

## Bears blow past Golden Tornadoes



Emma Richardson goes up for a kill in action against Franklin last week.

**BY JOSHUA SPAULDING**  
Sports Editor

TILTON — With no preseason scrimmages and a relatively inexperienced group of girls, Winnisquam volleyball coach Kevin Archibald knew that the start of the season would have to be used to gauge just where his team stands.

And opening against defending champion Gilford certainly didn't help matters any.

But, one week into the season, Archibald has continued to see progress and is optimistic about where the Bears are heading.

"With no preseason, I feel like this is still the preseason," he said. "We're still getting it together, mixing up the lineups.

"Today was leaps and bounds from Tuesday," he added after his squad defeated Franklin 3-0 on Thursday, Sept. 24.

The Bears got off to a quick start against the neighboring Golden Tornadoes, scoring the first three points, with Delaney Skourtis chipping in with an ace. After the visitors got a couple of points, consecutive shots from Emma Richardson helped the Bears go up by a 6-3 score. Skourtis had a nice hit at the net and Richardson had an ace as the hosts opened the lead up to 12-4.

Franklin got back on the board but a service aces from Emily O'Neill and a pair of nice tips at the net by Kylie Stevens allowed the Bears to open up a 16-7 lead. Makenzie Foster had a service ace and Skourtis and Kayla Briere teamed up for a nice play at the net to stretch the lead to 18-7. Skourtis added a big hit as Winnisquam continued to pull away and Briere finished off the Golden Tornadoes with a hit and the

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Triniti Carter reaches to bump the ball during action against Franklin last Thursday.

## Vendors sought for Veterans Home virtual craft fair

TILTON — The New Hampshire Veterans Home (NHVH) will hold a virtual craft fair from Friday, Nov. 13 to Sunday, Nov. 15 on the Home's Facebook page at [www.facebook.com/groups/nhvhcraftfair](https://www.facebook.com/groups/nhvhcraftfair). Artisans are invited to register by Monday, Sept. 28.

"Despite the pandemic, we worked out a way to continue the momentum of our annual craft fair," shared Patty Copeland, Supervisor of Volunteer Activities. "Artisans are invited to safe, socially-distanced sales of their quality gifts. And since we

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## Belmont golfers earn win at Pheasant Ridge

**BY JOSHUA SPAULDING**  
Sports Editor

GILFORD — The Belmont golf team came away with a win last week, traveling to Pheasant Ridge in Gilford and firing a 200 to earn the win.

The Raiders actually finished tied for the top spot with Prospect Mountain, but the tiebreaker (the fifth score) went to the Belmont squad.

Eamon Kelley earned medalist honors for the day, firing a 41 out of the top spot in the lineup.

Jackson Ruelke was next for the Raiders, finishing with a 46 from the second spot and Oliver Mahoney had a 56 from the third spot to finish as the third scorer.

Nick Pucci rounded out the scoring with a 57 from the sixth spot in the lineup and Miles Miller's 58 from the fifth spot was the difference in the tiebreaker, giving Belmont the win.

Prospect finished second with a 201 and Gilford was third with a 240.

The Raiders are scheduled to be at Owl's Nest at 4 p.m. today, Oct. 1, and will be hosting at Canterbury Woods on Wednesday, Oct. 7, at 4 p.m.

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

## Summer reading in Sanbornton



Readers who took part in the Summer Reading Program at Sanbornton Public Library are pictured here giving to Bob Presby of First Fruits Food Pantry the money raised, a result of logging their reading of 20,401 minutes this summer. Jessie Ahlgren, Programming Coordinator, center, offered books, online and virtual reading incentives for twelve weeks this summer.

**BY JESSIE AHLGREN**  
Sanbornton Public Library

SANBORNTON — Here is an overview of the Summer Reading Program since we last checked in.

There were 46 participants in the Reading Incentive Program who logged 20,401 minutes of reading as of Sept. 10. The Summer Readers earned \$204 to be donated to the food pantry.

A total of 972 books checked out from the children's collection this summer; down 347 from last summer (which is surprisingly not bad). Our DVD circulation was down much more in comparison to last year; 1,347 to 68 but there were no new DVD releases. We

continue to engage with our patrons by posting activities and photos on the website and facebook along with tutorials for how to use the online catalog. We have also offered librarian selected book bundles to patrons with whatever theme they are interested in, be it a six year old who likes unicorns or a 10 year old who likes sports.

We made and maintained a story walk in the field behind the library which offered families a chance to do an activity together; outside, in a safe environment. The story walk involves laminated pages of a picture book attached to posts along a path. Families can read and take a walk at the same time. This year we put up our first story walk in the spring and created a new one for the summer which followed with our "Imagine Your Story" theme. The story walk was visited by at least 78 people but was up and available anytime. One parent wrote to us that her son is a struggling reader but he did the story walk multiple times with his big brother. They would alternate, each reading a page. She said it was a "good way to improve his skills this summer."

We organized 12 weeks of Activity Wednesdays with "make and take" bags and reading suggestions for ages three to 10. An average of 22 bags were given out a week with the biggest week topping at 31. "Figure it Out" Club for kids ages 9-14 ran for 10 weeks on Zoom. An average of three kids a week participated a week with its height at six participants. There was a very positive feedback for the families who participated. One parent wrote, "the club run by the library was truly a bright spot" for her child. Another parent wrote, "our summer has been pretty special thanks in part to activities like this."

I am looking forward to the start of our Zoom story time on Fridays. This program is aimed at the youngest members of our community and their families as they begin to develop their early literacy tools.



# Moultonborough the setting for latest Playhouse production



Teghan Marie Kelly



Ray Dudley

MEREDITH — So far, the Winnepesaukee Playhouse's three-play professional season has taken theatregoers all the way to London and then to Memphis, Tenn. The final play of the season is set rather closer to home as Lake Winnepesaukee is practically a third character in Erica Berman's "No Wake," which opens on Sept. 30.

The decks of two neighboring houses in Moultonborough is the setting of this new play which, over the course of a summer, illustrates a burgeoning friendship between a cynical local teenager and an irascible snowbird with a penchant for screaming at the jet skiers who disrupt his treasured loons.

As the two unlikely friends navigate a generational divide, they learn that life experiences transcend age. In scenes both humorous and poignant, bonds form over loneliness and loss as both reveal secrets that impact their lives.

The play is directed by Samantha Tella who previously helmed hit Playhouse productions of "The Graduate" and "Boeing Boeing." To add even more local flavor to the production, the cast consists of local professional actors Teghan Marie Kelly and Ray Dudley. Meredith native Kelly was last seen at the Playhouse in "Beauty and the Beast" and "Mamma Mia!" A Gilmanton resident, Ray has won New Hampshire Theatre Awards for his work at the Playhouse including roles in "Of Mice and Men," "Cat on a Hot Tin Roof," and "The Graduate."

"No Wake" will be the first production presented on the Playhouse's indoor stage since the shutdown in March. The Playhouse has taken steps to ensure patron safety including adding UV lights to the ducts. Social distancing and mask wearing will be strictly enforced as will a one-way traffic pattern through the lobby and auditorium.

