

## Bears battle to scoreless tie with undefeated Lakers



Winnisquam's Aiden Phelps and Connor Dubois of Inter-Lakes battle for possession in action last week.



Ayden Cushing of Winnisquam and Jack Gintof of Inter-Lakes work along the sidelines during action last week in Tilton.

### Franklin Savings Bank awards \$39,700 to nonprofit groups

FRANKLIN — Ten local organizations received a grant through the FSB Fund for Community Advancement, the philanthropic arm of Franklin Savings Bank. This round of funding represents the 43rd grant cycle. Recipients include Catholic Charities of New Hampshire, \$5,000; The Front Door Agency (Nashua), \$5,000; Grafton County Senior Citizens Council, Inc. (Bristol), \$5,400; Health First Family Care Center (Franklin), \$4,828; Laconia Area Bicycle Exchange, \$2,000; Making Matters NH (Boscawen), \$5,000; Newfound Regional High School Robotics Team (Bristol), \$2,000; Special Olympics New Hampshire (Manchester), \$4,000; Stand Up Winnisquam (Tilton), \$5,000; and Webster House (Manchester), \$1,500.

“Supporting our communities is at the core of who we are as a community bank,” remarked Ron Magoon, President & CEO. “During these unprecedented times, the need is even greater and we are doing our part to ensure these local organizations are able to continue to provide critical services to those in need. It’s truly amazing to see how much we have been able to give back to our local communities since we established our Fund.”

The FSB Fund for Community Advancement was established in 1997 to provide support towards projects that will enhance the lives of individuals in the communities served by the Bank. To date, the Fund has awarded 225 grants totaling \$1,029,807 to support a broad range of community activities. Areas of support include economic development, affordable housing, education, healthcare, social services, environmental needs, arts and humanities, human services, as well as programs or services that address the needs of children, adolescents, and single parent families. For more information, visit [www.fsbnh.bank](http://www.fsbnh.bank) and click on Community.

Established in 1869, Franklin Savings Bank is an independent, mutually-owned community bank, offering a full array of commercial lending, personal banking and investment services throughout the Central Lakes Region and southern New Hampshire. Headquartered in Franklin, the Bank has offices in Bristol, Boscawen, Tilton, Gilford, Merrimack and Goffstown, as well as an office in Bedford for business lending. The Bank also offers investment, insurance and financial planning services through its wholly-owned subsidiary, Independence Financial Advisors. As a recognized leader in providing the latest in financial services technology, Franklin Savings Bank remains committed to serving the needs of businesses, families and the communities it serves, through a dedicated team of employees, a diverse line of financial products and services, and continued investment in emerging technology.

Since 2009, Franklin Savings Bank has donated more than 11 percent of its net income to charity. Visit [www.fsbnh.bank](http://www.fsbnh.bank) to learn more or follow the bank on Facebook, LinkedIn, Twitter and YouTube.

BY JOSHUA SPAULDING  
Sports Editor  
TILTON — The Inter-Lakes soccer boys left Tilton with their unscored upon streak still intact, but the Winnisquam Bears made sure that the Lakers would not leave with their record still unblemished. The Bears and Lakers battled back and forth for 100 minutes but neither team was able to

put the ball in the net, thanks to some stellar goaltending, and the teams left the field with a scoreless tie. “That was an amazing game, I’m very proud of them,” said Winnisquam coach Tom Osmer. “They showed a lot of grit and toughness.” “It was competitive, which is what you’re looking for,” said Inter-Lakes coach Dan

Curnyn. “I thought we fought it a little too much.” Winnisquam had the first early chance as Nicholas Pyra sent a long direct kick in that just missed connecting in front. The Bears also had a corner that they couldn’t convert on. Brady Malcolm had a direct kick for the Lakers that was cleared out and then Andrew Spicz-

za and Max Hentz had chances for the Lakers that went wide. Hentz also had a chance that was stopped by Winnisquam keeper Jacob Holt while at the other end, Laker keeper Alex Potter made a save on a shot from Zach Braun. Jack Gintof made a run in for the Lakers that was turned away while Hentz, Jason Keysar,

SEE SOCCER, PAGE A8

## Art Association to host acrylic painting course

TILTON — Artist Acacia Rogers will be teaching a six-week Acrylic painting course! It will be held in the LRAA Gallery, 120 Laconia Rd. (Tanger Outlets), Suite 132, Tilton beginning Tuesday, Nov. 10, 11 a.m.-2 p.m. Dates are as follows: Nov. 10, 17, and 24, and Dec. 1, 8, and 15. This thorough beginner friendly 6 week class is a perfect start for any new painter, or a great repertoire builder for the intermediate artist, Acacia will use a

combination of tested and proven academic principals with her own self taught techniques to improve and refine your representational painting skills. She will cover everything from materials and how to select them, to color mixing and values, choosing references, using layers to build dimension and much more. With ample side by side easel time and a group critique at the conclusion. Join her in November to take your

SEE PAINTING, PAGE A8



## Field hockey Bears fall to Division II Kennett



Winnisquam's Madison House reaches to knock the ball way from Kennett's Maddie Stewart in action last week.

BY JOSHUA SPAULDING  
Sports Editor  
TILTON — The Winnisquam field hockey team has found out early in this unusual season just what the competition is like in Division II. The Division III Bears played their second game this season against a Division II squad, as Kennett came to town on Wednesday, Sept. 30. The Eagles scored a goal in each of the first three quarters and then added two in the final 15 minutes for the 5-0 win over the Bears. “We finally scored more than two goals,” said Kennett coach Cassie Daley, who’s team had

SEE BEARS, PAGE A9



# Fleming's four tallies lift Belmont past Prospect



JOSHUA SPAULDING

Belmont's Jada Edgren and Prospect's Piper Flood go after the ball in action Friday.



Belmont's Emma Cochran and Prospect's Abby Wittenberg battle for possession on Friday in Alton.

BY JOSHUA SPAULDING  
Sports Editor

ALTON — The Prospect Mountain and Belmont girls' soccer teams battled through some dreary weather on Friday afternoon, but eventually the sun came out and the two teams finished their game in Alton under blue skies.

For the Raiders, the finish was much better, as they walked off the

field with a 5-0 win over the host Timber Wolves.

"We're going through some injuries, we were down three players," said Belmont coach Mark Dawalga. "I give the kids credit, some of them played in different positions and they got the job done."

"We're good when we do the simple things, combining passes, being first to the 50/50 balls,"

said Prospect coach Bill Nardino. "But when we start to get stretched out, if the other teams plays long balls and we fall into the trap, we aren't built to play that way."

Jaden Burt had an early chance for the Timber Wolves but couldn't convert and Belmont had a couple of chances, with Courtney Burke having a shot blocked and Molly Sottak sending a shot off the post. Burke got in again with a chance but was denied. Belmont got a corner kick and Darci Stone had a shot denied as well. Quinn Jewell had a nice defensive stop for the Raiders on a bid from Burt and Becca Fleming had a couple of chances for Belmont, one that went wide and the other was stopped by

keeper Thera Woods.

Kassidy Kelley had a great chance for the Timber Wolves, firing a shot that appeared destined to go to the far post, but Belmont keeper Madison Lima was able to get a foot on it and kick it out. Fleming then just missed connecting with Burke and Prospect came back with a nice cross from Burt that Gabby Day cleared out for Elmont. Burt had another chance but it was Jewell stepping up on defense.

Fleming sent a nice ball in just ahead of Stone and Woods was able to come out to grab it. Fleming also had a direct kick go wide of the net. Eve Roberge just missed Piper Flood on a cross for the Timber Wolves and Mackenzy Holden had a long direct kick stopped by Lima.

Belmont had a pair of corner kicks and Prospect did a nice job clearing the ball from the goal after it slipped through Woods' hands on one of those bids, while the other went through the crease.

