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Gilford Steamer

THURSDAY, OCTOBER 1, 2020

GILFORD, N.H.

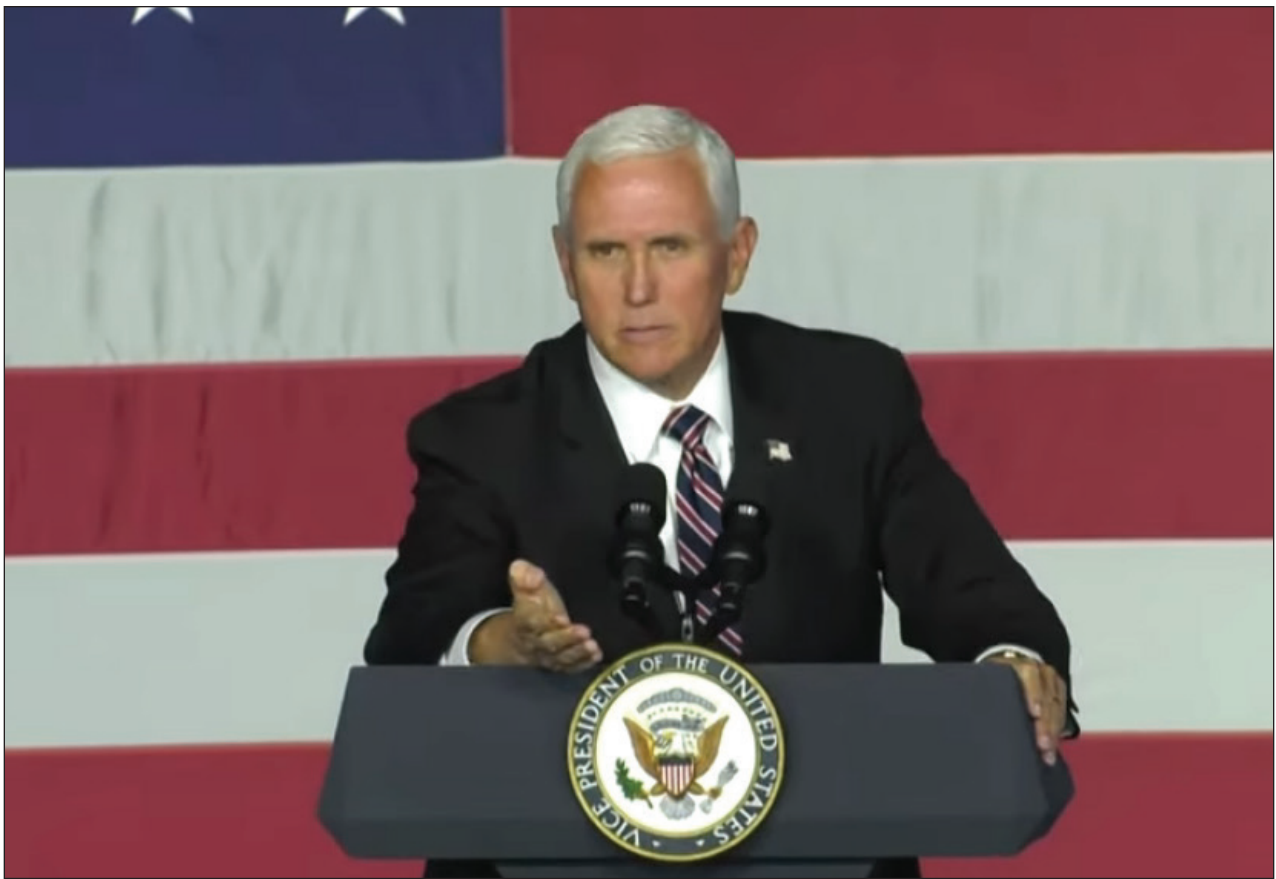
Pence speaks to crowd at Laconia Airport

BY ERIN PLUMMER
mnews@salmonpress.news

Vice President Mike Pence paid a visit to Gilford in support of President Donald Trump, talking about Trump's accomplishments during his term and heavily criticizing his opponent Sen. Joe Biden.

Pence spoke at a rally at Laconia Airport on Tuesday, campaigning for Trump as well as voicing support for a number of New Hampshire Republican candidates for state and national office.

Pence said the country thrived under Trump and improved after the Obama Administration. Pence said in the past three and a half years Trump strengthened the military and national defense, cut regulations,



Vice President Mike Pence spoke with supporters at Laconia Airport on Tuesday.