"No Wake" is sponsored by The Schraeder Family and performance protocols will follow or exceed the CDC and State of New Hampshire guidelines for pandemic precautions. Patrons are encouraged to visit [www.winnepesaukee-playhouse.org](http://www.winnepesaukee-playhouse.org) prior to booking tickets to read the COVID-19 protocols for attending. Tickets can then be purchased by calling the box office at 279-0333.

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## LRAA evening drawing classes available now

TILTON — On Tuesday, Sept. 29, professional artist and art instructor, Thomas Hitchcock, a member of the Lakes Region Art Association/Gallery, will begin teaching six two-hour weekly drawing sessions at the LRAA/Gallery studio, evenings from 6-8 p.m. The LRAA/Gallery and studio is located in the Tanger Mall Outlet, 120 Laconia Rd., Tilton, suite 132.

Classes are open to anybody regardless of age. His classes will focus on the fundamentals of drawing to include perspective, composition, values, form and techniques.

"Anyone can learn to draw, and with a little help from instructions on how, you'll begin a journey filled with joy and pleasure for life," Says Hitchcock.

To register, call Tom at: 496-6768. The Lakes Region Art Association/Gallery, is a non-profit 501-C-3 organization dedicated to promoting art, providing a venue for its members to display their art and photography, and an opportunity to sell what they've created, directly to the public at wholesale pricing. The LRAA/Gallery is open Thursday-Sunday 11 a.m.- 6 p.m.

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# LRCS strengthening families through virtual parent education

LACONIA — The Family Resource Center of Central New Hampshire, 719 No. Main St., Laconia is offering a wide variety of parenting programs this fall via Zoom for parents of children of all ages.

Classes are held virtually in the afternoons and early evenings, and are offered free of charge. Advance registration is required. Online registration can be completed at [www.lrcs.org/parentedregistration/](http://www.lrcs.org/parentedregistration/).

Parenting classes beginning in September/October include: Developing Personal Power & Keeping Kids Safe (7 weeks, Tuesdays beginning Sept. 22 from

2-4 p.m.) which focuses on personal power and making good choices. Attendees will learn positive ways to manage behavior and examine choices that keep all members of the family safe and healthy. Positive Discipline Practices & Techniques (six weeks, Thursdays beginning Sept. 24 from 1-3 p.m.) focuses on discipline which is based on respect, empowerment, caring and cooperation. Active Parenting of Teens (six weeks, Thursdays beginning Sept. 24 from 6-8 p.m.) offers parents the guidance and support needed to turn the challenges of raising a teenager into opportunities for growth, covering topics such as respectful discipline,

clear, honest communication, preventing risky behavior and bullying. Cooperative Parenting & Divorce (eight weeks, Tuesdays beginning Sept. 29 from 6-8 p.m.) for non-married, separated, or divorced parents and caregivers raising children together from separate households, covering topics such as positive communication, and reducing/resolving conflict. Co-parents do not need to attend together. Nurture Hope (eight weeks, Wednesdays beginning Oct. 7 from 1-3 p.m. or 6-8 p.m.) is a series for parents with children who have special needs and health challenges, designed to help families explore their hopes & fears, develop effective

strategies for facing challenges, and recognize opportunities for celebration.

Online registration can be completed at [www.lrcs.org/parentedregistration/](http://www.lrcs.org/parentedregistration/). For additional information, call Tricia Tousignant, Family Resource Center, at 528-0391, or email [tricia.tousignant@lrcs.org](mailto:tricia.tousignant@lrcs.org) or visit our website at [www.lrcs.org](http://www.lrcs.org) and review our Schedule of Current Parent Education Programs at the Family Resource Center page. Attendance certificates will be provided at all parenting programs sponsored by Lakes Region Community Services, Family Resource Center of Central New Hampshire.

For hundreds of families living in the Lakes Region each year, the Family Resource Center of Central New Hampshire, a program of LRCS, offers respectful, non-judgmental education, early intervention, and support to assist families in their efforts to meet needs, make positive connections, and prepare children for success today and tomorrow because the Family Resource Center believes strong families lead to strong communities.

Lakes Region Community Services (LRCS) is a nonprofit, comprehensive family support agency with a primary focus of providing supports to individuals

with developmental disabilities and/or acquired brain disorders and their families. A dynamic human services organization, LRCS offers other essential and critical services to individuals in our Greater Lakes Region communities from birth throughout their lifespan. At the core of LRCS' work are inclusion, acceptance, and building strengths and partnerships — whether at the individual, family or community level. LRCS has offices in Laconia and Plymouth which combine to serve families residing throughout Belknap and Southern Grafton Counties. For more information contact Bob Leda at 524-8811 or visit [www.lrcs.org](http://www.lrcs.org).

## Belmont soccer girls record two wins over Laconia

BY JOSHUA SPAULDING

Sports Editor

BELMONT — Playing twice against the same team in the same week, the Belmont girls' soccer

team picked up a pair of wins, though the games were much different.

The Raiders opened the week with a game at

Laconia on Tuesday, Oct. 22, and came away with an 8-1 win.

Overall, a very good team win," said coach

Mark Dawalga. "We are still working on a lot of little things as we try to get our legs back from the long layoff."

Sierra Bourque led the offense with four goals on the day while Rebecca Fleming added three goals and Kailey Gerbig finished with the other goal.

Dawalga praised the defensive work of Morgan Hall, Quinn Jewell, Courtney Burke and Deanna Bourque. He also praised the play of Molly Sottak, Jada Edgren and Lena Rodrigues, while Emma Cochran and Maddie Lima combined for the win in net.

The two teams met up again on Thursday, Sept. 24, and this time, Belmont was able to escape

with a 2-1 win.

"Laconia played hard all game," said Dawalga. "Give Laconia credit, they played a great game."

The game was tied at zero at the half and the Sachems scored the first goal of the game in the 55th minute.

Belmont tied things up with a goal in the final minute of play. Freshman Darci Stone scored he first varsity goal from just outside the 18, bending it into the back of the net.

The overtime game winner came two minutes in and was scored by Edgren. She picked up a loose ball in front of the net and put it in the cage.

It was the senior game

for the Belmont girls and Dawalga noted they had to give it everything in order to pull out the win.

Defensively, Jewell, Burke, Hall and Deanna Bourque were again solid while Gerbig had a solid game in the middle and Fleming had a good game at striker. Cochran and Lima again combined for the win.

Belmont will be in action on Friday, Oct. 2, at Prospect Mountain at 4 p.m. On Monday, Oct. 5, the Raiders will be at Gilford at 4 p.m. and host Gilford on Thursday, Oct. 8, at 4 p.m.

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

## Wolves continue strong play in September

LACONIA — The New England Wolves hockey teams continued their strong play in the last weekend of September with strong performances at all levels.