The Raiders were given a penalty kick chance with 7:35 to go and Fleming stepped up and delivered the ball to the right for a 1-0 lead. Flood charged back down the field with a couple of

chances for the Timber Wolves but she was denied.

Belmont added a goal with 2:45 to go in the half on a corner kick, delivered by Fleming. The ball went off a defender and into the net for the 2-0 lead at the halftime break.

Flood and Kelley had a couple of early chances for Prospect in the second half and Autumn Sheets had a nice clear on a Belmont corner. Lima made a diving save on another bid from Kelley and Prospect had a corner kick that Ella Smith sent to Sheets, who put a shot in front of the net but Kailey Gerbig was able to clear it from the zone. Burt and her teammates continued to pressure but Lima held her ground. Emma Cochran made a nice run in for Belmont but was turned back by the Prospect defense and Fleming and Gerbig teamed up on a bid that went wide of the net.

Deanna Bourque had a shot for the Raiders that Roberge, who took over for Woods in the net for the Timber Wolves, made a save on. Fleming just missed connecting with Cochran on a cross as well.

However, with 13:12 to go in the game, Burke made a nice move through the defense and buried a shot for the 3-0 lead.

Less than three minutes later, the visitors converted again, this time with Fleming netting her third goal. Roberge made a diving save on the original shot but it slipped out of her hands and rolled in for the 4-0 lead. Belmont continued to pressure with Ella Irving and Cochran getting chances while Fleming sent a ball high on a corner kick.

With less than two minutes to go, Fleming recorded her fourth goal on a nice feed from Lena Rodriques to finish off the 5-0 win for Belmont.

"I believe if we don't do it in practice, we don't do it in a game," said Dawalga. "But today was one of those games where we had to change that."

"I'm proud of the girls, they played hard and Prospect Mountain played hard too," he continued. "Bill's doing a good job with them."

He noted that Jewell and Stone both did a nice job as freshmen stepping into big minutes and everyone was able to fill in for the missing pieces.

"It's good to have some interchangeable pieces," Dawalga added.

"I don't get too high when we win and I don't get too low when we lose," said Nardino. "There is always things to learn."

"It's part of the growing pains," he continued. "Five-zero isn't what you want, but despite that, if you look at how we played, it was a very good back and forth game."

"I am not happy with the score but I am happy with some of the decisions we made," Nardino added. "There are certainly a lot of positives to take away."

Earlier in the week, Belmont split a pair with Division II Plymouth. On Monday, Sept. 28, Plymouth won 2-1 with Fleming getting the goal on an assist from Burke. On Wednesday, Sept. 30, Belmont picked up the 2-1 win. Fleming and Gerbig both scored on penalty kicks for the win.

Belmont is back in action today, Oct. 8, hosting Gilford at 4 p.m. They will be hosting Kennett at 4 p.m. on Wednesday, Oct. 13.

Prospect Mountain will be at Somersworth today, Oct. 8, at 4 p.m. and will be hosting Somersworth on Wednesday, Oct. 13, at 4 p.m.

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

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# Mutual Fire Aid Association deploys long awaited radio system

LACONIA — Lakes Region Mutual Fire Aid Association is a regional Fire and EMS Dispatch Center, providing professional Fire, EMS, and All Hazards emergency dispatching to 35 communities in and around the Lakes Region of NH. Lakes Region Mutual Fire Aid Dispatchers dispatched 26,735 emergency calls for service in 2019.

Lakes Region Mutual Fire Aid previously used a radio system that was a combination of outdated technology, and equipment, some of which was approaching twenty years old to dispatch emergency calls and communicate and coordinate responses with the hundreds of field responders, fire apparatus, and ambulances in its 1,800 square mile Mutual Fire Aid District spreading across New Hampshire's Lakes Region.

At the May 2019 LRMFA Board of Directors meeting, it was voted to completely replace the radio system, and infrastructure for a cost of \$859,000.

Eastern Communica-

tions, one of the largest communications companies in the Northeast based out of Long Island City, N.Y., along with ALL-Comm Technologies presented a solution using Tait Radio equipment that will greatly enhance Lakes Region Mutual Fire Aids radio network, technology, redundancy, and resilience.

Tait Communications, a Christchurch, New Zealand company has been providing mobile, portable, and base station radios internationally for 50 years. In 2016, Harris Corporation entered a strategic partnership with Tait Communications, enabling Harris Corp. to become the exclusive distributor of Tait Products in North America.

Lakes Region Mutual Fire Aid Association Board of Directors had selected ALL-Comm Technologies of Revere, Mass. to perform the work. Almost immediately, All-Comm Technologies began work on the replacement. Equipment began to be ordered, set-up, and staged. Testing

and design occurred, as well as antenna work at the 11 remote radio sites. All antennas, feedline, and associated hardware were replaced in the fall of 2019 in anticipation of the new system and its associated radios and hardware being brought online in 2020.

After sixteen months of working on this project, we are very excited to announce that on Sept. 25, Deputy Chief Paul Steele, along with All-Comm Technologies completed all the necessary configuration and turned the new simulcast system on. Deputy Chief Paul Steele dispatched the first call on the new system to the Hill Fire Department at approximately 8:21 p.m.

LRMFA Chief Coordinator, Jon Goldman said, "As a Mutual Aid District, we have always prided ourselves on providing the best fire and ems dispatch, along with mutual aid coordination and other services that we can, and this is another step towards continuing to provide top notch technology to keep our citizens, and field re-

sponders safe."

LRMFA Deputy Chief Paul Steele stated, "I was taking phone calls, emails, and text messages all weekend from people throughout the area who could not believe how good the new system sounded."

Chief Coordinator Jon Goldman said, "When I was offered the Chiefs position three and a half years ago it was very clear to me; this was a priority for this organization. I am thankful to the Executive Committee, and the Board of Directors for their support, and am very excited that we were able to present a solution, that is now a reality that will carry the organization forward, well into the future, at a sustainable price point."

During the integration of the new simulcast radio system, as an organization we were able to spearhead partnerships and collaboration with other agencies and organizations which will allow for sharing of resources as we move forward.



COURTESY  
All-Comm Technologies Technician Delvis Javier configuring equipment at a remote radio site.

## HIGH SCHOOL SLATE

### Thursday, Oct. 8

BELMONT  
Boys' Soccer at Gilford; 4  
Girls' Soccer vs. Gilford; 4  
Volleyball at Gilford; 5:45  
GILFORD  
Boys' Soccer vs. Belmont; 4  
Girls' Soccer at Belmont; 4  
Volleyball vs. Belmont; 5:45  
WINNISQUAM  
Boys' Soccer at Newfound; 4  
Field Hockey vs. Newfound; 4  
Volleyball at Newfound; 6:15

### Friday, Oct. 9

GILFORD  
Cross Country Home Meet; 4  
Field Hockey vs. Franklin; 4  
WINNISQUAM  
Cross Country at Gilford; 4  
Saturday, Oct. 10  
BELMONT-GILFORD  
Football vs. Kennett; 2  
WINNISQUAM  
Football vs. Franklin; 4

### Tuesday, Oct. 13

BELMONT  
Boys' Soccer at Kennett; 4  
Cross Country at Laconia; 4  
Girls' Soccer vs. Kennett; 4

### GILFORD

Boys' Soccer at Kingswood; 6  
Cross Country at Laconia; 4  
Field Hockey vs. Kingswood; 3:30  
Girls' Soccer vs. Kingswood; 3:30  
Volleyball at Kingswood; 5:45  
WINNISQUAM  
Boys' Soccer vs. Plymouth; 4  
Field Hockey at Plymouth; 4  
Volleyball vs. Plymouth 5:45

### Wednesday, Oct. 14

BELMONT  
Volleyball at Kennett; 5:45  
WINNISQUAM  
Cross Country at Newfound; 4

### Thursday, Oct. 15

BELMONT  
Boys' Soccer vs. Kennett; 4  
Girls' Soccer at Kennett; 4  
GILFORD  
Boys' Soccer vs. Kingswood; 4  
Field Hockey at Kingswood; 4  
Girls' Soccer at Kingswood; 3:30  
Volleyball vs. Kingswood; 5:45  
WINNISQUAM  
Boys' Soccer at Plymouth; 4  
Field Hockey vs. Plymouth; 4  
Volleyball at Plymouth; 5:45

## Belmont golfers second at Owl's Nest

BY JOSHUA SPAULDING

Sports Editor

CAMPTON — The Belmont golf team competed in a three-team match at Owl's Nest Resort in Campton on Thursday, Oct. 1, finishing in second place behind host Plymouth and ahead of Moultonborough.