COURTESY PHOTO

boosted the economy, and built 300 miles of the wall around the Mexican border. He also credited Trump with standing "for the sanctity of life," personal liberties, and the Second Amendment, as well as having 200 conservative judges confirmed during his administration.

He criticized Biden's stances on immigration, abortion, trade relations with China, and NAFTA. Pence said Biden would take the country in a "radical left" direction and said under his presidency there would be more federal red tape and Biden would appoint "activist judges."

Pence spoke of the late Justice Ruth Bader Ginsburg, who he said "lived an inspiring life."

SEE **PENCE** PAGE A10

Golden Eagles run to wins in opening race

BY JOSHUA SPAULDING
Sports Editor

GILFORD — It was a fine start to the new season for the Gilford cross country team, as the Golden Eagles played host to a three-team race on Friday, Sept. 25, and both the boys and girls came out with overall victories.

Catherine Stowe ran to the win in the girls' race, finishing with a time of 20:25.

Vanessa Genakos finished third overall and second for the Golden Eagles with a time of 22:22 and Sydney Eastman finished in a time of 23:10 for sixth place overall.

Tessa Tanner was the fourth scorer in a time of 24:32 in ninth place and captain Bethany Tanner rounded out the scoring for Gilford with a time of 24:38 for 10th place.

SEE **EAGLES** PAGE A10

Trick-or-treating canceled in Gilford

BY ERIN PLUMMER
mnews@salmonpress.news

Trick-or-treating in Gilford is canceled this year due to the pandemic, a decision town officials said wasn't an easy one to make.

The board of selectmen voted unanimously in favor of canceling this year's trick or treating during Monday's meeting.

Every other year, the town typically closes off Belknap Mountain Road through the village to allow families to trick or treat. With the pandemic this year the board discussed in a previous meeting whether the event should happen this year.

Board Chair Chan Eddy said Police Chief Anthony Bean Burpee and Town Administrator Scott Dunn would be taking part in a webinar by the New Hampshire Municipal Association on health and safety for Halloween, saying maybe they shouldn't make a decision until after that webinar took place. Selectman Gus Benavides asked how much time they would need for this decision, saying the board wasn't meeting again until the middle of October and they would need to act on this soon.

Bean Burpee said the CDC recommended communities don't hold trick-or-treating this year. He also said selectman Kevin Hayes raised a good issue the last time they discussed this that a number of other communities aren't having trick-or-treating and that could result in an influx of people coming to Gil-

SEE **GILFORD** PAGE A10

Champs rise past neighboring Prospect



GILFORD'S Riley McDonough goes up to the net against Prospect's Julia Leavitt in action last week in Gilford.



ELLA MISIASZEK of Prospect puts the ball up as Gilford's Maddy Spaulding goes for the block in action last week.

BY JOSHUA SPAULDING
Sports Editor

GILFORD — The Gilford volleyball team is the defending Division II champions and the Prospect Mountain volleyball team is the new kid on the block, having moved up to Division II before the start of this season.

When the two teams met up on Monday, Sept. 21, in Gilford, the Golden Eagles showed why they are the champs while the Timber Wolves showed that they belong in the conversation in Division II.

"They came out swinging, we didn't know how they were going to be," said Gilford coach Amy Tripp. "It was a gritty win."

"We just dug in and said, 'we're going to do this,'" she added.

"This is so much better, the competition," said first-year Prospect coach Scott Hutchins. "It

makes you a better player to play these types of rallies.

"This is where we belong, we can play with anybody," he added.

The two teams were back and forth in the first game, tying at 11 before the hosts slowly began to inch away, upping the lead to 13-11. Prospect's Jiana Kenson had a hit to cut the lead to one but Gilford went back up by a 16-12 score thanks to an ace from Kate Sullivan and a block from Riley McDonough.

A hit from Julia Leavitt got the Timber Wolves back on track and a Leavitt ace kept them pulling closer, eventually tying the game at 17. Gilford went up 20-17 before Sophia Bean had a hit for Prospect. Lindsey Sanderson answered with a hit for the hosts and Bean and Sullivan traded points.

Gilford slowly pulled

away and Sanderson finished out the first game with a service ace and the Golden Eagles won 25-19.

McDonough had a nice tip early in the second game, Maggie Shut had a hit and Harper Meehan had an ace, helping Gilford stay right with the Timber Wolves. Sanderson had a hit and Shute had a nice return while McDonough added a hit and Shute had a nice tip, pushing Gilford to a 10-5 lead.

