

## Robert, Couto win race in Belmont



Dylan Robert ran to the win in a race at Belmont last Tuesday.



Aurora Couto led the way in the girls' race on her home course last week.



Jared Whitcomb finished first for Belmont in a meet last Tuesday.



Faith Gosselin finished second in her team's race at Belmont last week.

BY JOSHUA SPAULDING  
Sports Editor

BELMONT — A matchup of a few of the best runners in Division III didn't materialize on Tuesday, Oct. 6, as Gilford's Patrick Gandini had the day off, missing

out on racing Winnisquam's Dylan Robert and Riley Mann in Belmont. Instead, Robert and Mann raced each other and it was Robert coming out on top with a time of 18:59 to win the

race. Mann finished in second place, finishing with a time of 20:11 and Evan Griffin ran to fourth overall with a time of 20:53. Joey Damato finished in a time of 21:35

for ninth place and Sheamus Dunn rounded out the scoring for the Bears with a time of 24:50 for 18th place, helping Winnisquam get the overall win. Nathan Lavoie finished in 25:32 for 20th

place, Dylan Allard finished in 26:30 for 24th place and Collin Phelps finished in 27:31 to round out the field of Bear runners.

Belmont finished in second place behind the Bears, with Jared Whitcomb leading the way with a third place finish

SEE CROSS COUNTRY, PAGE A8

## Spaulding Academy & Family Services recognizes staff during annual event



NORTHFIELD — Spaulding Academy & Family Services (formerly Spaulding Youth Center) recently held their annual Employee Appreciation event to recognize the dedication of its employees, which has been especially evident during the COVID-19 pandemic.

The event also provided an opportunity to internally launch the organization's new name and brand, and to celebrate the organization's 150th anniversary of serving children with a variety of special needs and supporting families.

The Employee Appreciation

event was held on the Spaulding Academy & Family Services campus, but was staggered by department to accommodate COVID-19 social distancing and safety precautions. Employees received appreciation gifts, including personalized placemats created by Spaulding

Academy students, and moisture-wicking polo shirts featuring the new logo and brand. They were also treated to individually-packaged lunches to enjoy with colleagues and peers.

Employees celebrating milestone anniversaries during Fiscal Year 20 (July 1, 2019 to June 30, 2020) were provided special recognition. These included 16 staff members with five years of service, six with ten years, four with 15 years, two with 20 years – and one employee each with 25 and 35 years of employment.

“Whether staff members work in our residential, academic, clinical,

SEE SPAULDING, PAGE A8

## Tanger Outlets joins Civic Alliance to encourage participation in election

TILTON — Tanger Factory Outlet Centers, Inc. (NYSE: SKT), a leader in the outlet industry, announced it has joined the Civic Alliance, a non-partisan coalition of businesses whose aim is to support safe, healthy and trusted elections and inspire civic engagement amongst its employees and customers.

Through its work with the Civic Alliance, Tanger Tilton will participate in Power the Polls, an initiative to address the nationwide poll worker shortage by recruiting and training the next generation, with the goal of securing at least one million volunteers by November. As part of the effort, Tanger Tilton is encouraging its regular full-time employees to utilize available paid time off through the volunteerism program to serve as poll workers in their communities.

Tanger's participation in the Civic Alliance is part of the company's recent efforts to support civic engagement and its Diversity, Equity and Inclusion Council's leadership and action goals ahead of the 2020 election. Last month, Tanger began a partnership with HeadCount, a non-profit organization dedicated to promoting voter registration amongst young people, installing voter registration stations at 24 of its open-air locations nationwide. This partnership encourages employees and shoppers to check their registration status, register to vote, find a local polling place, access information about how to vote early and review registration deadlines state by state.

“At Tanger, we believe our democracy works best when we all participate. We value civic engagement, especially exercising the right to vote, which is why we have taken a number of steps to help our employees and customers navigate this election season,” said Stephen Yalof, Chief Operating Officer and President of Tanger Outlets. “We are excited to join the Civic Alliance and continue our partnership with HeadCount ahead of the upcoming election. I'm proud of Tanger's continued commitment to supporting civic engagement among our employees and shoppers. By working together, we can ensure everyone's voices are heard this November.”

To learn more about Tanger's commitment to supporting civic engagement, visit [www.tangeroutlet.com](http://www.tangeroutlet.com).

About Tanger Factory Outlet Centers, Inc. Tanger Factory Outlet Centers, Inc. (NYSE: SKT), is a publicly-traded REIT headquartered in Greensboro, North Carolina that presently operates and

SEE TANGER, PAGE A8

## Belmont boys come up just short against Gilford

BY JOSHUA SPAULDING  
Sports Editor

BELMONT — A simple act of miscommunication was the only thing that kept the Gilford and Belmont boys' soccer teams from playing extra soccer on Monday, Oct. 5.

Midway through the first half, Gilford's Izaak Walton sent the ball in on net and as it was deflected, Belmont defenders yelled “keeper,” but goalie Jacobb Bivens knew he wasn't going to get to it. As the Belmont defenders cleared out of the way, Gilford's Tanner Keenan continued



Belmont's Nate Sottak moves between Gilford's Chance Bolduc and Owen Guerin in action last Monday.

SEE SOCCER, PAGE A8



# Tanger Outlets launches annual Tanger Pink campaign

TILTON — In honor of the 27th annual Tanger Pink campaign, Tanger Factory Outlet Centers, Inc (NYSE: SKT) is offering shoppers special savings in return for supporting the ongoing efforts to end breast cancer. Tanger has been proudly involved in the fight against breast cancer for the last 27 years and this year is no exception, even amid the pandemic. All proceeds from the campaign will support the Breast Cancer Research Foundation as well as local organizations this

fall,” said Steven B. Tanger, CEO of Tanger Outlets. “We are committed to supporting the research that will hopefully lead to a cure for a disease that has impacted so many families. Having faced many challenges this year due to COVID-19, we are even more committed to coming together as a strong and united force to continue to fight for a cure.” Lasting through Oct. 31, the campaign is offering unlimited use digital Pink Savings cards to Tanger shoppers to make their experience as contactless and touchless as possible. The savings cards give recipients 25 percent off, and can be used all month

long at all participating stores. Tanger will also offer three ways to shop during Pink, including in-person shopping, curbside pick-up and the virtual shopper program. Shoppers can save big on the best brand names and designer fashions including Banana Republic, Crocs, J. Crew, Kate Spade, Pandora, Polo Ralph Lauren, Michael Kors and many more. “During this year’s Pink campaign, we wanted to give shoppers the safest, most enjoyable experience at our centers,” said Stephen Yalof, President and COO of Tanger Outlets. “For the entire month of October, we’re offering special

savings for our shoppers through the digital Pink Savings card. Proper health and safety protocols will be in place to keep our shoppers safe while making a big impact on the fight against breast cancer.” In addition to Tanger’s special savings, each of the U.S. centers will host a virtual 5K, perfect for family fun. The decision to make the race virtual is in response to the pandemic and the need to keep shoppers safe. From anywhere at any time during the week of Oct. 11, shoppers can engage with the Tanger community virtually, while raising money for local organizations that are

dedicated to supporting breast cancer research and survivors. To register and learn more about this year’s virtual 5K, please visit <http://www.tangeroutlet.com/race>. In 2019, Tanger Outlets raised \$935,000 for breast cancer research. Since 1994, Tanger Outlets has been proudly involved in the fight against breast cancer, spending the last 27 years partnering locally and nationally to make a difference in the lives of those affected by this disease. About Tanger Factory Outlet Centers, Inc. Tanger Factory Outlet Centers, Inc. (NYSE: SKT), is a publicly-trad-

ed REIT headquartered in Greensboro, North Carolina that presently operates and owns, or has an ownership interest in, a portfolio of 38 upscale outlet shopping centers. Tanger’s operating properties are located in 20 states and in Canada, totaling approximately 14.1 million square feet, leased to more than 2,700 stores which are operated by more than 500 different brand name companies. The Company has more than 39 years of experience in the outlet industry. For more information on Tanger Outlet Centers, call 1-800-4TANGER or visit the Company’s Web site at [www.tangeroutlets.com](http://www.tangeroutlets.com).

# Lakes Region Chamber recognizes 2020 Community Heroes throughout October

LACONIA — Lakes Region Chamber is proud to announce our 2020 Community Heroes, recognizing individuals in our community that demonstrate passion, commitment, leadership and role models that better our communities. Due to Covid, a live event was re-imagined as a month

long virtual recognition! “With the support from our local businesses and the nominations received from community members, the Lakes Region Chamber invites you to join us as we celebrate these Community Heroes through the month of October,” invites Karmen Gifford, President of the Lakes

Region Chamber. Each of the award winners will be recognized individually in person with social distancing and big “smize,” smiling with your eyes behind masks. The 2020 way to connect and engage with others. Celebrate with our heroes on social media channels including Facebook, Instagram

and LinkedIn and share your posts. Ted Fodero of Meredith Insurance Agency received the 2020 J Bart Connors Award sponsored by Bank of NH. A committed supporter of the Chamber of Commerce and local business community. The award recognizes an individual for their outstanding dedication to the mission of the Lakes Region Chamber of Commerce. The mission to improve and enhance the economic vitality and quality of life for the Lakes Region Community through excellence, collaboration, leadership, integrity, vision and stability. Ted has volunteered on the Lakes Region Chamber board since 2016, is a past president and prior to that served two term on the Greater Meredith Chamber board. Ted is always actively

involved, a community & Chamber champion willing to support all the Chamber’s initiatives, first to lend a hand and a true advocate. Mike Mullavey of Franklin received the 2020 Hurst Award sponsored by Franklin Savings Bank. First awarded to Dave & Carolyn Hurst in 2006, this award recognizes citizens of the Greater Franklin Area having demonstrated excellence in community leadership and most specifically have demonstrated a lifetime of passion for the betterment of the Greater Franklin community. Mike has demonstrated a lifetime of passion for the betterment of the Greater Franklin Community. Mike’s services include building original home of the Twin Rivers Intergenerational Program (TRIP) Center, 10 years of dedication to the Lakes Region Habitat for Humanity, the Odell Centennial Park Project, contributions to PermaCityLife and most of all a genuine advocate for the community of Franklin and it’s residents.

a commitment to leadership in public service or leadership in a civic organization. John has held several community hats over the years that have led him to his current role as Emergency Preparedness Coordinator for the Partnership for Public Health. John retired as Fire Chief with the Town of Gilford with 28 years at the Gilford Fire Rescue and served as a Deputy Coordinator for the Lakes Region Mutual Fire Aid for over six years. He shares his leadership experience as an active board member and presented to many Leadership Lakes Region graduates over the years.

