

SEE **RIDES** PAGE A10



# ALMANAC

## Notes from the Gilford Public Library

Classes & Special Events at the Gilford Public Library Oct. 8 – Oct. 15  
\*Sign up and face masks required

### Gilford Public Library Top Ten Requests

1. “Too Much and Never Enough” by Mary L. Trump
2. “The Coast-to-Coast Murders” by James Patterson
3. “Murder Thy Neighbor” by James Patterson
4. “All The Devils Are Here” by Louise Penny
5. “The Guest List” by Lucy Foley
6. “The Book of Two Ways” by Jodi Picoult
7. “The Midwife Murders” by James Patterson
8. “Disloyal” by Michael Cohen
9. “Rage” by Bob Woodward
10. “The Vanishing Half” by Brit Bennett

Thursday, Oct. 8  
\*Advanced Line Dancing, 10-10:30 a.m.  
Mother Goose on the Loose (Virtual), 10:30-11:30 a.m.  
Join Miss Maria on Facebook Live for an interactive experience with you and your baby with rhymes, songs, movement, and more!  
\*ages two and a half and under

\*Beginner Line Dancing, 11:15 a.m.-12:15 p.m.  
\*Knit Wits, 1-2 p.m.  
\*French, 4-5 p.m.

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

\*NH Humanities: The Founding Fathers, 6:30-7:30 p.m.

In 1787, delegates gathered in Philadelphia to address a wide variety of crises facing the young United States of America and produced a charter for a new government. In modern times, competing political and legal claims are frequently based on what those delegates intended. Mythology about the founders and their work at the 1787 Convention has obscured both fact and legitimate analysis of the events leading to the agreement called the Constitution. Richard Hesse explores

the cast of characters called “founders,” the problems they faced, and the solutions they fashioned.

This is a joint program with Thompson-Ames Historical Society. This program will have a limited in-person attendance of 11 people. Please call the library to sign up, or join us virtually on Zoom - register here.

Friday, Oct. 9  
\*Bridge, 10:30-11:30 a.m.

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

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

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

Monday, Oct. 12  
CLOSED

Tuesday, Oct. 13

\*Geri Fit, 10-11 a.m.  
Stuffed Animal Storytime (Virtual) 10:30-11:30 a.m.

Wednesday, Oct. 14  
Check out an Expert, 10 a.m.-noon

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

Early readers often are not confident in their abilities. Studies show that reading to a non-judgmental adult or animals will boost reading confidence. Join Miss Jill for a one-on-one reading experience. Each child will have a reading log and weekly prizes will be earned after each session. Ages three to six, sessions will be 10-15 minutes.

Nature Talks (Virtual), 10:30-11:30 a.m.

Join nature enthusiasts and National Award Winner for Environmental Teacher, Wendy Oellers-Fulmer each week as she wanders through nature and teaches us a bit about the many wonders found in the natural world. Perfect for any child inter-

ested in nature and/or a quick science lesson.

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

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

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

See “Read With Me” above.

Thursday, Oct. 15  
\*Advanced Line Dancing, 10-10:30 a.m.

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

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

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

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

\*French, 4-5 p.m.

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

### GILFORD POLICE LOG

The Gilford Police Department reported the following arrests from Sept. 21 to Oct. 1.

James William Killoran II, age 47, of Gilford and Shabazz A. Mote, age 35, of Meredith were arrested on Sept. 23 in connection with bench warrants.

Sean G. Beattie, age 29, of Laconia was arrested on Sept. 23 for violating Driver's License Prohibitions and Driving After Revocation or Suspension.

Nicholas Maurice Range, age 41, of Laconia was arrested on Sept. 24 for Driving After Revocation or Suspension.

Rena E. Schunemann, age 59, of Laconia was arrested on Sept. 26 in connection with a bench warrant.

Stephen W. Perreault, age 53, of Sanbornton was arrested on Sept. 26 for Driving While Intoxicated.

Paul J. Huard III, age 21, of Laconia was arrested on Sept. 26 for Operating Without a Valid License.

A 27-year-old male from Gilford was taken into protective custody for intoxication on Sept. 26.