Leavitt had an ace to get the Timber Wolves back on track and then Ella Misiaszek found a nice spot to place the ball in the Gilford defense. Sophie Sarno also found a nice spot for a shot but Sullivan came back with a hit, Sanderson had a pair of aces and Serena Pugh had a hit, pushing Gilford's lead to 21-11.

Leavitt had a nice dig as the Timber Wolves tried to battle back but

Callista Shepard answered with a hit for the Golden Eagles. Kenson and Sarno found good spots for points for the Timber Wolves but Gilford closed out the 25-15 win for the 2-0 lead.

Prospect got out to an early lead in the third game, with Sarno getting an ace and Bean getting a big block. Sanderson had a hit for the Golden Eagles but Prospect was up 5-2 in the early going.

Gilford battled right back, eventually pulling even at five and again at six as Maddy Spaulding had a good point for the hosts. Meehan had a trio of aces for the Golden Eagles, allowing them to go out to a 13-8 lead, with Sullivan also getting a nice tip. Leavitt got Prospect back on the board with a hit but Gilford held tight.

Bean had a hit and Leavitt had three aces to

SEE **VOLLEYBALL** PAGE A10

ALMANAC

What's new at the Gilford Library

The days are getting shorter and the nights are getting colder. With the transition from hot days at the lake to pumpkin-spiced everything, the Gilford Public Library has a lot to offer this early fall. Two New Hampshire Humanities programs are coming to the library this month, so be sure to keep an eye on our calendar for more information. Wendy Oellers-Fulmer starts offering her nature talks online for interested kids and parents alike on Wednesdays. There is a new face at the library as well! Hayden joined our staff and is taking

over for Mark as the teen and emerging technologies librarian. Be sure to stop by and meet him.

Other items to note: we are looking forward to a socially distanced Halloween Party and Parade at the library at the end of the month on October 30th. Dress in your finest costume and parade around our parking lot. More information to follow in the coming weeks and can always be found on our website or by giving us a call.

The last weekend of October will also bring our annual book sale at the library, normally held during Gilford Old

Home Day. We have a large variety of gently used materials for purchase Friday, October 30th from 1:00PM to 5:00PM and Saturday, October 31st from 9:00AM to 1:00PM. As always, you can keep an eye on this column for a weekly calendar of events but feel free to give us a call or visit our website for a more complete list of events.

Classes & Special Events
Oct. 1 – Oct. 8
*Sign up and face masks required

Thursday, Oct. 1
*Advanced Line Dancing, 10:10-11:30 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: History of the NH Primary, 6:30-7:30 p.m.

This program presents a brief history of the New Hampshire Presidential Primary with clips from the documentary, "The Premier Primary, New Hampshire and Presidential Elections." John Gfroerer leads a discussion and answers questions about how New Hampshire came to hold this important political event every four years.

Friday, Oct. 2
*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. 5
*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.

STEAM Challenge, 10:30-11:30 a.m.

Join us to get hands on knowledge through different weekly STEAM related challenges. Most materials will be available in your home. If you do not have materials available please email library@gilfordlibrary.org and we will provide materials for you. Videos/Instructions will be available every Monday on Facebook Live and on our YouTube channel. Tune in to view the challenge and try it at home!

*Line Dancing, 5:30-6:30 p.m.

Tuesday, Oct. 6
*Geri Fit, 10-11 a.m.

Stuffed Animal Storytime (Virtual) 10:30-11:30 a.m.

*Mystery Book Group, 6-7 p.m.

Join us for this month's mystery book group! Betty Tidd will lead the discussion of Sworn to Silence by Linda Castillo, the first in the Amish police procedural series following Kate Burkholder. Limited number of copies will be available at the library. Please call the library or stop by to register for the program. In person attendance limited to 9 people.

Wednesday, Oct. 7
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-judgemental 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 3-6, sessions will be 10-15 minutes.

Nature Talks (Virtual), 10:30 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 interested 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. 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.