Starting with the U14 team, the Wolves advanced to the finals in the White Mountain Shootout in Waterville Valley before losing in the finals to nationally-ranked East Coast Wizards. Paolo Vazquez was strong in nets.

The EHLP team recorded its first victory of the season on Sunday, winning 10-4 over the Valley Junior Warriors on home ice in Laconia. Tennessee native Zach Giblin notched four goals in the effort. Josh Tree recorded the win in nets.

The Wolves U18 split season team, coached by Kingswood coach Mike Potenza, won both of its GSL games (5-1 and 8-2), and the U16 full season team won its only game of the weekend, 6-0 against the East Coast Spartans. Gage LaMontagne recorded the shut-out in nets.

The Wolves EHL team, coached by Tim Kunes, remains undefeated. Recording victories against the Valley Junior Warriors (5-2 Saturday) and Connecticut Chiefs (3-0 Sunday), the Wolves Eastern Hockey League team pushed its record to 3-0 on the 2020-21 season. Kyle Penton and LJ Newell have been solid in nets and Donnie Feldman and Gabriel Jodoin have pushed the offense.

The Wolves have observed moments of silence for all the victims of COVID-19 at each of their home games. They

have dedicated their season to teammate Colin Larson, who is currently undergoing surgery later this month.

The Wolves offer a thank you to all who have supported them in 2020, fans, friends, teammates, supporters, sponsors, staff and much more. For more information, visit [www.ne-wolveshockey.com](http://www.ne-wolveshockey.com).

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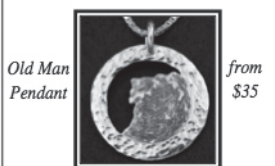
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Leave the signs where they stand

As the days wind down to the Presidential election, we're seeing more division than ever. Fortunately, in smaller areas such as ours, it's largely business as usual, and people on both sides can still have friendly conversations, in person that is.

The online banter and sign stealing is another story, however. We must note that sign stealing is a crime that comes with a fine of \$1,000. Stealing signs will in no way sway someone to change their vote.

Beware the division that social media can sew and intended to sew all along. If you read something, don't automatically take it as fact. There's been a veer from reality due to social media trolls, with the sole purpose of dividing the country. We are better than that, and intelligent enough to see through it. We've said it before, if you see something you disagree with online, you don't need to jump on it and chime in. Think for yourself and trust your own ability to weed out what's true and what's not. Private conversations are also best. Further, commenting on a stranger's post is absolutely useless, don't even waste your time.

It's not OK to hate another person due to their political views. If someone disagrees on policy with you, that's ok. Maybe you don't want to go to Sunday brunch with that person, but there's no need to hate. It's especially hard when you see some individuals who think that acting mean and condescending is a sign of toughness. It's not. It just means they are simply, mean and condescending.

What's interesting is that the people you see on television shouting rude comments and carrying guns as a way to intimidate, probably don't like it when someone yells back. The second amendment was not intended to be used to intimidate fellow Americans into thinking the same way that we do. We think it's safe to say that those same individuals, prefer when people in their own lives are kind to them. So, what gives? The hate is exhausting.

While this may be easier said than done, if you see a sign that you don't agree with, at least try to appreciate the fact that in America we have the freedom to think differently from one another, and to make it known. For example, if you drive by a sign of a person you would not vote for, just shrug your shoulders and remember the freedom that those different signs represent. A freedom that must be protected.



RC GREENWOOD

Opening win

Alex Cheek and the Gilford-Belmont football team cruised to a win over St. Thomas on Saturday in the first game of the season. Gilford-Belmont won 42-14 and will now travel to Wolfeboro to face Kingswood on Saturday, Oct. 3, at 1 p.m.

STRATEGIES FOR LIVING

When the world stops

BY LARRY SCOTT

It was just after 1 p.m. that May 21, 1950, when along with my sister Pat, my missionary parents and I were enjoying a relaxing Sunday dinner at the Hotel Turista in the city of Cuzco, Peru. The city was, at the time, a small Andean town of some 50,000 residents, certainly nothing like a grand city of nearly a half-million residents it has become today. Catering to some two million annual visitors, Machu Picchu is a world site, and a visit to Cusco is an experience one will never forget.

Dinner out didn't happen often, so for my sister and me this was a special treat. At 1:35,

however, our "pleasure" came to a shattering halt as a vicious earthquake struck the city. There were 129 dead, 300 injured (and I believe these statistics are extremely low), with much of the city destroyed or severely damaged. Had it not been for a soccer game against one of the capital teams from Lima, attended by much of the population, the death count would have been much worse.

As my family and I got our act together I clearly remember emerging to a street littered with bricks and plumes of dust slowly rising from buildings destroyed just outside our hotel. Adobe buildings aren't designed to withstand an earthquake; there was

massive devastation. I don't remember how we got home, for much of our route was blocked by buildings that had collapsed into the roadway. Fortunately, damage to our house was minimal.

The destruction of a small Andean town doesn't "hold a candle" to what has just recently been happening in America. The Pandemic has now destroyed over 200,000 lives, left many of us isolated and, in some cases unemployed. National elections, and the selection of a new Supreme Court justice promise to make the next few months a countrywide crisis the likes of which we have not seen since the Korean War. Add just last week a riot in Louisville, Ky,

put two police in the hospital.

I agonize for a nation that seems to be out of control. Our national life has me concerned and I am determined to do all I can to bring stability and common sense within my sphere of influence. And as for me and my family, our future is in the care of a God who has promised to walk with us through whatever life brings our way. Come what may, our uncertainty over the future is strengthened by our faith, and our eternal destiny is secure. What a privilege it is to know and trust in a loving God.

You want to talk about it? Hit me up at rlarry-scott@gmail.com.

MARK ON THE MARKETS

Black swans



BY MARK PATTERSON

I suppose we have all heard the phrase "black swan event," which is a metaphor to describe an event that comes as a surprise and has a major effect. Black Swan is derived from the Latin expression coined in the 16th-century when the thinking was that there were no black swans, only white. But in 1697 Dutch explorers first saw a black swan in western Australia. The sighting opened the door to the theories of statistical outliers happening when it was thought they could not. We tend to remember black Swan

events as surprises that are typically negative such as the attacks on the World Trade Center's twin towers in 2001. While this is certainly a black swan event, so is the discovery of the Internet which I think, most people would perceive as very positive.

So how does all this relate to the management of your assets and investments? You cannot manage or should not manage for black Swan events, but your portfolio of investments should be managed per modern portfolio theory.

Harry Markowitz wrote an essay in 1952 on modern portfolio theory. Markowitz, an economist, wrote about mean-variance analysis. These phrases are straight out of the statistics textbook and I'm sure many of you are familiar with. But it is how they are applied regarding your investment portfolio what makes them significant and extremely relevant. In the event of a black swan event you will like-

ly see world debt and equity markets react in an extreme manner. In 1987, black Monday saw the Dow Jones industrials lose significant amounts of value. Those who were using margin or sold near the bottom did not recover. But if you remember the bell curve, as things move away from the statistical mean or average they will in fact revert to the average.