Belmont finished with a score of 228, with Plymouth winning with a 169 and Moultonborough finishing with a 229.


Eamon Kelley and Jackson Ruelke, playing out of the top two spots in the lineup for the Raiders, finished with 55s to lead the way for Belmont.

Oliver Mahoney finished with a 48 from the third spot to place as Belmont's third scorer and Kyle Plaza in the fourth spot and Miles Miller in the fifth spot both finished with 60s, with one of those going as the final team scorer.

Nick Pucci finished with a 67 from the sixth spot to round out the field of Raiders.

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

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## ClearChoiceMD to offer no-cost flu shots

REGION — The Autumn season is synonymous with many things, such as cooler nights, turning back the clocks and pumpkin spice. Last, but certainly not least, autumn means the flu season is quickly approaching. Be prepared this season by getting your flu shot. ClearChoiceMD Urgent Care, located at 24 Homestead Place in Alton, 96 Daniel Webster Highway (Belknap Mall) in Belmont, and 75 Laconia Rd. in Tilton will be offering flu shots at no cost to the patient throughout the entire month of October.

It's important to get your flu vaccination before winter begins so your body has enough time to develop the antibodies that protect against influenza. Receiving the flu shot not only helps you protect yourself, but it also prevents the flu from spreading throughout the community. We want the community to know that we are a resource for them at any time, especially during flu season.

The No Cost Flu Shot Month allows all patients to get vaccinated, regardless of insurance coverage. Vaccinations are available for ages 4 years and older, while supplies last. The Alton and Tilton urgent care centers are open 8AM – 6PM and the Belmont center is open 8 a.m. – 8 p.m., seven days a week. No appointments are needed, but patients are encouraged to save time and pre-register online. Patients are asked to bring a photo ID and insurance card (if available). For those with healthcare insurance, the urgent care center will bill the carrier and cover any remaining out of pocket cost. For those without insurance, ClearChoiceMD will cover the complete cost.

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## The need to unplug

Oftentimes, our ideas for editorials arise when something close to us personally surfaces that hits home, or when we hear a significant amount of chatter about a specific topic. This week, the chatter has been about national news overload.

We love the news — after all, it's what we do. Sharing information with our readers on the local level is both an honor and a necessity. This week, however, we have heard many people say they just can't listen to the national news anymore. They feel bombarded, often times leaving them feeling depressed and overwhelmed. News junkies watch the news every morning and night, check their Twitter feeds, listen to talk radio on their commutes and are constantly in the know. It's important and responsible to be aware of what's happening around you, however finding a balance is key, even for those of us in the businesses.

It seems as though the national news cycle has been nothing but chaos over the past several years, especially with regard to the current presidential election. Relentless statistics about the COVID-19 pandemic and negative commentary trying to pass itself off as analysis of the candidates and their platforms seems to ping our phones almost on the minute. This can be exhausting.

As a way to catch your breath, pick one day of the week as a 'no news' day, sort of like a news siesta. Get outside, unplug, read a book, listen to some vinyl or watch Cobra Kai (we do recommend for a splash of nostalgia). Attempt to shut off the little magic box we all stare at way too much on the daily. Could landlines actually still serve a purpose?

If you feel like you can't make a difference, realize that you can. First, it goes without saying, get out and vote. Second, do something every day to make the world a better place, even if that means your own little world. Such actions result in the domino effect.

Take some time to count the blessings in your life. Positivity still surrounds us in bulk if you look for it. Family, friends, dogs, crisp fall leaves, apple crisp, bacon, a friendly wave from a neighbor, morning coffee, a cold drink, a beautiful hike or walk, a good novel and a nice music blasting session are just a few things we can lean on to always lift us back up.

## LETTERS TO THE EDITOR

### It's just not safe to vote Democrat

To the Editor:

With all the riots and violence that have occurred in the Democrat-run cities in America, it has become quite clear that Democrats do not represent Americans — they are only interested in their own political power. They abdicated their sworn duty to protect the peace, lives and property in Seattle and Portland, allowing BLM and Antifa to burn and loot.

Businesses and lives were lost forever and those who still live there no longer feel safe. The Democrats' solution? Support the criminals' right to riot and then blame and defund/abolish the police. Then, attack and prosecute those who would protect themselves like the armed couple in St. Louis, while Democrat district attorneys refuse to prosecute the looters and arsonists. Kamala Harris supports the organizations that bail these "peaceful protestors" out of jail, to start the cycle all over again. Show me where this has brought peace and security to any city. If you think this is only a big city problem and won't visit rural America, you are deluding yourself. A Democrat stronghold in the White House and Congress would deliver this to your town, your street, your front door, while stripping you of your Constitutional right to defend your life, family and property, all to cement the Democrats' grip on government. Ask yourself what kind of country you really want to live in and you can only reach one, obvious conclusion. It's just not safe to vote Democrat. Save America and vote Republican.

DAVID STRANG  
GILMANTON

*Send your letters!*

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KATHY SUTHERLAND

### Another win

The Gilford-Belmont football team traveled to Wolfeboro on Saturday and cruised to their second win of the season. The Golden Eagles will now be playing host to Kennett on Saturday, Oct. 10, at 2 p.m. at The Meadows.

## STRATEGIES FOR LIVING

### When disaster strikes

BY LARRY SCOTT

Driving to work early one morning in 1984, I was distracted by an article on the passenger seat that should not have captured my attention. I reached over to grab it, pulled the steering wheel to the right, and smashed into a parked car. When I told that to the officer, he smiled and shook his head; for me, however, it was no laughing matter. I totaled the clean little Datsun van I had just purchased, and that to replace a car I had demolished a few months before when I ran a red light. It was that kind of year!

It was not too long after this I received a phone call from a bill collector, threatening me with all kinds of mayhem on two credit cards I was unable to "pay in full" as the bank was demand-

ing. "Mr.," I told him, "I don't own anything, I don't have anything, I'm not worth anything. You go right ahead and sue, and I'll discharge it through bankruptcy."

Twelve years later, reviewing my life story with an Attorney preparing my "last will and testament," I left her dumbfounded. By then I was beginning to recover from what had been the darkest period of my life. I was driving coast-to-coast as a long-haul trucker, living on my off-days in a 40-foot Hunter Legend sailboat berthed in Poulsbo, Washington. I was debt free, with no installment loans, no credit cards, and virtually no monthly bills; the truck covered my living expenses. I didn't own a car; the truck was my transportation. "Mr. Scott, what happened?" she asked. "How did you do it?" And I had to con-

fess, I didn't have a clue. It wasn't that I made a great deal of money; it's that I was debt free! If you don't have to spend it, you save it; and that's what I did.

And I'm still unable to chart my recovery. But I serve a God of second chances, a God who can take a failure and turn him around. But the one thing that changed the course of my life, and the point of this conversation, is that I never gave up on God. I worked hard, maintained a responsible life-style, and gave God a chance to put my life back together again.