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Moultonborough the setting for latest Playhouse production



Teghan Marie Kelly

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 friend-

ship 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



Ray Dudley

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 Play-

house 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 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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Gilford Parks and Recreation News

BY HERB GREENE
Director
Gilford Parks and Recreation

Adult Fall Hiking Program continues on Tuesday mornings The Gilford Parks and Recreation Department is sponsoring some fall

hikes for any adults looking for a fun, socially distanced safe activity on Tuesdays this fall. These hikes continue on Sept. 29 at Ramblin’ Vewe Farm and October 6 at West Rattlesnake in Holderness. Participants will gather each

morning at 9:15 a.m. in the Gilford Town Hall Lobby before departing for the hike. Participants should bring a mask to wear during check in and for any times when stopped on the trail where we cannot practice social

distancing. All interested participants must RSVP at least one day in advance to each trip. For more information or to RSVP, please call the Parks and Recreation Office at 527-4722.

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 Book of Two Ways” by Jodi Picoult
6. “The Midwife Murders” by James Patterson
7. “The Guest List” by Lucy Foley
8. “The Darkest Evening” by Ann Cleeves
9. “1st Case” by James Patterson
10. “The Vanishing Half” by Brit Bennett

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OPINION

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.

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We're looking forward to hearing from you!



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

An honest confession

BY LARRY SCOTT

"I don't want there to be a God," wrote Thomas Nagel in "The Last Word." "It isn't that I don't believe in God and naturally hope that I'm right in my belief. It's that I hope there is no God.... I don't want the universe to be like that."

I appreciate Nagel's honesty for he states, without apology, a sentiment seldom admitted by my friends. Not that they don't believe in God; everyone claims to believe in God. It is Jesus that is the object of their disbelief.

My friends, almost without exception, know nothing about him. They admit they have never read the New Testament, know nothing of his life or the purpose for which he lived. And they show no interest in checking things out.

I cannot tell you how this saddens me. Jesus' life and ministry has been at the center of

my research since my youth. What I have discovered has revolutionized my thinking. I hurt for those who have chosen to remain ignorant. Few of them are as blatant as Thomas Nagel, but I fear he echoes their sentiment. They don't want to believe in Jesus; a sincere look at his message will demand changes they are not prepared to make.

And with reason. Lee Strobel's journey of faith is a classic case in point.

"Recently I was chatting with a former colleague from my days as an atheist and legal editor at the Chicago Tribune. 'You were the last person I ever thought would give up your journalism to go tell people about Jesus,' he said. 'You were one of the most skeptical people I knew.'... Ironically, it was my skepticism that ultimately drove me to faith in Jesus.

"That's because my wife Leslie's newfound

belief in Christ provoked me to investigate the historical underpinnings of Christianity.... To my dismay, the data of science (from cosmology and physics to biochemistry and human consciousness) convinced me there was a supernatural Creator, while the evidence from history satisfied me that Jesus of Nazareth was resurrected from the dead, confirming his identity as the unique Son of God. The inexorable conclusion that Christianity is true prompted me to put my trust in Christ. (Lee Strobel, "The Case for Miracles" p. 23).

All truth, the foundation of all reality, begins with Jesus Christ. Those who, like Thomas Nagel, believe the here and now is all there is to our existence, need to evaluate the Gospel record. The meaning and purpose of life, the strength to live responsibly, and the state of our life after death, all find their ful-

fillment in our Lord.

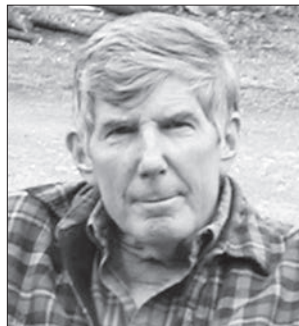
I am not writing here about a new faith; I am heralding a new relationship. Review the Gospels; note what God did for those who accepted Jesus as their Lord. One cannot encounter Jesus Christ and remain unchanged. In the words of the Apostle Paul, "What things were gained to me, those I counted loss for Christ. Yea, doubtless, and I count all things but loss for the excellency of the knowledge of Christ Jesus my Lord."

I know that, along with what the Apostle Paul has to say, we come across as fanatics, out of touch with reality. But there is reason behind our commitment. He has changed everything. We cannot imagine what our lives — past, present, and future — would be like were it not for Jesus Christ.

For more thoughts like these, follow me at indefenseoftruth.net.

North Country Notebook

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 wear-

ing 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.

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 freezing-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 neigh-

bors' 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

NOTEBOOK

(Continued from Page A4)

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.

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



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)

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 dif-

ferent 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 or 386 South Hill Rd., Colebrook, NH 03576.)



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)

Parks and Rec reports busy summer

BY ERIN PLUMMER
m n e w s @ s a l m o n - p r e s s . n e w s

Despite tough times and some tough decisions, the Parks and Recreation Department offered a number of programs and saw a lot of participation over the summer.