A 57-year-old female from Fremont and a 65-year-old female from Andover, Mass. were taken into protective custody for intoxication on Sept. 27.

Nathan G. Bishop, age 20, of Belmont was arrested on Oct. 1 for Driving After Revocation or Suspension and in connection with a bench warrant.

Joshua Michael Poiré, age 40, of Belmont was arrested on Oct. 1 for Driving After Revocation or Suspension (subsequent offense) and Speeding 21 to 25 mph over a posted limit of 55 mph or less.

Derek D. Nicholson, age 33, of Belmont was arrested on Oct. 1 in connection with a bench warrant.

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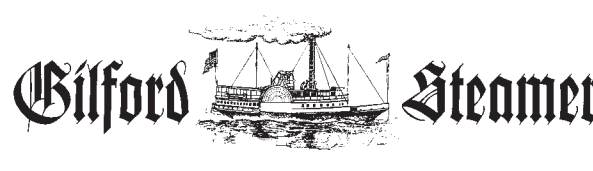
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## Hope Ministries to resume indoor services

Hope Ministries at First Church in Gilford will resume indoor worship services beginning this Sunday, Oct. 4 at 10:30 a.m. Several safety protocols will be in place in order to provide a healthy environment during the pandemic. These will include social distancing and designated seating. Facemasks will be required when in the building.

The church also has online worship options available; including a live Zoom link and videos on its website and Facebook page. In addition, the service can be seen on Lakes Region Public Access Channel 25 on Sundays at 5 a.m. and 6 p.m.

For more information, or a link to the service on Zoom, please contact the church at [nhhope.org](http://nhhope.org) or 524-3289. Hope Ministries at First United Methodist Church is located at 18 Wesley Way (just off Route 11A) in Gilford, approximately ½ mile east of the Laconia Bypass.



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# Mutual Fire Aid Association deploys long awaited radio system

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

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

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

Eastern Communica-

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

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

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

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

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

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

our citizens, and field responders safe."

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

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

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



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

# Meredith Village Savings Bank to offer grant funding to eligible small business customers

MEREDITH — Meredith Village Savings Bank (MVSB) is proud to participate in the Federal Home Loan Bank of Boston's (FHLBank Boston) 2020 Jobs for New England (JNE) Recovery Grant Program. A member institution of the FHLBank Boston, MVSB was approved for \$100,000 in grant funding to support their local business customers. The JNE Recovery Grant provides FHLBank Boston members with the ability to award grants to eligible small businesses and non-profit organizations that have been negatively impacted by COVID-19.

Consideration for funding will be given to all existing MVSB business customers. Application requests can be made from Oct. 2 through Oct. 23, and will be hosted on mvsb.com.

Since 2016, Jobs for New England has offered FHLBank Boston

members below market-rate financing for small business loans that create and preserve jobs, expand woman, minority- and veteran-owned businesses and stimulate the economy in New England communities. The JNE Recovery Grant Program provides members with access to grants that support small businesses and nonprofit organizations experiencing significant loss because of COVID-19.

"We're thrilled to have received this grant funding that will provide significant relief to many of our small business customers," said John Swedberg, Senior Vice President and Senior Commercial Lender. "It's our pleasure to offer any assistance we can to alleviate the intense pressure felt by businesses affected by this pandemic. We're also very grateful to the FHLBank Boston for offering this very timely opportunity. I also want to thank Dan

Osetek, Vice President and Commercial Lender for taking the lead on this project and getting it running so quickly so that we can assist the local businesses in our community."

Together with their member institutions, the Federal Home Loan Bank System represents the largest collective source of home mortgage and community credit in the U.S. The System ensures that members provide stable, on-demand, low-cost funding to their communities through home mortgages and lending for small business as well as rural, agricultural and economic development. Federal Home Loan Banks were established by the Federal Home Loan Bank Act in 1932. The 11 Federal Home Loan Banks are located throughout the country in Atlanta, Boston, Chicago, Cincinnati, Dallas, Des Moines, Indianapolis, New York, Pittsburgh, San Francisco and To-

peka. The FHLBank Boston provides highly reliable wholesale funding, liquidity and a competitive return on investment to member institutions. Their strength ensures the economic health and well-being of our local communities. The FHLBank Boston is cooperatively owned by more than 440 New England financial institutions, including Meredith Village Savings Bank.