Autumn Braley a senior at Newfound Regional High School received the 2020 Student Leader Award sponsored by Eversource recognizing today’s students is part of engaging and empowering our future workforce. Candidates must be currently enrolled in school. Their studies and extra-curricular activities show entrepreneurial spirit, peer leadership and a community to community service. A senior at Newfound Regional High School, Autumn is a true role model to her peers. Her engagement through school will lead her on a successful path for the future. Amber has served on the student council, as a class officer. She developed team skills through sports participation in soccer, basketball and track. She has been recognized for excellence in music including All New England Band and Jazz Band. Autumn is a member of the National Honor Society. We are honored to recognize this Lakes Region student and look forward to watching her achieve great things!

The Lakes Region Chamber is a private, non-profit organization striving to create and promote a more engaged community and thriving economy for the businesses in the Lakes Region. For a directory of Lakes Region businesses and a full community calendar of events, go to [LakesRegionChamber.org](http://LakesRegionChamber.org).

Jaimie Sousa of Independence Financial Advisors received the 2020 Young Professional Award sponsored by Meredith Village Savings Bank. This award recognizes an individual living and working in the Lakes Region, demonstrating a strong community engagement, leadership development and serving as an inspiring role model for others. From the moment Jaimie arrived in the Lakes Region, she planted roots. She volunteered as an ambassador for the chamber which led to the collaborative creation of Fusion NH, Lakes Region’s young professional organization and currently serves as chair of the Greater Lakes Region Children’s Auction. Jaimie is a leader, a collaborator and recognized as a community role model. John Beland of Partnership for Public Health received the 2020 Public Service Award sponsored by ClearChoiceMD Urgent Care recognizing an individual that demonstrates

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# Sanbornton reviews new police department, town offices

SANBORNTON — Continuing their review of Sanbornton town building needs, Sanbornton’s Building Construction Committee (BCC) will present their findings and proposed solutions at a series of public meetings in October and November. The October meetings will take place on Oct. 20 at 7 p.m., Oct. 22 at 7 p.m., Oct. 26 at 7 p.m. and Oct. 29 at 1 p.m. and will be held in the main meeting room at existing town offices (573 Sanborn Rd.). A number of meetings will be held in order to maximize town residents attendance in smaller groups abiding by Covid guidelines, thus facemasks are requested and guidelines will be upheld.

The BCC has held over 30 meetings over past months along with meetings with town leaders and visits to neighboring facilities. Working with the town’s engineering firm, Bonnette



Page and Stone (BPS), the committee has prioritized the needs of the Police Department along with needs at current town offices. The review resulted in eight different solutions put forth, including onsite current location and off-site locations. The final review captures two potential solutions which will be outlined in these public meetings.

The first solution includes an addition to current town offices

with the addition being implemented on the west side of the building resulting in a slightly larger footprint (500 square feet) than currently used in town offices. The existing town office building would be renovated and updated into a new police facility. This facility renovation will increase the footprint of the police station from its current 900+ sq. ft. to an approx. 2,600 square foot facility while bringing the facility up to cur-

rent building standards. It was clear in the committee’s review that the police department building is woefully inadequate in the safety and security of its employees and town residents.

The second potential solution involves a standalone building located in the field behind the Old Town Hall on land that was acquired several years ago for this potential purpose. That proposal also results in an approximately 2,600

square foot facility, albeit in standalone fashion away from the existing town office complex.

The subject of Police Department and Town Office building needs have been discussed many times over the past 20 years with multiple study groups in place to review those needs. The last study, taking place three years ago resulted in a proposal that carried a price tag of approximately \$5 million that was turned down

at town meeting. This current committee was tasked with identifying a more realistic number that results in both options referenced above being an approx. \$2.5 million solution. The committee heard loudly in its town-wide survey that residents agreed with the need, but the cost must be minimized.

These meetings are being held to allow town residents to review data as collected and to allow feedback to the committee. Overviews of the options reviewed along with financial outlooks will be available for town resident review.

This series of October meetings, along with tours of current police station and town offices will be followed up by a set of meetings in November, including a Saturday morning meeting to assist those with difficult schedules. Dates for the November meetings will be shared in coming weeks.

## Franklin Savings Bank promotes six employees

FRANKLIN — Franklin Savings Bank is pleased to announce the promotions of Brian Bozak, Garrett Henry, John Bortolotto, Sue Paradis, Tab Gerry and Heather Bisson. Brian Bozak was elevated to Executive Vice President, in addition to his existing role as Chief Operating Officer and Chief Financial Officer; Garrett Henry advanced to Senior Vice President and Senior Information Technology Officer; John Bortolotto was appointed to Regional Vice President and Commercial Loan Officer; Sue Paradis was promoted to Assistant Vice President, BSA, Risk Management, Security & Information Security Officer; Tab Gerry was elevated to Assistant Vice President, Senior Project Manager & Banking Systems Officer; and Heather Bisson advanced to Deposit Operations Officer.

“I am very pleased to recognize these individuals for their dedication and commitment to FSB, our customers and our communities. They exemplify the spirit of community banking and lead by example each and every day,” commented Ron Magoon, President & CEO. “We applaud them for their contributions to the bank and wish them continued success in their expanded roles.”

Bozak joined FSB in

2016 as Senior Vice President and Chief Financial Officer. Since then, he has assumed responsibility for the finance, retail, human resources, operations and risk management areas of the bank. With over 18 years of banking experience, Bozak is a graduate of the ABA Stonier Graduate School of Banking (2019) and holds an MBA in international business and is a CPA.

Henry began his tenure with FSB in 2003 as Network Services Manager and has advanced into management roles within the IT area. He is a graduate of the Northern New England School of Banking (2006) and the BAI Graduate School of Operations and Payments at Vanderbilt University (2008). In addition, he holds a B.S. in computer science from Keene State College and a M.S. in internet engineering from Marlboro College in Brattleboro, Vt.

Next, Bortolotto started with FSB in 2019 as VP, Commercial Loan Officer. He has more than 12 years of experience in commercial lending having held similar roles with Citizens Bank and NBT Bank, NA. He is a graduate of the Pennsylvania Bankers Association School of Banking and Vermont & NH Bankers Association RMA School of Commercial Lending. Bortolotto also possesses a

B.S. in finance and operations management from the University of Massachusetts (Amherst).

Paradis joined FSB in 2014 in the IT area before transitioning into the risk management department. She has over 19 years of experience, primarily in deposit operations and loan operations. Paradis received her BSA certification from the American Bankers Association (2019) and is a graduate of the Northern New England School of Banking.

Further, Gerry began her tenure with FSB in 2006 as a Teller and has advanced into other areas of the bank to include retail, electronic banking and IT. She has over 14 years of banking experience and is a certified Regulatory Vendor Program Manager. Gerry is also a graduate of the Northern New England School of Banking and New England College of Finance.

FSB welcomed Bisson to the team in 2014 as Contact Center & Online Branch Manager. Since then, she has been elevated into roles within deposit operations at the bank. She received accreditation as an ACH Professional from NACHA and holds certifications in health savings accounts and IRAs. Bisson is a graduate of the Northern New England School

of Banking and holds a B.A. in Spanish from the University of New Hampshire.

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, Instagram and YouTube.

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### FRH Lights of Memory celebration canceled

FRANKLIN — It is with a heavy heart the Franklin Regional Hospital Auxiliary has announced they will be cancelling their Lights of Memory celebration due to the Covid-19 outbreak. This event has been held on the first Sunday in December since the 1980’s.

The Franklin Regional Hospital Auxiliary has sponsored Lights of Memory for families across the country to remember their loved ones. Music would be the backdrop before 600 or more names are read. At the completion, there would be a tree lighting and refreshments.

Through the generous support of the community for Lights of Memory, the Auxiliary has been able to continue their mission of supporting the hospital, patients and staff as well as sponsoring many service projects throughout the year.

The Auxiliary expects to continue this tradition next year. Our hearts go out to everyone having to go through these difficult times. Please be safe and well.

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## Body language never lies

Mark Twain once wrote, “If you tell the truth, you don’t have to remember anything.”

There has been a great deal of chatter in town about transparency in national politics. While we like to focus on the facts, it’s been clear that as of late, facts are hard to decipher in the current climate. Misinformation runs rampant and several individuals stated that they just don’t know what to believe anymore. This led us to discussions regarding the FBI and how law enforcement personnel can spot tells, if someone is being untruthful.

According to body language experts, there are tells to let you know if a person is being dishonest. There are exceptions to the rule of course, but this tidbit of knowledge may come in handy or may serve as a bit of fun the next time you’re in a group setting.

Facial expressions, verbal cues and body language are said to give away a person who is fibbing. Experts say that these cues are due to chemical and physical reactions or nervousness.

If you are trying to decipher whether or not a person is fibbing, it helps to know how they act under normal circumstances. This way, you can determine if any responses are simply idiosyncrasies or tells.

The eyes say everything. Look for incessant blinking. Normally a person will blink up to six times every 60 seconds. If an individual is lying, they might blink five or six times very quickly. Further, pay close attention to how long a person closes their eyes mid conversation. If someone has closed their eyes for up to two seconds, they could be lying to you.

At some point, we’ve heard the notion that a person is lying if they look up and to the right, however this depends on whether or not the person is right or left handed. If a right handed person looks up and to the left, they are searching their memories and likely are being truthful. If they look up and to the right, they are searching their imagination, and preparing to create an answer. Keep in mind that some people could look straight ahead when trying to recall a memory.

FBI experts say that if you ask a person about something they have heard, their eyes will move towards the left ear. If eyes shift to the right, a lie could be coming. Eyes will move down and to the left if the memory is about one of the five senses. Again, eyes will move down and to the right if a person is about to lie. You can also tell if a smile is genuine if wrinkles form by the eyes.

Lying could cause a person’s face to itch. Watch to see whether or not a person is scratching their face while in conversation. Mouths tend to become dry when a person is lying as well. Lips that are pinched and colorless could also give away a person’s mis-truths.

A person may begin to sweat as well or blush. Blushing is the result of the release of adrenaline.

If someone is being truthful with you, they will typically shake their head in unison and in agreement with what they are telling you. However, the opposite is also true. If a person is shaking their head in disagreement with what they are saying, likely you are being lied to.

## Send your letters!

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## LETTERS TO THE EDITOR

To the Editor:

Worldwide, approximately one million have died of Covid-19, out of 33 million confirmed cases. That equates to a death rate of 3 percent, not the 6 percent originally predicted by the supposed “experts.”