Markowitz believed having a variety of non-correlated assets

you would enhance the yield of your portfolio and reduce the risk. This is very true today if you can obtain real asset diversification.

Unfortunately, what I see all too often, are mutual funds with different names which would you lead you to believe that they are diversified but often have very similar holdings in very similar asset classes. I personally have not seen an occasion where one family of mutual funds can provide true asset diversifi-

cation.

In a truly diversified asset mix, not all your investments will be doing great at the same time and conversely, they will not all do poorly at the same. Bull markets in the equities markets (stocks) often give us a false sense of security and tend to make us chase the winners and shun the laggards. Things change and go through their various cycles. Rebalancing a diverse portfolio is necessary otherwise you

no longer have properly diversified asset mix. Risk and your portfolios objective will also determine the asset mix. Is growth your objective? Income? Capital preservation? All these objectives can be managed in a properly diversified mix of low fee, high value investments.

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

LETTERS TO THE EDITOR

Water put out for wildlife

To the Editor:

Outdoors yesterday, I saw one bird, then a second (sparrow, chickadee) land on my dog's water dish rim and take a drink, a long one. Earlier this week a traveling-through hummingbird came down out of the sky and refueled at my hummingbird feeder that I keep ready, though my regulars have migrated away. Now migrating hummers might stop briefly.

Makes me want to ask - if you are able to do this, put water out for the birds. Now I'm keeping my three dog waters high (so small birds can perch on

the rim and reach the water, that height of water needed). I also have rimmed dinner plates of water on the ground for bees. I've seen them come to drink. We are in drought, and it's not necessary to own a bird-bath. Put out water for these creatures that brighten our days. (In the case of bees, pollinate our garden crops and field crops.) Saint Francis can't do his work without our helping hands.

Sincerely,

LYNN RUDMIN CHONG  
SANBORNTON



# Is this the Trash Generation? And drought, and hut “croos”



By JOHN HARRIGAN  
COLUMNIST

Every now and then, someone buttonholes me in the middle of the grocery store aisle and says “Why don’t you write an editorial about littering?” My standard reply is that people stupid enough to throw trash are too stupid to read editorials.

But really, enough is too much. Is it me, or is each generation getting trashier? And I’m not talking about music, eating habits, or wearing pre-torn shirts and jeans. I’m talking trash.

How can anyone just drop stuff on the beach—all kinds of trash? Several news reports over the summer dwelled not on the kind of sea and sand beach-goers found when they got there, but what they left behind. At the end of the day there was trash, everywhere. “We’ve never seen anything like it,” said a veteran caretaker.

“Well, they pay somebody to pick it up, right?” an unidentified beach-goer said, in a tone that this somehow made everything all right.

In Plymouth, campus and local police grappled with how to handle gatherings at favorite spots on the Pemigewasset River. Pandemic risks aside, one of the chief complaints was trash. Down in Merrimack, police and neighbors erected fences to shut down a popular spot where the Souhegan River flows into the Merrimack. They cited trash, and lots of it, in addition to human feces and tissue paper wherever vegetation gave cover.

To be fair, the situation has been aggravated by people being cooped up because of the pandemic, and by a now statewide drought that’s forced beach-goers and swimmers into a finite number of places.

## Local student named to Dean’s List at Northern Vermont University

LYNDONVILLE, Vt. — Rebekah Persson of Belmont was named to the Dean’s List for the spring 2020 semester at Northern Vermont University. Students who achieve between a 3.50 and 3.99 semester average are placed on the Dean’s List.

Northern Vermont University is a two-campus institution of higher education with campuses in Johnson and Lyndonville, Vermont as well as an online division that combines the best of our campuses’ nationally recognized liberal arts and professional programs. At Northern Vermont University, our goal is to guide curious, motivated, and engaged students on their paths to success and their places in the world. Learn more at [NorthernVermont.edu](http://NorthernVermont.edu).

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COURTESY

This photo was taken when Beaver Brook Falls was at normal flow, but now only a trickle is coming down over the rocks as even northern Coös County falls victim to the statewide drought. (Courtesy [newenglandwaterfalls.com](http://newenglandwaterfalls.com))

At a roundtable on tourism organized by U.S. Sen. Maggie Hassan, the director of the Androscoggin Valley Chamber of Commerce referred to parts of the North Country criss-crossed by ATV trails. “They are just kind of trashing the place,” she said.

We’re supposedly beyond the Entitlement Generation, and have moved on to others more hazily defined. The disturbing trend for all seems to be a blithe and blatant disdain for the old axiom about fouling your own nest, and besmirching the land in fact and reputation.

+++++

The drought, which has been a fact of life for much of the state for much of the summer, is now interrupting water supplies in the North Country too, some of which shave not failed in 20, 30, 40 years, or living memory.

Beaver Brook Falls, one of the state’s best-kept secrets, is a falls of 85 to 110 feet in elevation, depending on who’s measuring, about two miles out of Colebrook on Route 145, a.k.a. “the back road to Pittsburg,” although for those who relish old roads that follow old footpaths and ox-cart roads, it’s the only road to Pittsburg.

In normal times, “normal” being a relative term, there’s plenty of water flowing over the falls even in late August. Tourists and locals alike have been known to sit on a broad shelf halfway up and sip a can of beverage while freez-

ing-cold water cascades onto their heads.

Right now there is barely a drizzle coming over the falls. The brooks that feed the falls come from my neighbors’ land, all around. One neighbor is coming to my well for water because his spring has run down to next to nothing, the first time in 34 years it has failed.

And the not-so-funny thing is, we’ve been getting rain when the rest of the state has not. Some of those storm systems sailing along north of the Adirondacks have been giving us a tickle on the way by. But in the end it seemed all for naught, and when the springs and wells began going dry it was like a door slamming shut.

+++++

I take a New Hampshireman’s inordinate pride in the White Mountain National Forest, in part because I’ve spent so much of my life tramping around on it, particularly the high country, where during a few sweet-spot years I was on almost a first-name basis with most of the Appalachian Mountain Club hut “croos.” There are eight huts at, near, or above timberline, spaced about an easy day’s hike apart.

Now, some people are going to think I’m making this up, but as I’ve long tried to tell kindred spirits in the AMC, there are legions of people down below timberline who have absolutely, utterly, totally no idea that there’s an entire network of back-country trails up there, with huts offering food and shelter.



This view has nothing to do with anything at all, really, and is here mainly because I like the photo. It shows (I hope) Mount Baker, in the Snoqualmie National Forest in the state of Washington, which at 1,724,229 acres is about three times the size of the White Mountain National Forest. It also claims to be the most-visited National Forest in the country, but doesn’t the WMNF have bragging rights on that? (Courtesy 4nadia/iStock)

As an illustration of this, I once offered to team up with an AMC staffer and go around doing sort of dog-and-pony shows at various upper North Country High schools. We showed slides and maps, and after animated talks we offered free overnight hut-stays to all who signed up for guided hikes.

We might as well have been offering one-way trips to Mars. Few students signed up, and when the time came around, not one could go.