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 they were founded in 1869. For over 150 years, Meredith Village Savings Bank (MVSB), has been serving the people,

businesses, non-profits and municipalities of Central NH. 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.

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# OPINION

## The need to unplug

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

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

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

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

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

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

## LETTERS TO THE EDITOR

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

To the Editor:

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

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

DAVID STRANG  
GILMANTON

## Send us your letters!

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

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E-mail us at [brendan@salmonpress.news](mailto:brendan@salmonpress.news).  
We’re looking forward to hearing from you!



KATHY SUTHERLAND

### Another win

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

North Country Notebook

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



By JOHN HARRIGAN  
COLUMNIST

help make us different. You should see the complaints, we say, a joke some never get.

+++++

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

It goes like this:

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

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

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

+++++

There was this nice big piece of chuck in the meat case. Tied up with a couple of strings. Just the right amount of fat. In my mind’s eye, it had

“pot roast” written all over it.

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

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

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

+++++

Two or three days of slow, soaking rain are what’s needed to end a dry spell like this. Only a small section of the upper North Country escaped the drought that

parched New Hampshire beyond anything in most people’s memories.

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

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

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

SEE NOTEBOOK PAGE A10



JOHN HARRIGAN

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



# MARK ON THE MARKETS

## Unintended consequences



By Mark Patterson

### ClearChoiceMD to offer no-cost flu shots

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

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

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

### Laurel Gingrich pursuing Bachelor's degree at Albright College

READING, Pa. — Laurel Gingrich of Gilford has begun college studies at Albright College, pursuing a Bachelor of Arts degree as a member of the class of 2024. A graduate of Gilford Middle High School, Gingrich is majoring in the Alpha program at Albright.

Gingrich is joined by more than 355 first year students hailing from 17 states, and half way around the globe. About 43% of Albright's class of 2024 students come to Reading, Pa., from hometowns outside of the state. Overall, the class of 2024's most popular major is Business Administration, followed closely by biology/biochemistry and psychology. About 40 students are taking advantage of the college's Alpha program to help undecided students find their academic fit. Welcome to Albright, class of 2024!

Founded in 1856, Albright College is a diverse community of learners cultivating integrity, curiosity, connection and resilience. The college's flexible curriculum encourages students to combine and cross majors to create individualized academic programs. Close faculty mentorship and numerous experiential learning options create opportunities for Albright graduates to exceed their own expectations. Located in Reading, Pa., Albright enrolls more than 1,800 full-time undergraduates and 700 adult learners and graduate students.

er if disabled. When we started SS there were 42 people paying into the system for every one person taking from the system, making it very solvent.

A generation of people born in the 1920's and '30's, some who fought in World War II and were later referred to as the Henry Ford generation but named the greatest generation by Tom Brokaw. Those soldiers who returned from WWII created the "Baby boom" generation that is defined from 1946 through 1964. During that 18 year span, there were 78 million people born in this country. After this generation we have had Generation X and Gen Y blending in with the Millennials, all who have not had nearly as many children as that Baby Boomer generation.

The Baby Boomers are now retiring at the rate of 10,000 per day driving

the ratio from 42 contributors to 1 recipient of SS entitlements and Medicare/ Medicaid to only 3 contributors to 1 recipient. Within the next ten years the ratio will be 1 to 1.

Let's estimate an individual's annual SS and Medicare entitlements at age 66, which is full retirement age currently. Maybe 24,000 in SS and 15,000 in Medicare, not to mention any additional Veterans benefits. My high powered calculator tells me that in 10 years, every working person will have to support roughly \$40,000 worth of entitlements annually that we Baby Boomers are collecting.

Our national debt is over \$24 trillion, and will accelerate exponentially in order to just service the existing debt. While our short-term interest rates have remained extremely low, our longer-term

rates have not moved up, yields across the curve remain low. Debt will likely be financed with longer- term bonds. This can only do so much to alleviate the stress on the treasury.