Last Wednesday, Parks and Recreation Director Herb Greene gave the selectman an update on his department through the summer.

“Obviously, this is a unusual season for us in the Parks and Recreation Department with things going on relative to COVID-19,” Greene said.

The majority of programs through the spring and early summer were canceled, Greene said they were waiting for guidelines from the governor’s office regarding outdoor activities, sports, and camp activities. A number of activities resumed with guidance and safety precautions including Shooters Gold camp, Wicked Cool for Kids Minicraft camp, and tennis lessons. They also had camp sessions at Lakes Region riding Academy, take and go arts and crafts, swim conditioning, a story walk co-hosted with the library, and a limited concert series wit the Gilford Community Band.

The numbers were limited on programs and Greene said those activities filled up quickly. Activities that couldn’t

comply with recommendations were canceled.

One of Parks and Recreation’s most difficult decisions was the cancellation of Old Home Day.

“Our committee is already looking forward to 2021 in hopes that we’ll be able to have a bigger and better event,” Greene said. “We’re certainly hopeful we can be back to the point where we can operate that event next summer.”

Greene said the town beach had a huge influx of visitors this summer because of the kids out of school, extra visitors, and the warm weather. Attendants were put at the gate after Memorial Day, which was earlier this year.

Greene said they saw more than 17,800 people come through the attended gate this summer, an increase of around 3,500 from last year.

Lifeguards were on duty from before June 20 through to Aug. 20, and Greene said they did a great job. Lifeguards did five water rescues and responded to 10 first aid calls, one of which required a call for an ambulance.

Attendants were at the gate until roughly after Labor Day. Since then the town has been keeping the gate and restrooms open until around 7 p.m. This will continue through the end of the month weather permitting until around Columbus Day, when Greene said they will start winterizing

the facilities.

Going into the fall Parks and Rec is offering youth soccer and adult hikes. He said they are also evaluating options for Halloween.

Selectman Gus Benavides praised Greene’s work.

“We’re all living in these unprecedented times and we all had to make some difficult decisions, as you said, throughout all this and I appreciate the fact that you were understanding and also trying to figure out how can we make this work as best as possible for the residents as well as obviously making tough decisions. None of us have wanted to make the decisions that we have,” Benavides said.

Gary Pierce Westergren, 80

SANBORNTON - Gary Pierce Westergren, 80, of Hermit Woods Road, passed away after a sudden illness on Thursday, September 17, 2020, at the Dartmouth-Hitchcock Medical Center, Lebanon.

Gary was born on January 3, 1940, in Torrington, CT, the son of the late Arnold and Helen (Pierce) Westergren.

He was a 1958 graduate of Vermont Academy and earned a B.A. in English Literature from Wesleyan University in 1962. Following that, he achieved the rank of Major in the United States Marine Corps while serving as a helicopter pilot during the Vietnam War. He was very proud of his military service and never missed a reunion of the HMM-162 squadron.

Following his military service, Gary earned a J.D. from Vanderbilt Law School in 1970 and was a practicing attorney for 50 years. A former partner in the law firm of Westcott, Millham and Dyer, he began a second career 19 years ago as a staff attorney with the NH Division for Children, Youth and Families. He was a passionate and tireless



advocate for the rights of children.

Gary was a voracious reader and a lover of the outdoors, sports, animals and children. He possessed a keen wit and intellect, integrity and compassion for all. He was a former competitive cross-country runner and wrestler and for many years stayed active playing tennis, running and bicycling, keeping pace with people decades younger. His greatest joy came from spending time with his beloved pets and family.

Gary is survived by his loving wife of 40 years, Michaeline, and five children; Andrew Westergren of Hampton, Amy Maheu (Michael) of South Carolina, Eric Westergren of Massachusetts, Karen Bald of Laconia, and Monique Twomey of Gilford. He was an immensely proud

grandfather of seven grandchildren; Pierce and Liam Maheu, Estelle and Greyson Westergren, Caroline Bald, and Avery and Camryn Marshall. Gary also leaves his brother Clifford Westergren and his wife Pat, sister Lisa Murray and her husband John, brother Kurt Westergren, seven nieces and nephews, and several grand-nieces and nephews.

Due to COVID-19 restrictions, there will be no Calling Hours. A Graveside Service will be held at the New Hampshire State Veterans Cemetery at a later date.

For those who wish, the family suggests that memorial donations be made in Gary’s name to the New Hampshire Humane Society, PO Box 572, Laconia, NH 03247.