Would things be different now? With so many teachers with hiking experience, and

so much new blood and outreach, I’d hope and think so.

(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.)

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**Edward Jones: Financial Focus**  
**Lessons from Experienced Investors**

Those who have lived a long time have done a lot, seen a lot – and can teach us a lot. And that’s certainly true when it comes to investing. Consider some of the lessons you might learn from experienced investors:

- Regulate your emotions. In the investment world, there’s always something coming at us that could sound scary: political flashpoints, economic news, and even those once-in-a-generation occurrences, such as the COVID-19 pandemic. But older people may take these events in stride; in fact, baby boomers and members of the Silent Generation (born between 1925 and 1945) are coping better emotionally with the impacts of COVID-19 than younger age cohorts, according to the 2020 Edward Jones/Age Wave Four Pillars of the New Retirement study. And by keeping control of your emotions, you may

be less likely to make moves such as selling quality investments with good fundamentals just because their prices have fallen in the midst of an overall market decline.


- Learn from experience. By definition, the older we get, the more experiences we will have. And most people do indeed learn from experience. Investors, too, benefit from having seen and done things before. Did you chase a “hot” stock only to have found it cooled off before you bought it? Did you buy too many of the same type of investments, only to see your portfolio take a bigger hit during a downturn than it would have if you had diversified? In the investment arena, as in most walks of life, patterns emerge, and once you learn to recognize them, you can learn from past mistakes.
- Know yourself. When we reach a certain age, most of us know ourselves

pretty well. But you don’t have to wait decades to gain this knowledge – at least not when it comes to investing. For example, you should quickly gain a good sense of your ability to withstand risk. How? Just consider how you react when the market declines sharply. If you find yourself losing sleep over your losses – even if they’re just on paper – you might be taking on too much risk for your own comfort level. Conversely, if market downturns don’t bother you as much as lack of growth in your portfolio, you might be investing too conservatively for your own risk tolerance.

- Take a longer-term perspective. When we’re young, we sometimes are more inclined to desire instant gratification – we want results now. Translated into the investment world, this could mean we want to see big returns in a short period. However, despite

the popular mythology, it’s quite hard to turn enormous profits on investments overnight – or even over weeks or months. But as the years pass, we learn the value of thinking long-term – how investments we made years ago, and have added to steadily, are now yielding results that can help build the resources we need to reach our objectives.

- Don’t go it alone. Some of us, when we’re young, have a tendency to think we have all the answers and don’t need much help in our endeavors. But age gives us the wisdom to recognize that, although we may have acquired much knowledge over the years, we can still use some help in specialized areas, such as creating a long-term investment strategy. These suggestions are appropriate for anyone – and they can help you on your journey toward your goals.



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# Comfort Keepers

## Take a deep breath: stress relief techniques for seniors

BY MARTHA SWATS  
Owner/Administrator  
Comfort Keepers

In many ways, stress is a part of life for all of us. But for seniors, stress can have a larger effect on physical and mental wellness.

Having worries and concerns is natural, but

it is more important as we get older to practice stress-reduction techniques to manage these thoughts.

The great news is that stress, and the techniques to manage it, are usually easy for most people to practice. Meditation, breathing exercises, physical movement and other tactics

can help seniors continue to live the best quality of life and can even improve overall wellness.

Why is it critical to manage stress?

As we continue to keep our homes and families safe during COVID-19, it's even more important to focus on the mental health needs of our seniors when it

comes to stress.

Several studies have shown that stress is linked to mental and physical problems, from anxiety and depression to hypertension and immune system complications. In fact, it's estimated that stress increases the risk of heart disease by 40 percent, heart attack by 25 percent, and stroke by 50 percent. Not to mention the fact that stress can also exacerbate existing conditions – which can be very impactful for those with less efficient immune systems.

What can seniors do to manage their stress in a positive way?

Finding moments of joy and focusing on activities and hobbies that bring meaning and purpose can help seniors manage their stress. Fortunately, there are many more stress relief techniques that seniors can follow to help improve their own personal well-being. What senior clients use to manage their stress today can help better prepare them for any future stress.

Stress Relief Techniques

Connection can help relieve stress. Seniors can call a friend or family member; have a video chat or spend time with loved ones when possible.

Meditate at the same time every day or whenever feelings of stress or anxiety arise

Practice deep breathing and mindfulness exercises

Reach out to friends and family to connect and spend time together

Follow a consistent exercise regimen and healthy diet, upon physician approval

Journal or jot down thoughts and feelings at the end of each day – and be sure to take a moment to reflect on all the positive things that happened throughout the day

Find a virtual volunteer opportunity to give back to the community

Put together and execute a to-do list to increase productivity, decrease feelings of restlessness, and combat procrastination

Join a yoga class or practice it at home (with physician approval)

Listen to soothing or relaxing music, especially before bed

Find a way to laugh, whether it's by watching a funny TV show/movie or listening to a comedy album

Comfort Keepers® Can Help At Comfort Keepers®, we have spent the last twenty years perfecting the art of helping seniors and other adults maintain their peace, happiness, and joy. To us, every moment in a senior's life is a unique opportunity to foster positivity, going beyond daily tasks. Our approach to

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### About Comfort Keepers

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# 2020 SalmonPress

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Thursday, November 19th

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### BEARS

CONTINUED FROM PAGE A1

Bears had the 25-9 win.

Skourtis started out the second game with consecutive aces and Stevens had a block as Winnisquam jumped out to a 5-2 lead. Franklin was able to cut into the lead but a hit from Skourtis and a series of four aces from O'Neill allowed Winnisquam to take control, going up 15-5.

A Skourtis kill and service ace allowed the Bears to continue to build the lead, going up 18-8 but Franklin fought back and got a couple of points in a row. A nice tip from Ariana Williams and a drive down the line from Skourtis kept the Bears in front

and Laura Slate finished off the visitors with a hit for the 25-12 win and the 2-0 lead.

Skourtis and Briere had hits and Williams had an ace as the Bears got out to a 4-1 lead but Franklin cut the lead to 4-3. Aces from Briere and Richardson allowed Winnisquam to push the lead out to 10-4 and Skourtis had a couple of big hits to stretch the lead out to 12-5.

Franklin ate into the lead a little, but Williams found a nice spot with a push over the net and then added a service ace, giving the Bears an 18-11 lead. O'Neill and Williams teamed up for another point and then Richardson had a tip, stretching Winnis-

quam's lead to 21-13.

While Franklin got a couple of more points, Richardson had a nice hit at the net and then added a service ace as the Bears closed out the 25-15 win and the 3-0 victory over their neighbors.

"We only have three or four returning players," Archibald said, praising the work of the team's new setter, Williams, who he noted has been stepping up to fill a key hole.

"Our scrimmages are all against each other, so when you go against other teams, you know what you have to do," the Bear coach continued. "We just have to learn from our mistakes."

He pointed out that the team's game with Franklin earlier in the week was an improvement on the Gilford game the previous Friday and Thursday's game in turn was an improvement on the previous Franklin game.

