



THURSDAY, AUGUST 20, 2020

GILFORD, N.H.

# Gilford schools move forward with reopening plan



FILE PHOTO

Gilford schools are getting ready to welcome students back in the buildings this fall while also offering virtual options.

BY ERIN PLUMMER  
mnews@salmonpress.news

The Gilford School Board approved a plan for reopening schools this fall and now the district is preparing for what the school year will look like.

On Aug. 4, the school board approved a plan presented by Superintendent Kirk Beitler on reopening schools including giving parents virtual and in-person learning options and a number of safety protocols to protect against the spread of COVID-19.

Beitler said the board overall approved the plan overall, but did change the plan regarding when students would all be in the schools. The plan proposed that different grades come to school on a staggered schedule between Sept. 8-11 with the plan of having all students in the buildings by Oct. 5. The school board, however, agreed to change that and have students in the schools by Sept. 14.

The board approved the plan at the end of a four-and-a-half-hour meeting. Beitler said there were a lot of questions about what they would do to keep kids safe and maintain safety. He said it seemed like a lot of people seemed anxious to get the students back in the schools.

More details would be discussed at the next meeting about athlete safety, performing arts, and more finer details about the reopening plan.

Parents have been asked what learning model they prefer for their children and will have the opportunity to make that decision into the first trimester of school.

SEE SCHOOLS PAGE 7

## Man dies in accident at town docks

BY ERIN PLUMMER  
mnews@salmonpress.news

One person died and another was seriously injured after going overboard from their boat at the Gilford town docks.

According to a statement from New Hampshire Marine Patrol, 66-year-old James P.

Murphy, Jr., 77-year-old and Ronald C. Bickford, both of Laconia, were boarding their boat at the town dock on Wednesday, Aug. 12. Bickford lost his balance and landed in the water, and Murphy jumped in after him. According to witnesses both had dif-

ficulty staying on the surface of the water and went beneath the surface multiple times. A number of Good Samaritans on the docks rushed to their aid, grabbing their arms and holding them until rescue crews arrived.

SEE ACCIDENT PAGE 7

## The return of sports... and sports coverage

BY JOSHUA SPAULDING  
Sports Editor

REGION — At this point, high school sports are scheduled to return next month, and if all goes as planned, coverage of high school sports in your local Salmon Press newspaper will also be returning.

But just as sports will

certainly be impacted by the Covid-19 pandemic, there will probably be some differences in the coverage the papers provide compared to what readers might be used to.

Salmon Press is asking for the help of the local community in providing the coverage of the teams and athletes

that inhabit the schools we cover, which range from Prospect Mountain High School in Alton in the south to Groveton High School in the north.

We are going to do our best to cover as much as we possibly can, but as the fall sports season gets underway, there is

SEE SPORTS PAGE 7

## Pub Mania teams pivot for the kids



COURTESY

2019 Top Pub Mania Team Captains (front left to right) Lisa Cornish (The Downtown Gym); Kathy and Will Swart (Laconia Harley Davidson), Susan Cummins, Mitch Hammel, Greg and Deb Peverly (Verani Realty).

REGION — Referred to as the backbone of the Pub Mania event, the 31 teams and 75 team captains had begun to wonder if or how the 24-hour barstool challenge would happen in the face of the Covid-19 pandemic.

"I think we all were wondering if we'd be able to pull it off this year," said Greg Peverly, co-Team Captain of Verani Realty and winner of the 2019 Outstanding Participation Award. "So when we were called about this new event, I think we were anticipating some kind of change. Our colleagues here at Verani understand this is not about the event, it's about the kids."

Meghan Dodds is the new team captain for Laconia Harley Davidson, winner of last year's Top

Dollar contest.

"Last year's team set the bar very high," said Dodds, Marketing Manager at LHD, "but we're fortunate to have the backing of owners Steve and Anne Deli, who are very supportive of the Children's Auction. We're excited about this new version."

Holly Ruggeiri has been a Pub Mania Team Captain for Ladies of the Lake for the last 5 years, and now is taking on the role of Co-Chair for the new Challenge event.

"We know it will be extremely difficult to top last year's overall fundraising total" said Ruggieri, "so our goal this year is to double the number of teams and be positioned for growth in 2021 and beyond. Having the Pub Mania teams step up for this new

event gives us some real momentum."

The Pub Mania teams participating in the 2020 It's for the Kids Community Challenge include: Amoskeag Beverages: John Valliere & Tim Quinn

Bar Hum Bugs: Stephanie Caldon

Barstool Bankers: Becky Reposa, Stacy Trites, Jami Bourdeau & Kristi Maciejewski

Birdies for a Cause: Allison Mitzel & Rachael Rollins

Blue Angels: Faith Francis

BNH We Got This Warriors: Cindy Audia & Jim Glover

Body Covers: Sarah Gray

BPS: Keith McBey & Randy Remick

Café Déjà Vu: Brenda

SEE MANIA PAGE 7

## Bike Week starts this weekend, with many changes



FILE PHOTO

Bike Week begins this weekend, though many events like the POW/MIA Freedom Ride are off for 2020.

BY ERIN PLUMMER  
mnews@salmonpress.news

REGION — Bikes will be roaring through the Lakes Region starting this weekend for the 97th annual Laconia Bike Week, which will look a lot different this year because of the pandemic.

Laconia Motorcycle Week 2020 will officially start this Saturday, Aug. 22, and run through next Sunday, Aug. 30. This year the rally comes with ample

warnings about precautions against COVID-19, a number of canceled events, and restrictions on vendors and live music.

This year's Bike Week was postponed from June due to the pandemic and rescheduled for August. After much discussion and review including input from residents and business owners as well as talks with Laconia Motorcycle Week chair

Charlie St. Claire, the city agreed to let Bike Week go on as scheduled in August. This agreement came with caveats. According to the draft minutes of the July 13 Laconia City Council meeting, the city agreed to not issue any vendors' permits along Lakeside Avenue. Councilor Tony Felch did advocate for nonprofit organizations to be able to have vendor

SEE BIKE WEEK PAGE 7



# ALMANAC

## Notes from the Gilford Public Library

BY MARK THOMAS  
Library Correspondent

Judge a book by its cover. I didn't forget the "don't" in that sentence, I deliberately omitted it! Judge a book by its cover because that's what the cover is for. As you stand in front of the new book section with hundreds of books dancing before you like in a butterfly lepidopterarium, what else can you do but let your eyes veer to the one with the aesthetic that appeals to you. The dark mystery has a shadowy, uncomfortable bloodstained cover with a shadowy figure in the backdrop for the same reason that the cozy teatime mystery has a bright spring floral theme, to draw the intended reader to the right book. We're all susceptible to the influence of designers, but with a little self awareness it can become a tool instead of a trap.

The librarians use covers all the time-read-

ers can do the same. Publishers are incentivized to associate similar books, so noticing cover trends is a first clue as to what kind of reader might enjoy a particular book. The next clue to consider is the inside cover flap. It's still an advertisement, and an incomplete picture, but together we're getting an impression of what the publisher wants us to think about the book. The third clue that we use, as both readers and librarians, is to read the first page. At last, we get an impression of what the writing is actually like! It's only a snippet, and it's still a hook to reel us in, but it's the author's hook this time.

Truthfully, we all dismiss most books based on cover, and more still based on the teaser. It's not fair, but it's practical. Sure, we'll miss some gems--the Classics section has some of the least appealing covers in the whole building. You might be thinking,

"There's got to be a better way." There is. Ask a librarian/friend/Goodreads reviewer for a recommendation to get a head start on the book finding process.

However, when you are staring into the kaleidoscope of the new releases without a hint, it's your first recourse. So next time you find yourself assuming you'll love a book because of the silly big font on the cover, remember that you might not be wrong.

### Classes & Special Events

Aug. 20 – Aug. 27

Thursday, Aug. 6  
Advanced Line Dancing, 10-10:30 a.m.  
Beginner Line Dancing, 11:15 a.m.-12:15

p.m.  
Knit Wits, 1-2 p.m.

Sign up and mask required. Maximum of 10 people.

Ed Webster: Everest the Hard Way, 6-7 p.m.

In 1988, American mountaineer Ed Webster envisioned, achieved, and survived the impossible. With three partners, he ascended a new, never-before-attempted route up Mt. Everest's remote and dangerous East Face in Tibet—without the usual assistance of oxygen bottles, radios, and Sherpa climbers to carry the necessary food and equipment. Hear the tale from Ed Webster himself with photographs from the adventure. This program will be a hybrid in-person zoom

program, with a maximum of nine people in the room for the event. Please register for the program by calling or stopping by the library, or join us by signing up for the Zoom meeting.

Friday, Aug. 21  
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.

Monday, Aug. 24  
Line Dancing, 5:30-6:30 p.m.

Bonnie Deutch will help you kick-start your evening in this line dancing class. Please sign up by contacting the library. Maximum 8 participants. Masks required.

Tuesday, Aug. 25  
Geri Fit, 10-11 a.m.

Sign-up required, must be a valid Library card holder. Maximum of 10 people per class. Improve reaction time and driving skills with this semi-advanced workout video. Proprioceptive exercises are mixed in with the traditional Geri-Fit evidence-based workout lesson plan to further enhance motor skills, reaction time, and balance. This is a perfect video for fall prevention training and is suggested to those that are familiar with the

Geri-Fit exercises and are seeking a more challenging workout. Please bring your own two or three pound dumbbell, a stretch band, and water to drink during the workout.

Wednesday, Aug. 26  
Check out an Expert, 10 a.m.-noon

Geri Fit, 10-11 a.m.  
Mental Wellness Wednesday with Dr. Raymond Suarez, 10:30-11 a.m.

Start your mornings with a new mental wellness tip from Dr. Raymond Suarez from Lakes Region Wellness. Tune in on Facebook Live to listen.

Sourdough 101: Starter and Sandwich Bread, 1-2 p.m.

Just in time for the beginning of school year lunches, local homesteader Heidi Leandro will teach us how to make a sourdough starter and make a simple sourdough bread for sandwiches. \*starters will be available for the first 20 patrons signed up. This will be a Facebook Live event.

Thursday, Aug. 27  
Advanced Line Dancing, 10-10:30 a.m.

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

Knit Wits, 1-2 p.m.

## Gilford Public Library Top Ten Requests

1. "Too Much and Never Enough" by Mary L. Trump
2. "1st Case" by James Patterson
3. "The Vanishing Half" by Brit Bennett
4. "Cajun Justice" by James Patterson
5. "The Guest List" by Lucy Foley
6. "28 Summers" by Elin Hilderbrand
7. "Outsider" by Linda Castillo
8. "The Room Where it Happened" by John Bolton
9. "Half Moon Bay" by Jonathan Kellerman
10. "Fair Warning" by Michael Connelly

## Leadership Group takes a "Gap Year"

REGION — Leadership Lakes Region, the regional leadership non-profit group founded in 1996 has decided to take one year off due to the health consequences and uncertainty of COVID-19.

Normally, a new leadership class begins in early October for 25 class members and concludes its Program Year in May of the following year.

The decision to not hold a class in 2020-2021 was made by unanimous decision of the Board of Directors at their August Zoom meeting.

"There were just too many unknowns and health safety issues right now for us to feel comfortable starting a new class," said Board Chair Don Morrissey.

He added that the annual leadership program relies on businesses and agencies sending students to populate each new class along with area venues where the class can tour and meet monthly as well as hosting a variety of guest speakers on specific Program Days. Given the health concerns for class members, venue operators and speakers, the decision to postpone a year, although difficult, was the right thing to do, Morrissey said.

Applications of individuals who already applied for the next class have been reviewed and acceptances granted, albeit for October 2021 not October 2020. Others interested in the program may still apply with the understanding their class won't start until fall, 2021. More information is available on the Web site; [www.leadershiplakesregion.org](http://www.leadershiplakesregion.org).

## GILFORD POLICE LOG

The Gilford Police Department reported the following arrests from July 31 through Aug. 16.

Sarah Mills, age 29, of Kittery, Maine was arrested on July 31 for Disobeying an Officer, Speeding between 21 and 25 mph over a posted limit of 55 or less, and Operating Without a Valid License.

A juvenile, age 17, was arrested on Aug. 1 for Possession and/or Use of Tobacco Products by a Minor.

Nathan G. Bishop, age 20, of Belmont was arrested on Aug. 1 in connection with a bench warrant.

Roland Ryan Zeiler, age 28, of Meredith was arrested on Aug. 2 for Disorderly Conduct.

Kurt Garrett Fugal, age 51, of Guilford, Conn. was arrested on Aug. 2 for Driving While Intoxicated, an Open Container violation, and Possession of More Than Three Quarters of an Ounce of Marijuana or Five Grams of Hash.

Jaki Lynn Choquette, age 18, of Gilford was arrested on Aug. 3 for Misuse of the 911 System, Breach of Bail, and Providing False Information to E-911.

Patrick G. Stitt, age 46, of Belmont was arrested on Aug. 3 for two counts of Theft By Unauthorized Taking in an amount less than \$1,000.

Grace Elizabeth Wagner, age 28, of West Jefferson, N.C. was arrested on Aug. 5 for Domestic Violence-Simple Assault-Physical Contact.

Douglas P. Fawkes, Jr., age 41, of Dorchester, Mass. was arrested on Aug. 6 for Driving After Revocation or Suspension and Speeding between 11 and 15 mph over a posted limit of 55 mph or less.

McKayla P. Masterson, age 24, of Gilford was arrested on Aug. 7 for Simple Assault-Physical Contact or Bodily Injury.

A 40-year-old male from Dover, Mass. was taken into protective custody for intoxication on Aug. 7.

Dakota Plummer, age 20, of Gilford was arrested on Aug. 8 for Reckless Conduct-Domestic Violence-Deadly Weapon and Criminal Mischief.

Thomas Parkman Stark, age 34, of Laconia was arrested on Aug. 15 for Driving After Revocation or Suspension.



**Summer Warehouse SALE 60% off**  
HURRY!! Sale Ends 8/31/20

**ANNALEE GIFT SHOP** Open Daily 10-5  
339 DW Hwy, Meredith, NH | [annalee.com](http://annalee.com) | 707-5385

**ADVERTISEMENT**

PenYan 20 1/2 ft fiberglass inboard.  
225 HP Foldaway canvas top  
with viewing side flaps.  
or opens for full sun  
and summer fun.

**Call 603-569-7935**

**THE GILFORD STEAMER:**  
*The next best thing to word of mouth advertising!*

MEET YOUR SALES REPRESENTATIVE

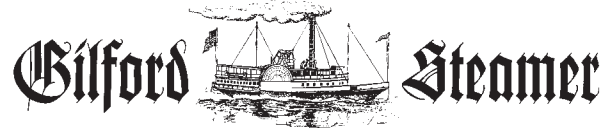
**TRACY LEWIS**

**603-616-7103**

Call Tracy today at (603) 279-4516 ext. 182 or e-mail [tracy@salmonpress.news](mailto:tracy@salmonpress.news)  
Our advertisers trust us, our readers trust our advertisers!