David Walker was comptroller of the US until 2008, has stated that we must double tax rates just to stay solvent. Cutting spending would obviously help, but Washington cannot seem to accomplish this. Just after WWII our highest tax rate was 94 percent, in the 1970's, we had a top tax rate of 70 percent. In 2012, our highest rate went from 35 to 39.5 percent. So, we are close to historic lows for our tax rates, yet we as individuals, still defer taxes until a later date. Tax diversification is extremely important and if you are not taking advantage of some methods for paying taxes now at these low rates for tax free money in the future, this will likely be regrettable soon. Most people that I speak with regarding future tax rates believe they will be in a lower tax bracket when they retire. Possibly, but future entitlement payments will have to come from somewhere. Note that I refer to your benefits as "entitlements", only because the government autocrats have re-named your money so that they can be the redistributors of our own money which they have deemed the governments.

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

Mark Patterson is an advisor with MHP Asset Management and can be reached at 447-1979 or Mark@MHP-Asset.com.

#### NOTEBOOK

(Continued from Page A4)

to lead pipes, and finally to plastic or rubber hose are still running clear, cold and clean.

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

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

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

All of them, of course, should appreciate the landowner, whose good

will makes the trails possible to begin with. Without the cooperation of landowners near and far, big and small, the snowmobile and ATV tourism enterprises would be flatter than a flounder.

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

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

so much trash for the dumpster.

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



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

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# Comfort Keepers

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

BY MARTHA SWATS

Owner/Administrator  
Comfort Keepers

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

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

Older people have higher risk of getting pneumonia, and are more likely to die from it if they do. For US seniors, hospitalization for pneumonia has a greater risk of death compared to any of the other top 10 reasons for hospitalization.

The additional steps that older adults take to protect their health can

have long lasting physical and mental effects. And staying healthy is the best way for seniors to continue living the highest quality of life.

Why Pneumonia is More Common in Seniors

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

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

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

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

Pneumonia Treatments

Typically, a physician will do a chest X-ray and/or blood test to determine if a senior has pneumonia. Bacterial pneumonia, it is usually treated with antibiotics.

If the infection is viral, an anti-viral medicine may be prescribed. In addition to medication, doctors may give the patient fluids, oxygen, pain relief and medical support.

Reducing the Risk of Pneumonia in Seniors

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

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

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

Don't Smoke or Take Steps to Quit: Smoking negatively impacts just

about everything in our bodies, but the lungs obviously receive a significant amount of damage. Those who smoke are at a greater overall risk of pneumonia because the lungs' defense mechanisms become compromised.

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

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

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

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

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

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## Art Association to host acrylic painting course

TILTON — Artist Acacia Rogers will be teaching a six-week Acrylic painting course! It will be held in the LRAA Gallery, 120 Laconia Rd. (Tanger Outlets), Suite 132, Tilton beginning Tuesday, Nov. 10, 11 a.m.-2 p.m.

Dates are as follows: Nov. 10, 17, and 24, and Dec. 1, 8, and 15.

This thorough beginner friendly 6 week class is a perfect start for any new painter, or a great repertoire builder for the intermediate artist, Acacia will use a combination of tested and proven academic principals with her own self taught techniques to improve and refine your representational painting skills.

She will cover everything from materials and how to select them, to color mixing and values, choosing references, using layers to build dimension and much more. With ample side by side easel time and a group critique at the conclusion. Join her in November to take your painting the next level and learn what you can really do! Students will bring their own supplies. A supply list can be found on the website, mentioned below, under the "Workshops" tab.

Acacia Rogers is a passionate self taught fine artist, and has been her entire life, more than



10 years of which have been dedicated to various painting mediums. Her inspiration mostly comes from nature and the beauty of the natural world, with a particular affinity for wildlife. Her first memories of artistic inspiration as a child stem largely from Disney movies and their whimsical, fluid, and creative animation style. Particularly the work of Aaron Blaise stood out to her, who worked on beloved classics such as "The Lion King," "Mulan," "Brother Bear," and "Aladdin."