Given well over 50 percent of those infected never show symptoms, there are clearly well over 33 million infected around the globe who have never even been tested. We also know that death statistics have been grossly exaggerated, particularly here in the US, where hospitals receive higher reimbursement if Covid is the primary cause of death. Putting these two known facts into the equation, we arrive at a death rate well under 1 percent, approaching that of the flu. And for this, we still have politicians, mostly Democrats, who want to keep our economy, our schools, our lives under lockdown...and then blame

## STRATEGIES FOR LIVING

BY LARRY SCOTT

It was in the mid-1990s that I had the opportunity to visit the Shaker Village in Canterbury and meet Ethel Hudson, the final resident. I was allowed to visit with her and for me, it was a moving experience. Ethel Hudson personified the dedication and commitment to an ideal that had lasted over two hundred years; I was impressed.

Never designated as an endeavor to establish a utopian enclave, Shaker Village nevertheless “challenged almost every mainstream ideal of American society during their time. Shakers believed in community ownership, pacifism, dancing in worship, equality of the sexes, celibacy, and living simply.” (From Canterbury Shaker Village – Official Site).

Man, it seems, has forever dreamed of a society without conflict, where men and women

share a common worldview, establish the rules, work together in harmony, and enjoy peace and good-will. Those who would dominate, who would subjugate the weak, who would challenge the harmony, would be ejected. This was meant to be utopia - or so the dream went - and those who would disrupt the unity would not be welcome.

The church also has not been immune to the drive to find peace and harmony away from a broken and troubled society. In its earliest day’s persecution forced the church underground. Even after achieving legal status, however, there was a segment of the church that wanted to live life away from the pressures of marriage and family and life’s pressures. St. Benedict of Nursia, as a case in point, founded the monastery of Monte Casino in Italy in 529 and became the seed of Roman

Catholic monasticism and holy orders. The Benedictines, the Franciscans, the Augustinians, the Jesuits among many others were to follow in time.

But this was never the way of Jesus. He challenged the Church to be salt and light - salt that permeates and light that illuminates - the day to day experience of societal life. The Church cannot, indeed, must not, withdraw from society. There is no other way for Christians to know what their contemporaries are going through and no other way to influence others for good.

We have been called ... and it is the purpose of this column to develop the thought ... to be living models of the goodness and grace of our God. We must demonstrate that Christianity works, not only when the sun is shining, but when we, as we read in Psalm 23, must “walk through the valley of the shadow

of death.” There can be no retiring from reality. Christianity works, no matter what our circumstances! I know what I am writing about!

Be that as it may, and whatever the pressures with which we must now live, there is a new day coming. The New Testament book of Revelation depicts a future day when Satan and evil will be finally eradicated and a new society under the leadership of Jesus Christ will come into being. Until then however, as Christians, we will continue to live our faith and proclaim without apology: our society needs, more than anything else, not a change of circumstances but a change of heart. Genuine happiness, peace of mind, and the strength to face whatever life throws our way, can best be found in Jesus Christ.

You want to talk about it? Hit me up at [rlarry-scott@gmail.com](mailto:rlarry-scott@gmail.com).

## Improved health literacy improves our lives

October is Health Literacy month which sounds good and helpful but what exactly is health literacy and why is it important? Health literacy is the ability for people to get information about health conditions that affect them in plain language that’s easy to understand so that they can make better decisions about how to live their lives, follow up tests they might need to ask their doctor about, and signs or symptoms that they may be experiencing that could be warning signs their condition has worsened or led to a more serious condition.

Studies have found that people with low health literacy are more likely to suffer from complications of illness and disease and less likely to seek out health care when they need it. This means that by the time they do seek help, their condition has often worsened enough that they require emergency care, or there are now permanent consequences of their disease pro-

cess.

A good example of a health literacy project involves recommended childhood immunizations. If caregivers and parents understand the importance of children staying up to date on vaccinations, like the MMR vaccine, and why they are still needed then they are more likely to get them on time and we can avoid outbreaks of measles like they did in New York City in 2019 when 702 people contracted measles due to non-vaccination, or making sure that we all get our tetanus shot booster every ten years when it’s due so that when we do have that unexpected encounter with a rusty nail or piece of barbed wire, we know that we’re protected from tetanus seizures so strong they can break bones!

For the vast majority of us who do have a chronic illness, a great example of health literacy is for people with high blood pressure to know what their blood pressure is, as well as what they’re recommended

range of blood pressure is, since providers will often give people on high blood pressure medicine a goal range for their blood pressures. High blood pressure is a chronic illness that can cause damage to the small vessels in our eyes, kidneys, fingers and toes causing strokes, kidney failure, and blindness. High blood pressure is insidious because when your blood pressure is high you may not feel any different even though it’s doing damage – this is where health literacy comes in. Understanding about your high blood pressure lets you know that you need to check your blood pressure because you may not feel like it’s high even when it is. Health literacy on high blood pressure can also teach people about ways that you can modify what you eat to help keep your blood pressure under control, that exercise can lower blood pressure and that medications might be needed if your provider recommend it.

Those are just two ex-

amples of why health literacy is important, but there are so many more! This month we’d like to encourage you to increase your health literacy and then share that knowledge with someone close to you who could benefit from it, since increasing health literacy helps to improve the health of all of us. When we have a healthy community it decreases health care costs, improves quality of life, and increases longevity - things we all want!

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## A little Covid sanity

it all on Pres. Trump.

As an emergency physician, I can tell you, we are seeing higher overdose rates, suicides and cases of depression due to this lockdown mentality. But no one really wants to talk about these or Sweden, which did not lock down and has a death rate similar to countries that did. We’re only told of the rising number of positive tests and not told that our death rate is steadily dropping.

There are three C’s that are needed to contract Covid. Close contact, in a Confined environment for a Continuous period of time. Think stuck in an elevator with someone. Masks will not protect you from an airborne illness. If there is Covid in the air, it will go right around the edge of your mask and into your lungs when you inhale. Masks will only reduce the amount of Covid projected into the air from an

infected person. They should be used to quarantine the sick, not the well. I think Americans should decide for themselves if they want to accept the risk in attending a sporting event or eating at a restaurant with or without a mask. President Trump shares this right of self-determination. There is no shortage of Democrats who want to keep our schools, economy and places of worship shut down for “our own protection.” There is no science to back them, nor does the Constitution give them this authority. Vote Republican Nov. 3 and preserve your right of self-determination.

DAVID STRANG, MD  
GILMANTON



North Country Notebook

# To this day, I'll still call it (now and then) "the ice-box"



By JOHN HARRIGAN  
COLUMNIST

The three months beginning with the first of October are generally considered the Months of the Hunt, which have their own inaugural Hunter's Moon, the first full moon in October.

For many people who raise their own animals for food, it is also slaughtering time. This is why so many butchers and meat-cutters are so busy right now, and why so many people who can't take care of their own deer or moose have a hard time finding professional help.

Ideally, you have abundant work-space and the proper tools at hand--sharp knives, a bone-saw, abundant

freezer space--and the knowledge and experience to cut up large animals. It is hard and meticulous work.

When I got my first deer, we still had what was known as "the freezer-locker" in town, which offered community food storage before the advent of individual freezers. Our family had a locker there, and I remember a lot of hanging bears, back when it was legal to sell dead bears. Local farmers, loggers, and hunters did a brisk business selling them to out-of-staters.

+++++

During my growing-up years at least one customer on the street waited for a man with ice-tongs to come around once a week--every two weeks in cooler weather.

This was Belle Frizzell, who was just a year or two shy of 100 when I first remember going up the stairs to her second-floor apartment. She baked lots of cookies, and kept plenty on hand for the neighborhood

kids.

Grammy Frizzell was among the last in town to still have an ice-box, the original name for the household refrigerator. I can clearly remember the ice-man coming around in his truck with a freezer-box on the rear, reaching into it with a big pair of tongs, and throwing a big cube of ice over his shoulder as he headed for Mrs. Frizzell's staircase.

There were always chips of ice for us kids, and of course Grandmother Frizzell's cookies in the big glass jar.

+++++

The Lafond family ran the freezer lockers, and old Mr. Lafond kept the knives sharp and the younger generations too. Our parents had a freezer locker there, as did many other families in town.

When I killed my first deer at age 13, we hung it in the barn until it was time to skin it out and take it down to Mr. Lafond. "It's gotta

be clean," were his brief instructions to my Mom. At that age I was heedless of ticks as I sliced carefully and the deer's hide fell around my neck and shoulders. In fact, I'd probably never heard the term "tick."

The carcass was clean, all right--I wiped it with a damp cloth to get rid of stray hair, and we wrapped it in an old sheet before loading it into the trunk and taking it down to Mr. Lafond.

According to my deer's teeth and a biologist's best guess, my doe was seven and a half years old, pretty old for a New Hampshire deer. Back-straps and a few other choice cuts aside, Mr. Lafond recommended grinding it up for hamburger, with a fourth measure of pork fat ground in. "It sure stretched the budget," my Mom said.

+++++

Many Americans still look their supper straight in the eye, which is why most farm fam-



COURTESY

The caption reads: "Into the 1930s, households used large blocks of ice...", which means that my neighborhood was a little bit behind the times. (Courtesy of the Sloane Collection)

ilies avoid giving their animals names. Still, the very notion of an ice-box seems like a TV on the fringe of reception.

Belle Frizzell used to mangle shirts to make a little pin-money, I can remember just that much more. She was a neat lady, with her hair in a bun and several big pins sticking through.

Who remembers such times, a way of life when mention of the ice-man meant more than a Broadway play?

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

## MARK ON THE MARKETS

### "Safe money"



BY MARK PATTERSON

Since the Federal Reserve can't raise rates substantially, we are stuck with very low bond yields, money market or CD rates. These are places that we all kept that "safe money" for un-expected events. But a common theme that I now see with many clients is, money sitting in bank accounts earning little to no interest. No matter what happens in these crazy elections, I am betting on some real volatility in our equity and debt markets.

Let me share a couple of alternatives that could give you the liquidity that you desire, but

maybe offer some real value.

The first scenario is a 62 year old female with \$100,000 in the bank or credit union getting 1% on her money. She wants the money available to her, but is tired of low returns. She also would like a plan to offset some of the potential cost if she were to need home health or facility care. By shifting the money to this account she could receive, an immediate long term care benefit of 191,629 which she can spread over 50 months. Her account will be credited with a minimum of 3 percent interest per year. If she has not used this money it would be a death benefit to her beneficiaries, tax free. If she needed access to her money, she can request a return of \$100,000 premium, less money used by her, at any time.

This is called an Asset based long term care policy, with return of premium. This is an underwritten policy that usually requires a phone interview and possibly

medical records. But for those of you who do not have long term care coverage or would like to get some of those assets working while maintaining liquidity this could be a great option.

The same 62 year old woman with \$100,000 earning low interest wants the ability to get at her money but recognizes the need for growth. Her \$100,000 premium receives an immediate 6% bonus, bringing her account balance up to \$106,000. Her account value may increase due to positive index gains relative to equity indices, and she will not be exposed to market losses. In the future she can take guaranteed lifetime income without the loss of control of her money. Because of the return of

premium rider, she can request that her original premium, or surrender value (whichever is greater) will be returned to her at any time.