Wilkinson-Beane-Simoneau-Paquette Funeral Home & Cremation Services and 603Cremations.com, 164 Pleasant St., Laconia, NH, 03246, is assisting the family with arrangements. For more information and to view an online memorial, please visit www.wilkinsonbeane.com.

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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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

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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

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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

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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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Jacqueline Taylor
Financial Advisor
3 Mill Street
PO Box 176
Meredith, NH 03253
603-279-3161
Fax 866-632-8685
jacqueline.taylor@edwardjones.com

Timber Wolves battle past Golden Eagles



JOSHUA SPAULDING

CAM DORE leaps over sliding Gilford keeper Thomas Donnelly (who has the ball behind him) in action last week.

BY JOSHUA SPAULDING
Sports Editor

GILFORD — The Prospect Mountain and Gilford boys' soccer teams have had some great battles over the course of the last few years.

Gilford has been on the right side of the rivalry for a few years, with Prospect's last win over the Golden Eagles coming in 2015.

On Monday, Sept. 21, the Timber Wolves traveled to Gilford and came home with a hard-fought 2-1 win.

"That was an excellent win, they fought through it," said Prospect assistant coach Rick Burley, who filled in for coach Cory Halvorsen. "These guys are a tough group, they want to compete."

"We played well," said Gilford coach Dave Pinkham. "Two defensive mistakes cost us."

In the early going, the Golden Eagles had the best of the opportunities, getting a number of chances early. Tanner

Keenan and Max Bartlett had good looks in the zone but Prospect's Michael Mahoney and Perrin McLeod helped to clear the ball out of the zone.

Gilford had the game's first corner but Michael Perry turned in a solid defensive stop. The Golden Eagles had another corner and McKaie Normand was able to clear the ball out from behind keeper Nick Clark to keep the game scoreless. Aidan Bondaz had a great cross for the hosts but David Fossett was able to clear the ball out for the Timber Wolves.

Prospect Mountain was able to convert on one of its first chances in the zone, as Perry drilled a direct kick in on net and Cam Dore was there to knock it past Gilford keeper Thomas Donnelly for the 1-0 lead with just more than five minutes gone in the game.

Gilford wasted little time pulling even, as just more than four min-

utes later, as Chance Bolduc launched a direct kick into the zone and Bondaz was able to rally it home to knot the score at one.

Gilford continued to pressure with a series of corner kicks but they were unable to convert. Dore and Cole Stockman teamed up on a bid for Prospect but Izaak Walton made a nice defensive stop for Gilford.

William Warr had a nice clear for Prospect and Bondaz came back with a shot that Clark was able to handle. Anthony Aguiar had a couple of chances for Gilford, while Andrew

Flanders, Bartlett and Keenan all had chances as well. Dore came back with a chance for Prospect but Donnelly came out to grab the ball.

The Timber Wolves were able to take the lead with 7:12 to go in the first half. Perry sent a direct kick in on net that Donnelly got a hand on, but the ball fell at the feet of Normand, who tucked it into the net for the 2-1 lead.

Chris Cox and Perry both had long shots for the Timber Wolves that Donnelly stopped, while Keenan, Chance Bolduc and Drake Bolduc had late chances in the first

half for the Golden Eagles.

The game went to the half with the Timber Wolves up by one and both teams came out firing in the second half. Gilford had a direct kick go through the crease while Perry had a direct kick stopped by Donnelly. Clark made a save on a Gilford chance and then Mahoney made a nice defensive stop on a bid from Keenan.

Prospect had its first corner kick but could not convert while Hunter Arsenault also put some solid moves on the Gilford defense but couldn't get the ball in the net. Gilford got a corner kick but couldn't get a shot off. Perry sent a ball in just ahead of Cox and Dore made a run that Donnelly came out to stop.

Bartlett delivered on a corner kick but Clark was able to grab it and then Walton stopped a run from McLeod and Arsenault had a cross that missed connections.

Gilford had chances from Keenan, Chance Bolduc, Jordan Browne, Aguiar, Bartlett and Alex Berube as they continued to press for the tying goal. Arsenault came back the other way but Chance Bolduc shut that bid down and the Timber Wolves were able to hold on to the one-goal lead and secured the win.

Burley noted that he and Halvorsen knew that the Golden Eagles would come out physical and battle hard, so it was a matter of matching that.

"We knew that and we discussed it with them," Burley said. "And we knew coming out in the second half they were going to come out strong and fight. We knew Dave what have them fired up."