She later added portraiture, still life, and landscape to her repertoire, slowly and painstakingly building up her skill through practice and research to learn the ins and outs of painting, as she loves everything about the process of painting. She is now a full time painter and painting instructor, and has worked along side many accomplished artists from a colorful array of backgrounds. She currently shows her work in the LRAA gallery in Tilton.

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COURTESY

### And the winners are...

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

*Contact us today to reserve your advertising space!*

Tracy Lewis (603) 616-7103 • Lori Lynch (603) 444-3927  
Email [tracy@salmonpress.news](mailto:tracy@salmonpress.news) • [lori@salmonpress.news](mailto:lori@salmonpress.news)



# LRPA’s Shocktoberfest continues with classic Corman

LACONIA— Just when you thought it couldn’t get any scarier out there ... LRPA After Dark unveils our 5th Annual Shocktoberfest, a month devoted to vintage horror films. This weekend (Oct. 9 & 10), we serve up horror hipster-style with 1959’s darkly comic film “A Bucket of Blood,” directed by Roger Corman and starring Dick Miller, Barboura Morris and Antony Carbone.

Meet Walter Paisley (Miller), busboy at San Francisco’s Yellow Door Café, the hangout for a crowd of beatnik poets, artists and musicians. It also attracts a pair of undercover police officers, looking to make a drug bust. Walter is naive and talentless but is filled

with blind admiration for this group and wants desperately to belong. He particularly wants to impress Carla (Morris), an artist on whom he’s developed an unrequited crush. No one, including Carla, thinks he has any creative gift. They treat him with open disdain, but that doesn’t change Walter’s mind. One night, he goes home and works on a sculpture, only to be frustrated with his lack of success. He accidentally kills his landlady’s cat, which, after he recovers from his shock and disgust, gives him a morbidly wicked idea. The next day, he brings his newest work of art into the café – an incredibly lifelike sculpture of a cat! Leonard De Santis (Carbone), the café’s owner, proud-

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

“A Bucket of Blood” is one of director Roger Corman’s most beloved movies and has rightly earned its place as a classic horror “B film”. Not only does it satirize the sometimes-pretentious world of art – it has also been hailed as Corman’s sly commentary on the film world. He made this movie in five days on an almost non-existent budget, and many critics (especially those in Europe) hailed the film as a

marvel and began to recognize Corman as a truly important filmmaker. The irony is delicious, and so are the high-camp horror hijinks. It’s not to be missed! So, grab your candy corn and join LRPA after dark for this beatnik horror classic from the past.

Mark your calendars for Shocktoberfest’s delicious Halloween treats:

Oct. 9 & 10: “A Bucket of Blood,” 1959

Oct. 16 & 17: “The Last Man on Earth,” 1964

Oct. 23 & 24: “Night of the Living Dead,” 1968

Oct. 30 & 31: “Horror Express,” 1972

You can’t find television like this it anywhere but LRPA TV, Atlantic Broadband

Channel 25. Not a subscriber? Then watch us online at [live.lrpa.org](http://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 North-

wood. Programming is produced by and for the people of the greater Lakes Region. LRPA’s mission is to empower our community members to produce content that fosters free speech and the open exchange of ideas, encourages artistic and creative expression, promotes a well-informed public through governmental transparency, and unites our communities through the power of media and technology.

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

# Lifeguard tower, playground among new Parks and Rec projects

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

Despite some challenges from the pandemic, the Parks and Recreation Department got a new lifeguard tower and a new beach playground for this past summer.

this fall, they’ll be able to complete construction for two more,” Greene said.

He said they hope to have the new towers constructed by the next beach season.

The new playground was installed at the town beach in July, though

playgrounds and other facilities were shut down a while because of the pandemic. Thankfully they were able to open that new playground and have it available for the public. Greene said they have had a lot of positive feedback for the new equipment.

The department is also in the process of replacing the exhaust system at the town beach’s concession stand, which Greene said they hope to have complete by the fall.

They will also be working with DPW to clear some trees along

the shoreline of Lincoln Park in accordance with state regulations, manage vegetation, and do some crack sealing at the tennis courts before winter.