This is an Indexed annuity with a return of premium rider. A few companies offer them with this type of rider. Also keep in mind that these scenarios are just that, and everyone's situation is different.

These are just a few methods of taking that "Safe money" and putting it to work and maintaining that ability to get your money back if you need it. You are welcome to call with questions.

The implementation of certain insurance based products into your portfolio of investment assets can offer stability and sustainable predict-

able income to the "at risk" portion of your assets.

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).

### Shaker Regional School District

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## CHILDFIND CLINIC

Are you concerned about your child's development? Do you suspect that your child may have a disability? We will be holding a "Child Find Clinic" on Monday, October 26, 2020 at Belmont Elementary School from 1:00 – 3:00 pm for children age birth through 6 years old. Certified staff will screen students for possible learning disabilities, speech and language disabilities, motor skills, and overall developmental functioning. The clinic is open to any resident of Belmont or Canterbury, but APPOINTMENTS ARE REQUIRED. Please contact the SAU office at 267-9223 ext. 5306 for additional information or to make an appointment.

## TILTON POLICE LOG

TILTON — The Tilton Police Department responded to 405 calls for service and made the following arrests during the week of Sept. 28 to Oct. 4.

Arrested during this time period were Timothy Hodgman (for Reckless Operation, Resisting Arrest, Possession of Drugs, being a Felon in Possession, and for being a Habitual Offender) and Rebecca Hanson (in connection with a warrant).

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### Edward Jones: Financial Focus

#### Avoid Financial Mistakes During Retirement

When you retire, you've learned a lot about all sorts of things, helping you avoid some of the mistakes you made earlier in life. However, you may still be susceptible to financial missteps specifically related to your retirement years. How can you dodge these errors? Consider these suggestions:

- Manage your withdrawal rate carefully: You will likely need to tap into your retirement accounts – your IRA and 401(k) or similar employer-sponsored plan. But you should establish an annual withdrawal rate that's appropriate for your situation. By withdrawing too much each year, especially in the early years of your retirement, you risk outliving your resources. You may want to consult with a financial professional to determine the withdrawal amount that's right for you. (Keep in mind, though, that once you turn 72, you will be required to take out at least a

certain amount each year – based on your age and account balance – from your traditional IRA and 401(k) or similar plan.)

- Don't underestimate health care costs. Once you turn 65, you will be eligible for Medicare, but you may still need a Medicare supplement plan and will probably also incur other expenses. In fact, A healthy 65-year-old couple who retired in 2019 will need nearly \$390,000 over their remaining years just to pay for health care, according to HealthView Services, which produces health-care cost projection software. Other estimates show different amounts, but they all amount to hundreds of thousands of dollars. So, when calculating your expenses during your retirement years, reserve a big space for health care.
- Don't take Social Security too early. You can start receiving monthly Social

Security checks when you reach age 62, but your payments will generally be significantly larger if you wait until your "full" retirement age, which will probably be between 66 and 67. (The size of your payments will "max out" at age 70.) Of course, if you need the money at 62, you may have to take it, but if you believe you have longevity working in your favor, and you can afford to wait, you may be better off by delaying Social Security as long as possible.)

- Don't invest too conservatively. Once you're retired, you might think that you should take as few chances as possible with your investments – after all, you simply have less time for them to bounce back from a downturn than you did during your working years. Nonetheless, it's important to own a reasonable percentage of growth-oriented investments to help keep you

ahead of inflation. Even at a low rate, which we've experience recently, inflation can erode your purchasing power over time.

- Don't be more generous than you can afford. If you have grown children who need financial help, or grandchildren heading to college someday, you'd no doubt like to do whatever you can to provide assistance. However, the hard truth is they simply have more time than you do to find workable financial solutions, whereas if you deplete your funds through your generosity, you could put yourself in a precarious position. So, be as giving as you can afford – but don't go beyond that. By preserving your financial independence, you'll end up benefiting your family, as well.

Retirement can be a wonderful time of your life – and you may enjoy it more by doing what you can to avoid costly financial mistakes.

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Member SIPC



# Belmont girls take a pair from Golden Eagles

BY JOSHUA SPAULDING  
Sports Editor

GILFORD — The Belmont girls' soccer team met up with the Gilford Golden Eagles on Monday, Oct. 5, and came through with a solid 3-1 win.

"In a game that was tight throughout, we were able to make a couple of more plays to secure the win," said coach Mark Dawalga.

Rebecca Fleming got things going early on and scored the first goal of the game with a shot

that bent into the far post for the 1-0 lead.

Fleming scored her second goal in the 56th minute on a corner kick from Darci Stone and then Stone scored the third goal on a bending shot for the final tally of the day in the 70th minute.

"Give Gilford credit, they never quit," said Dawalga. "Gilford is a very good team and they played hard for 80 minutes."

Gilford scored their lone goal of the game

with five minutes to play.

Emma Cochran made 14 saves for the Raiders and Lena Rodrigues, Morgan Hall and Courtney Burke all had solid game according to Dawalga.

The two teams met again on Thursday, Oct. 8, and this time it was double overtime that was needed before Belmont got the 4-3 win.

Gilford scored in the first 20 minutes to take the lead, but Belmont scored the next three goals. Stone got the scor-

ing started with a goal from 25 yards out to tie the game. Stone then sent a shot off the crossbar but Rodrigues was there to knock it home, putting the Raiders up 2-1.

Ten minutes before halftime, Fleming scored the third goal on a corner kick from Stone and Belmont took the 3-1 lead to halftime. Gilford changed up its formation at halftime and scored two goals in a span of eight minutes to tie the game at three.

In the 92nd minute, Molly Sottak took a corner kick and Rodrigues scored her second of the game to give the Raiders the win.

"Give Gilford credit, they played a great game today," Dawalga said. "In a game that could have gone either way, I was so proud of my kids today. It took a total team effort to win that game."

"As a coach, you learn a lot about your team in games like this," he continued. "It would have been easy for us to put

our head down when they scored two goals early in the second half to tie it up but we didn't."

Belmont will be in action today, Oct. 15, at 4 p.m. at Kennett, will be at Laconia on Monday, Oct. 19, at 4 p.m. and will host Laconia at 4 p.m. on Thursday, Oct. 22.

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

## Golden Eagles push their way past Belmont



Gilford's Lindsey Sanderson goes up for a block as Belmont's Sarah McLaughlin tries to push the ball around her.

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BY JOSHUA SPAULDING  
Sports Editor

BELMONT — When Belmont volleyball coach Andy Edgren first moved to the area, the first team he heard about was the Gilford Golden Eagles.

However, until last Monday night, he had never had the chance to play against Belmont's neighbors since the Golden Eagles are in Division II and the Raiders are in Division III.

And while Gilford lived up to the reputation as the defending Division II champions with a 3-0 win, Edgren walked a way happy with how his team played.

"We're trying to not

focus on the scoreboard," Edgren said. "You have to do what you have got to do and do it as well as you can."

"For me, this was a victory," Edgren added. "They fought hard for every single point."

"What is really exciting is that I got to play all the players," said Gilford coach Amy Tripp. "If they don't get the game experience, when you really need them, they don't have that."

"It's a good opportunity for them to show their stuff," Tripp added.

Out of the gate, Gilford got the first three points, with Kate Sullivan getting a big hit and a nice tip at the net while Riley McDonough also added a hit. Belmont bounced back with Kat Davies contributing a pair of aces to pull the Raiders even and then put them in the lead by a 4-3 score. Gilford got a nice tip from Callista Shepard to go back a head but Belmont answered with a hit from Madeline Johnson.

Gilford had another hit from Shepard and then a great service run from Sullivan, including three aces, pushed Gilford up to a 13-6 lead. Lindsey Sanderson had a great serve receive for the Golden Eagles and then added a couple of service aces as they built up the lead. Abby Seal had a nice block at the net before Johnson answered with a service ace for the Raiders. Serena Pugh and Seal each had solid hits to close out the 25-12 win.

Belmont got out to a 3-0 lead in the second set, with Lilly Carter getting a service ace. Sullivan helped bring the Golden Eagles back and Maddy Spaulding added a hit to push the visitors to the lead. Sullivan had a pair of service aces before Mady Cryans found

a nice spot for the Raiders. Spaulding added another nice tip at the net as Gilford continued to build up the lead, going up 19-8.

After Belmont got a point, Sophia Lehr got Gilford back on track and then Ashley Sanderson added a pair of service aces. Belmont got back on the board, but Lehr had a service ace to increase the lead to 22-10. The hosts battled back, with Davies getting a couple of solid plays and a service ace while Brooke Vetter and Isabella McDonald also chipped in with strong play, cutting the lead to 23-16.

However, Gilford closed things out with two points and took the 25-16 win for the 2-0 lead.

In the third set, Belmont got out to a 4-0 lead behind a couple of service aces from Davies. A couple of nice plays at the net from Sullivan and one from Alexa Leonard got Gilford right back in along with a great service run from Harper Meehan. She brought them from a 4-1 deficit to a 17-4 lead, with three aces thrown in and some nice hits from Sullivan and Shepard getting key hits.

After Belmont got back on the board, Gilford got another service ace from Leonard. Belmont answered with a solid run of their own, battling back from a 21-8 deficit to cut the lead to 21-12, with McDonald getting an ace at the line. Cryans had a nice tip at the net and Davies had a service ace as Belmont tried to slow down the Gilford run, getting to 23-15 before Gilford was able to close out the 25-16 win.

"We served tough, but we missed five serves, which was the most we've missed all year," Tripp said. "There is always stuff to learn, but I thought we executed what we wanted to do."

She noted that Seal had some solid play in the middle as a freshman and Meehan's service run was strong as well. She also pointed out that the team did a good job getting the ball to the setter effectively.

"From the beginning of the year, we knew we had some pretty tough odds with the teams we're playing," Edgren said. "I don't want them to measure success by the scoreboard."

"When you play Gilford, they're going to have hitters who just crush the ball and you can't stop that," Edgren continued. "What we can stop is the ball from trickling over the net and focus on the fundamentals."

The Belmont coach praised the work of Alyzabeth O'Connell, who stepped in as the team's libero and has been playing well in that position.

Belmont will be in action on Friday, Oct. 16, at home against Kennett at 6:15 p.m. On Monday, Oct. 19, the Raiders will host Winnisquam at 6:15 p.m. and then visit Moultonborough at 6:15 p.m. on Wednesday, Oct. 21.

Gilford will be hosting Kingswood today, Oct. 15, at 5:45 p.m., will be at Plymouth on Monday, Oct. 19, at 5:45 p.m. and will be hosting Plymouth at 5:45 p.m. on Thursday, Oct. 22.

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



Sophia Lehr of Gilford goes up for a hit as Isabella McDonald looks to make a block in action last week.