"We had to not only match their intensity, but beat it and I think we did," Burley added. "This is a good group of guys, they don't care what it takes they want to win."

For Pinkham, it was a matter of missed chances that could've turned the game the other way.

"We missed a lot of opportunities," the veteran coach stated.

On Thursday, the two teams met again, this time in Alton, with Prospect getting a 2-1 win in overtime.

Prospect Mountain will be back in action today, Oct. 1, at Belmont at 4 p.m. and hosts Pittsfield on Monday, Oct. 5, at 4 p.m.

Gilford is back in action on Monday, Oct. 5, at Belmont at 4 p.m. and will be hosting Belmont on Thursday, Oct. 8, also at 4 p.m.

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



PROSPECT'S Michael Perry and Gilford's Anthony Aguiar chase down a ball in action last week in Gilford.

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Golden Eagle field hockey girls split the week

BY JOSHUA SPAULDING
Sports Editor

GILFORD — Coach Dave Rogacki called it a good week of growth for his young Gilford field hockey team last week, as the Golden Eagles earned a split of a pair of games in the first full week of action. Gilford opened the week on Tuesday, Sept.

22, on the road in Laconia and recorded an 8-0 win over the Sachems. Aly Pichette, Lexi Shute and Allison Carr each scored a pair of goals for the Golden Eagles while Taryn Fountain and Shea Brown rounded out the scoring. Rogacki praised the work of Lauren

Nash-Boucher on the defensive side of the ball. On Friday, Sept. 25, the Golden Eagles played host to Newfound and dropped a 3-2 decision to the Bears. Newfound carried a 2-1 lead to the fourth quarter, with Carr cutting what was a 2-0 lead to 2-1 but the Golden Ea-

gles were not done yet. Taryn Wernig tied the game at two with just two minutes to go in the game but the Bears answered with a goal with just a minute to play. “(We) did make a final push to try for another equalizer, but the Newfound defense preserved the win,” said Rogacki.

The veteran coach noted that freshman Caroline Guest had a good game in goal and Murphy Harris provided strong defensive support from her halfback position in the second half. The Golden Eagles will be in action today, Oct. 1, at home against Laconia at 4 p.m. and

will be at Franklin on Wednesday, Oct. 7, at 4 p.m. Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or josh@salmonpress.news.

HIGH SCHOOL SLATE

Thursday, Oct. 1

BELMONT
Golf at Owl’s Nest Resort; 4
GILFORD
Field Hockey vs. Laconia; 4
Girls’ Soccer vs. Laconia; 4
Volleyball at Laconia; 5:45
WINNISQUAM
Boys’ Soccer vs. Inter-Lakes; 4
Volleyball vs. Inter-Lakes; 5:45

Friday, Oct. 2

BELMONT
Boys’ Soccer vs. Prospect Mountain; 4
Cross Country at Gilford; 4
Girls’ Soccer at Prospect Mountain; 4
Volleyball at Prospect Mountain; 5:45
GILFORD
Cross Country Home Meet; 4

Saturday, Oct. 3

BELMONT-GILFORD
Football at Kingswood; 1
WINNISQUAM
Football at Farmington-Nute; 2

Monday, Oct. 5

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

Tuesday, Oct. 6

BELMONT
Cross Country Home Meet; 4
GILFORD
Cross Country at Belmont; 4
WINNISQUAM
Cross Country at Belmont; 4

Wednesday, Oct. 7

BELMONT
Golf at Canterbury Woods; 4
GILFORD
Field Hockey at Franklin; 4
Golf at Canterbury Woods; 4

Thursday, Oct. 8

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

Gilford girls record pair of wins over Timber Wolves

BY JOSHUA SPAULDING
Sports Editor

GILFORD — The Gilford girls’ soccer team picked up a couple of wins over neighboring Prospect Mountain last week, winning 4-1 on the road and 7-1 at home.

The Golden Eagles opened the season on Monday, Sept. 21, picking up the 4-1 win in Alton.

Gilford got one goal midway through the first half for a 1-0 lead at halftime and then scored three goals in the second half before Prospect added a late goal for the final 4-1 score.

Freshman Geena Cookinham had a great first varsity game, finishing with three goals, including a penalty kick while Allie Kenyon had a goal and an assist. Molly McLean and Millie Caldon each had an assist. Keeper Hannah Gannon

had five saves in net for Gilford.

“A good win to start the season,” said coach Rob Meyers. “We had a great game on both sides of the field.