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






**Gilford Steamer**

**ADVERTISE WITH US**  
ADVERTISING EXECUTIVE  
Tracy Lewis  
(603) 575-9127  
[tracy@salmonpress.news](mailto:tracy@salmonpress.news)

**TO SUBSCRIBE OR FOR SUBSCRIPTION SERVICES:**  
KERRI PETERSON  
(603) 677-9085  
[kerris@salmonpress.news](mailto:kerris@salmonpress.news)



**SEND US YOUR NEWS AND PICS**  
[Moments@SalmonPress.news](mailto:Moments@SalmonPress.news)

**TO FAX THE STEAMER:**  
CALL (603) 279-3331

**TO PRINT AN OBITUARY:**  
E-MAIL: [brendan@salmonpress.news](mailto:brendan@salmonpress.news)  
CALL: 603-677-9084

**TO SUBMIT A LETTER TO THE EDITOR:**  
E-MAIL: [brendan@salmonpress.news](mailto:brendan@salmonpress.news)

**TO SUBMIT CALENDAR ITEMS:**  
E-MAIL: [brendan@salmonpress.news](mailto:brendan@salmonpress.news)

**WWW.SALMONPRESS.COM**  
**(603) 279-4516**

**A SALMON PRESS PUBLICATION**  
**STEAMER STAFF DIRECTORY**

<b>PRESIDENT &amp; PUBLISHER</b> FRANK G. CHILINSKI (603) 677-9083 <a href="mailto:frank@salmonpress.news">frank@salmonpress.news</a>	<b>EDITOR</b> BRENDAN BERUBE (603) 677-9081 <a href="mailto:brendan@salmonpress.news">brendan@salmonpress.news</a>
<b>BUSINESS MANAGER</b> RYAN CORNEAU (603) 677-9082 <a href="mailto:ryan@salmonpress.news">ryan@salmonpress.news</a>	<b>SPORTS EDITOR</b> JOSH SPAULDING (603) 941-9155 <a href="mailto:josh@salmonpress.news">josh@salmonpress.news</a>
<b>OPERATIONS DIRECTOR</b> JIM DINICOLA (508) 764-4325	<b>PRODUCTION MANAGER</b> JULIE CLARKE (603) 677-9092 <a href="mailto:julie@salmonpress.news">julie@salmonpress.news</a>
<b>DISTRIBUTION MANAGER</b> JIM HINCKLEY (603) 279-4516	

USPS 024967  
The Gilford Steamer is published weekly by Salmon Press, P.O. Box 729, 5 Water St., Meredith, NH 03253. Periodicals, postage paid at Meredith, NH 03253. POSTMASTER: Send address changes to the Gilford Steamer, P.O. Box 729, Meredith, NH 03253.



# Make memories and learn something new with Prescott Farm’s new Adventure Packs

LACONIA – You want to get outside with your friends and family. You want to try something new and make lasting memories. You want an activity that will satisfy your whole crew, from age three to 83. You want to do all of this safely and without spending a fortune.

Prescott Farm Adventure Packs to the rescue!

Guests of all ages and experience levels can safely enjoy time together using the new Adventure Packs at Prescott Farm. Adaptable, educational, COVID-safe, and most of all fun, Adventure Packs can be tackled as a solo mission, with a partner, or even with a whole “quaren-team!”

Prescott Farm Executive Director, Jude Hamel, knows that outdoor activities that accommodate the times we are living in are more important than ever. “Our staff sought to use the time during shut down to focus on long-term projects that further our mission of helping people explore and understand the natural world,” Hamel said. “These Adventure Packs were a perfect opportunity for our talented and creative education team to create COVID-safe programs that inspire visitors of all experience levels.”

Each Adventure Pack contains everything curious explorers need for

a morning or afternoon of fun, including activities, games and plenty of fun facts. Environmental Educators have expertly developed packs on three popular topics:

Stories of the Undergrowth: The forest floor is an extremely important part of forest ecosystems because everything starts from the ground up! Explore the forest floor and learn about everything from the nutrients in the soil, what grows on the forest floor, the creatures who live and play there, and play some games along the way.

History of the Land: The Prescott Family has owned the land since 1796. How has this his-



Two visitors dig into Prescott Farm’s “Stories of the Undergrowth” Adventure Pack.

COURTESY

## Gift Card Gala will support Children’s Auction Community Challenge

GILFORD — The Seventh Annual Pub Mania Gift Card Gala has been transformed from the popular bingo event to an online bidding opportunity. All proceeds will benefit the Greater Lakes Region Children’s Auction, in support of It’s for the Kids Community Challenge.

More than \$5,000 in gift cards and prizes have been collected from almost 100 local businesses. Tagg Team Captain Judi Taggart has combined donations into prize packages that are available for public viewing and bidding on the Facebook page “Patrick’s Pub Mania.” Weekly packages will be posted every Monday through August 24, with bids due every Friday by 6 p.m. and ending on August 28. Gift cards for local restaurants, retail stores, recreation, overnight stays, massages, salons and more, along with unique NH artwork and prizes, will be awarded to high bidders. A leader in community support, Kathy Tognacci is awarding each high bidder a 10 percent discount on non-consigned purchases valid at Gilford Country Store, Nahamsha Gifts in Meredith and Live Love Lake in Wolfeboro.

“In these changing and very challenging times, Tagg Team members want to raise funds for non-profits providing essential services to Central New Hampshire children and families. I am overwhelmed with the tremendous support received from so many businesses and individuals in our community. We invite everyone to be part of this fun online activity and bid to win their favorite items,” shared Taggart.

Questions can be addressed to Judi Taggart at tagtem@metrocast.net or call 603-493-9524. The Children’s Auction will be held on Dec. 8-12. Visit [www.childrensauction.com](http://www.childrensauction.com) to learn about funded organizations and Community Challenge activities.



COURTESY

Pub Mania Tagg Team Captain Judi Taggart, holding the Lake Winnepesaukee watercolor print donated by WaterMark Maps in Concord, collected the Nahamsha Gifts sports bucket from Taylor Tognacci for the Gift Card Gala.

tory influenced the landscape? Journey around the lower field, past the barn, and into the Red Trail. As you complete each section, the content becomes more advanced. Explore and have fun while you choose your own adventure!

Life in the Field: Many species of plants and animals call the fields of Prescott Farm

home. With this Adventure Pack, you will discover more about the mammals, invertebrates, birds, and wildflowers of these fields.

Pack reservations are required (please reserve 24-hours in advance to ensure availability) and can be made at [prescottfarm.org](http://prescottfarm.org). Mem-

bers of Prescott Farm can borrow packs for free, while non-Members pay just \$20. For more information please contact [info@prescottfarm.org](mailto:info@prescottfarm.org) or visit [prescottfarm.org](http://prescottfarm.org).

**Oil Tank Removal and Installation**

**SPENCER BROS. LLC**

Serving New England for 37 Years • Family Owned

**(603) OIL-TANK**

**(207) OIL-TANK      (800) 300-0550**

Email: [spencerbrosh@gmail.com](mailto:spencerbrosh@gmail.com)

**Above Ground and Underground Tanks**

**Mount Washington Valley CRAFT FAIR**

**FREE ADMISSION!**

**Aug 22 Sat 10-5**

**Aug 23 Sun 10-4**

**Live Music!**

**Mask Required**

**Please Use 6' Social Distancing!**

**Rain or Shine!**

**Schouler Park**

**1 Norcross Circle, Rt. 16**

**North Conway, NH (Next to Scenic R.R.)**

[www.joycescraftshows.com](http://www.joycescraftshows.com) • 603-528-4014

**There’s never been a better time to sell!**

**Contact us today to discuss the value of your property!**

**RE/MAX Bayside**

208 Daniel Webster Hwy Meredith, NH 03253 (603) 279-0079

604 Main Street Laconia, NH 03246 (603) 527-8200

[www.baysidenh.net](http://www.baysidenh.net)

**Forest Pump & Filter Co.**

Serving The Greater Lakes Region Area for Over 50 Years

**WE DO IT ALL**

**WELL DRILLING      PUMP SYSTEMS**

**FILTERS**

**Family Owned Business for 40 Years**

**CALL FOR SERVICE**

**FOREST PUMP & FILTER CO., INC.**

**603-332-9037**

**PET OF THE WEEK      CRESCENT**

**NH Humane Society**

Over a century of love for those without a voice.

1305 Meredith Center Rd Laconia, NH 03246 • (603) 524-9539

Crescent is a 9-year-old neutered male who is current on vaccinations and seeking a quiet and calm home. He has only known one owner (who sadly passed away) and unaccustomed to living with children or other pets - he can be timid so kids and pets will drive him into hiding. If interested in adopting visit [www.LRHS.net](http://www.LRHS.net) and submit the online adoption application.



# A change of opinion signals growth

As the world turns, so do people's opinions—even moreso now that it's an election year. Further, there has been so much civil unrest currently, in addition to the fact that we are all living through a global pandemic. We are all constantly being bombarded with opinions. You see them on social media, the radio, television, newspapers, and even on signs in people's yards.

As overwhelming, and sometimes unsettling, as this can be, it is actually quite healthy to have and share your opinions. Some individuals have no issue sharing their opinions, while others tend to shy away. Perhaps the latter is on to something but we digress. As we write this, and as you read it, somewhere, two people are in the midst of a debate.

When we share opinions, it's a sign that we are yearning to be more educated and more knowledgeable about the world we live in. The problem arises when a person will insult, lie and attack to turn their opinion into truth. It's important during a debate or heated discussion to remain open minded, as hard as that can be at times. When harsh words are exchanged, they are here for good.

There's also a difference between facts and opinions. When an uninformed person tosses out talking points with misinformation, the point of the conversation goes right out the window. Likewise, both facts and opinions can and do change. Sometimes a person will have a light bulb moment that changes everything they thought they once knew, leading to a change in their mindset. A researcher can find new discoveries, which can alter something that prior, was fact.

A person's viewpoint on something can change over the course of their lifetime. Growth happens every day with all of us. What we once thought when we were 17, could be and is likely vastly different than how we think at 50.

With that said, it's also important to not hold an individual to past statements or actions that may have been troubling. When we hold people accountable to things they did and said in the distant past, they are less likely to share their opinions, and that would be a bad thing.

Opinions are important to share, but that doesn't mean they are right. Backing up an opinion with facts is crucial and responsible. We can all agree that when it comes to personal choices that don't hurt anyone else, other's opinions are irrelevant.

We must also remember that as individuals, our life experiences have brought us each to a unique place, unlike anyone else we encounter, therefore nothing is ever cut and dry. We are seeing this too much in today's politics. Instead of looking at things issue by issue, people are automatically jumping behind one party and calling it a day. The fact remains that we are living in a complicated world, and our thoughts are naturally all over the place, and that's a good thing. Rejecting labels is refreshing.

As we grow our opinions evolve and shape who we are. So while we all have opinions, (on more than just politics) it's important to be flexible with them. Changing how we think does not make us weak, it's a sign of maturity and intelligence.

## Send us your letters!

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

Send your letters to:

Gilford Steamer  
5 Water Street • Meredith, NH, 03253

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



### On the prowl

Reader Kris Gurney shared this image of a roving bobcat captured recently on a trail camera posted on his property off Old Wolfeboro Road in Alton.

## STRATEGIES FOR LIVING

### There is a difference

BY LARRY SCOTT

The city of Cusco was but a small Peruvian town in 1949, but to this 10-year-old lad, the son of missionary parents, it was home. Far from being the tourist mecca it has become today, it was a typical Andean city of some 60,000 residents, with one short, gravel runway, only one hotel we could recommend, and no restaurants of note. The streets were of stone, and the churches were magnificent, and reminders of the city's Inca heritage could be seen throughout the city.

Sunday mornings were different from any other I have experienced during my many years in South America. Some time around 8 a.m., church bells began to ring, calling the faithful, most of whom did not own a clock, to Sunday Morning Mass. Each church had a distinctive set of bells and as the noise reverber-

ated across the city and bounced off the surrounding hills, it was an early morning wake-up call I will never forget.

Tourists today pay a heavy price to visit the city that, to me, was just home. I ran its streets, played in the ruins of Sacsayhuaman (which overlook the city) and went fishing with my dad for 21-inch river trout. And home-schooled with my bedraggled mother as my teacher! What a life.

If you ever have the chance, a visit to Cusco will be the highlight of your traveling experiences. There is a difference, however, between enjoying a quick visit to the city or to Machu Picchu and living there. A few days in the mountain air gives you only a glimpse of what this Andean culture is all about. You must go shopping in the open market, try to converse with someone who speaks little but Quechua, or learn how

to do business in this foreign setting. A quick visit will never do; you must become a part of the culture.

You may wonder where I am going with all of this ... so, to the point.

There is a difference in knowing about God and truly knowing Him. We want to spend eternity with God, but we'd be pleased if He'd leave us to our own agenda. We want happiness without holiness, success without self-discipline, sanctification without sacrifice.

But until you experience a relationship with God for yourself, you don't know what Christianity is all about. God has no grandchildren; you cannot inherit your parents' faith. This is one discovery you must make for yourself.

Living for God is not a spectator sport. You can't sit on the sidelines. It is only as you become a part of the action, face

the enemy of your soul and overcome the influence of sin, that you find a reason to cheer.

Promises must be put into practice. The theoretical must become experiential. The talk must be sanctioned by your walk. What you claim you must live. To know about Him is one thing; living for Him is something else.

And it is then, and only then, that you find God to be far different from the stern, demanding, autocrat He is sometimes pictured to be. He is everything you would expect from a compassionate, understanding, and patient Father.

Much has happened since those early days in Cusco. I have served the Lord for eighty years and I can tell you from personal experience, He is a good God!

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

## FROM OUR READERS

### Community Challenge is on... Gift Card Gala will benefit Children's Auction

To the Editor:

The year 2020 will be memorable for so many reasons. For me and others volunteering for the GLR Children's Auction Community Challenge, we are committed to bringing individuals together to support essential programs serving children and families. The need will be greater than ever moving forward.

At the beginning of 2020, Tagg Team was in high gear and collected over \$5,000 in donations for the Seventh Annual Pub Mania Gift Card Gala. Because our original bingo plans were cancelled, we have organized donations into an online bidding event. We invite others to be part of our success by visiting the Facebook page PATRICK'S PUB MANIA. While on this page, you can view many weekly prize packages and place your high bids to win. During August, new prize packages are posted on Mondays at 9am, with bids ending on Friday, Aug. 28 at 6 p.m.