## PET OF THE WEEK

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

## JOAN

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# Koroski rushes Kennett past Gilford-Belmont

BY JOSHUA SPAULDING  
Sports Editor

GILFORD — It was billed as a battle between two teams expected to be amongst the best in Division II in this unusual pandemic-shortened season of football. Gilford-Belmont entered at 2-0 after decisive wins over St. Thomas and Kingswood and Kennett entered at 1-1 after a big win over Inter-Lakes/Moultonborough and a fourth quarter Plymouth rally the previous week that saw the Eagles edged by one. When the final horn sounded over The Meadows on Saturday afternoon, the visiting Eagles had bounced back from their loss while the host Golden Eagles were dealt their first loss of the season.

“Last week, we saw what our potential was on the field,” said Kennett coach Vaughn Beckwith. “We knew we had to take care of business and be resilient. “And I think we did that today,” he added. “We knew coming in we had to play pretty good football and execute and take care of stuff on our end,” said Gilford-Belmont coach Josh Marzahl. “We didn’t accomplish that today and they’re too good a program to make mistakes.” The Eagles got the ball to start the game and after a pass to Cole Salyards on the first play, stuck mostly on the ground, with Tanner Bennett, Kyle Perry and Salyards taking the ball up the field. A Gilford-Belmont penalty on fourth down gave the Eagles a big first town at the 10, but a fumble



Nate Baumiester of Gilford-Belmont goes up to break up a pass to Kyle Perry of Kennett in action Saturday.

JOSHUA SPAULDING

recovery by Johnathon Mitchell got the hosts the ball. However, their first drive didn’t last very long, as Kennett’s Bobby Graustein recovered a fumble for the Eagles on the first play of the drive to get the Eagles the ball back inside the 10. From there, it took just three plays and Evan Koroski barreled into the end zone from one yard out for the touchdown with 6:17 to play in the first quarter. Evan Dascoulias booted the extra point and Kennett had the 7-0 lead. Gilford-Belmont started with runs from quarterback Jack McLean and Blake Descoteaux before McLean connected with Brandon Gallagher for a first down. However, the hosts went

no further and punted away. Kennett got a first down on a run from Salyards but also was forced to punt the ball away as time was running out in the first quarter. The Golden Eagles went three and out as the second quarter got underway and Kennett got back to the end zone on the ensuing drive. Quarterback Parker Coleman hit Kyle Perry for a 25-yard pickup on the first play and Bennett carried the ball most of the rest of the way, with Coleman also hitting Salyards for a first down gain. Koroski again got the nod from the one-yard line and he carried in with 7:24 to go. Dascoulias added the extra point and Kennett’s lead went to 14-0. Graustein and Brandon Santuccio got in the backfield for a sack to start Gilford-Belmont’s next drive but the Golden Eagles appeared to be out of trouble when McLean hit Isaiah Reese with a pass up the middle. However, a penalty brought the ball back and the hosts eventually punted. Kennett went three and out on their next drive and a punt that was hampered by the gusting winds set Gilford-Belmont up inside the 25-yard line. McLean, Descoteaux and Mitchell all got runs to start the drive and then McLean found Curtis Nelson for a 17-yard touchdown pass with 2:41 to go in the first half. McLean also booted the extra point and the hosts were on the board, down 14-6. Kennett moved the ball quickly down the field, with Bennett and Salyards running and Dascoulias and Salyards each catching passes, but a nice breakup on third and 10 by Nate Baumiester helped Gilford-Belmont squelch the rally and the game went to the half with Kennett up 14-7. Gilford-Belmont went

three and out on the first drive of the second half and Kennett responded by eating up a good chunk of time with an 80-yard drive. Bennett did most of the running, with Salyards catching a Coleman pass for a key first down. The hosts appeared to have a turnover when Jalen Reese picked off a Coleman throw but a penalty negated the play and the Eagles moved to the three, with Koroski again getting the call to go in the end zone and Dascoulias booted the extra point for the 21-7 lead with 5:14 to go in the third. The Eagles managed to recover the ensuing kickoff after it hit off a Gilford-Belmont player. However, the Golden Eagle defense held tight. Koroski and Coleman did have first down runs but a big sack from Malik Reese helped Gilford-Belmont stop the drive and get the ball back. However, the hosts went three and out on their next drive as the third quarter came to a close.

Koroski got the bulk of the carries on Kennett’s next drive, with Bennett also getting three carries, but the drive eventually petered out and Gilford-Belmont got the ball back. However, their drive lasted just three plays, as Isaiah Scharnowske stepped in front of a McLean pass and got Kennett the ball back. The Eagles needed just two plays to get to the end zone, as Bennett broke free for a 36-yard touchdown run with 6:12 to go for the 27-7 lead. Consecutive sacks from Bennett and Santuccio ended Gilford-Belmont’s next drive and Kennett was able to eat up the clock with Bennett, Koroski and Coleman and held on for the 27-7 win. For Beckwith, Koroski was a new option in the ground game after he hadn’t touched the ball on offense at all the previous week. “We felt like we needed some short yardage formations,” said Beckwith. “We were able to grind it out and get first

downs and kill the clock at the end. “We didn’t know how they were going to line up, but we liked what we saw,” the Eagle coach continued. After failing to finish the previous week, Beckwith noted it was important to make sure the Eagles didn’t back down this week. “We were a little worried in the third at 14-7,” he said. “It’s still a tight game, so we were talking about finishing. And we were able to finish with a touchdown. “Two (McLean) is a pretty capable player; we respected what he can do,” Beckwith added. “He threw some passes against us last year that hurt us.” For the Golden Eagles, they are in the process of installing a different offense built around McLean after starting quarterback Alex Cheek was lost for the season after a week one injury and Marzahl noted that the team struggled to find an identity on offense. “I thought our offense took a step back today,” the Gilford-Belmont coach said. “We have to find a way to score more points. “Every time you count on your defense to get that many stops, consistently, that’s a lot of pressure on the defense,” Marzahl continued. “Our defense did what they could.” He pointed out that it was McLean’s first start at quarterback and he expects that the senior will rebound and help lead the team forward. “He’s got the tools to make it happen,” Marzahl said. Gilford-Belmont will be on the road at Winnisquam on Saturday, Oct. 17, at 2 p.m. while Kennett will be on the road at St. Thomas on Friday, Oct. 16, at 6:30 p.m.

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

## HIGH SCHOOL SLATE

### 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

### Friday, Oct. 16

BELMONT  
Cross Country at Gilford; 4  
Volleyball vs. Kennett; 6:15  
GILFORD  
Cross Country Home Meet; 4

### Saturday, Oct. 17

BELMONT-GILFORD  
Football at Winnisquam; 2  
WINNISQUAM  
Field Hockey at Kingswood; 7  
Football vs. Gilford-Belmont; 2

### Monday, Oct. 19

BELMONT  
Boys’ Soccer vs. Winnisquam; 4  
Girls’ Soccer at Laconia; 4  
Volleyball vs. Winnisquam; 6:15  
GILFORD  
Boys’ Soccer at Plymouth; 3:30  
Girls’ Soccer vs. Plymouth; 3:30  
Volleyball at Plymouth; 5:45  
WINNISQUAM  
Boys’ Soccer at Belmont; 4  
Volleyball at Belmont; 6:15

### Tuesday, Oct. 20

BELMONT  
Cross Country at Prospect Mountain; 4  
Wednesday, Oct. 21

BELMONT  
Volleyball at Moultonborough; 6:15  
Thursday, Oct. 22

BELMONT  
Girls’ Soccer vs. Laconia; 4  
GILFORD  
Boys’ Soccer vs. Plymouth; 3:30  
Girls’ Soccer at Plymouth; 3:30  
Volleyball vs. Plymouth 5:45



Gilford-Belmont’s Brandon Gallagher knocks away a pass intended for Kennett’s Evan Dascoulias Saturday afternoon in Gilford.





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CROSS COUNTRY

CONTINUED FROM PAGE A1  
in 20:28.

Micah Edgren finished in 21:34 for eighth place and Christopher Pare was 10th in 21:49.

Charlie Carroll-Burr finished in 13th place in 22:48 and Baidyn Lewis rounded out the scoring for Belmont with a time of 23:12 for 14th place.

Evan Christiansen finished in a time of 24:41 for 17th place, Tanner McKim placed 21st in 25:38, Cody Annis was 22nd in 25:41, Michael Annis finished in 27:20 for 25th place and Brice Boisselle finished out

the field of Raiders in 30:57 for 27th place.

In the girls' race, it came down to Belmont's Aurora Couto and Winnisquam's Faith Gosselin.

In the end, Couto took the victory on her home course, finishing in a time of 22:43 to lead Belmont.

Alyssa Edgren was next in for the Raiders with a fifth place finish in 24:28 and Emilie De-Francesco finished in a time of 28:40 for seventh place overall.

Isabella Lewis rounded out the field of Raiders with a time of 39:57 for 18th place overall.

For Winnisquam,

For more information about Spaulding Academy & Family Services and their comprehensive special education services, visit SpauldingServices.org. Current employment opportunities and details about benefits and incentives are posted at SpauldingServices.org/careers.

About Spaulding Academy & Family Services Spaulding Academy & Family Services is a leading provider of educational, residential, therapeutic and community based programs and services for families, and children and youth with neurological, emotional, behavioral, learning or developmental challenges, including Autism Spectrum Disorder and those who have experienced significant trauma, abuse or neglect. Established in 1871,

Gosselin ran to second place overall in 22:49.

Brianna Harlow was next, finishing in fourth place in a time of 24:28 and Marguerite Parker was 11th overall in 30:16.

Amber Drinkwine rounded out the field of Bears with a time of 35:00 for 16th place overall.

Belmont is scheduled to be at Laconia on Friday, Oct. 16, and at Prospect Mountain on Tuesday, Oct. 20, both at 4 p.m.

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

Spaulding Academy & Family Services is a tax-exempt 501(c)(3) non-profit that was formerly known as Spaulding Youth Center since 1958. Our scenic hilltop campus is located on nearly 500 acres in Northfield, NH and welcomes boys and girls from ages 4 to 21 from around the state of New Hampshire and beyond. In addition to programs provided on our Northfield campus, Spaulding's community based programs include foster family licensing, Individual Service Option (ISO) foster care, ISO in-home services, child health support services, and more for children ages 0 to 20 and their family. For information about Spaulding Academy & Family Services, visit www.SpauldingServices.org.

For more information about the Meredith Village Savings Bank Fund or to download an application, visit www.mvsb.com.

