Board is seeking letters of interest from Alton residents who would like to be considered to fill a vacancy on the school board until the next election in March 2021. Membership responsibilities include:

- Attending monthly Alton School District Board meeting
- Attending monthly Prospect Mountain High School Board meeting
- Representing the Alton School District on sub-committees such as Budget (requires several meetings November - January) and Buildings and Grounds.
- Representing Prospect Mountain High School on sub-committees such as Policies and Finance.

Interested parties should submit a letter of interest no later than Wednesday, October 14, 2020 to Pamela Stiles, Superintendent of Schools, Alton School District, SAU 72, 252 Suncook Valley Road, Alton, NH 03809. The School Board will address the vacancy at their meeting on October 21, 2020.

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

Actions you can take to help someone who may need it

REGION — September is National Suicide Prevention Month. We'd like to make people aware that suicide is preventable by taking the following actions recommended by Suicide Prevention Lifeline if you are concerned that someone is considering suicide: Ask. Research shows acknowledging and talking about suicide with people who are considering it actually helps reduce the threat of suicide and suicidal ideation. Ask how they feel, if they are consider-

ing self-harm or suicide. Be there. People are more likely to feel less depressed, less suicidal, and more hopeful when they know someone is there to listen without passing judgment. Keep them safe. Studies have shown that when access to lethal means is removed, suicide rates by that method, and overall, decline. Help them stay connected. Helping someone at risk to develop a network of resources and caring people can help reduce feelings of hopelessness. Follow up. Brief, low-cost and ongoing, supportive intervention is an important part of suicide prevention, especially after someone is discharged from a hospital or care service. As a nonprofit community behavioral health center, we provide adults, children and families with access to mental health and substance use disorder treatment. Our vision is to eliminate the stigma surrounding these illnesses, so that everyone who needs treatment will ask for it when they need it most. To the extent you can participate in a conversation with someone who is feeling down, depressed or hopeless, you will be part of the solution this month, and every month. The Lakes Region Mental Health Center's 24/7 emergency crisis line is available and free at 528-0305. Our clinicians are compassionate people with experience handling many types of crisis situations. You can "#BeThe1To" take any of the above suggested actions. In so doing, you'll be part of the solution we strive to achieve every day. The Lakes Region Mental Health Center, Inc. is designated by the State of New Hampshire as the community mental health center serving Belknap and southern Grafton Counties. A private, non-profit corporation, LRMHC has two campuses, in Laconia and Plymouth that serves over 4,000 children, families, adults and older adults each year. LRMHC provides Emergency Services 24 hours a day, 7 days a week, to anyone in the community experiencing a mental health crisis, regardless of their ability to pay. Additionally, LRMHC provides individual, group and family therapy; mobile crisis teams in the event a tragic event occurs that impacts a community at large, psychiatry; nursing; community support programs for people with severe and persistent mental illness; care management; community-based supports; housing; supported employment; substance use disorder treatment; and specialty services and evidence-based practices for children and their families, including trauma-focused therapy, art therapy and play therapy. Child Impact seminars are offered in Laconia and Plymouth for divorcing families.

For more information or to schedule an appointment, call 524-1100 or visit the Web site at www.lrmhc.org. Find the Lakes Region Mental Health Center on Facebook and follow us on Twitter for updates and information.



RC GREENWOOD

Kicking off

Kate Sullivan goes up for a kill in Gilford's opening game against Winnisquam on Friday night. The Golden Eagles got the 3-0 win over the Bears and will continue their season today, Sept. 24, at Prospect Mountain and will have back-to-back games against Laconia, at home on Monday, Sept. 28, and on the road on Thursday, Oct. 1, all with 5:45 p.m. scheduled starts.

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