I want to publicly thank these community-minded businesses that donated gift cards and prizes: Adornments & Creative Clothing, Airport Country Store, All Brite Cleaning & Restoration, All My Life Jewelers, Ames Farm Inn, Annalee Dolls, Art Escape, Behold the Beauty, Bootleggers, Brick Front Restaurant, Burrito Me, Café Deja Vu, Cascade Spa at Mill Falls, ClothesLine Children's Resale Boutique, Crazy Gringo, CrossFit Juggernaut, Dairy Queen, Distinctive Artistic Finishes by Cat Magnant, El Jimador, Engraving Awards & Gifts, The Escape Room Experience, Fireside Inn & Suites, Fratello's, Funspot, Gilford Cinema 8, Gilford Country Store, Gilford True Value, Giuseppe's Pizzeria, Great Northern Trading Co, Green Tangerine, H. Salon, Hannaford, Hart's Turkey Farm Restaurant, Irwin

Marine, Jennifer's Color Bar, Jerico's Hair & Nail Care, Jordan's, Kellerhaus, Laconia Car Wash, Laconia Pet Center, Laconia Village Bakery, Lee's Candy Kitchen, Liliuokalani's Ice Cream, Looney Bin Bar & Grill, Lyons' Den, Massage Therapy & Hypnosis by Nancy Lee, Mello Moose Coffee House, Mill Falls at the Lake, M/S Mt Washington Cruises, Myrna's Classic Cuisine, Nahamsha Gifts, Narcissus Salon & Spa, New Leaf Shop, Nu Skin by LeeAnn Fay-Ellis, O'Du's Hair Salon, O's Steak & Seafood, Osborne's Winnisquam Agway, Patrick's Pub, Piche's Ski & Sports, Prescott's Florist, Sal's Pizza, Shaw's, Shooter's Tavern, Soda Shoppe, South End Pizza & Seafood, Spa Girl-NH, Squam Lakes Natural Science Center, Sunflower Natural Foods, T-Bones/CJs, The Hair Factory, The Studio, U-Frame We Frame, The Village Store, Vista Foods, Wal-Mart, WaterMark Maps by Morgan & Scott Walton, Watermark Marine Systems, Wayfarer Coffee Roasters, Wild Women's Studio & Gifts, Wine'ing Butcher, Winnepesaukee Bay Gulls 2, Winnepesaukee Playhouse and Wrap City Sandwich Co. During these difficult times for businesses, it's heart-warming to review this extensive list of supporters!

Each high bidder will receive a 10 percent discount card, valid on their entire non-consigned purchase at Gilford Country Store, Nahamsha Gifts in Meredith or Live Love Lake in Wolfeboro.

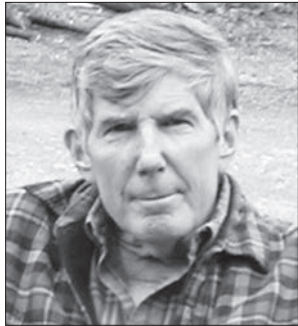
To address any questions, please call me at 493-9524 or email [tagtem@metrocast.net](mailto:tagtem@metrocast.net). Let's all come together once again and be part of the Plus \$1 Community Challenge goal – It's for the Kids!

JUDI TAGGART  
TAGG TEAM CAPTAIN  
GILFORD



North Country Notebook

Stepping along and swinging the scythenwhere a tractor-drawn mower can't reach



By JOHN HARRIGAN  
COLUMNIST

Old Allie Forbes was wrinkled and bent by the time I came along, but he could still step right along with a scythe. The rhythm of mowing was almost a dance--step and swing, step and swing--and Allie and partner could cut quite a rug.

Allie and his wife lived on one of the seven farms their son Lyman, my boss, said we had to hay that summer, at the dawn of the era when dairy farms had to get bigger to survive. This is how we came to be milking 105, considered a huge number for the times.

"The Rural Electric," as so many people called it for the rest of their lives, changed farming forever when it arrived as part of Franklin Roosevelt's vast New Deal. Not since the invention of the water ram, which made running water possible in milk-house and kitchen, had there been such emancipating change.



row of a field, the begin-  
**Awash in a sea of bales: Baling the middle row, the last trip around the field for the baler, with the bales now ready to be picked up and piled on a wagon. (Courtesy shutterstock.com)**

Now, with the advent of the cooling and agitating bulk tank, farmers could keep milk fresh until one of the big dairy trucks picked it up.  
+++++

Allie moved along like a man possessed, not by speed but by great concentration. In his mind, he was mowing good grass that should not go to waste.

Mowing machines were a great invention, coming along after the Civil War in great numbers of horse-drawn models, one of the first examples of the economy of scale, an umbrella that helped explain the assembly line. The boys coming home from the first Great World War knew all about tanks, the forerunners of tractors.

Mowing the outside

ning of what would be an ever-dwindling circular routine, was an art-form with horse-drawn mowing machines--you had to have a push-button team that would back up quickly, to get at the biggest odd-shaped patches between bushes and trees--and even then it was impossible to reach all the grass.

Thus, a man like Allie would go along with a scythe to mow every speck of tall grass, and later on a boy or a hired hand would come along and rake the hay into the outside windrow. Labor was cheap, for decades almost cheaper than dirt. Getting every bit of hay made sense.

Allie's place had a big barn on it, the lower floor used to house young stock, and the two upper floors featur-

ing vast open areas in their middles, used as mows (pronounced like "Wow!") for the storage of hay.

A hay elevator got the bales from wagon to whoever was piling in the mow. My job was to take away from the elevator, and throw the bales to the two men putting away.

In this, we often used a "dead man," a trick I'd been shown earlier in the season. It was a couple of bales, placed strategically and within tossing distance of the elevator's business end. If you could toss a bale accurately--and as a tall and strong teenager, I could--it hit the dead man just so, and went tumbling to the crew piling away.

With a good crew working as one, a hay



**Making hay the relatively new-fangled way, in which speed is of the essence. (Courtesy agriculture.com)**



**This salt-marsh haying photo is thrown in just to startle up-country farmers, who at least never have to contend with tides. (Courtesy Hampton Public Library)**

wagon could be unloaded as fast as the man putting the bales onto the elevator could move. In this case it was Harold Phillips, and he was fast.

+++++

One of Old Allie's chores was to haul pails of water from an outside spigot to a calf-pen in the barn, but he was tucked out from mowing, and the job fell to me.

Allie sat in a rocker on the porch, and watched me haul water. "That boy walks like a farmer," he said to someone, loudly enough for me to hear.

"Little does he know," I thought, envisioning the jobs friends and family and I thought likely back then--game warden, factory worker, sporting camp handyman and guide.

"Little did he know," I found myself thinking much later in life, when there I was, working away in a barnful of cows.

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

Mercy College of Ohio announces Honors List

TOLEDO, Ohio — Tracie Bettez of Gilford awarded honors for the 2020 Summer semester at Mercy College of Ohio.

To be named on the Dean's List, a student must achieve a grade point average of 3.3 or higher and be enrolled for 12 or more credit hours. To be named on the Honor's List, a student must achieve a grade point average of 3.3 or higher and be enrolled for 6-11 credit hours. To be named on the President's List, a student must achieve a 4.0 grade point average and be enrolled for 14 or more credit hours.

Mercy College of Ohio is a Catholic institution with a campus in Toledo, Ohio and a location in Youngstown, Ohio. It focuses on healthcare and health science programs. Mercy College offers graduate degrees in Nursing and Health Administration; Bachelor's degrees in Biology, Healthcare Administration, Medical Imaging and Nursing; Associate degrees in Health Sciences, Health Information Technology, Nursing, and Radiologic Technology; and Certificates in Community Health Worker, Emergency Medical Technician-Basic, Medical Coding, Ophthalmic Assistant, Paramedic and Polysomnographic Technology and specialty imaging certificates.

Serving all of New Hampshire for 50 years.

**PORTER**  
ASPHALT PAVING, INC.

**286-8182**  
[www.porterpaving.com](http://www.porterpaving.com)

Paving & Resurfacing • Driveways & Parking Lots • Line Striping  
Specializing in Residential and Commercial Paving  
Owner Installs Every Job

**Mountainside**  
LANDSCAPE & EXCAVATION

Start to...  
Lot clearing & Site Work  
Excavation  
Septic Installation & Repair  
Roads & Driveways

...Finish  
Landscape Design and Maintenance  
Stone Walls, Walks and Patios  
Irrigation Systems • Plantings and Sod

**James A Bean** **569-4545**  
[mtnsidelandscap@roadrunner.com](mailto:mtnsidelandscap@roadrunner.com) Cell: 603-455-5700  
Reasonable Rates • Fully Insured

**Bill Jedrey's Painting**  
Ossipee, NH  
**603-651-6639**  
Insured

Free Estimates  
Reasonable Rates  
Interior • Exterior  
Power Washing  
EPA Certified

**We work weekends so you don't have to!**

**Mountainside Pit**  
**NOW OPEN**

Off of Sandy Knoll Road, Tuftonboro  
Sand Fill  
For questions call Jim Bean  
603-455-5700

**BLACK DIAMOND BARGE CO.**  
**MARINE CONSTRUCTION**

Septic Systems      Materials Delevered  
Dock Repair and Construction      Landscape  
Site Work      Break Waters  
Stone Work      Raised Beaches

**Jim Bean, Owner**  
**603-569-4545** office  
**603-455-5700** cell  
[blackdiamondbarge@roadrunner.com](mailto:blackdiamondbarge@roadrunner.com)

**NORTH COUNTRY COINS, LLC**  
BUYING • SELLING • APPRAISALS  
Est. 1989  
[WWW.NCCNH.COM](http://WWW.NCCNH.COM)  
TUES • FRI 10 • 5 • SAT 10 • 3

**HIGHEST PRICES PAID**  
All US and foreign silver and gold coins, estate jewelry, scrap gold, diamonds. Free oral appraisals.  
**NORTH COUNTRY COINS.**  
Main St., Plymouth, NH 536-2625.

*Sakes Region* **\$149** Chimney Sweep  
**Chimney Pro**

Sweeps • Stonework  
Brick Repairs • Liners  
Caps • Installations  
Fire Place Makeovers

**603-520-7217**

CHIMNEY SAFETY INSTITUTE OF AMERICA  
CERTIFIED CHIMNEY SWEEP  
Video Chimney Inspections  
BETTER BUSINESS BUREAU  
Fully Insured

Paid Advertisement      Paid Advertisement      Paid Advertisement      Paid Advertisement      Paid Advertisement

**Edward Jones: Financial Focus**

**What Does an Unplanned Career Transition Mean for You?**

The COVID-19 pandemic has unsettled the country's employment picture for months and will likely continue to do so for a while. However, the nature and terminology of this disruption varies greatly among individuals – some have seen their jobs disappear, others have been "furloughed" and still others have been offered an early retirement. If you're in this final group – those either offered, or feeling forced to accept, an early retirement, how should you respond?

Try to look at your situation holistically, rather than strictly in a short-term manner. Consider these four areas:

- Retirement – What does retirement really look like to you? Are you ready to fully retire or would you like to work part time? Are you confident that you can work somewhere else for a few years before retiring on your own terms? If you're not certain you can work elsewhere, how can you adjust your desired retirement lifestyle – what you planned to do, where you hoped to live, etc. – to meet your new reality?
- Income – Just how financially affected you'll be from an early retirement depends on several factors: how much you've already saved and invested, whether you're married and have a working spouse, whether you've paid off your mortgage, and so on. In any case, though, you'll need to answer several questions, including these: Do I need to start taking withdrawals from my IRA and 401(k)? If so, how much can I afford to take out each year without running the risk of outliving my resources? Should I adjust my current investment mix? If I haven't yet started collecting Social Security, should I do so now, or can I afford to wait until my monthly payments will be bigger? Are there any other sources of income I can leverage? You may want to work with a financial professional to address these and other key income-related issues.
- Insurance – If you received health insurance through your employer, an early retirement could present you with a dilemma, especially if you're not quite old enough for Medicare. You might be eligible for COBRA, which provides ex-employees and their dependents the option of continued health insurance for potentially up to 36 months, but this coverage can be expensive. As an alternative, you might be able to negotiate an extended severance package, which could provide you with health insurance for several months. Or, you might be able to get on the health insurance plan of your working spouse.
- Legacy – Many people want to take care of their family while they're alive – and leave something behind when they're gone. If you take an early retirement, you might lose your employer's group life insurance. Of course, if this plan was not sufficient, you may have already supplemented it with your own policy, but, if you haven't, you may need to shop around for some coverage, particularly if you have children still at home. You also may want to take this opportunity to review your key financial accounts to make sure your beneficiary designations still accurately reflect your wishes. Going through an unplanned career transition is certainly challenging. But looking closely at the four areas describe above, and making the appropriate moves, may help you reduce some of the stress and can put you in a better position to start the next phase of your life.

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

**Jacqueline Taylor**  
Financial Advisor  
3 Mill Street  
PO Box 176  
Meredith, NH 03253  
603-279-3161  
Fax 603-532-8685  
[jacqueline.taylor@edwardjones.com](mailto:jacqueline.taylor@edwardjones.com)



# Jason Hicks named Executive Vice President at New Hampshire Mutual Bancorp



Jason Hicks

REGION — Jason Hicks has been appointed Executive Vice President at New Hampshire Mutual Bancorp (NHMB). As Executive Vice President, Hicks will be a part of the NHMB Executive Leadership Team, and will also continue his roles as Chief Financial Officer and Chief Risk Officer.

In his oversight of Enterprise Risk Management, Hicks ensures that NHMB’s operating

procedures for sister companies Meredith Village Savings Bank, Merrimack County Savings Bank, Savings Bank of Walpole and NHTrust provide for the long term security of those companies. He also champions the risk management strategy that directs operational and financial risk for the organization.

As Chief Financial Officer (CFO), Hicks is the senior executive responsible for managing the financial actions of NHMB, the Merrimack, MVSB, Savings Bank of Walpole and NHTrust. His primary duties include policy development and management for all accounting, treasury and investment functions. He also heads the asset and liability management committee for each bank and is re-

sponsible for developing and implementing necessary strategies to ensure long term financial stability.

“Jason’s collaborative approach to problem solving makes him the ideal person to join our Executive Leadership Team,” said Gregg Tewksbury, President and CEO of NHMB. “Jason has exceptional knowledge and expertise in risk related to banking including credit, interest rate, liquidity and market value risks. His contribution ensures a balanced approach between efficiency and mitigation. I’m excited to have his perspective and experience in this role as we move our companies forward.”

Hicks joined MVSB in 2009 as Vice President of Finance and Control-

ler at MVSB following an extensive career in public accounting as well as commercial and community banking. He was promoted to Corporate Treasurer and Investment Officer for both MVSB and the Merrimack in 2013. In 2014, Hicks was promoted again to Senior Vice President, Corporate Treasurer and Investment Officer for NHMB. He was appointed to Chief Financial Officer in 2016 and Chief Risk Officer in 2020.

Active in the community, Hicks is currently an investment committee member for Lakes Region Community Developers, and has served previously as their Board Chair and Treasurer. In addition, he is a finance committee member and board

director for the Society for the Preservation of NH Forests. He has also served as Vice President of the board for Lakes Region Habitat for Humanity. Hicks received his Bachelor of Science and Master of Science degrees in Accounting from the University of North Texas, and is a Certified Public Accountant for the State of New Hampshire.

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 maintaining and enhancing community banking standards and values. MillRiver Wealth Management joined as a third affiliate in 2015, combining the financial advisory divisions of MVSB 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](http://nhmutual.com).

## Events still scheduled throughout Bike Week

BY ERIN PLUMMER  
[mnews@salmonpress.news](mailto:mnews@salmonpress.news)

REGION — Laconia Motorcycle Week kicks off on Saturday and runs until Sunday, Aug. 30. While a number of events have been canceled this year because of COVID-19, a number of events are still scheduled throughout the week.

Rally Headquarters will be open everyday from Saturday, Aug. 22-Sunday, Aug 30.

The Weirs Shuttle Train will run between Weirs Beach Station and Meredith Station everyday with one and two-hour train tours. Visit [www.HoboRR.com](http://www.HoboRR.com) for reservations and more information. Everyone

must wear a mask and the trains will be running at 50 percent capacity, so people are urged to reserve tickets in advance.