I have told my story elsewhere, for the turning point in my life took place a few years earlier: Cruising east-bound on I-10, half-way across the state of Texas, I was reflecting on the chaotic condition

of my life. In desperation I shouted a simple prayer: "GOD, WHAT DO YOU WANT ME TO DO?" And suddenly a quiet voice, an inaudible thought, passed through my mind that had all the earmarks of divine direction. "ALL I WANT FROM YOU IS THE GIFT OF A HOLY LIFE!"

I took God at His word and launched a rebuilding process that has brought me to where I am today. If you were to see me now, with my marriage restored and plans to make the next ten years the best years of my life, you wouldn't believe how far I have come. And I owe it all to a gracious, understanding, and compassionate God Who gave this failure a new start in life. It worked for me, and it will work for you, too. Give God a chance!

## MARK ON THE MARKETS

### Unintended consequences



BY MARK PATTERSON

In 1934, the Roosevelt administration put forth the "New Deal," which included the entitlement we know as Social Security. Originally Social security was not accessible until the age of 65. Now SS can be started at the age of 62 or even younger if disabled. When we started SS there were 42 people paying into the system for every one person taking from the system, making it very solvent.

A generation of people born in the 1920's and '30's, some who fought in World War II and were later referred to as the Henry Ford generation

but named the greatest generation by Tom Brokaw. Those soldiers who returned from WWII created the "Baby boom" generation that is defined from 1946 through 1964. During that 18 year span, there were 78 million people born in this country. After this generation we have had Generation X and Gen Y blending in with the Millennials, all who have not had nearly as many children as that Baby Boomer generation.

The Baby Boomers are now retiring at the rate of 10,000 per day driving the ratio from 42 contributors to 1 recipient of SS entitlements and Medicare/ Medicaid to only 3 contributors to 1 recipient. Within the next ten years the ratio will be 1 to 1.

Let's estimate an individual's annual SS and Medicare entitlements at age 66, which is full retirement age currently. Maybe 24,000 in SS and 15,000 in Medicare, not to mention any additional Veterans benefits. My high powered calculator tells me that in 10 years, every working person

will have to support roughly \$40,000 worth of entitlements annually that we Baby Boomers are collecting.

Our national debt is over \$24 trillion, and will accelerate exponentially in order to just service the existing debt. While our short-term interest rates have remained extremely low, our longer-term rates have not moved up, yields across the curve remain low. Debt will likely be financed with longer-term bonds. This can only do so much to alleviate the stress on the treasury.

David Walker was comptroller of the US until 2008, has stated that we must double tax rates just to stay solvent. Cutting spending would obviously help, but Washington cannot seem to accomplish this. Just after WWII our highest tax rate was 94 percent, in the 1970's, we had a top tax rate of 70 percent. In 2012, our highest rate went from 35 to 39.5 percent. So, we are close to historic lows for our tax rates, yet we as individuals, still defer

taxes until a later date. Tax diversification is extremely important and if you are not taking advantage of some methods for paying taxes now at these low rates for tax free money in the future, this will likely be regrettable soon. Most people that I speak with regarding future tax rates believe they will be in a lower tax bracket when they retire. Possibly, but future entitlement payments will have to come from somewhere. Note that I refer to your benefits as "entitlements", only because the government autocrats have re-named your money so that they can be the redistributors of our own money which they have deemed the governments.

If your Advisor is not versed in tax free retirement plans or tax-free accumulation and distribution of assets, then find one that is, or call my office.

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).



North Country Notebook

# Chill fires and pot roast on the cusp of the season



By JOHN HARRIGAN  
COLUMNIST

There's a whiff of wood smoke in the air, some from quick fires people build just to get the morning chill off, and some from serious fires people have been running since the first week in September, the start of the heating season for many households, as if the heating season ever really ends.

It's seven months of winter, we tell visitors, and five months to get ready for the next one. Then there's Mud Season, and black flies, and deer flies, and noseums, elsewhere called midges.

And the list goes on. It's 57 miles to the nearest Walmart, ditto for the nearest museum, ditto for the nearest traffic light.

And all of these, mind you, are the bragging points, things to be proud of, things that help make us different. You should see the complaints, we say, a joke some never get.

Every school board and supervisory union, from the foothills of the White Mountains to the Canadian line, has a story about the job-seeker who never showed up.

It goes like this:

The SAU and Board members gather in a room to interview a candidate for, say, a math teacher's job. This person has been told how long the drive will take. This person is sure it's a joke.

This person calls promptly at 6:30 p.m., half an hour before the meeting. "How much longer?" he asks, a bit

feebly.

At 7 p.m., he's back on the line, calling from the roadside in some dismal swamp. "Forget it," he says. "I'm not coming."

+++++

There was this nice big piece of chuck in the meat case. Tied up with a couple of strings. Just the right amount of fat. In my mind's eye, it had "pot roast" written all over it.

I have this old mongrel Dutch oven with the number 8 stamped on its bottom, a heavy piece of cookware I've used for everything from pork roasts to fish chowder. If not otherwise occupied, it could be used as a doorstop.

Throwing a pot roast together is one of the more fun things I do in the kitchen. I rummaged around for carrots, onions and potatoes. I made a little roux of butter and flour and finely diced carrots, celery and onion, dredged the roast in flour, and browned the roast in the roux. Potatoes, carrots and onions went atop the meat, and into the oven it went. If I'd had the wood stove fired up--too early for that just yet--I'd have put it there instead.

Soon the house was filled with the aroma of pot roast. On a cold day with a biting wind, it's a dish that rules.

+++++

Two or three days of slow, soaking rain are what's needed to end a dry spell like this. Only a small section of the upper North Country escaped the drought that parched New Hampshire beyond anything in most people's memories.

Many towns and locations have age-old community springs, some of them dug down and rocked in long ago and gushing ice-cold water for all to use ever since. There are hundreds of these community water sources around the state, many of them in use for two centuries or more,



This multi-trunked spruce will be down any year now, having withstood gale-force winds (and stronger) on Colebrook's South Hill Road for many a year.

and mentioned in town histories published long ago.

Some of the sources were robust enough to keep horse troughs full to overflowing, and had drinking places for man and beast. Some of them, sad to say, have fallen victim to development--nobody wants to drink water from a spring that's downwind from a whole bunch of new septic systems.

The last I knew, the state was still methodically testing water from the more widely used sources, and in some cases shutting them down. But these are the exceptions, not the rule, and many of these ancient sources that started out with augered-out cedar logs for pipes, then went to lead pipes, and finally to plastic or rubber hose are still running clear, cold and clean.

I wonder how even the best of these old water sources did during a drought that's the worst most people have ever seen.

+++++

People who like to get out on cross-country skis and snowshoes can be forgiven for being a bit fuzzy on where they're welcome. The biggest question, of course, is whether they should be

on snowmobile trails.

In my experience, you bet. By tradition, snowmobile clubs have let it be known that other recreational users are welcome, as a sign of good will. All they ask is that others on the trail move to one side when they hear or see machines approaching, and perhaps donate to the trail-grooming fund.

All of them, of course, should appreciate the landowner, whose good will makes the trails possible to begin with. Without the cooperation of landowners near and far, big and small, the snowmobile and ATV tourism enterprises would be flatter than a flounder.

+++++

The plight of a fox that was taken in as a pet when young and then tossed out like a bag of trash when it became an adult and its "owners" grew tired of it became something of a celebrity a couple of weeks ago.

Once again, the Governor's office got into the act, stepping in to make sure Massachusetts wildlife officials didn't try to take the fox back, as had been feared. The last update had the fox at a shelter and rehab facility, awaiting construction of a new pen.

Still, I was left wondering what a guy in Dracut, Mass., was doing with a fox in the first place, and how anyone could treat a wild creature like that, like so much trash for the dumpster.

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





This little embroidery of a spider's trap was among dozens more or less like it on the front lawn one dew-laden morning, as little spiders went about catching bugs and insects big and small.