Unlike a stock bank, MVSB is a mutual savings bank that operates for the benefit of their depositors, borrowers and surrounding communities. As a result, MVSB has remained steadfast in fostering the economic health and well-being of the community since being was founded in 1869. For over 150 years, Meredith Village Savings Bank (MVSB), has been serving the people, businesses, non-profits and municipalities of the Lakes and Seacoast regions of New Hampshire. MVSB and their employees are guided by the values of accountability, mutuality, excellence, respect, integrity, teamwork and stewardship. To learn more, visit any of the local branch offices located in Alton, Ashland, Center Harbor, Gilford, Laconia, Meredith, Moultonborough, Plymouth, Portsmouth or Wolfeboro, call 800-922-6872 or visit mvsb.com.

TANGER

CONTINUED FROM PAGE A1  
owns, or has an ownership interest in, a portfolio of 38 upscale outlet shopping centers. Tanger's operating properties are located in 20 states and in Canada, totaling approximately 14.1 million square feet, leased to over 2,700 stores which are operated by more than 500 different brand name companies. The Company has more than 39 years of experience in the outlet industry. For more information on Tanger Outlet Centers, call 1-800-4TANGER or visit the Company's Web site at www.tangeroutlets.com.

SOCCER

CONTINUED FROM PAGE A1  
charging toward the goal and directed the ball in the net for the 1-0 lead.

And that was all the scoring, as both teams held tight on the defensive end and didn't allow another goal.

"Defensively, I thought we played well," said Belmont coach Mike Foley. "But we made the cardinal sin where everyone was calling for the goalie to get the ball and the goalie wasn't calling for it."

"We're playing well defensively," said Gilford coach Dave Pinkham. "And their keeper (Bivens) made some unbelievable saves."

Belmont had the game's first corner but could not convert. Tristan Reinhold made a run in for Gilford but Jamison Gaudette stepped up with a defensive stop for Belmont. Anthony Aguiar had a shot go wide for the visitors and Keenan had a shot from the side that Bivens corralled. Gilford's Owen Guerin had a shot ripped on net that forced Bivens to make a diving save. Aguiar had another bid go wide of the net.

The Raiders had a long direct kick in that Gilford keeper Thomas Donnelly came out to grab. Nate Sottak ripped the ball through the crease for the hosts and Chance Bolduc came back for Gilford with a shot off the crossbar. Reinhold got to the rebound, but his shot was deflected.

Just a few ticks past the midway point, the Golden Eagles got their goal, with Keenan getting the tally. Belmont came back with Sottak making another cross in front, but Gilford cleared the ball. Guerin sent a

About the Civic Alliance

The Civic Alliance is a nonpartisan business coalition that strengthens our democracy by supporting safe, healthy and trusted elections and inspiring every American to participate in shaping our country's future. Founded by the CAA Foundation and Democracy Works, the Civic Alliance cultivates a community of companies united by a shared belief that an active democracy is good for business and an engaged business community is good for democracy. With its valuable tools, resources, events and partnership opportuni-

ties, the Civic Alliance helps companies engage employees and consumers as active participants in civic life. Join us at civicalliance.com.

About HeadCount

Since 2004, HeadCount has registered over 650,000 voters and worked with a long list of musicians and partners including Ariana Grande, JAY-Z, Beyonce, March for Our Lives, RuPaul's DragCon, MTV, and Dead & Company. With 40,000 volunteers, HeadCount ranks as one of the most active grassroots civic participation organizations in the United States.

Meredith Village Savings Bank Fund grant applications due Oct. 15

MEREDITH — Local nonprofits who wish to apply for the Meredith Village Savings Bank Fund grants can do so prior to Oct. 15. More information and the application can be found on the Bank's website at mvsb.com/about/community-involvement/.

Established in 1997, under the leadership of John Starrett, then President and CEO of the Bank, the MVSB Fund makes grant-based contributions to non-profit organizations that enrich and improve the quality of life for residents living in the Bank's service areas. Since the Fund's inception, 398 grants totaling \$1,636,248 have been awarded to a wide range of environmental, social, educational and historic projects throughout the greater Lakes Region, Plymouth and Seacoast areas of New Hampshire.

The Fund has supported literacy programs, after-school programs, environmental monitoring, as well as education and restoration of historic struc-

tures, organizations that provide support for individuals and families in challenging circumstances and equipment that helps save lives. While not focused on a particular category, Fund administrators are mindful of the receiving organization and their contribution to the quality of life in the communities being served.

Grants generally range from \$1,000 to \$15,000 and are awarded to 501(c)3 nonprofits and public agencies based in the Lakes Region, Plymouth and Seacoast areas.

The Fund supports projects that represent a high priority for the applicant organization and are related to their mission or development; demonstrate a clear, practical plan with objectives for services, participation and results; leverage other funding and/or voluntary support; offer evidence that project objectives will be accomplished within the grant period and demonstrate cooperation and collaboration with other organizations to provide greater community impact.

Club Soda Band to perform at Rotary Riverside Park

LACONIA — The Belknap Mill welcomes back the Club Soda Band for a fall concert in Riverside Rotary Park Saturday, Oct. 17 from 2-4 p.m.

This four piece band is based out of Concord, New Hampshire and has over 30 years experience entertaining audiences of all kinds throughout New England. They play the "Best of Top 40" hits from the '50's to today. New Hampshire Safety Guidelines will be followed and socially distanced squares will be painted in the park for our patrons. Come and enjoy an afternoon snack from the Winni Wagon and stroll along the river taking in the creativity of Lakes Region locals and the Community Duck Decorating Exhibit.

The 4th Annual Riverside Duck Derby kicks off when the ducks are dropped from the Avery Dam Bridge and will race down the Winnepesaukee River. Purchase your ducks at Northway Bank in Laconia, Happy Cow Ice Cream in Laconia or online through the Belknap Mill's Facebook page or Web site (https://belknapmill.z2systems.com/np/clients/belknapmill/eventRegistration.jsp?event=569&fbclid=IwAR3dtSp4azMPzWIEPPsVxAOPlwX2svwbKN3wFeJ73URQou3zpbJQICHAO4m0).

The first 10 ducks to cross the finish line will win prizes donated by Laconia and Lakes Region businesses. The 1st place winner will take home the \$250 CASH prize! Nine other winners will be drawn.

Special thanks to our 2 020 Media Sponsors 104.9 the Hawk and Lakes FM 101.5, Laconia Kiwanis for being our first place sponsor. For more information please contact us at: 524-8813 or email us at Operations@belknapmill.org.



Tristan Reinhold of Gilford squeezes between Belmont's Jason Gaudette and Liam Waldron in action last Monday.





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Tilton: The last cape home available at Highland Ridge! 3BR/2 1/2BA spacious home with a modern kitchen, open concept living space, cathedral ceilings, & attached garage.



\$279,000

MLS# 4828243

Laconia: Subdivision opportunity w/ plans for 20-lots on 24 acres. City water & sewer, survey, topography, and engineering plans are on hand. A rare opportunity!



Introducing Lake Winnepesaukee's  
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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 BR 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 \$705,000**

\* 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.



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Coldwell Banker: [www.cbldmill.com](http://www.cbldmill.com)

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**INSPECTION: For registered bidders only** Thursday, October 22nd from 9:00 a.m. to 4:00 p.m.

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**PROPERTY INSPECTIONS:** Thursday, October 22nd from 9 a.m. to 4 p.m., and Tuesday, October 27th from 2 p.m. to 4 p.m.

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# HELP WANTED

## TOWN OF THORNTON



### ZONING BOARD of ADJUSTMENT NOTICE OF MEETING/PUBLIC HEARING

Thursday, October 22, 2020

The Zoning Board of Adjustment for the Town of Thornton will hold a Public Meeting on **Thursday, October 22, 2020**, beginning at **7:15 PM** at the Thornton Town Offices for the purpose of conducting the following business:

7:15 p.m. Continued APPLICATION/PUBLIC HEARING: Public Hearing on an application filed by property owner, SMA Realty Trust, Michael C. Sununu and James G. Sununu, Trustees [Applicant: Vertex Tower Assets, LLC], for "VARIANCE" as provided under ARTICLE VI SECTION 3, ARTICLE IV TABLE OF USES AND ARTICLE V.B of the Thornton Zoning Ordinance. Proposed construction of a wireless communication facility in the General Residential Zoning District, which will be 176' tall [182' to top of highest appurtenance] on Upper Mad River Road [Tax Map 17 Lot 5-21] with an access on Treeline Road [Tax Map 12 Lot 5-9].

The Town Hall is open to the public and the public is allowed to attend; however, due to social distancing and limited capacity, the public is encouraged to participate remotely using ZOOM by going to <https://zoom.us/j/8256731802> (or via telephone at 1-646-876-9923) with Meeting ID: 825 673 1802.

For further information please visit our web page at [www.townofthornton.org](http://www.townofthornton.org)

Joseph Monti, Chairman

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### Loon Mountain Resort Winter Hiring Fair

Saturday - 10/24/20  
9:00 a.m. - 12:00 p.m.  
Children's Center Building area

Masks and social distancing are required this year when you meet with managers and find out how you can work in a resort environment and enjoy the outdoors. Loon is hiring for the winter season for full-time and part-time, day shift and night shifts.

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## HEBRON LIBRARY

### Help Wanted LIBRARIAN Part-Time

The Librarian is responsible for day-to-day operation of the Hebron Library under the direction of the Library Board of Trustees. The Library is open 3 days/week (Mon, Wed, Sat); Librarian would work a minimum of 11 hours/week. Must be able to negotiate stairs and lift up to 50 lbs. Candidates with library experience preferred; training available.

To apply, please e-mail cover letter and resume to [hebronlibrary@metrocast.net](mailto:hebronlibrary@metrocast.net), subject line "Library Position"; or mail to Library Trustees, PO Box 90, Hebron NH 03241



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## Help Wanted



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## Find a Career in The Classifieds!



LRPA’s Shocktoberfest continues with “Last Man on Earth”

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. 16 & 17), we keep the party rolling with 1964’s post-apocalyptic vampire nightmare “The Last Man on Earth,” starring Vincent Price and Franca Bettoia.

Dr. Richard Morgan (Price), a scientist, appears to be the sole survivor of a mysterious plague that has ravaged mankind. This disease has populated the world with zombie-like vampires who hide during the day and roam the streets by night, thirsting for blood. Morgan theorizes that he developed immunity to the illness while becoming exposed to it in Central America many years ago. His existence is grimly repetitive: by day, he scours the streets for food and supplies, burns the bodies of the victims, and seeks out vampires, killing them by driving wooden stakes through their hearts. By night, Morgan barricades inside his home to protect himself from hordes of the undead. One day he sees Ruth (Bettoia), walking in the daylight. Morgan is suspicious of her story of survival but is so glad for company that he takes her back to his home. There, she recoils from garlic, a sign

that she is a vampire. But Ruth explains that she and some others have developed a serum that temporarily allows them to keep the disease under control. Morgan has also been experimenting with ways to find a cure. Ruth reveals that she has been sent by her group to spy on Morgan. They are angry with him, because when he has been killing the vampires, he has inadvertently been slaughtering some of their own as well. Ruth implores him to run, but as a scientist, he wants to stay and try to help this group. Will Morgan be able to cure mankind?