Things don't get much easier for the Bears, as they will face off with defending champion Inter-Lakes today, Oct. 1, at 5:45 p.m. at home and then will have consecutive battles with Newfound, the first on Monday, Oct. 5, at home at 6:15 p.m. and the second on Thursday, Oct. 8, in Bristol at 6:15 p.m.

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

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Pine Shores Real Estate: [www.pineshoresllc.com](http://www.pineshoresllc.com)


Preferred Vacation Rentals: [www.preferredrentals.com](http://www.preferredrentals.com)

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

Roche Realty: [www.rocherealty.com](http://www.rocherealty.com)

Strawberry Lane Real Estate: [www.strawberrylane.com](http://www.strawberrylane.com)

Town & Forest Realty: [www.townandforest.com](http://www.townandforest.com)



### Equal Housing Opportunity

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.

To complain of discrimination call HUD toll free at 1-800-669-9777

For The Washington DC area, please call HUD at 275-9200. The toll free telephone number for the hearing impaired is 1-800-927-9275.

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

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**[www.livinglocalnh.com](http://www.livinglocalnh.com)**

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# CLASSIFIEDS

For Advertising Call (603) 444-3927

## We are *Hiring!*

UVP Acquisition, Inc. (formerly Upper Valley Press) is ready to start hiring again! As we continue as an essential business, we are seeking experienced individuals to join our growing team. We have immediate openings for the following positions:

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Positions are available for experienced equipment/machine operators with the ability to run industrial machinery, pay close attention to detail and report to work on time and as scheduled. We have positions in our printing and inserting departments. Prior experience in manufacturing environment is preferred, but we are willing to train motivated candidates!



**UPPER VALLEY PRESS**  
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Upper Valley Press provides excellent wages, health and dental benefits, 401(k) retirement savings and much, much more!

Please submit a resume to [charrington@uvpress.com](mailto:charrington@uvpress.com) or apply in person at:  
Upper Valley Press  
446 Benton Road  
North Haverhill, NH 03774



**Upper Connecticut Valley Hospital**

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Speech/Language Therapist  
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LNAs – RNs  
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**APPLY ONLINE**  
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Upper Connecticut Valley Hospital  
181 Corliss Lane, Colebrook, NH 03576  
Phone: (603) 388-4236 • [Ucvh-hr@ucvh.org](mailto:Ucvh-hr@ucvh.org)  
EOE

## MOULTONBOROUGH ACADEMY HELP WANTED

Moultonborough Academy is actively looking for a second Middle School Boys Basketball Coach and a JV/Assistant Varsity Girls Basketball Coach. Interested candidates should contact the Athletic Director, Matt Swedberg, at [mswedberg@sau45.org](mailto:mswedberg@sau45.org) or call Moultonborough Academy at 603-476-4883.

## 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

# www.NHFrontPage.com





# CLASSIFIEDS

For Advertising Call (603) 444-3927



## 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



## Associate Teachers Tri-County CAP, Head Start

### 1 in Whitefield NH & 1 in Littleton NH

Applicants must currently have an Associates or Bachelor's degree in ECE (which includes 3 credits in Child Growth and Development) or be enrolled in a program leading to one of these credentials with a minimum of nine credits in ECE, 3 of which must be in Child Growth & Development.

Each is a full-time 36hrs/wk for a 40 wk/yr benefited position Starting pay is \$14.62 per hour. Medical benefits available after 60 days & paid school vacations and sick leave as accrued.

Interested candidates please apply with a letter of introduction, transcripts and resume to: Tri-County Head Start, 610 Sullivan St., Berlin, NH 03570 or email to [jolden@tccap.org](mailto:jolden@tccap.org)

Resumes will be accepted until the position is filled.

EOE

## TOWN OF CAMPTON PART-TIME HIGHWAY LABORER/DRIVER

The Town of Campton is accepting applications for the position of a Highway Laborer/Driver. The successful candidate will be responsible for general laboring responsibilities and to operate various pieces of light and heavy equipment. A Commercial Driver's License with Air Brake endorsements, or the ability to attain one within six months, is required. The individual chosen for this position must possess a willingness to work with others including the general public. High School Diploma or equivalent is required; Driver's License and Criminal record check required, mandatory participation in the department's Drug/Alcohol Screening Program as required by federal law. This is a part-time position approximating 29 hours per week.

### To Apply:

Applications are available on the Town's website at [www.camptonnh.org](http://www.camptonnh.org) and are to be returned to the Road Agent, Butch Bain or Town Administrator, Carina Park, 12 Gearty Way, Campton NH 03223.

Applications will be accepted until position is filled.



## Ashland Elementary School 2020-2021 School Year VACANCY

### Special Education Paraeducator

**Terms:** School-year, 7 hours per day

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**Applications:** <http://www.sau.2.k12.nh.us/jobs.html> for a Support Staff Application

### All applications should be submitted to:

Ashley Dolloff, Human Resources Director  
[ashley.dolloff@interlakes.org](mailto:ashley.dolloff@interlakes.org)  
or  
103 Main Street, Suite 2  
Meredith, NH 03253

**Application Deadline: Open Until Filled**  
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Plymouth State University has the following positions available:

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



Loon Mountain has an immediate Full Time Seasonal position for a **HR Team Member Services Assistant**.

Responsible for printing and distributing employee passes, name tags and ski benefits. Also serves as backups for general HR functions. As we navigate to electronic communications for this season, organizational and computer skills are a must!

**Free Skiing/Riding and Food & Beverage discounts!**

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[www.loonmtn.com/jobs](http://www.loonmtn.com/jobs)

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Will Train. Valid Driver's License required.

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Plymouth, NH 03264  
(603) 536-3533

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Waterville Valley Resort has immediate openings for full-time and part-time positions:

**Buildings and Grounds Maintenance Manager**  
**Buildings and Grounds Maintenance Workers**  
**Front Desk Supervisor | Front Desk Agents**  
**Housekeepers | Snowmakers**

Apply online at [www.waterville.com](http://www.waterville.com). WVR is an "at-will" equal opportunity employer.



# GENERAL SERVICES

## 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!**

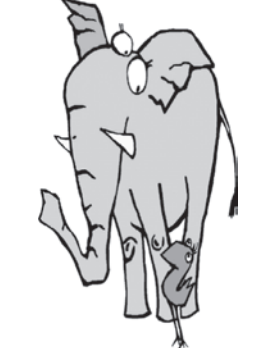
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Call 1-877-766-6891  
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Call 1-877-766-6891  
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## Estate/ Garage Sale

Saturday October 3<sup>rd</sup>  
8 AM to 2 PM

31 Coxboro Road,  
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Freshwater fishing equipment, set of women's golf clubs, Poulan Pro Gas Trimmer, 2 sets of china, two steamer trunks, large collection of antique cuff-links, Power tools, speakers, Night Vision Binocs, Garden Tools, and much more.