The department has been functioning with one Programming Assistant after Kristin Jarvi’s

departure. Greene said the department has been struggling to fill that position. With the current situation and its impact to the Parks and Rec Program, however, Greene said they’ve been able to juggle duties and it hasn’t been as much of a struggle.

One Too Many,  
once again?



Don’t Let  
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Drinking too much can negatively impact every aspect of your life, from your health to your job to your personal relationships with family members, partners and friends. April is Alcohol Awareness Month, an observance dedicated to raising awareness of the dangers of alcohol abuse. If you or someone you know has a problem with alcohol, help is available. Seek advice from a doctor or contact an alcohol treatment facility, and take the first step toward control and recovery.

Warning Signs of Alcohol Abuse

- Drinking alone when you feel angry or sad
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- Inability to remember what you did while drinking
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If you or someone you know needs professional help for alcohol abuse or addiction, please call 1-800-NCA-CALL (622-2255) or visit [ncadd.org](http://ncadd.org) for more information.

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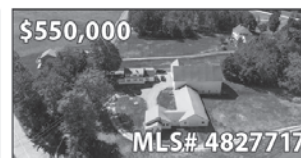
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## First United Methodist Church offering Harvest Supper takeout

So much has changed! And the Harvest Supper at First United Methodist Church in Gilford is changing too. For 48 years, the community has looked forward to this delicious dinner every fall. Obviously, the traditional, crowded sit-down meal cannot be held, so the church has decided to make it a take-out dinner.

The date is Oct. 24. There will be traditional corned beef, cabbage, potatoes and carrots loaded into take out containers along with separate containers for homemade apple pie and roll to be ready for pick up by the back doors of the church. Because the traditional bean hole beans will not be served this year the cost of the meal has been reduced to \$12. Ticket purchase can be made by calling in your reservation to 524-3289. Same day purchase (while supplies last) will also take place in a tent in the front parking lot. Ticket sales and pick-up will be from 5:00 to 6:30 p.m., and runners will deliver the meals through car windows or by popping the trunk. The First United Methodist Church (Hope Ministries) is located at 18 Wesley Way, Gilford (Route 11A near the Route 3/11 by-pass).

The church is proud to carry on this well-loved, longtime tradition with health precautions in place. For reservations or information, please call the church office at 524-3289. Leave a message if the office is closed.

## Gilford’s Gandini sets course record at Belmont

BY JOSHUA SPAULDING  
Sports Editor

GILFORD — Patrick Gandini continued his impressive body of work with a new course record last week.

The Gilford sophomore set the course record on the 20-year old Belmont course on Tuesday, Sept. 29, as he ran to the victory in a time of 16:46.

This led the Gilford boys to second overall behind a strong Newfound squad.

Mitchell Townsend finished in fourth place in 20:35 and Carter Forest ran to seventh place in a time of 21:09.

Aiden Townsend finished in eighth place in a time of 21:14 and Jordan Witham rounded out the scoring with a time of

24:48 for 20th place overall.

Dane DeHart finished in a time of 26:09 for 23rd place to round out the field of Golden Eagles.

On Friday, Oct. 2, the Golden Eagles ran at home and Gandini ran his way to the win overall with a time of 16:13. Gilford was again second behind Newfound.

Harry LaFlamme finished in second place overall with a time of 18:58 and Mitchell Townsend finished in third place overall with a time of 19:03.

Aiden Townsend finished in 12th place in 20:33 and Forest rounded out the scoring with a time of 20:50 for 15th place.

DeHart was 25th in 24:25 and Witham fin-

ished in 27th in a time of 24:30.

The Gilford girls captured the win in Belmont with an impressive performance.

Catherine Stow got the win overall in a time of 20:59.

Vanessa Genakos was right behind, finishing in a time of 23:43 for second place overall while Sydney Eastman finished in third place in a time of 24:40.

Bethany Tanner was fourth overall in a time of 25:40 and Riley Stephan was eighth in 29:28.

Maddie Burdock finished in 11th place in 30:46.

In the home meet on Friday, Gilford again picked up the win, again led by a win from Stow,

who crossed the line in a time of 20:35.

Genakos was second again, finishing in 21:30 and Eastman ran to fifth place in 23:13.