“The Last Man on Earth” is based on Richard Matheson’s 1954 novel “I Am Legend,” a work that inspired this film and two others: 1971’s “The Omega Man,” starring Charlton Heston, and 2007’s “I Am Legend,” starring Will Smith. All three adaptations resulted in very different films. Matheson himself worked on our film’s screenplay, and although he was reportedly unhappy with the result, he has stated that this version is the most closely related to his novel. “The Last Man on Earth” was underappreciated in its time but has since become a cult classic. While some critics felt that Vincent Price was out of his element as the somber Dr. Morgan, others believed that he imbued the character

with exactly the right amount of world-weariness, misery and frankly, boredom – the day-in, day-out grind of Morgan’s mere existence is skillfully portrayed. This rarely shown film is a trick and a treat! Grab your candy corn and join LRPA after dark for this post-apocalyptic gem from the past.

Mark your calendars for Shocktoberfest’s delicious Halloween treats:

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 me-

dia and technology.

LRPA’s slogan: Community empowered by media. Visit us on the Web at [www.lrpa.org](http://www.lrpa.org).

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Please contact Ashley at 603-568-4930 for more information.

\* A background check is required.

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To view full descriptions of the positions and to apply, please visit <https://jobs.usnh.edu>

Plymouth State University is an Equal Opportunity/Equal Access/Affirmative Action institution.

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All real estate advertising in this newspaper is subject to The Federal Fair Housing Law which makes it illegal to make, print, or published any notice, statement, or advertisement, with respect to the sale, or rental of a dwelling that indicates any preference, limitation, or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination.

(The Fair Housing Act of 1968 at 42 U.S.C. 3604(c))


This paper will not knowingly accept any advertising which is in violation of the law. Our readers are hereby informed, that all dwellings advertised in this newspaper are available on an equal opportunity basis.

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You may also call The New Hampshire Commission for Human Rights at 603-271-2767 or write The Commission at 163 Loudon Road, Concord, NH 03301

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**and have your help wanted ad in 11 papers next week!**



**Building Inspector/Code Enforcement Officer for Town of Plymouth**

The Town of Plymouth is seeking applicants for our part-time Building Inspector/Code Enforcement Officer position for 16-20hrs/wk. The ideal candidate will be familiar with building construction, plan review, zoning ordinances, and be able to interact diplomatically with contractors, residents, and colleagues.

The position is responsible for code enforcement, inspecting residential and commercial buildings, alterations for compliance with Town, State, and Federal codes and regulations, and ensure that applicants meet building codes.

Candidates with a professional background in electrical, plumbing, heating, and mechanical trades would be a plus.

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

Close Date: Until position is filled

Salary: 20,000

*The Town of Plymouth is an EOE*

**WHITE MOUNTAINS REGIONAL SCHOOL DISTRICT**

**2020-2021 School Year**

*Professional & Support Staff*

**DISTRICT**

**Custodian (Part Time 20 Hours per week, may include Saturdays)**

**WHITEFIELD ELEMENTARY SCHOOL**

**Paraprofessional**

**Title I Teacher**

*All applicants must apply on [Schoolspring.com](http://Schoolspring.com). Paper applications will not be accepted.*

**ATHLETICS**

**Athletic Trainer**

**Varsity Wrestling Coach (HS)**

**Varsity Boys Tennis Coach**

**Varsity Girls Basketball Coach**

*(positions are contingent upon COVID-19 status)*

*(Contact Kerry Brady, AD, for application, etc. – 837-2528)*

*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)

**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!**



Ashland Lumber  
A division of Belletetes, Inc.  
**Lumber Counter**

This is a full time position in our Ashland Lumber store. Duties include assisting customers and contractors with product selection and order entry. Minimum 2 years experience in the building industry. Basic computer skills required. Excellent customer service skills a must. Will be required to work some Saturdays and Sundays. Saturday hours 7:30 - 5:00 pm and Sunday 8:00 am to 2:00 pm.

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

Dan Uhlman, General Manager  
20 West Street, Ashland, NH 03217  
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# Comfort Keepers

## Looking forward to Fall and Winter: Senior activities for the cooler months

BY MARTHA SWATS

Owner/Administrator

Comfort Keepers

As we enter the fall and winter season this year, things look a little different. Many seniors continue to isolate at home because of the Coronavirus pandemic and this can take a toll on their mental health.

It's important for seniors to work with their families, caregivers and health professionals to develop a plan that allows them to safely take part in activities they love and maintain

positive mental health through activity and connection.

At any age, our health and wellbeing are enhanced by regularly participating in the things that bring us purpose, hope and joy. For seniors, taking part in these activities can be more difficult, older people who feel younger than their age show less brain aging, better memory and less depression. And studies show that staying engaged is important for a senior's mental and physical health. Medical professionals recognize

that social determinants of health, especially those that affect mental, social, emotional and spiritual wellbeing, impact health outcomes and quality of life.

There are always opportunities for meaningful moments and joyful days with a little planning, conversation and intentional action.

### Fall Activities

Fall activities tend to focus on connecting with loved ones, enjoying the turning season and spending time outside before the weather

gets icy.

This year, many people can't see their favorite sports teams play in person. But fall is a dream for seniors that enjoy football, baseball and hockey and there are ways to participate virtually. Seniors and their loved ones can watch together over a video call or have a socially distanced viewing party at home, as long as everyone adheres to recommended safety guidelines.

Enjoying fall foliage is an activity in itself, and can be done sitting

on the porch, going for a short walk or on a longer hike outside. Raking leaves can even be fun when done with loved ones.

Eating is another activity that seems to be more fun in the fall – family dinners for those isolating together, baking projects and Halloween fun are all opportunities for seniors to participate in activities they enjoy while maintaining their nutrition goals.

### Winter activities

The holidays are filled with opportunities to enjoy music, celebrations with family and community service.

Holiday shopping is a fun activity usually done outside of the house. However, online shopping may be the best way for seniors to get their gifts without visiting the mall.

Singing, dancing, playing instruments and listening to holiday carols are ways that seniors can enjoy music, no matter what the weather looks like outside. Streaming music services often have a wide selection, allowing seniors to pick their favorites to listen to through a phone, virtual assistant or computer.

While there are ways that seniors can serve others year-round, volunteering can be even more meaningful around the holidays. Finding virtual volunteer opportunities is even easier this year – writing letters, knitting blankets and finding old coats and sweaters to donate can all be done safely at home.

Comfort Keepers® can Help

At Comfort Keepers®, we create individual care plans for every client. These plans include wellness goals that consider physical, mental and emotional health. Our caregivers can help support physician-prescribed diet and exercise plans, provide medication reminders, provide transportation to appointments and help seniors engage in the activities they love the most. And, our caregivers can help senior stay connected with loved ones through video chats, phone calls and care updates. We believe that every senior should experience the best in life. If you have questions about Comfort Keepers uplifting in-home care services, please contact us 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.

## LRMHC kicks off annual online auction fundraising event

REGION — On Oct. 14, Lakes Region Mental Health Center will launch its ninth annual fundraising and mental health awareness online auction.

"This is one of our biggest fundraising events of the year. Our goal is to raise at least \$10,000 to support mental health programs and services for the 4,000 Lakes Region residents we serve each year and those who need our services now more than ever," said Ann Nichols, Director of Development & Public Relations.

The auction offers more than 70 items to bid on including beautiful gift baskets, close-to-home vacations, artwork, items for golf enthusiasts, sports memorabilia, gift cards to local businesses and much more.

"We are grateful for the support and generosity of our many donors and bidders. This event is not possible without our sponsors, including our Presenting Sponsor, Meredith Village Savings Bank; Silver Sponsors, Northeast Delta Dental and NAMI NH and our Bronze Sponsor, Kittell, Branagan & Sargent," said Maggie Pritchard, Chief Executive Officer at Lakes Region Mental Health Center.

The auction opens at noon Oct. 14 and will run online 24/7 until Oct. 28 when it will close at noon. Beginning Oct. 14, you can view the items, make a bid, make a cash donation, sign up for email updates or refer a friend, visit [www.lrmhc.org](http://www.lrmhc.org) and click on

the ONLINE AUCTION link.

The Lakes Region Mental Health Center, Inc. is designated by the State of New Hampshire as the community mental health center serving Belknap and southern Grafton Counties. A private, non-profit corporation, LRMHC has two campuses, in Laconia and Plymouth that serves over 4,000 children, families, adults and older adults each year. LRMHC provides Emergency Services 24 hours a day, 7 days a week, to anyone in the community experiencing a mental health crisis, regardless of their ability to pay. Additionally, LRMHC provides individual, group and family therapy; mobile crisis teams in the event a tragic event occurs that impacts a community at large, psychiatry; nursing; community support programs for people with severe and persistent mental illness; care management; community-based supports; housing; supported employment; substance use disorder treatment; and specialty services and evidence-based practices for children and their families, including trauma-focused therapy, art therapy and play therapy. Child Impact seminars are offered in Laconia and Plymouth for divorcing families.

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

# HELP WANTED



New Hampshire Ball Bearings, Inc.  
— MinobeaMitsumi Group

## MANUFACTURING OPPORTUNITIES

New Hampshire Ball Bearing's Astro Division is located in Laconia, NH—heart of the scenic Lakes Region. Astro is a World-Class 500+ person, climate-controlled manufacturing facility that produces spherical bearings, rod ends, sub-assemblies and other precision metal parts for the aerospace industry. We are looking for quality minded individuals to join our team! We currently have openings in the following areas:

**Machine/Set Up Operators (Turning, Milling & Grinding Experience a plus)**

**Entry Level Manufacturing Positions (no experience necessary)**

**Teflon Assembly (must have good manual dexterity and flexibility)**

Knowledge of blueprints and measuring with precision instruments is a plus. If you are hired for 2nd or 3rd shift you will receive a 10% (2nd) or 15% (3rd) shift differential.

These positions require quality conscious candidates who are detail oriented and have solid work histories. All positions require successful completion of a pre-hire drug screen as well as a COVID test. Applicants must possess a High School diploma or equivalent.

Successful candidates will enjoy exceptional pay and benefits packages which include Medical, Dental, Vision, 401(k) plan, paid vacations, incentive pay, bonus program, and shift premium.