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# How to support local agriculture this fall

The global pandemic that has upended daily life has exacted a toll on many industries. Businesses have been asked to close or temporarily scale back operations, while organizers of recreational gatherings have been tasked with reevaluating the practicality and safety of annual events.

Throughout the United States and Canada, autumn fairs, exhibitions and activities provide revenue for many people. But due to the outbreak of the COVID-19 virus, many of these annual events have been postponed, adversely affecting local agricultural industries as a result. Governments in certain places have responded to the cancellations and offered assistance to local farmers and agricultural industries. For example, the Province of Ontario is providing nearly \$1 million to assist organizations that had to cancel fall events due to the coronavirus pandemic. In addition to supporting such efforts, the general public can pitch in to help offset some of the financial losses accrued by local farms.

- Check for virtual events. Some fall fairs or livestock events have been moved to the digital realm. That means competitors who were entering livestock or even home crafts into compe-

titions can still participate. Organizers may ask for videos or photos of entries and then a committee will vote on the winners. This is one way to keep entry fees and even cash prizes moving along.

- Support local farms or orchards. Fall is harvest season in many areas, making this a popular time of year to visit nearby farms and to purchase fruits and vegetables directly from the source. Many farms have implemented safety protocols that align with COVID-19 health recommendations to safely welcome visitors. Things may look a little differently at orchards and farms, but smaller crowds and wearing masks should not compromise the fun of picking your own foods.
- Explore farm-to-table. Private individuals as well as restaurant owners can develop relationships with area agriculture producers to increase the availability of farm-to-table offerings. Restaurants can revamp menus to include a greater share of items sourced from nearby farms. Individuals also can rely on produce stands and farmers' markets to stock their pantries. Some farms may offer delivery and mail-order as well.
- Offer financial services. Financial



advisors can help farmers who are struggling with finances work through their options. Institutions may be able to extend the terms of loan repayments, refinance loans, restructure debt, or get credit extensions. Lower interest rates have created some new opportunities farmers may not be aware of. Financial advisors can help farmers navigate an uncertain financial time.

Farmers and agricultural organizations are facing greater challenges as fall fairs and other events are being canceled. The public can support agriculture in different ways to offset the financial losses stemming from the pandemic.

# HELP WANTED

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



New Hampshire Ball Bearings, Inc.  
*MinebeaMitsumi 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)

NHBB is an equal opportunity employer all qualified applicants will receive consideration for employment without regard to race, color, religion, sex, national origin, disability status, protected Veteran status, or any other characteristic protected by law.  
An Equal Opportunity/Affirmative Action Employer

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

Shaker Regional School District has an opening for a full-time, year-round, grounds worker to perform grounds work. Hours are 6:30 am – 3:00 pm, with a half-hour lunch. Pay is \$12.89/hr. Must be reliable, have the ability to work independently and follow written and verbal instructions. Our full time positions qualify for our comprehensive benefit package including health, dental, life, long-term disability and paid sick, personal and holidays. Please submit an application and 3 letters of reference to Steve Dalzell, 58 School Street, Belmont, NH 03220. You may contact Mr. Dalzell at 267-9223 to obtain an application or visit the Human Resources section of our website: [www.sau80.org](http://www.sau80.org). Successful completion of a post-offer pre-employment physical and criminal background check, including fingerprinting, are required.

Shaker Regional School District is an equal opportunity employer.



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[WWW.LUMBERNH.COM](http://WWW.LUMBERNH.COM)



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### Precision Lumber Inc.

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POSITIONS AVAILABLE**



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Please Apply in person at  
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No phone calls please.



### Northern Human Services

*Changing Lives*

#### Consumer Directed Assistant

Looking for an energetic, positive, and creative person to support a young woman in the Moultonborough area. Position consists of helping her obtain and maintain a volunteer position, supporting her during employment hours, as well as coming up with fun, creative activities to do within the community. Looking for someone to provide 25 hours of support each week at \$13.50 per hour. Position offers a flexible schedule and mileage and vacation/sick time are included. Please email resumes to Rhonda Vappi at [rvappi@northernhs.org](mailto:rvappi@northernhs.org) or mail to NHS 87 Washington St. Conway, NH 03818, or by faxing to (603) 447-8893.

This position requires valid driver's license, proof of adequate auto insurance, and the completion of driver, criminal and background records checks. This Agency is an Equal Opportunity Employer, and Provider. (459-10)

### Help Wanted



## NEED JOB

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October is

# Breast Cancer Awareness Month

## Community for a Cure

*We Stand Together in the Fight Against Breast Cancer!*

Medical experts agree that early detection is a woman’s best defense in overcoming breast cancer. In fact, the National Breast Cancer Foundation reports that when breast cancer is detected in the early, localized stage, the five-year survival rate is 98 percent. The organization encourages every woman to develop an early detection plan consisting of breast self-exams, clinical breast exams and mammograms based on age and health history. To learn how to perform a monthly breast self-exam, go to

www.nationalbreastcancer.org or ask your healthcare professional. A family physician or gynecologist should perform a clinical breast exam as part of an annual visit, and can advise women on the frequency of mammography scheduling. We salute our local business community’s commitment to a cure! In honor of National Breast Cancer Awareness Month, Salmon Press would like to present these advertisers in the hope that women everywhere can look forward to a healthy future.



**During October, National Breast Cancer Awareness Month, we remember the mothers, daughters, friends, sisters and wives who have lost their lives to breast cancer. We also salute the survivors whose successful fight against breast cancer gives us hope for the future and a cure.**



## Breast cancer signs and symptoms

Breast cancer is a formidable foe. According to the World Health Organization, an estimated 627,000 women lost their lives to breast cancer in 2018. But women are not helpless in the fight against breast cancer, as the WHO notes early detection is critical and could potentially save thousands of lives each year.

A proactive approach is a key component of protecting oneself against breast cancer. While the National Breast Cancer Foundation, Inc.® notes that many breast cancer symptoms are invisible and not noticeable without a professional cancer screening, women can keep an eye out for certain signs of breast cancer they might be able to detect on their own. Monthly self-exams can help women more easily identify changes in their breasts. During such self-exams, women can look for the following signs and symptoms and are advised to report any abnormalities they discover to their physicians immediately.

- Changes in how the breast or nipple feels: The NBCF says nipple tenderness or a lump or thickening in or near the breast or underarm could indicate the presence of breast cancer. Some women may notice changes in the skin texture or an enlargement of the pores in the skin of their breast. In many instances, skin texture has been described as being similar to the texture of an orange peel. Lumps in the breast also may indicate breast cancer, though not all lumps are cancerous.
- Change in appearance

of the breast or nipple: Unexplained changes in the size or shape of the breast; dimpling anywhere on the breast; unexplained swelling or shrinking of the breast, particularly when the shrinking or swelling is exclusive to one side only; and a nipple that is

turned slightly inward or inverted are some signs and symptoms of breast cancer that can affect the appearance of the breast or nipple. It is common for women’s breasts to be asymmetrical, but sudden asymmetry should be brought to the attention of a physician.