Tanner was sixth overall in a time of 23:23 and Burdock finished in a time of 27:19 for 11th place overall to finish out the scoring.

Riley Stephan was 12th in a time of 27:39 and Lydia Stephan was 18th in 30:29.

The Golden Eagles are slated to host a meet on Friday, Oct. 9, at 4 p.m. and will be at Laconia on Tuesday, Oct. 13, at 4 p.m.

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

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### Town of Alton Help Wanted

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The State of New Hampshire's Marine Patrol Unit of State Police is seeking individuals to join their team for the 2021 boating season. Marine Patrol is the primary state agency dedicated to ensuring safe boating on the State's waterways. Marine Patrol Officer Trainees are responsible for the enforcement of criminal, boating, and other laws to provide public protection and safety. Functions include: maintain law and order, detect and prevent crimes, apprehend suspects, prosecute violators, and provide security for the State's seacoast ports, lakes and rivers.

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October is

# Breast Cancer Awareness Month

## Debunking common myths associated with breast cancer

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

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

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

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

should always be brought to the attention of a physician.

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



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

### Need-to-Know Info:

## Inflammatory Breast Cancer

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

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



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



## Mammogram Guidelines

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

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

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



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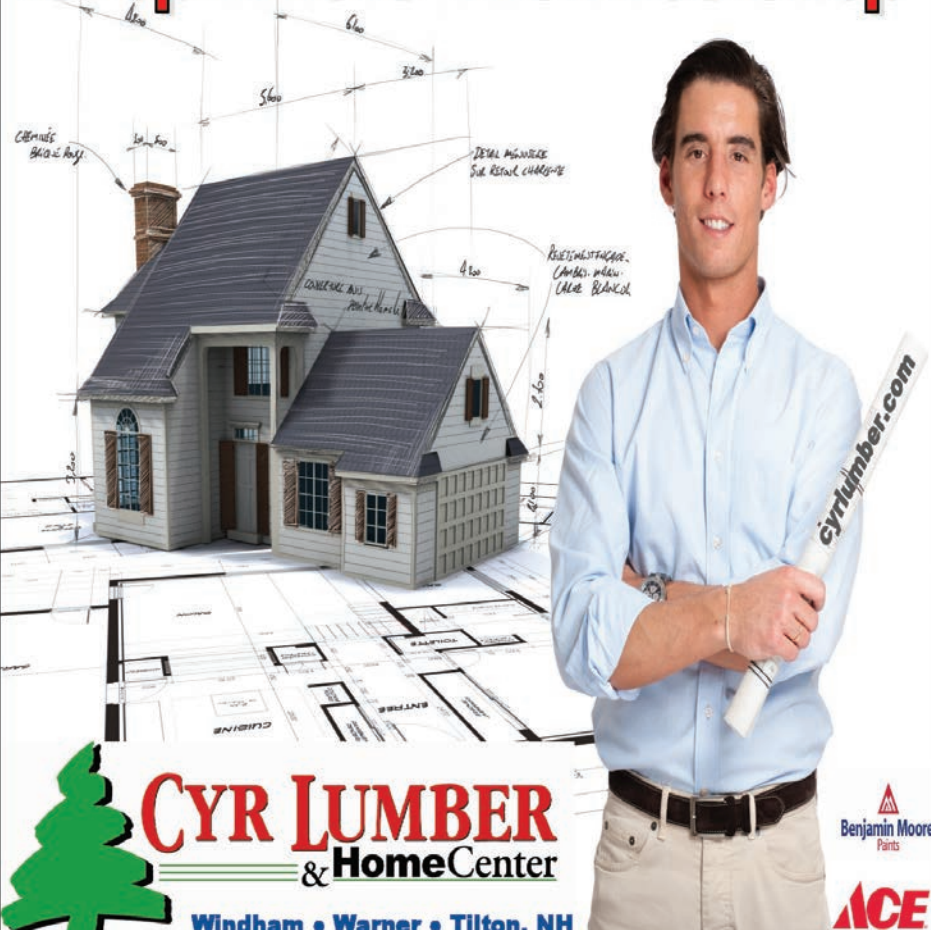
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