Cornerstone Outreach Ministries will have a safety stop food stop open 24 hours on Route 9 in Antrim from 8 a.m. on Saturday through 6 p.m. on Sunday, Aug. 30.

The White Church on Tower Street along the Weirs will be hosting a free coffeehouse all week from 9 a.m.-8 p.m. Alcoholics Anonymous meetings will also take place at 12 p.m. and 6 p.m. each day.

Heritage Harley-Davidson in Concord will open all week at 9 a.m.

with Mama’s On the Run Food Truck onsite. T-6-D STUNNAS Motorcycle Stunt Team will perform there on Aug 22, 23, and 29 from 11 a.m.-2 p.m.

The Combat Warriors MC - Big Lake Crew will have their hospitality desk open inside Laconia Harley-Davidson in Meredith all week from 9 a.m.-5 p.m., offering cold water, local information, and maps.

Listen to live music in the Winnepesaukee Marketplace in the Weirs on two stages with Music at the Marketplace. Stage One will be live from 12-30-4:30 p.m. and 6:30-11:30 p.m. at the Patio Garden and Stage Two will be live noon-4 p.m. and 6-11:30 p.m. at Stageview

Grill.

The Naswa Resort will be hosting live music every day from 11 a.m. to close. Tower Hill Tavern will host special events and live music all week. There will also be live music at The Looney Bin Bar & Grill throughout the event.

The 14th annual Peter Makris Memorial Ride will start at the Naswa Resort on Saturday, Aug. 22 at 11 a.m. for a state police-escorted ride around the lake, returning to the Naswa around 1 p.m. for lunch and entertainment. The ride will raise money for Easter Seals’ Veteran’s Count Program, the Laconia Fire Department’s CERT team, and

“Building Dreams for Marines.”

The Broken Spoke will host a Sport Bike Show on Saturday from 11 a.m.-3 p.m.

The FIM North American Vintage Championships will be on Aug. 22 and 23 at New Hampshire Motor Speedway.

The AMA Gypsy Tour will leave for NHMS from Rally Headquarters at 10:30 a.m. with lineups starting as early as 8:30 a.m. Participants can get a 50 percent discount on race tickets and the chance to ride around the track.

The Mae West “For the Love of Pets” Ride will go to NHMS on Tuesday, Aug. 24, leaving Rally Headquarters

at 10:30 a.m. with early lineup starting at 8:30 a.m. The ride will benefit local animal shelters, those who donate will receive a Sick Boy Motorcycle t-shirt.

The 97th Loudon Classic will run at NHMS Aug. 28-30 with the race on Sunday rounding out Bike Week 2020. Riders from the Peter Makris, Gypsy Tour, and Mae West rides will have the opportunity to ride a few laps around the track.

More events have been scheduled throughout the week. For a full, updated list of events visit <https://laconiamcweek.com/events>.

# New Hampshire Mutual Bancorp welcomes Elizabeth (“Beth”) Hazen

REGION — New Hampshire Mutual Bancorp (NHMB) has recently welcomed Elizabeth (“Beth”) Hazen as the newest Collections Officer for the organization’s sister companies

Meredith Village Savings Bank, Merrimack County Savings Bank and Savings Bank of Walpole. She is based out of NHMB’s operations facility on Foundry Street in Concord.

“It has been wonderful to have Beth on our team,” said Kim Carter, Vice President, Loan Operations. “Her expertise, competence, leadership and mentorship experi-

ence serve as great assets for our organization. The pandemic created financial challenges for many of the households in our community. Adding Beth to the team has allowed us to address the associated concerns for our customers even more readily. We are really proud of helping our customers through these difficult times so that they can concentrate on their own recovery. Adding someone as talented and dedicated to customers as Beth has helped us expand that ability.”

“I really care about people and it has always been rewarding to help them in any way I can,” said Hazen. “With this in mind, I was immediately drawn to NHMB’s unique mutual model and have found synergy with all three of our banks. By remaining mutual, MVSB, the Merrimack and Savings Bank of Walpole are

able to keep their decision making local to the towns and cities they each serve. It feels really good to be part of an organization that cares so deeply about our communities and the people within them.”

Prior to joining NHMB, Hazen spent more than 10 years in banking, focused in collections management.

Hazen is certified in Advanced Collections and Bankruptcy. Prior to re-locating to Southern NH last year, she actively volunteered for various food and clothing drives, homeless shelters and the local Humane Societies in VT and NH. She currently resides in Deering.

New Hampshire Mutual Bancorp, a shared services organization, was formed in 2013 when two New Hampshire-based community




Beth Hazen


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 maintaining and enhancing community banking standards and values. MillRiver Wealth Management joined as a third affiliate in 2015, combining the financial advisory divisions of MVSB 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. For more information, visit [nhmutual.com](http://nhmutual.com).

# A daily dose of joy

## In-Home Care Services

- Personal care
- Companionship and housekeeping
- Dementia and Alzheimer’s care
- Respite care
- Personal emergency response systems
- Transportation





**Comfort Keepers.**

Elevating the Human Spirit™

**(603) 536-6060**

**NHComfortKeepers.com**

© 2020 CK Franchising, Inc. Most offices independently owned and operated. 0320

**PEASLEE FUNERAL HOME**

**~ Cremation Service ~**

(603) 755-3535

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

Main Office: 24 Central Street, Farmington, NH

2079 Wakefield Road, Wakefield, NH

**Alton Funeral Home** 12 School Street, Alton, NH



Bike Week  
FROM PAGE A1

licenses. City Manager Scott Myers proposed an amendment allowing the Laconia-specific Kiwanis and Rotary organizations to get licenses and the city council unanimously agreed.

The city was also discouraging property owners from hosting campsites or campers, especially those who would not abide by the state's 14-day quarantine for visitors from outside New England. All state regulations for events and gatherings would be strictly enforced and the city council could change its mind if there were any increased risk to the public.

The Laconia Motorcycle Week Association advised people of the lower number of vendors in a press release ahead of the event.

"However, nearly all restaurants, bars and hotels will be in full operation, and plenty of the originally scheduled events are happening as planned," the statement read.

LMWA deputy director Jennifer Anderson said in the statement that safety would be the focus of this year's event.

"While we recognize that New Hampshire is faring remarkably better than most in this pandemic, many riders will be coming from out of state and we want to ensure the public we are taking every precaution to protect their safety, such as promoting the

use of face masks when not riding, regular sanitization of public surfaces through sanitization experts, Nano Coating Technologies, LLC (NCT NH), and purposely planning for a toned down version of our rally to minimize large gatherings," Anderson said in the statement. "Expect lots of fun, food and, of course, riding but in a safe environment."

Riders are advised to wash their hands and sanitize surfaces often and keep six feet apart or otherwise wear a mask.

A number of yearly events and activities have been canceled this year and rescheduled for 2021, including the Gunstock Hill Climb and the POW/MIA Freedom Ride from Gilford to Meredith.

"On behalf of the Northeast POW/MIA Network I feel it Necessary and Responsible to call off this year's Freedom Ride," wrote Bob Jones, president of the Northeast POW/MIA Network on the event's Facebook page. "This would have been the 33 year Anniversary for the POW/MIA vigil and 27th year for the Freedom Ride but being Safe is more important than anything at this time."

The POW/MIA vigil normally held on Thursday nights at Hesky Park in Meredith will go on as usual on Thursday, Aug. 27 at 7 p.m.

Laconia Harley Davidson in Meredith is also halting its usual events this year.

"Laconia Harley-Da-

vidson has been in discussions with the town of Meredith, NH, and we have come to the mutual decision that we will not be hosting vendors, food or live music on site during the 97th Annual Laconia Motorcycle Week Aug. 22-29, 2020," reads Laconia Harley Davidson's Bike Week page. "This decision was not made lightly and we hope our customers understand that their safety and that of our community remain our top priority. Out of respect for everyone involved, we feel this is the responsible decision."

LHD put together a list of self-guided tours through the area that is available at the dealership during regular business hours.

New Hampshire Motor Speedway will still host races during the week, ending with the 97th Annual Loudon Classic on Aug. 28-30.

A number of charity rides will go on throughout the week including the 14th Annual Peter Makris Memorial Ride on Aug. 22, the AMA Gypsy Tour Ride on Aug. 23, and the Mae West Memorial "For the Love of Pets" ride for the NH Humane Society on Aug. 24.

A number of events will also be going on at the NASWA Resort in Laconia throughout the week.

For more information on Bike Week and a schedule of events visit laconiamcweek.com

Old Home Day road race still on

Although most Gilford Old Home Day festivities for 2020 have been canceled due to the pandemic, the Annual 5K Road Race will be taking place as usual on Saturday, Aug. 29, 8 a.m., starting near the Gilford Village Store.

The Gunstock Nordic Association (GNA) will again be hosting this event. With their experience conducting Nordic Ski Training six days per week since mid-June, and a week-long Girls' Nordic Day Camp in July, GNA is confident they can host the 43rd edition of this 5K running race in a safe and responsible way, while adhering to the Guidelines for Road Races published by the New Hampshire Reopening Task Force: <https://www.covidguidance.nh.gov/sites/g/files/ehbemt381/files/files/inline-documents/guidance-road-races.pdf>

Some precautions that will be in place include: limiting the number of participants to 100; online pre-registration and payment only; requiring runners to wear a mask before and after the event if they are unable to socially distance; staging the runners six feet apart at the starting line; starting the race with the fastest runners at the front to limit passing; adhering to a passing protocol during the race; stopping the official time-clock at 40 minutes; using a large open area of the Gilford Recreation field for bib pickup and awards; dedicated portable toilets for participants; no water stops.

The event is open to all ages, with an entry fee of \$10 for runners age 12 and younger, and \$25 for those 13 and older on race day. A Tech T-shirt is included with the entry fee.

For all of the details about this event, and the year-round Nordic Ski Training programs offered by the Gunstock Nordic Association, please visit <https://www.gunstocknordic.com/> or email [gunstocknordic@msn.com](mailto:gunstocknordic@msn.com).

Mania  
FROM PAGE A1

Martel & Tony Felch

Coldwell Banker: Susan Spooner, Kathy McLellan & Sue Ippolito

Color Me Christmas: Jennifer & Richard Fielders & Sherri Collis  
Crossfit Juggernaut: Anna Terry

Dream Team Supreme: Matt Resca & Ashley Riopel

Fruitcakes: Rhonda Humiston & Tracy Neal

Fusion: Jaimie Sousa & Brandee Loughlin  
Gunstock "A Snowball's Chance in...": Robin Rowe & Jennifer Karnen

Laconia Harley Iron Butts: Meghan Dodds & Lyndsey Cole

Ladies of the Lake: Holly Ruggieri & Kathy

Drouin

Lily's Angels: Bethany Davis & Angela Pickowicz

Litterhof Kennel: Brian Beetle & Lois Cole

Merry Misfits: Samantha Jewett, Ruth McLaughlin & Angie Carignan

Merry Stoolers: Lisa Fowler & Cheryl O'Hara  
Naughty & Nice: Lisa Abreau

Nutcrackers: Ashley Davis, Becky Whitcher & Rachel Xavier

Patrick's King's Corner: Janet McKone, Eric Vachon & Rob Finlayson  
Real Downtown Santas: Lisa Cornish, Janet Brough & Trish Tryon

Santa's Sheriffs: Jen Schillinger & Mike Moyer

Tagg Team: Butch & Judi Taggart

The Rising Suns: Rick

Hopper & Julie Hart  
Verani Realty Reindeer: Greg & Deb Peverly & Susan Cummins  
WYC Diving Ducks: Andrea Morin & Jason Bordeau

"The Children's Auction anticipates the need for assistance to children and families will continue to grow in the coming year" said Jaimie Sousa, chairperson of the Children's Auction board. "We're delighted and amazed that these people are continuing to step up for their community. We are all very appreciative."

For more information, visit [www.childrensauction.com](http://www.childrensauction.com) or email [abeetle@metrocast.net](mailto:abeetle@metrocast.net).

Sports  
FROM PAGE A1

just one full-time staffer available to do this.

Which is why we are hopeful that athletic directors, coaches and other community members will be able to lend us a hand.

Athletic directors and coaches have always played a key role in the coverage we have provided over the years and

we are hopeful this can continue.

If you are an athletic director, we hope you continue to work with us by sending us schedules, providing us updates or schedule changes and helping keep us on the same page with the coaches each season.

If you are a coach, we would love to highlight the work that your team is doing and we are available at any time to

take phone calls, texts or e-mails with game notes.

All coaches are invited to make contact with information about what their team did after each game or once a week with an update on the games that took place the previous week. If we are at a game, we'd be happy to talk right after the contest as well.

And finally, if you are a community member or parent who attends

a lot of games and who takes pictures, we'd be interested in using some of your pictures to help supplement the coverage of the local teams.

There is no question that the sports coverage will be a little different, but we believe if we all work together, we can help to highlight local athletes and teams at the 19 different schools in our coverage area. Of course, we also know

that each school will choose to handle sports differently this fall, and we will do what we can to make sure everyone is aware of how things are being handled.

And of course, if there's an event going on that you want publicized ahead of time or if there's something you think we might be interested in covering, please let us know. We can't cover it if we don't know

about it.

Sports Editor Joshua Spaulding can be reached at [josh@salmonpress.news](mailto:josh@salmonpress.news) at any time, and we look forward to seeing teams on the fields, courts and courses over the next few weeks.

*Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or [josh@salmonpress.news](mailto:josh@salmonpress.news).*

Schools  
FROM PAGE A1

Families will have the option of doing remote learning staffed by Gilford teachers, having students in the school, or doing homeschooling or the Virtual Learning Academy Charter School (VLACS).

Beitler said they are gathering that information to develop the format for the remote and in-person learning, including what the schedules will look like, how many students will be in the schools, busing, and more.

Families will also register for busing, Beitler said the bus company will reconfigure their routes depending on those registration numbers.

He said they are also working with staff who

are at high risk and are concerned about returning to the buildings. Those who choose not to come back into the buildings could take the role of remote instructors and the district will work on getting those teachers and their remote classrooms running.

For those returning to the buildings, he said they will do everything they can to mitigate risks.

"I'm confident that we're putting safety precautions in place so that we can minimize or mitigate the risk," Beitler said. "We're not all in a bubble, everything we do out in public there is some risk these days...I think we've got a good plan to mitigate that, to work with families, to work with staff to make it as safe as possible."

Accident  
FROM PAGE A1

Around 2:15 p.m. personnel at nearby Marine Patrol headquarters heard screams for help and rushed to the town docks. They found that both men had fallen into the lake and were clinging to the dock between their drifting boat.

Marine Patrol were aided by a number of people at the dock to help

get the two men out of the water. A Marine Patrol boat pulled them out of the water. Both were unresponsive and received CPR until an ambulance from the Gilford Fire Department arrived on the scene.

Murphy and Bickford were transported to Lakes Region General Hospital in Laconia. Murphy died at the hospital. Bickford was then transferred to Concord

Hospital for further treatment.