- Discharge from the nipple: The NBCF notes that any discharge from the nipple, but particularly a clear or bloody discharge, could be a sign of breast cancer. The NBCF also advises women that a milky discharge when they are not breastfeeding is not linked to breast cancer but should be discussed with a physician.

Learning to recognize the signs and symptoms of breast cancer can increase the likelihood of early diagnosis, which greatly improves women’s chances of surviving this disease.



### Educating young women about breast cancer

At the age of 12 to 15, many young women are experiencing the body and life changes that accompany adolescence. It can be difficult to imagine that breasts that are just beginning to develop may contain cancer. But such is the reality for some girls.

The majority of women who receive a breast cancer diagnosis are over the age of 40. Experts at Monroe Carell Jr. Hospital at Vanderbilt University note that only 5 percent of breast cancer cases are found in women under the age of 40. However, the hospital recently treated a 14-year-old girl who found a lump and learned she had a rare form of breast cancer called a phyllodes tumor. In 2009, a 13-year-old from Little Rock, Ark. found a quarter-sized lump in her right breast, while a 19-year-old student at the College of New Jersey was diagnosed with cancerous cells and underwent a bilateral mastectomy.

Though such cases are rare, it behooves teenage and adolescent girls to familiarize themselves with the disease and be mindful of their breast health.

Some organizations have increased breast cancer messages for young girls, and it is not uncommon to find young women participating in runs and fundraisers for breast cancer research. Some organizations even conduct breast cancer workshops to educate young women about breast health. Dorothy Paterson of Texas, a former Girl Scout leader who was diagnosed with breast cancer herself, began conducting workshops for Girl Scouts in 2007. The idea isn’t to scare girls into believing they have the disease, but rather to increase their awareness of changes in their bodies that may or may not be normal.

Some parents worry that educating children about breast cancer may cause them to worry unnecessarily, especially considering a young girl’s risk of developing breast cancer is so minimal. Just as with older women, adolescents and teens should realize that eating healthy foods, exercising, avoiding alcohol and tobacco, and maintaining annual physical exams with a doctor are key ways to reduce the risk for cancer.

We support National Breast Cancer Awareness Month

**PINK TOGETHER**

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# Lynn O'Connor joins eXp Realty

GILMANTON — Lynn O'Connor announced that she has joined eXp Realty, the largest residential real estate brokerage by geography in North America. O'Connor focuses on the Lakes Region and surrounding communities and started in residential real estate over 20 years ago and has specialized in commercial real estate over the last five years.

eXp Realty, The Real Estate Cloud Brokerage, is the largest residential real estate brokerage by geography in North America. It is one of the fastest-growing firms with more than 35,000 agents across North America, Canada, the United Kingdom and Australia. As a subsidiary of a publicly traded company, eXp Realty uniquely offers real estate professionals within its ranks opportunities to earn eXp World Holdings stock for production and contributions to overall company growth.

About Lynn O'Connor

Lynn O'Connor, of the O'Connor Group, has joined eXp Realty to assist you with all your Commercial and Residential real estate needs. Prior to joining eXp, Lynn was a commercial agent with Weeks Commercial for the last 5 years. She has held an NH Real Estate License since 1997 when she focused primarily on residential real estate. Throughout Lynn's career, she has had experience in a variety of transactions ranging from single-family, multi-family homes, condominiums, land, commercial buildings, leases, and business opportunities for sale.

Lynn has lived in Gilmanton, NH for 45 years



Lynn O'Connor

and knows the area and its surrounding communities. Over the years Lynn has served as a Gilmanton Budget Committee Assistant Chairman, School Needs Committee Member, Family Voices Board Member, Gilmanton Afterschool Program Board Member; and is currently a volunteer for Special Olympics and a board member of Enhanced Life Options Group.

Check out the O'Connor Group at [www.oconnorgrouph.com](http://www.oconnorgrouph.com). Please contact Lynn O'Connor at 387-2886 or [lynn.oconnor@exprealty.com](mailto:lynn.oconnor@exprealty.com) for any of your real estate needs.

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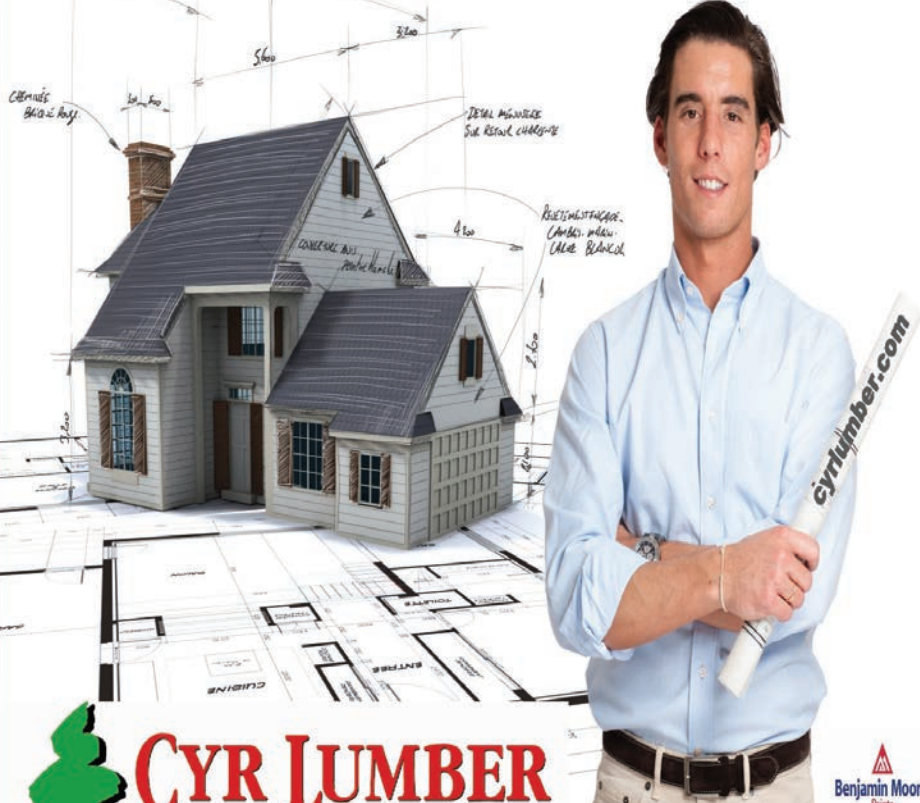
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To learn more call Holly Haines at: Abramson, Brown & Dugan, in Manchester, NH (603) 627-1819 - [www.arbd.com](http://www.arbd.com)

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- Votes on the Governor's nominations for major positions and boards in state government
- Votes on all Judicial nominations
- Responsible for the 10-Year Highway Plan that includes projects for roads, bridges and airports
- Councilors each represent 20% of the population; District 1 is comprised of the upper 2/3 of the state and includes 4 cities and 109 towns



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Paid for by Friends of Mike Cryan: Denis Ibey, Fiscal Agent; PO Box 999, Hanover, NH 03755