NEW HAMPSHIRE  
BOAT MUSEUM


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COURTESY

## And the winners are...

Selected by their fellow members in the Lakes Region Art Association as the best paintings and photographs for the month of October are: First row (L-R), Sally Hibberd, Barbara McClintock, and Avery Rougeot. Back row (L-R), Sherwood Frazier, Gerry Falgan and Duane Hammond. All winners entries are now on display in a number of bank lobbies throughout the lakes region. The Lakes Region Art Association/Gallery is a non-profit (501 C-3) association dedicated to encouraging artists, and to display their work. The LRAA/Gallery is located in the Tanger Mall, 120 Laconia Rd., suite 132, Tilton. It is open to the public Thursday-Sunday, 11 a.m.-6 p.m.



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Winnisquam Regional School District (SAU 59)

Child Find Notice

Winnisquam Regional School District, SAU 59, ensures that all children who have disabilities, from age 2.5 to age 21 years, who reside within the district, and who are in need of special education and related services are located, evaluated, and identified. This applies to all children with disabilities, including highly mobile children (such as migrant and homeless children), children placed in homes for children, health care facilities, or state institutions, and children who are suspected of having a disability under IDEA. In addition, this applies to those children attending approved non-public schools within the geographic boundaries of SAU 59.

Winnisquam Regional School District has established referral procedures which ensure that all students who are suspected or known to be a child with a disability are referred to the Special Education team for evaluation. Special Education referrals may be directed to the following contact persons:

Winnisquam Regional High School Matthew Jozokos, Principal (603) 286-4531	Winnisquam Regional Middle School Troy Kennett, Principal (603) 286-7143
Union Sanborn School Jessica Welch, Principal (603) 286-4332	Southwick School Siza Mtimbiri, Principal (603) 286-3611
Sanbornton Central School Kathleen Pope, Principal (603) 286-8223	Winnisquam Regional School District Lisa Burbach, Director of Student Services (603) 286-4116



# LRPA’s Shocktoberfest continues with classic Corman

LACONIA— Just when you thought it couldn’t get any scarier out there ... LRPA After Dark unveils our 5th Annual Shocktoberfest, a month devoted to vintage horror films. This weekend (Oct. 9 & 10), we serve up horror hipster-style with 1959’s

darkly comic film “A Bucket of Blood,” directed by Roger Corman and starring Dick Miller, Barboura Morris and Antony Carbone.

Meet Walter Paisley (Miller), busboy at San Francisco’s Yellow Door Café, the hangout for a

crowd of beatnik poets, artists and musicians. It also attracts a pair of undercover police officers, looking to make a drug bust. Walter is naive and talentless but is filled with blind admiration for this group and wants desperately to belong. He particularly wants to

impress Carla (Morris), an artist on whom he’s developed an unrequited crush. No one, including Carla, thinks he has any creative gift. They treat him with open disdain, but that doesn’t change Walter’s mind. One night, he goes home and works on a sculpture,

only to be frustrated with his lack of success. He accidentally kills his landlady’s cat, which, after he recovers from his shock and disgust, gives him a morbidly wicked idea. The next day, he brings his newest work of art into the café – an incredibly lifelike sculp-

ture of a cat! Leonard De Santis (Carbone), the café’s owner, proudly displays this piece of art, which earns Walter the respect and praise that he was so eager to receive. One night, after receiving a suspicious gift from an admirer, an undercover detective follows Walter home, with tragic (!) results. What’s an up-and-coming artist to do?

“A Bucket of Blood” is one of director Roger Corman’s most beloved movies and has rightly earned its place as a classic horror “B film”. Not only does it satirize the sometimes-pretentious world of art – it has also been hailed as Corman’s sly commentary on the film world. He made this movie in five days on an almost non-existent budget, and many critics (especially those in Europe) hailed the film as a marvel and began to recognize Corman as a truly important filmmaker. The irony is delicious, and so are the high-camp horror hijinks. It’s not to be missed! So, grab your candy corn and join LRPA after dark for this beatnik horror classic from the past.

Mark your calendars for Shocktoberfest’s delicious Halloween treats: Oct. 9 & 10: “A Bucket of Blood,” 1959 Oct. 16 & 17: “The Last Man on Earth,” 1964 Oct. 23 & 24: “Night of the Living Dead,” 1968 Oct. 30 & 31: “Horror Express,” 1972 You can’t find television like this it anywhere but LRPA TV, Atlantic Broadband Channel 25. Not a subscriber? Then watch us online at live.lrpa.org to catch all the fun.

About Lakes Region Public Access Television (LRPA) Lakes Region Public Access Television (LRPA) is a nonprofit, non-commercial public access TV station and community media center located on the Laconia High School campus in Laconia. 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](http://www.lrpa.org).



THE FIRST TOOTHBRUSH WITH BRISTLES WAS MADE IN THIS COUNTRY IN 1498. BRISTLES FROM HOGS, HORSES AND BADGERS WERE USED.

ANSWER: CHINA

### Dental Care Word Find

Find the hidden words in the puzzle.

BREATH CAVITY CLEANING DECAY	DENTIST FLOSS GUMS HEALTH	HYGIENIST MOUTH PLAQUE TEETH
F B C E U Q A L P X D H		
L K O L G E H J Q F E T		
O P M U E M O U T H N L		
S L M W U A U E S F T A		
S S Y R T X N U W K I E		
H H Y G I E N I S T S H		
R T L W H N D Z N Q T C		
F Y A T N C G E Z G A H		
J U E E J D W F C V L E		
E E M N R P I U I A K W		
T Y B N X B X T C V Y V		
V R K P M A Y V H P L L		

### Get Scrambled

Unscramble the words to determine the phrase.

R S H B U N A D S F S O L

Answer: Brush and floss

### THIS DAY IN... HISTORY

- **1845:** THE U.S. NAVAL ACADEMY OPENS IN ANNAPOLIS, MD.
- **1966:** THE BEACH BOYS RELEASE “GOOD VIBRATIONS,” ONE OF THEIR MOST POPULAR SINGLES.
- **1970:** FIJI GAINS ITS INDEPENDENCE FROM GREAT BRITAIN.

### New Word

**HYGIENE**

practices involving maintaining health

### How they SAY that in...

**ENGLISH:** Tooth

**SPANISH:** Diente

**ITALIAN:** Dente

**FRENCH:** Dent

**GERMAN:** Zahn

### Did You Know?

TOOTH DECAY IS THE SECOND MOST COMMON DISEASE AFTER THE COMMON COLD. BY BRUSHING AND FLOSSING, THIS DECAY CAN BE AVOIDED.

### GET THE PICTURE?

Can you guess what the bigger picture is?

ANSWER: DENTAL MIRROR

### CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to dogs. Each number corresponds to a letter. (Hint: 20 = E)

**A. 9 12 9 9 24**  
Clue: Young dog

**B. 14 2 20 4 8 20 22**  
Clue: Pet adoption location

**C. 3 22 20 20 25**  
Clue: Type of dog

**D. 10 12 8 8**  
Clue: Mixed heritage dog

Answers: A. puppy B. shelter C. breed D. mut

### SUDOKU

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Here's How It Works:

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

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

Level: Beginner

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

ANSWER:



# ~ Comfort Keepers ~

## Pneumonia in seniors: Causes, treatments, and prevention

BY MARTHA SWATS  
Owner/Administrator  
Comfort Keepers

There are many benefits that come with getting older, but there are also factors to be aware of when it comes to our health and wellness. As we age our body's natural defenses become less reliable and as a result, seniors are more susceptible to infection - including pneumonia.

Pneumonia is an infection that affects one or both lungs and can range from mild to severe. For some, pneumonia can be fatal.

Older people have higher risk of getting pneumonia, and are more likely to die from it if they do. For US seniors, hospitalization for pneumonia has a greater

risk of death compared to any of the other top 10 reasons for hospitalization.