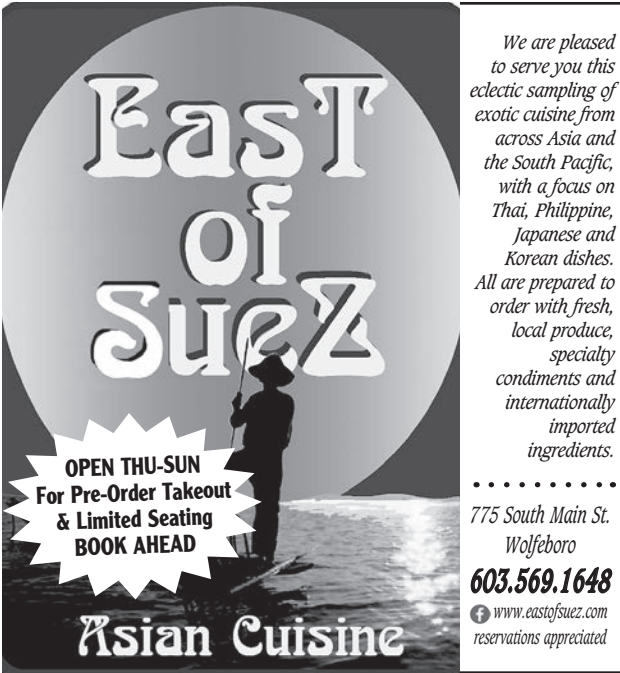
The incident is still under investigation, anyone with information is asked to contact New Hampshire Marine Patrol at 293-2037

or [marinepatrol@dos.nh.gov](mailto:marinepatrol@dos.nh.gov).

Marine Patrol received assistance on the scene by Gilford Police and Fire Departments, as well as numerous citizens.

PORTRAITS • WEDDINGS • SCENICS • EVENTS
   

 Fassett's PHOTOGRAPHY
   
 Matthew Fassett
   
 53 Suncook Valley Rd.
   
 Alton, NH 03809
   
 phone: 603-393-7336
   
 email: [mattfassett@gmail.com](mailto:mattfassett@gmail.com)


 Dining & Entertainment
   
 LAKES REGION
   
 East of Suez
   
 OPEN THU-SUN
   
 For Pre-Order Takeout & Limited Seating
   
 BOOK AHEAD
   
 We are pleased to serve you this eclectic sampling of exotic cuisine from across Asia and the South Pacific, with a focus on Thai, Philippine, Japanese and Korean dishes. All are prepared to order with fresh, local produce, specialty condiments and internationally imported ingredients.
   
 775 South Main St.
   
 Wolfeboro
   
 603.569.1648
   
[www.eastofsuez.com](http://www.eastofsuez.com)
  
 reservations appreciated
   
 Asian Cuisine

BOOTLEGGER'S®
   
 FOOTWEAR CENTERS
   
 ATHLETIC SNEAKER SALE
   
 20% OFF
   
 OUR LARGEST SELECTION OF THE YEAR!
   
 REGULAR PRICES
   
 MENS \* WOMENS \* KIDS
   
 CHILDREN'S FOOTWEAR EXPERTLY FITTED FOR MAXIMUM FIT, COMFORT, AND WEAR.
   
 SPECIAL SELECTION 25% to 50% off SAVE EVEN MORE!
   
 online purchases and other exclusions may apply. Sale ends Sept. 7th
   
 MEREDITH, NH 279-7463 • WOLFEBORO 569-3560
   
 NORTH CONWAY, NH 356-7818 • LACONIA, NH 524-1276



# Lakes Region embraces growing popularity of Disc Golf

BY LEIGH SHARPS

Contributing Writer

REGION — If you’ve never heard of this up and coming premiere area sport, then you’re a little behind the times.

This fun, frisbee-throwing based activity is family-friendly, mostly free at local courses, and they all offer one the added enjoyment of seeing just unbelievable vistas, sometimes river views, and mountain panoramas. Each of the four courses closest to players in the Lakes Region have varying topography and landscapes but all can be said to definitely be in the ‘countryside.’

All that’s required are Frisbees® (patented by Wham-O), or discs, as they are uniformly now called as they are made by many different manufacturers now and are far from just your basic flyer from 50 years ago, when they were park recreational favorites! Enthusiasm and energy help, too! Don’t worry about the level of your sense of humor as that will pick up as you move from ‘hole’ to ‘hole’. Play consists walking around either a nine- or 18-hole course by flinging a disc from a ‘tee off’ area/platform into a wire basket (plenty big for several players at the same time). That’s it! Get ready for the time of your life though!

Here’s a way to for adults to relish a sport with their kids or for groups of friends looking for something unique to enjoy. It doesn’t matter what level a player is either. There are beginners to advanced players and, yes, there is a professional league scene. Yes, there are absolutely professional disc golf leagues around the state and country. There are fewer competition play-offs this summer due to the COVID-19 virus, but you can check the web for info. (below).

One of the most beautiful courses is located in Campton, right off exit 27 (I-93) or right up Route 3 from Plymouth (5 Town Pound Rd.). This is the White Mountain Disc Golf course, designed by Matt Albee and located on his private family property. A pretty nine-hole course (six tees per hole: 9 baskets), it goes up and down through lovely cleared woods. What it makes up for in length, it makes up for in difficulty due to the often-steep elevation changes, but all make for very playable fairways. The ‘tee-off’ areas are made of wood, dirt or brick but are all flat, perfect for ‘throwing.’ Plenty of resting spots are along the way, and are unique from ‘stumps’ to an old snowboard set on posts.

However, there are novice to experienced choice courses to serve everyone. They also sponsor ‘Ladies’

Nights’ (Mondays, 5:30 p.m.), ‘Doubles (called dubs on Tuesdays 5:30 p.m.), and ‘Glow in the Dark’ nights at 9 p.m. on Wednesdays which precede League night at 5:30 the same day. Future plans include a three-man scramble, Bring Your Partner doubles night and a Rolling Start weekend tourney. Very special is their Sunday morning Coffee Cup course. For \$10 at 8:30 a.m., you can play, get a cup of locally, fresh-ground coffee and a breakfast wrap made by Albee’s wife, Rene.

Owner/ designer Matt Albee (and wife Rene) said its “been a hard-fought battle to get where we are today. Doing all this work to get the course built and fix-up the house we bought at the same time (on 8.8 acres—now the course) and at the same time with a newborn son was something else but we did it.” Purchasing the homestead in 2016 after being abandoned for a few years the ‘fix-up’ part was basically starting from scratch inside and out, he said, and it included slowly clearing the woods around the housed and landscaping it for a course. (The iconic house is somewhat of a local landmark being seen on the right from I-93 south in Campton; it’s the gold gingerbread house on Town Pound Road.)

Albee was introduced to the sport 22 years ago, when he fell in love with it while attending a summer camp in New Hampshire. He was just 17 and has been enjoying the sport since.

“The sport was just getting started in New Hampshire, and there were only three or four courses in the state. Now there are over 50 and they’re fantastic,” Albee said. “It’s the fastest growing sport in the nation. In fact, a pro, Paul McBeth, just signed a four year million dollar contract with a sponsor.”

Albee has also helped design other area courses (Waterville Valley, Whaleback Mountain, Tenney Mountain, to name a few). As photographers cannot stop themselves from looking for interesting pictures everywhere they go, Albee looks for course possibilities.

“I look at land like ‘That would be a good spot for the first hole, there’s a spot for the second, etc.,” he added.

A related disc sport is called ‘Bottle Bash’, he said also gaining popularity in lightning speed around the state. Friend Brian Biederman (Biederman’s Deli in Plymouth) promotes and manufactures the game and he and Albee are trying to keep up, Albee says, with the public’s current demand for a new outdoor/ self-distancing games.

“We can’t get them made, boxed-up and mailed

fast enough,” he adds. (It features a type of throw involving going over the neck of a bottle.)

“It’s time now for us to set-up some formal social media site, web-sites, clearer information, etc. out there. I have a podcast, but all of us running courses in the state need to get professional with our sites, besides like the podcast I have now,” Albee said (Contact info. for courses is below). “There’s a course in Canterbury now (Top O’ The Hill) that sometimes sees 300 players over a weekend and they have a ‘pro’ shop offering 4,000 different discs. That’s really something.”

He also said the Mystic Meadows (at Tavern 27 on Parade Rd., Laconia) is another growing spot.

Dylan Parker of Campton with ‘charges’ Woody and Charlie Emmons, Campton, are avid White Mountain Disc enthusiasts. Parker says he has been playing for about ten years when and wherever he can, but he especially loves this close and beautiful course. He says he also “gets to do something fun that I love with these boys who are so enthusiastic. It just makes them smile and laugh the whole time.” He noted they usually go around the course twice to make the fun “last longer.” Most tees are a three par, but “that doesn’t really matter when you’re having fun!” said Parker.

White Mountain uses an honor system of \$5 for the course or \$9 all day. They provide a course map and score card.

There are several other easily accessible courses in the Lakes Region: Sunshine Park in Sandwich, Chris Daigle Memorial Course at Bolduc Park in Gilford, Loon Peak in Lincoln, Franklin Falls Disc Course in Franklin (which also has recreational walking/biking trails), Top O’ The Hill 18 hole course in Canterbury and Tavern 27/Mystic Meadows on Parade Rd. in Laconia.

Sunshine Park is on Mt. Israel Road, off Sandwich Notch Road in Center Sandwich. (Beede Falls, Cow Cave and the Mead Conservation Area with several Bearcamp River Trails are also nearby.) This is a family friendly Recreation Area courtesy by the Alfred Quimby Fund. It is a town facility and overseen by the Parks and Recreation Department and maintained by local volunteers (it was designed by Nate Fletcher). 18 holes, it is a moderately hilly and wooded area. Some of the same baskets are used for different holes but are approached from different angles. This tree-filled basin is in a very quiet residential neighborhood, so players are expected to be observant of this fact. Scorecards and

bug spray can be had at the cabin/welcome building in the parking area.

The 18-hole course at the Franklin Falls Recreation area is on Route 127 near the center of the city. This beautiful spot also has many hiking/biking trails that follow or overlook the Pemigewasset River. The course is 50/50 flat and hills and the tees are gravel. (designed by Acme Disc Golf and Tucker Davis). It goes through the Pemi River basin with open spaces, varying elevations and features both amazing forest (hard and soft woods) and water views.

Loon Peak Disc Golf is the state’s highest disc golf course and is called ‘alpine-style’ on their website. One can play all 18 holes from the peak as it goes downhill or just the bottom nine holes can be played. The first hole is accessed by a ride on the fantastic Gondola Skyride to the peak. The nine-hole course is accessed via a ride on the Seven Brothers Triple chair. It’s just a short walk to the first hole and it’s ‘all downhill from there’. The fairways are open and straight. A purchased ticket gives you the rides on both chairs, and you can rent the discs and play multiple rounds a day as well. Loon Mountain is at the north end of Main Street in Lincoln.

The Chris Daigle Memorial Disc Golf Course in Bolduc Park in Gilford is named in memory of the Daigles’ son, Chris, who loved the sport. The Daigle family (and affiliated sponsors) created the course (designed by Dennis Grzywacz) and it is part of the Bolduc Park, a non-profit organization run by volunteers. There is no paid staff. (They always look for volunteers to man the clubhouse and help with the grounds: volunteer apps can be found at [golf@bolducpark.com](mailto:golf@bolducpark.com).) The Park also offers a regular golf course and there are disc rentals as well as cart rentals for both courses. This is a beautifully maintained Park with clear fairways. It is nine holes and uses the cross-country ski trail. It is located on 282 Gilford Ave. not far from downtown Laconia. Still on is the fourth annual tournament (\$25 entry fee per player or \$20 for youth under 16) set for Aug. 12.

There are basically three different types of discs: a driver, a mid-range disc and a putter. There are different weights, too, but the heavier ones don’t necessarily mean they go faster. There are beginner discs and professional drivers used in tournaments. Mid-range discs are for shorter shots and for all level players, the lighter discs work well for novices and the heavy ‘putters’ are mainly for competition. Serious players take



LEIGH SHARPS

A “three-throw” at White Mountain Golf.

at least three along with them. They are manufactured from many different companies now and come in a variety of styles and colors.

The history of this sport is a little ‘blurry’ as far as who started the sport and where it began. Early partners George Sappenfield and Kevin Donnelly with the help of Ed Headrick, were able to spread the sport throughout California during the 60s. Headrick, who designed and patented the modern Frisbee when he was vice-president of Wham-O Toy Company (he also coordinated the International Frisbee Association with Wham-O), coined the term ‘disc golf’ after he invented and patented the first ‘Disc Pole Hole’ (the baskets where the discs land made of chains and baskets.). He wanted to call his invention a Frisbee Pole Hole but there were issues using the Frisbee name. He founded both the Professional Disc Golf Association (PDGA) for competitors and the Recreational Disc Golf Association (RDGA) that is family-oriented. He also worked on producing the rules and the equipment. He later gave up his trademark on the term ‘disc golf’ and turned over control to the PDGA and the ever-growing body of disc players, so he could focus more on his creative passion for building and inventing equipment for the sport. Before the basket method, the game used ‘object’ throwing as its basis (like at targets drawn on trees or other stationary items). The sport picked up popularity in the 1970s, but it hasn’t been until the last decade or so that it has become more widely known, with professional tournaments country and state-wide, and with an ever-growing number of courses around New Hampshire.

So, if you’re seeking another great outdoor distancing, and up and coming sport option, please don’t ‘throw away’ this opportunity.

Just throw!

All courses are observing New Hampshire state Covid-19 guidelines: maintain social distancing at all times (minimum 6 feet) and please handle only your own discs/carts and

other items.

For basic course information in the state, or league info. go to these Web sites: Disc Golf Course Review (DGCR) or Professional Disc Golf Association (PDGA), New Hampshire locations.

Most of these courses are on graciously private or donated lands so it is imperative that players be kind to others, considerate, use polite course behavior (let others play through if necessary) and carry out what you carry in. Bring water, always, and bug spray if needed and wear appropriate footwear (flip-flops not advised). Though some courses are free, some also use an honor system with a modest fee so please be considerate of these volunteers who maintain these wonderful courses for the public to use.

Contact information for above courses: White Mountain Disc: Instagram: [whitemountaindisc](https://www.instagram.com/whitemountaindisc) and Facebook: White Mountain Disc Course. 496-6896 for further info....Sunshine Park: Sandwich residents/guests), maintained by volunteers and is a town facility of the Parks and Rec. Department; 284-6473. Web: [parks.rec@cyberpine.net](mailto:parks.rec@cyberpine.net)...Bolduc Park: 524-1370; face book: [chrisdaiglememorial](https://www.facebook.com/chrisdaiglememorial) DGC; Facebook: Bolduc Park. Loon Peak Disc Golf has a blog: Loonblog and a Loon Mtn. Facebook page with all their seasonal sports information...Franklin Falls Disc Golf: [fdiscgolf.org](https://www.facebook.com/fdiscgolf) or Facebook: Franklin Falls Dam Disc Golf. Top O’ The Hill, 69 Southwest Rd., Canterbury, designer/owner Marty Vaughn, 369-1238 has 2,9991 likes on their Facebook [page.mgvaughn@gmail.com](https://www.facebook.com/page.mgvaughn@gmail.com). They have 18 holes. They are taking reservations during the COVID-19 situation. Mystic Meadows, 2075 Parade rd., Laconia has 9 holes and can be found on Facebook. All above and more can be found on the web simply by typing in ‘Disc Golf Courses in the Lakes Region (or state).