If you are interested and possess the skills and requirements noted above, please apply online at [www.nhbb.com](http://www.nhbb.com) or submit your application/resume to:

NHBB, Inc.  
155 Lexington Drive Laconia, NH 03246  
Fax: (603) 524-3524  
Email: [jdunleavy@nhbb.com](mailto:jdunleavy@nhbb.com)

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An Equal Opportunity/Affirmative Action Employer



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## Cook

Tri-County CAP

Head Start

## Woodsville Area Program

Requires skills in cooking in quantity, the ability to manage food services, complete necessary records and work with young children and their families.

This is a full-time, 30.5 hrs./wk., but up to 40 wks./yr. position. Salary is \$ 10.92 /hr. Benefits package with paid school vacations and sick leave as accrued.

Interested candidates please apply with a letter of introduction, transcripts and resume post Resumes will be accepted until the position is filled.

Tri-County Head Start, 610 Sullivan St., Berlin, NH 03570 or email [sblanchette@tccap.org](mailto:sblanchette@tccap.org)  
EOE



Upper Connecticut  
Valley Hospital

## JOB OPPORTUNITIES

### FULL TIME

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- \*Speech/Language Therapist
- \*Clinical Operations Manager
- \*RN – M/S Charge, Day Shift
- \*RN – M/S Charge, Night Shift
- \*Multi-Modality Radiologic Technologist

### PER DIEM

- Cook
- LPN or MA
- LNAs – RNs
- Phlebotomist
- Certified Surgical Tech
- Central Sterile Technician
- Patient Access Representative
- Environmental Services Technician

### APPLY ONLINE

[WWW.UCVH.ORG](http://WWW.UCVH.ORG)  
Upper Connecticut Valley Hospital  
181 Corliss Lane, Colebrook, NH 03576  
Phone: (603) 388-4236 • [Ucvh-hr@ucvh.org](mailto:Ucvh-hr@ucvh.org)  
EOE

## Framers and Laborers Wanted

Wallace Building Products is a successful and growing manufacturer of building products for the construction industry. We seek full-time Framers and Laborers to join our team in Danbury NH.

This position will work with other employees to build rough -framed walls for the construction industry in a shop environment. Framing experience is a plus, but we will train.

Apply in person at 1525 US Rte 4 in Danbury NH  
Or call 768-5900 to set up an appointment

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October is

Breast Cancer Awareness Month

Potential treatment options after a breast cancer diagnosis

A breast cancer diagnosis is something no one wants to receive. But the burden of breast cancer is substantial. In fact, the World Health Organization notes that breast cancer is the most commonly occurring cancer in women worldwide.

Thankfully, breast cancer survival rates are high in many parts of the world, particularly in developed countries such as the United States, Canada and Japan. While survival rates are lower in developing countries, it is encouraging to know that the average five-year survival rates are as high as 90 percent in some nations. That suggests that the strategies used to successfully fight breast cancer in developed nations may one day prove as effective in developing nations, potentially leading to a sharp decline in global breast cancer deaths.

Upon being diagnosed with breast cancer, patients will be educated about a host of potential treatment options. The Centers for Disease Control and Prevention note that breast cancer is treated in several ways, and the course of treatment a doctor recommends will depend on the kind of breast cancer and how far it has spread. In addition, according to Breastcancer.org, breast cancer is made up of many different

kinds of cancer cells, which often necessitates the use of various types of treatments to get rid of the cancer.

The following are some treatment options doctors may discuss with breast cancer patients.

- **Surgery:** Breastcancer.org notes that surgery is typically the first line of attack against breast cancer. The CDC says the goal of surgery is to cut out cancer tissue. Some common breast cancer surgeries include lumpectomy, in which the tumor and a small amount of surrounding tissue is removed, and mastectomy, in which all of the breast tissue is removed.
- **Chemotherapy:** Chemotherapy is used to treat various types of cancer and involves the administration of special medicines to shrink or kill existing cancer cells. Breastcancer.org notes that chemotherapy is sometimes administered prior to surgery in an attempt to shrink the cancer.
- **Radiation therapy:** Radiation therapy aims to kill cancer cells using high-energy rays that are similar to X-rays. Sometimes referred to as “radiotherapy,” radiation therapy is overseen by a radiation oncologist who specializes in this type of treatment.

- **Hormonal therapy:** Estrogen makes hormone-receptor-positive breast cancers grow, and hormonal therapy, which may be referred to as “anti-estrogen” therapy, aims to reduce the amount of estrogen in the body and block its action on breast cancer cells.
- **Targeted therapies:** These therapies, which Breastcancer.org notes are generally less likely than chemotherapy to harm normal, healthy cells, target specific characteristics of the cancer cells. Cancer cells can have many characteristics, so there are various types of targeted therapies.

Breast cancer treatments can be highly effective in the fight against breast cancer, particularly when the disease is caught in its early stages.



CANCER REHABILITATION

BY STACEY HICKS  
CARLISLE PLACE PHYSICAL THERAPY AND WELLNESS CENTER

As many people can attest to cancer takes a toll on both physical as well as emotional health. Patients undergoing treatment for cancer may experience an impact on daily function and even quality of life throughout survivorship. These limitations are not limited to cancer related fatigue, nerve pain, lymphedema and possible incontinence. Cancer survivors are almost three times more likely to report, fair to poor health and multiple physical limitations. These limitations often can make return to work near impossible.

A Physical or Occupational therapist trained in this area can play a vital role evaluating and designing a rehab plan of care with the patient. This allows the patient to be an active participant in the recovery process. This can be very empowering as they wean from being the passive recipient during both chemo and radiation therapy.

Exercise builds endurance, improves cardiovascular function, strengthens bones, builds muscle, improves balance and increases self-esteem. There is strong evidence that exercise can improve survival in both breast and colorectal patients (Holmes, Chen, Feskanich, Kroenke + Colditz 2005) (MyerHardTetal, 2006). Exercise is also the #1 non pharmacologic intervention in treating cancer related fatigue. Cancer related fatigue is experienced by 9-% of patients treated with radiation and 80% of patients getting chemotherapy.

It is never too late to utilize rehabilitation services for cancer recovery. If you find that you are having trouble accomplishing day to day tasks or functioning at your prior level seek out our Rehab team at Carlisle Place in Jefferson, New Hampshire. We will get you back on your feet!

Stacey Hicks, PT, cert MDT, CLT LANA, is the owner of Carlisle Place Physical Therapy and Wellness Center in Jefferson, NH. Stacey attended University of New England in Biddeford, Maine graduating with a Bachelor of Science in Physical Therapy in 1996. In addition to her certification in the McKenzie Method of mechanical diagnosis, she is also a nationally certified lymphedema therapist (CLT LANA) and has completed Strength After Breast Cancer training. We can be reached directly at 603-586-4100, by fax 603-586-0084 or visit us on the web [www.carlisleplace-rehab.net](http://www.carlisleplace-rehab.net)

Food prep tips for breast cancer patients

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

The World Cancer Research Fund International says breast cancer is the second most common cancer in women and men and is the most frequently diagnosed cancer among women in 140 of 184 countries worldwide. Despite that prevalence, the five-year relative survival rate for women diagnosed with localized breast cancer (cancer that has not spread to the lymph nodes or outside the breast) is 98.5 percent, says the American Cancer Society. Survival odds increase as more is learned about breast cancer and more people take preventative measures, including routine screenings. Today, there are nearly three million breast cancer survivors living in the United States.

Breast cancer treatments may last anywhere from six months to a year. Adjusting after treatment may not come so easily at first. But adjustments are easier with time, and many cancer survivors continue to live life to the fullest in much the same way they did prior to their diagnosis.

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


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

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



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

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



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Awareness Month



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NASHUA, NH 603.880.7778	ASHLAND, NH 603.966.7626	WINCHENDON, MA 978.297.1162

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

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*In your time of need, we're right where you need us.*





Join the popular Parade of Homes from the comfort of your own

REGION — Virtual tour begins Saturday, October 10 at 10am. Pre-recorded builder segment walks you through the projects highlighting its special features. Join parade committee members as they hosts the parade with commentary and even more details about each project.

The Lakes Region Parade of Homes, the hallmark event hosted by the Lakes Region Builders & Remodelers Association (LRBRA), returns this fall for another incredible showcase of the Lakes Region's newest custom built and remodeled homes.

The 2020 tour will feature 8 projects and there will be more than 25,000 square feet of space to explore.

This year's home tour will showcase:

Of the eight homes, four are on the waterfront & three have water views

Four homes represent New Construction, two are Extensive Remodels and two are renovated areas within existing homes

Range in size from 1,800 square feet to 5,000+ square feet

A variety of styles from classic lake cottage, hybrid post & beam, modern farmhouse, quintessential lake home, rustic camp with contemporary highlights, one-of-a-kind custom with exposed beams, a customized modular with features that will "IMPRESS" the crowds and two home renovations, one a complete kitchen and dining remodel including bumping out walls, and the other complete exterior siding, new decking and state of the art screened porch and more.

Whether you want



COURTESY  
Last Year's People's Choice Winner 2019 - As voted by the visitors - Key Day Builders.

ideas for your current home, are looking for your next home or just appreciate quality craftsmanship, the Parade has something for everyone. The 2020 builders welcome you to visit them on line, view their photos and profiles, watch their videos and even tour the homes yourself using 360 technology on your smart device - navigating in and out and from room to room!

This year's builders include Bella Woods Building, Hayward & Co., Northstar Contractors, Inter-Lakes Builders, Outside-In Construction, Custance Brothers Woodworking & Sandra Curtis Design, KTM Exterior and Lighthouse Contracting Group.

This event is open to the public and allows people to see talented builders and potentially start conversations about their future building & remodeling plans. Visitors can view the basic projects on the new website and for the full interactive components, tickets can be purchased online for \$10/ per household. Ticket proceeds benefit the workforce development initiative - inspiring the next generation of trade professionals. Tickets allow access to Meet the Builders Segments, Parade Show Kick Off, Interactive 360 home tour, vote for favorite home and entry to the drawing to win

some great prizes. lakes-regionparadeofhomes.com.

Thank you to the parade partners on the tour: PRESENTING: Belknap Landscape, Meredith Village Savings Bank, Dead River Co., GOLD: Ponders Hollow Custom Flooring, Pella Windows, Deventry Construction, Granite State Hydroschild, Decorative Interiors, Baron's Major Brands, Northway Bank SILVER: Stephens Landscaping, Belletetes, The Home Beautiful, Lake Life Realty BRONZE: Secondwind Water Systems, Center Harbor Dock & Pier, Lauren Roman Interior Design BANNER: Home Comfort, Shelly Brewer Realtor, Neat Method and Lauren Milligan.

When the Parade is over, you will have a wealth of information about builders and the building industry. The Lakes Region Builders & Remodelers Association (LRBRA) is a non-for-profit trade association made up of companies that include not only builders, but also trade contractors, materials suppliers, mortgage lenders, realtors, interior designers, landscapers and many more! Our members all play a vital role in the construction industry in the Lakes Region and surrounding towns.

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