The additional steps that older adults take to protect their health can have long lasting physical and mental effects. And staying healthy is the best way for seniors to continue living the highest quality of life.

Why Pneumonia is More Common in Seniors

Changes to the lungs as we age: Because of changes to the respiratory system that happen with age, seniors can't always effectively clear secretions as well from their lungs. Those secretions can go down into bronchial tubes, causing the infection.

Weakened immune systems: A senior's immune system has a harder time fighting off infection. And, some health issues can have an even greater negative effect on a senior's ability to fight off an infection - issues like an organ or bone marrow transplant, chemotherapy (treatment for cancer), or long-term steroid use.

Senior health conditions: Diabetes, Parkinson's disease, chemotherapy, and HIV put seniors at a higher risk for pneumonia, as well as cystic fibrosis, asthma, COPD (chronic obstructive pulmonary disease), and bronchiectasis. Surgery can also expose seniors to infections that can lead to pneumonia.

Signs of Pneumonia

Symptoms can include coughing, fever, chills, shortness of breath, chest pain, green or yellow sputum that comes up during coughing, fatigue, and the sudden worsening of a cold or the flu.

Pneumonia Treatments

Typically, a physician will do a chest X-ray and/or blood test to determine if a senior has pneumonia. Bacterial pneumonia, it is usually treated with antibiotics. If the infection is viral, an anti-viral medicine may be prescribed. In addition to medication, doctors may give the patient fluids, oxygen, pain relief and medical support.

Reducing the Risk of Pneumonia in Seniors

Seniors should discuss pneumonia prevention with their physician to determine the best plan. Some options to help reduce the risk of pneumonia include:

Get vaccinated. All people over age 65 should get an annual flu shot, as well as a pneumococcal vaccine, a one-time shot that protects against the pneumococcus, or pneumonia bacteria.

Practice good hygiene: Wash hands regularly or use an alcohol-based hand sanitizer.

Don't Smoke or Take Steps to Quit: Smoking negatively impacts just about everything in our bodies, but the lungs obviously receive a significant amount of damage. Those who smoke are at a greater overall risk of pneumonia because the lungs' defense mechanisms become compromised.

Practice a Healthy Lifestyle: Seniors should follow a physician-approved diet and exercise regimen. This will help bolster their immune system and reduce the risk pneumonia.

Comfort Keepers® Can Help

Whether senior clients are recovering from pneumonia or looking to protect themselves, the trusted care team at Comfort Keepers® can help. Our caregivers remind clients to take medication, provide transportation to scheduled appointments, and support physician-prescribed exercise regimens and diets. Above

all, our goal is to see that clients have the means to find the joy and happiness in each day, regardless of age or acuity.

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

About Comfort Keepers

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

## The solution to household pollution

REGION — For more than 30 years, the Lakes Region Planning Commission has provided residents and property owners in the Lakes Region with an opportunity to safely dispose of hazardous products from their household, reducing the likelihood of accidents in their home. On July 25 and Aug. 1, more than 1,600 vehicles from 19 communities dropped off 52,775 pounds, or 26 tons, of hazardous products! Thank you to all who participated and thank you to the more than 50 local staff and volunteers who gave their time to help make this happen

These collections ensure that hazardous materials will not enter our drinking water or the environment, upon which our local economy is so dependent on. The collected hazardous materials included oil-based paints, lawn and garden products, household cleaners, automotive fluids, and pool chemicals. They are being safely reused and disposed of according to Environmental Protection Agency standards.

If you still have hazardous products in your home that you wish to dispose of, the Lakes Region Household Hazardous Product Facility (LRHHPF) in Wolfeboro will be open Oct. 17 from 8:30 a.m. - noon. A fee is charged to cover the costs of disposal; for details, call 651-7530. Small businesses may also dispose of their hazardous waste at the LRHHPF by calling ahead to make an appointment.

We encourage residents and homeowners to learn more about hazardous household products and how to reduce their use, by visiting the LRPC Facebook and Instagram pages (@lakesrpc), our website [www.lakesrpc.org/services-hw.asp](http://www.lakesrpc.org/services-hw.asp), or by calling the LRPC at 279-5341.

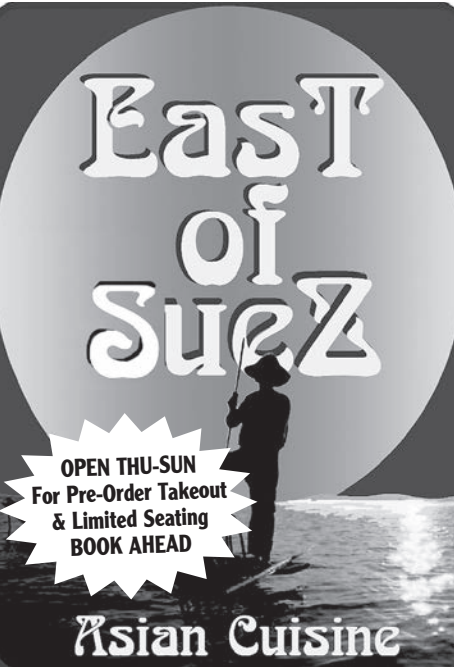
Find us at the Bristol Sustainability Fair on Oct. 17 from 10 a.m. - 2 p.m. at Kelley Park, where the LRPC will be promoting low-toxic alternatives to household hazardous products. There will also be information about composting, recycling, solar energy, and more!



### Dining & Entertainment

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and we will send you the YouTube link  
on the afternoon of the concert







TILTON POLICE LOG

TILTON — The Tilton Police Department responded to 902 calls for service and made the following arrests from Sept. 14-27.

Arrested during this time period were Zachary Smith (for Driving After Suspension), Joanna Greenlay (for Acts Pro-

hibited), Derek Wright (in connection with a warrant), Emily Healy (for Loitering/Prowling, Receiving Stolen Property, Attempted Escape, and Possession of Drugs), Samantha Scott (in connection with a warrant), Brynae Bayles (for Driving after Sus-

pension), Ashleigh Doptis (for Possession of Drugs), Amanda Mullen (in connection with multiple warrants), and Kyle Kimball (for Possession of Drugs, an Open Container violation, and in connection with a warrant).

BEARS

CONTINUED FROM PAGE A1

maxed out at two goals in the first few games of the season. “Today was the first day they all just clicked and meshed and used each other.”

“This is our second D2 game this year,” said Winnisquam coach Samantha Magoon. “We were expecting this game, I think Kennett is definitely up there.”

The Bears came out of the gate strong with some good chances in the offensive zone. Madisen Foster had a good bid in close and the Bears had a couple more chances, with Kennett’s Maddie Stewart helping clear the ball out of the zone.

nice run up the field but Chandler was able to make a defensive stop.

Kennett came back with a corner with Stewart and Carboni combining for a chance, but House was able to clear the ball out of the zone. Stewart made a run into the zone that Poole was able to turn away and Elizabeth Koroski had a shot for the Eagles that was stopped by Bear keeper Jocelyn Boucher, who split time evenly with Shaylah Weisman.

With three minutes to go, the Eagles were able to up the lead, as Capazzoli put the ball in the net on an assist from Tatum Bell, upping the lead to 2-0. Kennett had a late corner but Kelsey Rotonelli turned in a solid defensive play to close out the half.

pazzoli for the 4-0 lead.

The Eagles made it 5-0 on a corner, with Brett putting the ball in the goal. The Eagles had another corner but could not convert and Winnisquam got chances from McDonald, Poole, House and Foster, with Stewart making solid defensive stops for the Eagles. Kennett had a few late chances but couldn’t convert and the game finished with the 5-0 win for Kennett.

Kennett came back with a chance at the other end, with Jaelin Cummings making a run in while Madison Gilbert and Sophia Braun helped turn the ball the other way for the Bears. The Eagles had a bid from Veronica Carboni and Taylor Gaudette but the Bear defense held tight, led by a solid play from Braun.