Most courses are open about 7 a.m. to 8 or 9 p.m. and have modest fees.

Frisbee® is a patented trademark owned by the Wham-O Company.

THE SALMON PRESS 2020/2021 NEW HAMPSHIRE

WINTER GUIDE

SIZE & PRICING INFORMATION

Full page with bleed.....	\$785
(8.5" x 10.5" w/live image area of 7.25" x 9.25")	
FULL PAGE without bleed (7.25" x 9.14").....	\$785
2/3 PAGE (4.778" x 9.14").....	\$575
1/2 PAGE vertical (4.778" x 6.954").....	\$455
1/2 PAGE horizontal (7.25" x 4.5").....	\$455
1/3 PAGE square (4.778" x 4.5").....	\$510
1/6 PAGE vertical (2.187" x 4.812").....	\$170
1/6 PAGE horizontal (4.778" x 2.188").....	\$170
1/12 PAGE square (2.3" x 2.25").....	\$100

GLOSSY PAGE PRICING (sizing same as above)

Full Page.....	\$1,500
Half Page.....	\$850

| ALL ADS INCLUDE:   - Free Layout & Design - Free Listing in our Advertiser's Index - Free Entertainment Listing in our calendar of events  DISTRIBUTED TO MORE THAN 300 LOCATIONS THROUGHOUT NEW ENGLAND INCLUDING...  Massachusetts, Rhode Island Connecticut & New Hampshire  ON NEWSSTANDS MID-NOVEMBER |

ADVERTISING DEADLINE

WEDNESDAY, OCTOBER 2<sup>ND</sup>

AT NOON

Glossy advertising is limited!

Tracy Lewis at 616-7103 or email [tracy@salmonpress.news](mailto:tracy@salmonpress.news)

COURTESY

Franklin Savings Bank and Bank of New Hampshire sponsor the 27th Annual Bolduc Park Golf Tournament Aug. 21 - 23. (left to right) Brian Lamontagne, Gilford Branch Manager - Franklin Savings Bank; Barbara Laros, VP Business Relationship Manager - Franklin Savings Bank; Randy Annis, Bolduc Park Golf Tournament Director; Bob Bolduc, Bolduc Park Course Superintendent; Jessica Beane, AVP Gilford Lakeshore Branch Manager - Bank of New Hampshire.

## 27th Annual Bolduc Park Golf Tournament Aug. 21 – 23

A hole in one will win an amateur golfer a \$10,000 prize in the Bolduc Park Annual Golf Tournament Aug. 21 – 23. Major Tournament Sponsors include Franklin Savings Bank and Bank of New Hampshire. Both youth and adults are invited to play with prize categories for various age groups. Closest to the pin, a shoot out and a putting contest round out the tournament action. An awards ceremony and refreshments for all participants takes place Sunday, August 23 at 4. PGA approved Covid 19 safety measures will be in place. Register in advance to play by calling 524-1370. Entry fees are \$25 for ages 16 and up and \$20 for 15 and under.

The tournament will be played on the nine hole, par 3 course at 262 Gilford Ave., right on the Laconia/Gilford town line. All proceeds from the event will help support the Bolduc Park Association, a non-profit, all volunteer group that runs Bolduc Park for benefit of the community.



# WinnAero President earns pilot's license

GILFORD — The Board of Directors of WinnAero, the STEM-education for youth non-profit based at Laconia Airport, had to make the very difficult decision three months ago to cancel their popular summer day camps, the ACE Academies, due to the COVID-pandemic. The Board chose to concentrate on providing STEM project bags and supplies to all of their pre-registered students while planning for ACE Academies 2021.

The Board President, however, chose to add a new qualification to her resume in keeping with WinnAero's use of aviation and aerospace examples in its STEM work with youth.

President Karen Mitchell, a local high school teacher, made use of any spare time to take flight lessons. She enrolled at Sky Bright Aviation at Laconia Airport, one of two fixed-based operators at Laconia offering flight lessons. Amassing 45

flight hours over several months, Ms. Mitchell soloed on March 31, and then kept up her instruction under the guidance of one of Sky Bright's Certified Flight Instructors, Mark Donovan, until she completed all the hours necessary for her FAA license.

That big day came on July 15, when she passed her checkride with FAA Designated Pilot Examiner Jim Loranger. A typical checkride for a private pilot license requires a pilot candidate to perform 20 basic maneuvers in the air (including various take-off and landing scenarios), as well as an extensive oral exam with topics from navigation systems to meteorology to aeronautical safety. Ms. Mitchell, reflecting on her accomplishment, thanked the WinnAero Board members, several of them pilots themselves, who encouraged her to keep pursuing her dream of flying! She also thanked the staff at SkyBright for being

so accommodating and supportive. Lastly, she wanted to acknowledge the generosity of the Ninety-Nines, the official international association of women pilots.

"Without the Amelia Earhart FlyNow scholarship from the 99s, it would have taken me far longer to achieve my flight goal. I am indebted to my sisters in the sky who helped make my dream a reality," said Mitchell.

The Eastern New England Chapter of the 99s Chapter Chair, Jessie Zuberek, added "We are so proud of Karen for all her hard work and determination to receive her PPL certificate. We count ourselves lucky to have her among our membership. Starting day one she contributed in a strong way; from working with the Museum of Science in Boston to have our members present at the highly successful Women and Girls in Science and Engineering Day (WISE), to coordinating what



Karen Mitchell poses planeside following her successful checkride and certification

is becoming an annual birthday celebration each year at the Laconia Airport honoring one of our founding members, Amelia Earhart. It is experiences like these, and so many more offered by the Ninety Nines, that we hope will share our

history and help build the future for women and girls in aviation."

Ms. Mitchell is looking forward to more flight time with the aviation community at the Laconia Airport and beyond as she continues training toward

advanced pilot ratings. She hopes to one day add "flight instructor" to her teaching credentials. Read more about WinnAero at [www.winn aero.org](http://www.winn aero.org). Questions about the 99s may be directed to [info@womenpilotsene.org](mailto:info@womenpilotsene.org).

## Comfort Keepers

### Managing Parkinson's Disease symptoms

BY MARTHA SWATS  
Owner/Administrator  
Comfort Keepers

Parkinson's disease is the second most common neurodegenerative disease in the U.S. after Alzheimer's disease, and the number of people affected by Parkinson's is increasing as the population ages.

Parkinson's disease can manifest in the following ways:

- Tremors
- Balance problems
- Cognitive impairment
- Mood disorders
- Short steps and slowed movement (bradykinesia)
- Speech and writing changes

While there is no known cure for Parkinson's,

son's, taking steps to manage the disease can increase a senior's quality of life and help to reduce the impact of symptoms.

Those that have been diagnosed with Parkinson's should discuss management strategies with a healthcare professional. There are a variety of medications and therapies that a doctor can recommend.

Everyday symptom management strategies can include:

- Finding ways to relieve stress: There is ample evidence that stress can make symptoms worse. However, they usually return to normal levels once the cause of stress is removed. Activities that can help reduce stress include

- meditation, yoga, deep breathing, getting outside, spending time with loved ones, participating in hobbies or physical activity approved by a physician.
- Maintaining a good diet: For those with Parkinson's, proper nutrition will not only help manage symptoms, but can help slow the progression of the disease in some seniors. In addition to healthy, nutritious food, it's important to prevent dehydration too.
- Adapting your home: Depending on the Parkinson's symptoms that someone is experiencing, there are a variety of ways to improve everyday life with a few adjustments to living space. For those with

- trouble walking, or those that needs a wheelchair, wide walkways help manage mobility. Mattresses with adjustable features can be helpful for anyone with difficulty getting in and out of bed, and grab bars may be helpful for those with balance issues.
- Preventing falls: Having trouble walking is a common Parkinson's disease symptom. Minimizing fall risk is an important safety management strategy that is easy to execute. Wearing proper footwear, making sure rooms are properly lit and removing trip hazards can all help reduce the risk of falls.

Comfort Keepers® Can Help  
For those who need

extra help, in-home caregivers can help facilitate stress management activities, provide support for physician-approved diet and exercise plans and will evaluate a home for safety as part of an in-home assessment. Caregivers can also help with mobility, improve home safety, provide transportation to appointments and events and can help seniors maintain positive mental health through connection, engagement and companionship. For more information on how in-home caregiving can provide assistance to those with Parkinson's disease, contact your nearest Comfort Keepers® office today.

fort 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](http://NHComfortKeepers.com) for more information.

## MARK ON THE MARKETS

### Fiduciary?



A few years ago, the Department of Labor attempted to pass a ruling that would require any broker, advisor, or insurance agent to act in the client's best interest when working with retirement assets. This ruling never came to fruition, so brokers advisors and insurance agents went back to business as usual. A Registered Investment Advisor has a fiduciary duty to clients. Broker-dealers just have to meet the less stringent suitability standard which does not require putting the client's interest above their own. The same is true for insurance agents most of which are salespeople. With billions of dollars being spent on advertising to win retirement assets, how can that, soon to be retired person, decipher who is the best firm or persons that will do the best job for them and place the client's needs

above their own? This has been made an even more difficult decision due to advertisements that are designed to persuade you to trust these firms, all fighting for your assets. But this is not only confusing to the public, but oftentimes, in my opinion, financial advisors are unclear what being a fiduciary actually means. For example, when the DOL ruling had not yet been decided many insurance agents that primarily sell annuities were encouraged to take an exam that would give them the ability to place client money on a fee driven platform. That exam is referred to as a series 65. The platform used by these newly anointed investment advisor representatives was supplied by a third-party asset management firm. So suddenly, the annuity salespeople who typically still placed most of the clients' money into insurance product, and maybe a small portion on the fee platform, now proclaim to be fiduciaries! These annuity reps with a series 65 believed because of the license, not necessarily their actions, that they were acting in the client's best interest and considered themselves a fiduciary! So you can imagine that when attending conferences speaking to some of these insurance agents

with a series 65, many did not understand my point, that the series 65 only gives them the ability to act with fiduciary duty, but how they actually treated the client determined if they were acting in a fiduciary capacity. It is just my opinion, that you cannot take a salesperson that has always worked on commission selling product, and flip a switch by taking an exam, and have them no longer weigh commission and fee based on what is best for the client and not them! I am not saying that these financial advisors or insurance agents are bad people. I just do not believe you can wear multiple hats, having multiple licenses, some of which allow you to sell investment product for commission, insurance for commission, and a license to collect a fee. I also believe that some insurance product and annuities do have a place in some people's portfolios in certain situations. But it must always be for the client's benefit, and it must be in the proper amounts.

When choosing an advisor to work with your money, don't be afraid to ask about fiduciary duty, how the advisors compensated, and if you are working with a registered investment advisory firm, you should receive disclosure docu-

mentation that spells out any conflicts of interest they may have by selling product. If you are working with an insurance agent you will not get that disclosure document, but just know they are sales-

people and are not bound by fiduciary duty. A registered representative or broker is only bound to a much less stringent suitability requirement.

Mark Patterson is an advisor with MHP asset

management and can be reached at 447-1979 or [Mark@MHP-asset.com](mailto:Mark@MHP-asset.com).

2020 Salmon Press

Fall Home Improvement

In Central NH

Distributed in the September 17, 2020 issues of...

GRANITE STATE NEWS, CARROLL COUNTY INDEPENDENT, BAYSIDER, MEREDITH NEWS, PLYMOUTH RECORD ENTERPRISE, WINNISQUAM ECHO, GILFORD STEAMER & NEWFOUND LANDING

Copy Deadline: Wednesday, September 3rd at 3PM

To place an ad please contact:

Tracy at (603) 616-7103  
email: [tracy@salmonpress.news](mailto:tracy@salmonpress.news)



LRPA’s “Alfred in August” festival continues with “Sabotage”

LACONIA— Alfred Hitchcock is recognized as one of cinema’s most intriguing and successful directors, and with good reason. LRPA After Dark is celebrating “The Master of Suspense” during his birthday month of August with a festival of some of his early works Join us each Friday and Saturday night at our new showtime of 10 p.m. for a thrilling good time. For your viewing pleasure this weekend (Aug. 21 & 22): Alfred Hitchcock’s 1936 espionage thriller “Sabotage,” starring Sylvia Sidney, Oscar Homolka and John Loder.

All of London goes dark, and people at a cinema are angry, demanding their money back. Just as the blackout occurs, the cinema’s owner, Karl Verloc (Homolka), secretly comes home to his upstairs residence through the back entrance, pretending that has been asleep. When his much younger wife (Sidney) comes

to get him, Verloc tells her to refund the customers’ money, much to Mrs. Verloc’s surprise, as they are short of cash. Verloc reassures her, stating that her that he will be “coming into money soon.” Shortly thereafter, the electricity is restored, and it is revealed that the blackout was an act of sabotage on the city’s power grid. Verloc is a member of a secret European terrorist group and took part in the thwarted blackout. As such, he gets a new, more serious and dangerous assignment – to place explosives at the Piccadilly Circus train station, a job that he makes him uncomfortable. Unbeknownst to Verloc, he has aroused the suspicions of Scotland Yard. Detective Ted Spencer (Loder) has been assigned to investigate Verloc. Spencer goes undercover as a greengrocer and befriends Mrs. Verloc’s younger brother Stevie, using his friendship

with the boy to get closer to the family, as Scotland Yard is unsure as to whether or not Mrs. Verloc is part of the terrorist plot. Spencer grows fonder of both Stevie and his sister as Verloc becomes more suspicious. The detective begins to create doubt in Mrs. Verloc’s mind: what is her husband really doing when he leaves the house? She starts to pay closer attention to her husband and question his actions. Verloc realizes that he’s being watched so his contacts come up with a devious plan to get the bomb to Piccadilly Circus, which includes getting Stevie to unknowingly deliver the package. Will Spencer be able to intervene in time? And what will happen to those who engage in sabotage?

The subject matter of “Sabotage” – organized terrorist activities – may have felt outrageous to pre-WWII audiences, but will seem very believable to today’s viewer.

The film includes one of Hitchcock’s most infamous scenes, involving a young boy, a crowded bus and London’s always-busy Piccadilly Circus. The scene shocked and divided both audiences and critics in 1939 and is still quite powerful more than 80 years later. Indeed, even Hitch himself questioned his choice regarding that scene years later when interviewed by French director Francois Truffaut. “Sabotage” features outstanding performances from Oscar Homolka and Sylvia Sidney, as well as first-rate production values and cinematography. Four years after completing this film, Hitchcock moved to Hollywood and directed “Rebecca” for David O. Selznick, beginning his long and illustrious U.S. career. If you’ve never seen “Sabotage,” then grab your popcorn and meet us after dark for this thrilling movie from the past.

Mark your calendars for “Alfred in August,” a month-long tribute to Alfred Hitchcock!

All showings are at 10 p.m. on LRPA TV

Aug. 21 & 22: “Sabotage,” 1936

Aug. 28 & 29: “The 39 Steps,” 1935

Coming in September: LRPA’s Third Annual “Silent September” Film Festival!

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.



PEOPLE FACT:

ANCIENT EGYPTIANS MADE THE FIRST OF THESE ITEMS, WHICH WERE BUILT BY SEWING PLANKS WITH STRAPS AND STUFFING GRASS AND REEDS IN BETWEEN.

ANSWER: SHIPS

Crossword Puzzle

1					2		3
				4			
5							
				6			
	7						

ACROSS

1. Floating navigation marker

2. The ocean

5. Poison

6. Nourishment

7. Using rod and reel

DOWN

1. Riding on a ship

3. Steering clear of

4. One of the heaviest known bony fishes

THIS DAY IN...

HISTORY

- 1977: THE SPACE PROBE VOYAGER 2 IS LAUNCHED. IT IS STILL IN USE AND IS NOW MORE THAN 7 BILLION MILES FROM EARTH.
- 1988: IRAN AND IRAQ AGREE TO A CEASEFIRE AFTER NEARLY EIGHT YEARS OF WAR.
- 2014: A MONTH’S WORTH OF RAIN FALLS IN A SINGLE DAY IN JAPAN’S HIROSHIMA PREFECTURE.

New Word

PORT

the left side of a boat that is facing forward

How they SAY that in...

ENGLISH: Fish

SPANISH: Pescar

ITALIAN: Pescare

FRENCH: Pêcher

GERMAN: Angeln

Did you know?

CRABS CAN BE CAUGHT USING A CRAB POT OR A DIP NET.

GET THE PICTURE?

Can you guess what the bigger picture is?

ANSWER: DOCK CLEAT AND LINE



# Cold Spring Farm Estate to host Once an Outlaw Aug. 21 and 23

ALTON — Once an Outlaw, featuring members of the Marshall Tucker Band, The Outlaws, Foghat, Southern Rock All Stars and Blues Project, will be appearing for two very special acoustic shows Friday, Aug. 21 and Sunday, Aug. 23 at the Cold Spring Farm Estate, located at 74 Davis Rd. in Alton Bay.

Local guitarist Chuck Farrell of Tuftonboro, who also can be seen with Jon Butcher, James Montgomery, Barry Goudreau and the Shadow Riders, rounds out this three guitar line up. You can also catch him

here in the Lakes Region with the Carolyn Ramsay Band.

Once an Outlaw started when Chris Anderson of the The Outlaws, AJ Vallee of the Southern Rock All Stars and Farrell (along with members of the Peacheaters) hooked up for a run of New England shows last fall. It was so well received that a 20 date summer/fall Northeast tour was scheduled. Like many other tours in 2020 it got torpedoed.

The group added bassist Jeff Howell formerly of the group Foghat to the line up when he

filled in on a show in Albany N.Y. After some discussions and gentle persuasion, he became a permanent member.

The final piece to the puzzle came with Chris Hicks of the Marshall Tucker Band. Chris was scheduled to do a 30-date farewell tour with Charlie Daniels and Marshall Tucker in 2021. With the passing of Mr. Daniels recently, Hicks had an open schedule.

Hicks and Howell already knew each other from their time in the Outlaws and when he heard of the new project things just came togeth-

er.

The first round of rehearsals are scheduled in mid/late August here in the Lakes Region with another round after the first of the year in Nashville.

What better place for rehearsals than here in New Hampshire in the summer says Farrell. Besides.. it's an easy commute for me. We decided to go ahead and book a couple of VERY intimate acoustic shows locally around the rehearsals. We'll also be up in Jackson for a couple of outside shows at the Wildcat Inn on Thurs-

day, Aug. 20. The folks at the Wildcat treated Chris Anderson and I wonderfully when we're in town last Oct. so I'm glad we can return the favor.

If you would like tickets for the Alton shows, be sure to snap them up quick, as tickets are very limited (100 per show). Both shows half sold out the first week.

Tickets are \$75, and include dinner, champagne reception, show and after show campfire meet and greet. Dinner seating is at 5 p.m. Please take time to enjoy the view. This is an outside

show weather permitting so plenty of room for distancing. Masks are encouraged but not mandatory. In case of rain it will be moved into the beautiful barn space. Don't worry, still room for social distancing.

Local musician and host of the Cold River Radio Show Jonathan Sarty open both nights.

Tickets available locally at Blacks in Wolfeboro or online at <https://ureventpromo.ticketleap.com/once-an-outlaw/>

The number for the venue is 603-556-0321

# St. John's open for private prayer and meditation

MEREDITH — Although formal worship services have been canceled for the summer, St. John's-on-the-Lake on Bear Island, Meredith, will be open for private prayer and meditation on Sunday, Aug. 23, from 10 to 11 a.m. Masks will be required as will "social distancing." Some masks will be available

for those who forget and hand sanitizer will be available.

Virtual sermons from the July 12, July 19, Aug. 9, and Aug. 16 services are available on our Facebook site, St. John's-on-the-Lake Chapel.

The guest minister on July 12 was the Rev. Neil Wilson, senior pastor of the Congregation-

al Church of Laconia. On July 19, it was the Rev. Phil Polhemus, Methodist minister in various churches in New Hampshire and also Council Director of the New Hampshire Conference. Featured on Aug. 9 was the Rev. Robin Soller, since 1995 the Rector of Trinity Episcopal Church in Meredith.

On Aug. 16, the minister was Hannah Scanlon. A native New Hampshire, Hannah spent the last year in Toronto, Canada, where she is pursuing a PhD in Theology. She is also a Candidate for Ministry of Word and Sacrament in the Presbyterian Church (USA). She holds a BA in Philosophy and an MDiv. Some of her favorite activities include running in the woods,

reading anything by Wendell Berry and listening to the Weepies. This summer and upcoming Fall, she is glad to be quarantining with her parents Tom and Nancy (and the dogs) in Meredith and to be back at the beautiful Lake Winnepesaukee - a place where she spent many happy childhood summers.

The chapel, founded in 1927 and listed on the

State Register of Historic Places, is located on the highest elevation of Bear Island in Meredith. It can be reached by a short walk from the church docks located in Deep Cove on the west side of the island. For additional information, visit our web site, [www.stjohnsonthelake.org](http://www.stjohnsonthelake.org). Email: [bearisland-chapel@gmail.com](mailto:bearisland-chapel@gmail.com)

# Veterans' vouchers available at Barnstead Farmers' Market

BARNSTEAD — Attention, veterans...if you live in Belknap County, you are eligible for the Vouchers for Veterans Program in September.

The Vouchers for Veterans Program is funded primarily by the businesses and residents living in your county to thank you for your service. They want to show recognition and gratitude for the many sacrifices you made protecting our freedoms.

As a small token of your community's appreciation you will receive vouchers valued at \$20 each week in the month of September to purchase local food from the local farmers and growers at designated farmers markets in your county. The program operates only in the month of September when the farmers and growers have an abundance of crops yet farmers market sales slump due to

tourists returning home and children once again involved in after school activities. The purchases made by the Veterans keep the market vibrant and keeps the money in the community. The veteran needs to come to the Vouchers for Veterans bright red tent, and with proof of both service and residency be given vouchers. Below are the locations for picking up vouchers.

Belknap County Veterans may pick up vouchers at the Barnstead Farmers Market each Saturday in September between 9 a.m. and noon.

The farmers market is an ideal place to bring veterans together, as it provides a fresh clean atmosphere where veterans may sit and have cathartic conversations. Combat veterans will "open up" to other combat veterans validating they are not alone in

dealing with their issues which continues the healing process. Vouchers for Veterans also provides a representative of Veterans Services to help them understand their benefits and offer assistance in obtaining them.

Vouchers for Veterans has been operating since 2016 and is a 501-c-3 charity operated by an all-volunteer board. When you donate to Vouchers for Veterans you can watch your dollar at work locally. Vouchers for Veterans goal is to be in all 10 New Hampshire Counties by 2026. For this goal to be a reality we need your help.

For more information about Vouchers for Veterans, please visit our website at [www.vouchersforveterans.org](http://www.vouchersforveterans.org). Please consider giving a one time, annual or monthly donation.

BOSTON, Mass. — On Sunday, May 10, Emerson College awarded 959 undergraduate degrees for the Class of 2020. The College is committed to holding a graduation ceremony for the Class of 2020 in person when it is safe to do so, at a to be determined date.

Kayla Serra of Laconia graduated in August 2020 and received a BA degree in Media Arts Production.

The College launched an Emerson 2020 Celebration website to honor graduates' achievements with more than 800 submissions from students, families, alumni, faculty, and staff, which includes photos, videos, audio submissions, and text. The website strives to reflect the many facets of the Class of 2020 and the wider Emerson community - its creativity, daring, thoughtfulness, irreverence, and humor.

Video submissions include well wishes from well-known alumni and celebrities in the entertainment industry, including actors Jennifer Coolidge, Henry Winkler, comedians Jay Leno, Bill Burr, and Steven Wright, screenwriter Adele Lim, actress Chrystee Pharris, and producer Kevin Bright, among others.

About Emerson College

Based in Boston, Mass., opposite the historic Boston Common and in the heart of the city's Theatre District, Emerson College educates individuals who will solve problems and change the world through engaged leadership in communication and the arts, a mission informed by liberal learning. The College has approximately 3,780 undergraduates and 670 graduate

students from across the United States and 50 countries. Supported by state-of-the-art facilities and a renowned faculty, students participate in more than 90 student organizations and performance groups. Emerson is known for its experiential learning programs at Emerson Los Angeles, located in Hollywood, and at its 14th-century castle, in the Netherlands. Additionally, there are opportunities to study in Washington, D.C., London, China, and the Czech Republic, Spain, Austria, Greece, France, Ireland, Mexico, Cuba, England, and South Africa. The College has an active network of 39,000 alumni who hold leadership positions in communication and the arts. For more information, visit [emerson.edu](http://emerson.edu).

# Adam Sikoski of Gilford set to enter Kutztown University

KUTZTOWN, Pa. — Adam Sikoski of Gilford, will enter Kutztown University in the fall as the newest member of the Golden Bear family. The fall semester begins Monday, Aug. 24.

Sikoski comes to KU from Gilford High School.

Comprising four colleges - Business, Education, Liberal Arts and Sciences and Visual and Performing Arts - Kutztown University offers a wide range of outstanding academic programs to prepare individuals for successful careers.

Located on 289 acres, the campus is adjacent to the Borough of Kutztown

in Berks County, Pa.

Kutztown University was founded in 1866 as Keystone Normal School. The school became Kutztown State Teachers College in 1928, Kutztown State College in 1960 and achieved university status in 1983. Kutztown University is a member of the Pennsylvania State System of Higher Education.

About Kutztown University of Pennsylvania

Founded in 1866, Kutztown University of Pennsylvania is a proud member of the Pennsylvania State System of Higher Education located on 289 acres nestled in the beautiful East Penn Valley in

Berks County, between Reading and Allentown, Pennsylvania. KU is just two hours from New York City; 90 minutes from Philadelphia.

As the region's center for excellence in academics, culture and public engagement, KU's programs and reputation for quality offer

students the opportunity to discover lifelong avenues of learning and discovery. KU students select from more than 100 areas of study within four colleges in a diverse liberal arts academic environment. To complement their studies, KU's

NCAA Division II athletics program with 21 varsity sports joins the more than 160 student clubs and organizations providing students with a variety of activities for learning and discovery.

Kutztown University does not discriminate in employment or educa-

tional opportunities on the basis of gender, race, ethnicity, national origin, age, disability, religion, sexual orientation, gender identity or veteran status.

For more information, please visit us at [www.kutztown.edu](http://www.kutztown.edu).

# Gilford Parks and Recreation News

BY HERB GREENE

Director

Gilford Parks and Recreation

Youth Soccer registration deadline is Aug. 21

The Gilford Parks and Recreation Department will be accepting Youth Soccer registrations through the registration deadline of Friday, Aug. 21! The youth soccer program is open to all Gilford students entering grades K-5 this fall. After August 10th, the registration fee increases to \$25. Any registrations submitted after the Aug. 21 deadline will be accepted on an availability basis only. For more information, please contact the Gilford Parks and Recreation Department at 527-4722.





# REAL ESTATE

SINCE 1954

Maxfield

REAL ESTATE



Island

REAL ESTATE

THOUSANDS OF PROPERTIES,  
ONE ADDRESS...

**MaxfieldRealEstate.com**

Since 1954, Maxfield Real Estate has been one of the leading experts in the Lakes Region for buying and selling waterfront and water access property.



Call us today – let us be your hometown hero for buying or selling a property in the Lakes Region.

WOLFEBORO: (603) 569-3128 | ALTON: (603) 875-3128 | CENTER HARBOR: (603) 253-9360

ROCHE

REALTY

GROUP

MEREDITH OFFICE

97 Daniel Webster Hwy

(603) 279-7046

LACONIA OFFICE

1921 Parade Road

(603) 528-0088

VISIT US ONLINE: WWW.ROCHEREALTY.COM

\$459,900



MLS# 4821897

Meredith: Lakefront, 2BR condo at Meredith Moorings on Lake Winnepesaukee. Gorgeous views.

\$329,900



MLS# 4821527

Laconia: 2,400 sf. home w/ heated garage, a small, private beach & day dock on Winnepesaukee

\$165,000



MLS# 4819172

Meredith: 3 ac. lot with private beach rights on Lake Waukegan! Across from association beach!

\$275,000



MLS# 4821739

Bridgewater: Lovingly cared for 3BR farm house on 11+ acres with a detached barn.



Introducing Lake Winnepesaukee's Newest Waterfront Development!

Welcome to Lakeside at Paugus Bay! Set just yards from the sugar sand beach, docks, and landscaped lawns, these 32 luxury condominiums will feature 3-4 bedrooms with up to 3,380 sqft. of living space, plus corner balconies, direct elevator access to each unit, and a 2-car garage. Westerly exposure with blazing sunsets overlooking the lake.

Prices to start at \$664,900

\* This Condominium has not yet been registered with or exempted from registration by the New Hampshire Attorney General's Consumer Protection Bureau (the "Bureau"). Until such time as these Condominium Units are exempted from registration or are registered with the Bureau no binding contract for sale or lease of any lot, unit or interest may be created.

wolfelobay

Real Estate

Listings Wanted!

27 South Main Street • Wolfelobay, NH

603-569-0101

www.wolfelobayrealestate.com

New Listing

\$259,000



Tuftsboro! Affordable Cape on a spacious 2.2 acre lot featuring 2 large bedrooms, modern kitchen, wood floors and pellet stove. Off the living room there is a sunny patio and grassy backyard with mature plantings and ample privacy.



\$2,595,000



Lake Winnepesaukee! Sprawling Contemporary in Bald Peak Colony Club with 5 bedrooms, 4 bathrooms, attached 3 car garage, and large 2 acre lot. Over 300 ft of pristine water frontage facing southwest with mountain views.



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

Camelot Home Center

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

Autumn Sale! Save \$6,000 or more on ALL Homes!

NEW 14 WIDES

List Price: \$54,582

\$39,995

56' 2 Bed

List Price: \$32,565

\$41,995

64' 2 Bed, 2 Bath

List Price: \$56,045

\$49,995

68' 2 Bed, 2 Bath

List Price: \$55,757

\$39,995

60' 3 Bed

List Price: \$41,636

\$49,995

66' 3 Bed, 2 Bath

List Price: \$77,363

\$69,995

70' 3 Bed, 2 Bath

DOUBLE WIDES

List Price: \$72,995

\$59,995

40' 3 Bed, 2 Bath

List Price: \$81,394

\$74,995

48' 3 Bed, 2 Bath

List Price: \$83,435

\$72,995

52' 3 Bed, 2 Bath

List Price: \$104,239

\$93,995

52' 3 Bed, 2 Bath

One Price Home! Every Option You Want Included!