Kennett had an early corner but Stewart’s shot was blocked. Brett and Koroski got in close but Weisman held tight in the Winnisquam net.

The Eagles were able to break through with two and a half minutes gone in the period as Cummings put the ball in the net, upping the lead to 3-0. Kennett continued to pressure with a pair of corners. Capozzoli and Hawkes teamed up on the first corner and Brett had a shot stopped by Weisman on the second corner.

“Right now is about the amount of practice we would’ve had to start the season,” Daley said. “I’m very proud of them for their hustle and they didn’t let up.

“I saw them be hungry in there,” the Eagle coach continued. “We were prepared, they’re a good team over there.”

“They (Kennett) have a good defense and they know how to move the ball up the field,” Magoon said. “Our girls were running with them like they wanted to.

“But, we were struggling with the execution,” the Bear coach continued. “That’s something we have to work on.”

The Eagles were able to score on a corner with 5:20 to go in the first quarter, with Stewart ripping the ball from the top of the circle on an assist from Kathryn Hawkes to make it 1-0.

Chloe McDonald and Carey were strong on defense for the Bears while Chandler had a nice defensive stop on Foster at the other end of the field. Kennett had late chances from Capozzoli and Brett but couldn’t score and it was 3-0 after three.

The Bears were playing with a very thin bench after some injuries in their previous game and their coach was pleased with how they held strong.

“I think they did well adjusting,” Magoon added.

The Eagles will be back in action today, Oct. 8, at home against Kingswood at 4 p.m. and will be at Franklin for a 4 p.m. game on Wednesday, Oct. 14.

The Bears came back with a chance at the other end, as Kaitlyn Carey had a shot go wide of the net on a corner. Taylor Gaudette had another bid for Kennett go wide and then Ava Gaudette had a nice defensive stop on Winnisquam’s Madison House. Kennett had a late attempt from Tessa Capazzoli and the quarter came to a close with the Eagles up 1-0.

Winnisquam had an early chance in the fourth quarter from House and Jordan Boelig but Chandler stood strong on defense. The Bears also had a corner but could not convert.

The Bears are scheduled to host Newfound today, Oct. 8, at 4 p.m., will be at Plymouth on Tuesday, Oct. 15, at 4 p.m. and will host Plymouth at 4 p.m. on Thursday, Oct. 15.

The Bears came out quick in the second quarter, with a pair of corners early. Carey and Alexis Poole getting a chance on the first one while Ella Chandler and Stewart were strong on defense. Poole made a

Kennett got the fourth goal of the game a few minutes into the fourth quarter, as Hawkes tipped in a shot from Ca-

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



Kaitlyn Carey of Winnisquam and Kennett’s Veronica Carboni battle for the ball in action in Tilton.



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BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests from Sept. 20 to Oct. 1.

Corey V. Donovan, age 37, of Wilmot was arrested on Sept. 20 in connection with a warrant issued by Belknap County Superior Court.

Paul E. Mullaney, age 34, of Laconia was arrested on Sept. 21 for Possession of a Controlled Drug (Fentanyl — subsequent). Mullaney was subsequently arrested again on Sept. 24 on two counts of Breach of Bail Conditions along with a companion, Suzanne L. Richards, age 37, current address unknown, who was arrested for Driving After Revocation or Suspension and Driving Under the Influence.

Craig S. Proulx, age 46, of Manchester was arrested on Sept. 22 for Possession of Drugs.

Isaiah R. Hughes, age 24, of Laconia was arrested on Sept. 22 for Criminal Trespassing, Resisting Arrest or Detention, and in connection with multiple county level warrants.

James W. Killoran, age 47, of Laconia was arrested on Sept. 23 in connection with multiple warrants issued by Merrimack and Belknap County Superior Court and the Tilton Police Department. Shabazz A. Mote, age 35, of Mere-

dith was arrested during the same incident in connection with multiple bench warrants issued by Franklin and Laconia District Courts.

Arthur J. Liesner, age 35, of Belmont was arrested on Sept. 25 for Operating After Certification as a Habitual Offender and being in Control of Premises Where Drugs have been Kept.

Velvet Elaine Weeks, age 49, of Laconia was arrested on Sept. 27 in connection with a warrant.

Christopher J. Aiken, age 42, of Belmont was arrested on Sept. 27 for Domestic Violence-Assault and Domestic Violence-Obstructing a Re-

port of Crime or Injury.

Marissa J. Watson, age 32, of Northfield was arrested on Sept. 28 for Aggravated Driving While Intoxicated, Conduct After an Accident, and two counts of Endangering the Welfare of a Child.

James E. Vien, age 35, of Center Barnstead was arrested on Sept. 30 in connection with a warrant issued by the Laconia Police Department.

Kirk R. Messing, age 48, of Gilmanton was arrested on Sept. 30 for Driving Under the Influence-Impairment and violation of a town noise ordinance.

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For further information, contact:

Stephanie Glidden, Adm. Assistant to the Superintendent of Schools and to the Director of Student Services  
White Mountains Regional School District  
SAU #36  
14 King Square  
Whitefield, New Hampshire 03598  
TEL.: 603-837-9363/FAX: 603-837-2326  
Email: [sglidden@sau36.org](mailto:sglidden@sau36.org)

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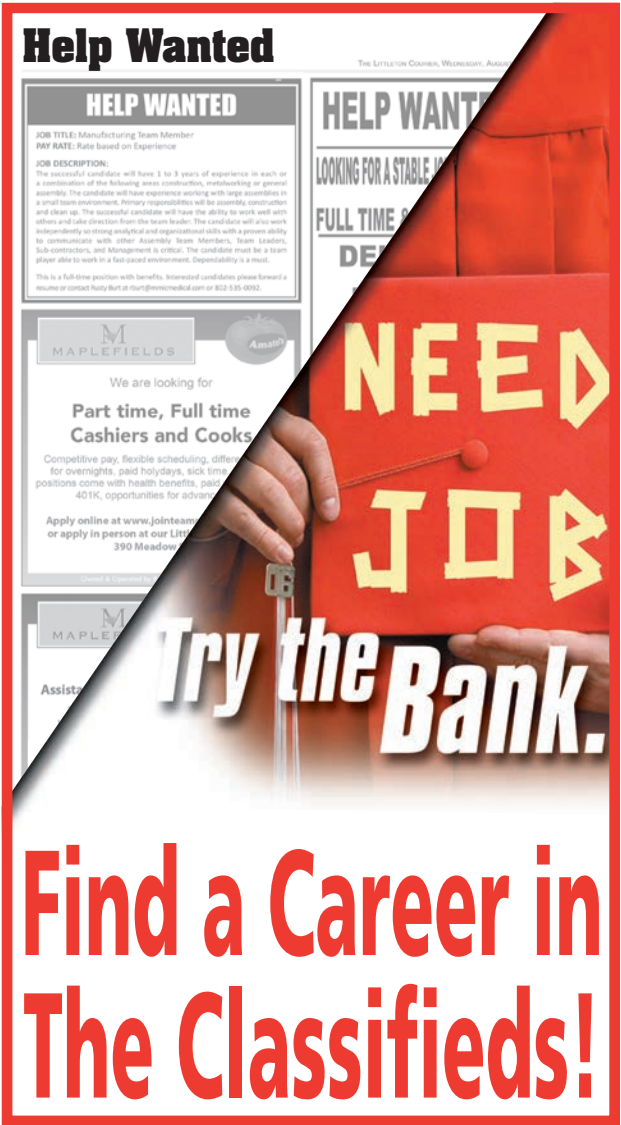
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Salary is commensurate with experience with a range up to \$20,000.

For additional information related to the position contact the Town of Plymouth at 603-536-1731.