WE HAVE DELIVERED OVER 10,000 HOMES TO SATISFIED CUSTOMERS. CAN WE DELIVER ONE TO YOU?

Rt. 3, Tilton NH, exit 20 on Rt. 1-93 across from Lakes Region Factory Mall WWW.CM-H.COM

55 Plus MODEL HOME

OPEN SUNDAY 12 to 2



\$169,995

Come and take a look!

Garage, Porch, Appliances

\*10% down - 25 years at 6%

Call Kevin - 603-387-7483

Mansfield Woods, 88 North, Rt. 132, New Hampton, NH

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



Equal Housing Opportunity

FOR SALE

FOR SALE

FOR SALE

FOR SALE

FOR SALE

FOR SALE

For The Washington DC area, please call HUD at 275-9200. The toll free telephone number for the hearing impaired is 1-800-927-9275. You may also call The New Hampshire Commission for Human Rights at 603-271-2767 or write The Commission at 163 Loudon Road, Concord, NH 03301

Neither the Publisher nor the advertiser will be liable for misinformation, typographically errors, etc. herein contained. The Publisher reserves the right to refuse any advertising.

EQUAL HOUSING OPPORTUNITY

BELMONT, NH

2 BR TOWN HOUSE APARTMENTS

VOUCHERS ONLY

• On-site laundry, parking

• 24-hr maintenance

• Close to center of town

Must meet income limit guidelines

Rent starting at \$935 + utilities

Security deposit required.

Download application at





<http://www.sterling-management.net/application.pdf>

or contact mgmt. at (603)267-6787

ADVERTISING WORKS.

Call 1-877-766-6891 • [salmonpress.com](http://salmonpress.com)






# CLASSIFIEDS

For Advertising Call (603) 444-3927

## BULL'S EYE!



Got something to sell?  
Call 603-279-4516  
**salmonpress.com**

## DEADLINE NOTICE

### CLASSIFIED ADS AND YARD SALES

**DEADLINE IS FRIDAY AT 3PM  
FOR THE FOLLOWING WEEK**

**NO ADS CAN BE ACCEPTED ON MONDAYS**

**THANK YOU!**

## HELP WANTED

### Professional painters needed

Drivers License  
and references  
a must

Please call  
**603-387-9760**

## IRRIGATION SERVICES

Complete lawn sprinkler  
services: installation of  
new irrigation systems,  
repair and renovation  
of existing systems,  
monthly service  
accounts, activation  
and winterization.

Free estimates,  
fully insured.  
Service since 1981.  
Summit Irrigation  
& Lighting:  
603-812-5721  
kevin@summitirrigationnh.com

## Personal Care Attendant




Granite State  
Independent Living  
**gsil**  
Tools for Living  
Life Independently

GSIL is seeking  
compassionate,  
dependable individuals  
to assist our consumer in  
Barnstead. Fun, outgoing  
woman working to  
regain independence is  
looking for assistance  
with life!

Mornings and early  
evenings, 7 days a week,  
times flexible. Building a  
team, one shift or many!  
Experience with personal  
care is helpful, however,  
training is provided.


Please contact Ashley at  
603-568-4930 for more  
information.  
\*A background check  
is required.  
GSIL is an EOE.



## FIND A CAREER IN THE CLASSIFIEDS!



# Help Wanted



**NCH** Upper Connecticut  
Valley Hospital

**FULL-TIME**  
Clinical Operations Manager  
Speech/Language Therapist  
Screener

**\*RN SIGN ON BONUS!**  
\*RN – Surgical Services Manager  
\*RN – M/S, Day Shift  
\*RN – M/S Charge, Day Shift  
\*RN – M/S Charge, Night Shift

**PART-TIME**  
RN – M/S  
Central Sterile Technician  
Cook

**PER DIEM**  
LNAs – RNs  
Central Sterile Technician  
Certified Surgical Tech  
Phlebotomist

**APPLY ONLINE**  
**WWW.UCVH.ORG**  
Upper Connecticut Valley Hospital  
181 Corliss Lane, Colebrook, NH 03576  
Phone: (603) 388-4236  
Ucvh-hr@ucvh.org  
EOE

## SHAKER REGIONAL SCHOOL DISTRICT FULL-TIME YEAR-ROUND GROUNDS

Shaker Regional School District has an opening for a full-time, year-round, grounds worker to perform grounds work. Hours are 6:30 am – 3:00 pm, with a half-hour lunch. Must be reliable, have the ability to work independently and follow written and verbal instructions. Our full time positions qualify for our comprehensive benefit package including health, dental, life, long-term disability and paid sick, personal and holidays. Please submit an application and 3 letters of reference to Steve Dalzell, 58 School Street, Belmont, NH 03220. You may contact Mr. Dalzell at 267-9223 to obtain an application or visit the Human Resources section of our website: [www.sau80.org](http://www.sau80.org). Successful completion of a post-offer pre-employment physical and criminal background check, including fingerprinting, are required. Shaker Regional School District is an equal opportunity employer.

## SHAKER REGIONAL SCHOOL DISTRICT FOOD SERVICE SUBSTITUTES

Shaker Regional School District's Food Service Department has an immediate opening for Food Service Substitutes. Duties include, but are not limited to, prep work, serving, cleaning, washing dishes and pots/pans, and other tasks directed by the Kitchen Manager. Ability to lift up to 40 pounds. Prior experience in the food service industry is preferred, but not necessary. The successful candidate must be able to work in a fast paced, ever changing environment and perform as a team player.

Applications may be found on the Shaker Regional School District website or can be picked up at the SAU Office at 58 School Street; Belmont, NH 03220. Please contact Nancy Cate, Director of Food Service at 603-267-6525 ext. 1352, if you have any questions.

## Shaker Regional School District Girls Varsity Basketball Coach

Shaker Regional School District is seeking a Girls Varsity Basketball Coach. This is a stipend position and it is open until filled. Previous experience coaching is preferred but not required. Interested applicants should send a current resume and letter of interest via email to Cayman Belyea, Athletic Director at [cbelyea@sau80.org](mailto:cbelyea@sau80.org) or through the mail to Cayman Belyea, Athletic Director, Belmont High School, 255 Seavey Rd, Belmont, NH 03220.





**Edmunds & Sons, LLC**  
Excavation Landscape  
603-730-2028  
Wolfeboro, NH

## Now Hiring

Full Time Equipment Operators,  
and Laborers.  
Competitive salary based  
on experience!

Call Nathaniel at (603)730-2028

## SPREAD THE WORD!

Buy the Jumbo Ad and reach readers  
in ELEVEN NH Weekly Papers. From  
the Lakes Region to the Canadian  
Border.

Call 603-279-4516  
**salmonpress.com**





# Get lost in the world of geocaching

BY LEIGH SHARPS  
Contributing Writer

REGION — A relatively new recreation at only 20 years old, geocaching has become a favorite recreational activity for the young, seniors, families, groups of friends, school classes, summer camp groups.....you name it. On the paper slip one finds at a geocache site (inside the container) you'll see all types of names: nick-names of individuals, fun group names, camp names, etc., as well as 'trinkets' in some and that is just one of the most satisfying and entertaining 'moving parts' of this pure recreational thrill!

Geocaching is, basically, searching for a hidden 'container' (which comes in many forms from large or small 'boxes,' tubes, film canisters, magnetic 'key' boxes, etc.) via maps and tips from an app. on your smart-phone or tablet.

The term 'geocach-

ing' was first coined by Matt Stum in 2000. He was on the 'GPS Stash Hunt' mailing list, a neophyte predecessor to the now-famous 'hide and seek' cache hunts. It is the combination of two words: geo meaning 'earth' to describe the global nature of this type of activity and also refers to geography as used in GPS (global positioning system). Caching comes from a French word, cache, referring to a hiding place, but also used by pioneers, miners, and pirates to describe hidden weapons locations. These days, though, the cache is also used in technology to describe computer storage, as in 'memory cache,' employed to retrieve information accessed most frequently by the user. Stum decided the geocaching term best proved an example of earth, hiding, and technology together. However, it was Groundspeak.com founder Jeremy Irish,, in September of 2000, who



Grady O'Leary of Ashland searches for a cash on the Squam River dam.

registered the term geocaching.com, now the official site for the caching 'expeditions.'

At first, geocaching was used by backpackers, hikers, boaters, etc. as they had knowledge of GPS (global positioning system) already, which is necessary for tracking down the hiding places of caches. Signals were weak then in 2000 and only reached about 328 feet for civilian GPS users. The fear was that possible 'enemies' might

access the signal. But on May 1 of that year, President Bill Clinton gave all GPS users country-wide access to a larger accessed error-free signal. Two days later a computer consultant, Dave Ulmer of Beaver Creek, Oregon, hid a five-gallon black bucket at certain coordinates and posted it as the 'Original Stash' on a net news group (mailing list). He detailed the first 'rules' on that site. A plaque is there today marking the original cache. It is said in that bucket there was a 'can' of beans, but other written geocaching histories found on-line say the bucket also had coins, videos, books, food, software, money, and a slingshot.

His post detailed the first 'rules.' which included trading something found in the container with something by the 'founder.' That continues today and what are called 'trackables' are also often used; items that are to be moved along to another site, sometimes going to other countries. Cachers now often leave key chains or marked small pendants with their 'group' name on it and year they were there.

In New Hampshire, the first cache was hidden by Paul Lamere in October, 2000 after he

read about the first find in Oregon. He couldn't find any online so decided to hide his own, not knowing it was to be the first in the state. He hid a Tupperware container within another, for weatherproofing, in Nashua's Mine Falls Park. He then logged the coordinates on the Groundspeak site (mentioned above). Lamere had only logged in three finds in ten years when a ten year anniversary of the initial event rolled around. About 60 people showed and Lamere was the honored guest. The location of that original site remains very well hidden in the heavily used park if one desires to find it.

In the beginning, there were only a few caches in our state, but now there are about 8,700 that are accessible all year round. World-wide there are a reported 3 million active sites in 191 countries on all continents including Antarctica. More than 642 million seekers have logged onto caches since the game began in 2000.

How does one start this exploration sport? Three steps: create an account on the official geocaching.com site (there are also many other sites to be found on the net), install the app. and navigate the map and follow hints (if you want; that's an option), find the container, open it, log your name or group name and the date on the paper inside (always bring a pen) and, third, post your find and date on the Web site. Place the 'find' back in the exact spot where it was found. The containers are not all one size. On the app you will find a hint as to whether you are looking for a mini to macro size container and listed also will be the degree of difficulty to find it, most notably the terrain and if there is water, hills, etc. One hint on containers: the majority are waterproof.

Though it is family-friendly, please note that some expeditions are atop mountains, on RR trails, on guardrails, near roads, and atop such structures as dams over rushing water. So be cautious with small children. Use the app to find the easier and shorter jaunts for youngsters. There are plenty.

TrailLink is another site that will take you to local trails, mountain hikes, and RR trail systems. In summer by boat,

and winter, by snowmobile one can also find caches on just about every island on the state's big lakes, including locally: Winnepesaukee, Winnisquam, Newfound and the Squam Lakes water. You can find all lakes, ponds, and rivers with caches on-line under 'NH water caches.' There are special rules for water caches and observance of all boating laws in the state are, of course, applicable. To hide your own cache on property not your own, there are also rules to follow on Groundspeak.com or geocaching.com. It must be approved to be an official cache site.

The top reasons cachers have listed on the geocaching site: Discovery, exploration and adventure exist in the real world especially now during this critical pandemic time, it's a great way to stay healthy while having fun, you learn fun facts about the planet, it's for the whole family to enjoy, you can experience new places locally or places you never knew existed in your own neighborhood, you can stretch yourself to the limit physically and mentally but you can also find moments of peace, calm and serenity, and, lastly, you will have stories to tell for a lifetime!

You need no further reasons than those, but once you start this absolutely high spirited sport, you'll probably discover some. It is an exciting, gleeful, and vivacious sport. Once you start you'll wonder why you didn't discover this high adventure sooner. No worries, though, as caches continue to grow all over New Hampshire.

So please...Get Lost! And Found!

NOTE: Geocaching.com/play/search is the official site. Follow it on Twitter (geocaching) and on Facebook; TrailLink.com is another site and 'water caches in NH' is another; you can find all and more on the Web. iPhones and Androids are the most commonly used smartphones for geocaching.

The Society for the Protection of New Hampshire Forests has published a geocaching policy on lands under their management. No geocaching is allowed on The Appalachian Trail. NH State Parks permit geocaching in their parks and campgrounds; there is a list of all parks alphabetically on-line. Lakes used for drinking water sources, such as Masses in Manchester cannot be used. There are prohibited wilderness and alpine zone areas of the White Mountain National Forest. Find those on their WMNF site. Geocaching is currently permitted in other parts of the Forest.

Please practice 'Leave No Trace' ethics as you travel while geocaching! Very important to our beautiful environment in New Hampshire.

ALTON BAY  
SELF STORAGE

Unit sizes from  
5x10 to 10x30  
Available!

Prices \$60-\$190

ALTON BAY  
SELF STORAGE

12:45 PM

603-875-5775

WINTER CAR STORAGE  
\$700 - 6 MONTHS - 10x20 Unit  
(Regularly \$840 - \$100 Deposit  
Required at Reservation)  
Limited Amount of Spaces  
So Make Your Reservation Today!

www.mtmajorselfstorage.com

Joyful Footsteps Preschool



Ministry of Community Church of Alton

Enrollments are now being  
accepted for the  
2020-2021 school year!

For more information  
call 875-5562 or  
email  
ccoa.joyfulfootsteps@gmail.com

For over 15 years our morning preschool program has  
offered high quality early childhood education within  
a Christian environment full of love and support that  
inspires each student to develop socially, emotionally,  
intellectually, physically and spiritually.

Our afternoon childcare program provides continued  
care in the same loving and nurturing environment as  
well as transportation to and from Alton Central  
School when needed.



HOME CLEANOUTS • STORM DAMAGE • ROOFING MATERIALS • SMALL DUMPSTERS • FRONT LOAD DUMPSTERS

NO HIDDEN FEES  
NO FUEL SURCHARGES  
NO TRICKY LONG-TERM CONTRACTS TO SIGN



DISPOSAL DONE RIGHT  
FOR YOUR HOME OR BUSINESS.

CALL TODAY FOR PRICING!



THE DUMPSTER DEPOT®

Waste Recycling Services

Like us on Facebook.



TOLL FREE 1-866-56-DEPOT  
LOCAL 603-783-8050

WWW.DUMPSTERDEPOT.COM

COMMERCIAL & INDUSTRIAL BUSINESS SERVICE • ROLL-OFF OPEN TOP CONTAINERS • COMPACT UNITS

The National Domestic Violence  
HOTLINE

1.800.799.SAFE (7233) • 1.800.787.3224 (TTY)

WWW.THEHOTLINE.ORG