Applications may be obtained on the town website. Application or resume with cover letter can be mailed to the Town of Plymouth, Attn: Kathryn Lowe, Town Manager, 6 Post Office Square Plymouth, NH, 03264 or emailed to [townadmin@plymouth-nh.org](mailto:townadmin@plymouth-nh.org)

Resumes will be reviewed as they are received, and preliminary screening interviews will be scheduled as qualified candidates are identified.

Applications will be accepted until position is filled.

Position will be open until filled.

Organization: Town of Plymouth

Type: Employment

Post Date: Wednesday, September 30, 2020

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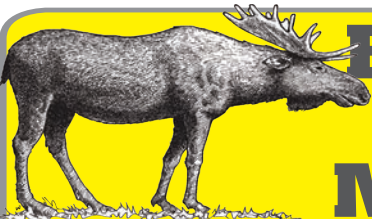
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October is

# Breast Cancer Awareness Month

## Debunking common myths associated with breast cancer

Cancer claims the lives of millions of people across the globe every year. But the fight against cancer is anything but hopeless, as the World Health Organization notes that between 30 and 50 percent of all cancer cases are preventable.

Learning about cancer is one of the best ways for people to protect themselves from this deadly disease. Researchers continue to learn more about cancer every-day and routinely discover that information once thought to be accurate was actually off-base.

Despite researchers' best efforts, some myths about cancer still prevail. Some of these myths are about cancer in general, while others refer to specific cancers, including breast cancer. Myths about breast cancer can be as harmful as accurate information is helpful, so learning the truth and debunking those myths can be an important part of women's preventive approach to breast cancer.

- Myth:** Drinking milk increases your risk for breast cancer. The American Cancer Society notes that early studies raised concerns that drinking milk from cows treated with hormones could increase a person's risk for breast cancer. However, ensuing research failed to find a clear link between the two. In fact, a 2002 study published in the International Journal of Epidemiology found no significant association between dairy fluid intake and breast cancer risk.
- Myth:** Lumps indicate breast cancer. The National Breast Cancer Foundation, Inc.® says that only a small percentage of breast lumps turn out to be cancer. However, abnormalities or changes in breast tissue

should always be brought to the attention of a physician.

- Myth:** Mammograms cause breast cancer to spread. This myth is rooted in the incorrect notion that breast compression while getting a mammogram causes the cancer to spread. However, the NBCF insists that cannot happen. In fact, the National Cancer Institute touts the benefits of mammograms while the ACS recommends women between the ages of 45 and 54 get mammograms every year. For additional breast cancer screening guidelines, visit the ACS at [www.cancer.org](http://www.cancer.org).
- Myth:** Women with a family history of breast cancer are likely to develop breast cancer, too. This myth is dangerous because, if taken at face value, it can give women with no family history of breast cancer a false sense of security. However, the NBCF notes that only about 10 percent of individuals diagnosed with breast cancer have a family history of the disease. The Centers for Disease Control and Prevention note that a woman's risk for breast cancer is higher if she has a first-degree relative, including a mother, sister, daughter, or even a male family member, who have had the disease. But breast cancer can affect anyone, regardless of their family



history. Information is a valuable asset in the fight against breast cancer. Learning to decipher between accurate and false information can be especially valuable.

### Need-to-Know Info:

## Inflammatory Breast Cancer

**Inflammatory Breast Cancer (IBC)** is a rare and aggressive form of breast cancer that differs from other forms of breast cancer because it commonly does not cause a lump or mass. Due to the aggressive nature of IBC, early detection is vitally important. Here are some warning signs that may indicate IBC and should be immediately discussed with a doctor:

- Breast discoloration that is typically red, but may be pink or purple
- A rash or small irritation that resembles an insect bite
- Breast tenderness or



- Change in the appearance of nipples to flat or inverted
  - Swelling in the size of one breast
- pain, or warmth to the touch
  - Persistent itching around the nipple
  - Dimpling of the breast skin



## Mammogram Guidelines

Following are the American Cancer Society's current recommendations for breast cancer screening:

- Ages 40 to 44**  
Women should have the choice to start annual breast cancer screening with mammograms if they wish to do so.
- Ages 45 to 54**  
Women should get mammograms each year.
- Ages 55 and older**  
Women should get mammograms every 2 years or continue annual screening.

The American Cancer Society recommends that screening continue as long as a woman is in good health and expected to live 10 more years or longer. Women should also be familiar with the known benefits, limitations and potential harms linked to breast cancer screening. Any changes in the way breasts normally look and feel should be discussed with a healthcare provider without delay. A small number of women with family history, genetic tendency or other specific risk factors should be screened with MRIs in addition to mammograms. To determine the screening plan that's best for you, talk to a healthcare provider.



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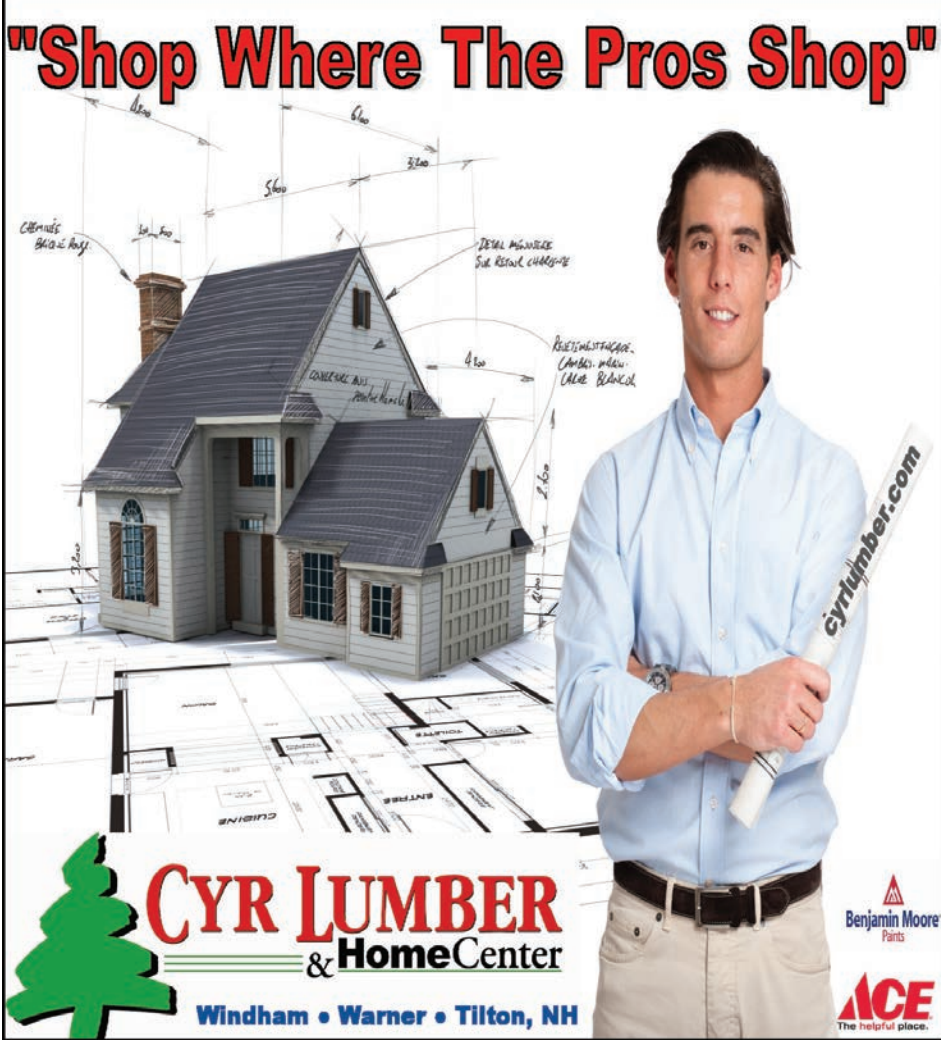
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- Votes on all Judicial nominations
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