“We controlled the ball on defense, dominated the midfield and really attacked well from the wings,” the Golden Eagle coach continued. “We have a deep team this year and we’re able to give everyone time on the field to get used to working together.”

Cookinham, Caldon, Elizabeth Albert, Maddie McKenna, Kendall Jones, Alyssa Craigie, Avery Marshall and Christine Pignol all dressed for their first varsity game.

On Thursday, Sept. 24, the Golden Eagles welcomed the Timber Wolves to town and got a 7-1 win behind a strong possession for long

stretches of the game and a strong attack.

It was Caldon’s day to shine on offense, as she put in four goals (including her first varsity tally) and added an assist. Kenyon added two goals and an assist and Cookinham added a goal and an assist. Marlow Mikulis added two assists and Molly McLean and Vanessa Flanders each added an assist.

“This was the most complete game GHS has played in over two years,” said Meyers. “We were solid on defense, dominated the midfield and were fast attacking to the corners.

“The girls did a great job of finding the open player and keeping the ball moving,” he continued. “We gave up a soft goal but will learn from the mistake.”

Kayla Foster and Savannah Neuman both dressed for their first varsity game.

Gilford is back in action today, Oct. 1, at home against Laconia at 4 p.m. and will be host Belmont on Monday, Oct. 5, at 4 p.m.

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

Wolves continue strong play in September

LACONIA — The New England Wolves hockey teams continued their strong play in the last week-end 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 EHL 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 shutout 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.

Gilford golfers tee off at Owl’s Nest

BY JOSHUA SPAULDING
Sports Editor

GILFORD — The Gilford golf team traveled to Owl’s Nest in Campton for a match with the host Plymouth Bobcats and the Laconia Sachems on Monday, Sept. 21.

The Bobcats got the win with a 170 with Laconia in second in 223 with Gilford finishing in third with a 254.

Bradley McIntyre led the way for the Golden Eagles with a score of 61.

Both Cole Howard and Daniel Kitto finished with 63s to place as the second and third Golden Eagles.

Brock Bowe rounded out the scoring for the Gilford squad with a 67.

Gilford hosted a match at Pheasant Ridge on Wednesday, Sept. 23, finishing third behind Belmont and Prospect Mountain.


Howard led the way for Gilford with a 57. Bowe was second for the Golden Eagles, firing a 58 and McIntyre placed third for Gilford with a 60.

Kitto and Carter Laliberte both finished with 65s, with one of those counting for the final team score.

Gilford will be back in action on Wednesday, Oct. 7, for the final match of the regular season at Ridge-wood in Moultonborough.

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

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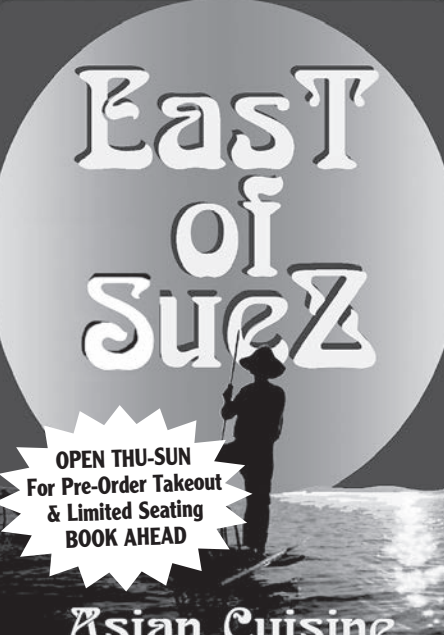
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Lynn O'Connor joins eXp Realty

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 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.oconnorgroupnh.com. Please contact Lynn O'Connor at 387-2886 or lynn.oconnor@exprealty.com for any of your real estate needs.

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Lynn O'Connor

Gilford preparing for November election



COURTESY PHOTO

Town Clerk Danielle LaFond and town moderator Sandy McGonagle talk with the selectmen about polling preparations for the November election.

BY ERIN PLUMMER
mnews@salmonpress.news

With the general election around a month and a half away, town officials are talking about how to accommodate what will likely be a huge amount of voters while still taking precautions against COVID-19.

The board of selectmen spoke with town moderator Sandy McGonagle and town clerk Danielle LaFond about the coming election on Nov. 3.

McGonagle said they had more than 5,000 voters come to the polls on Sept. 8. Board chair Chan Eddy said they learned some lessons during primary voting and are looking at things that did and didn't work in preparation for the Nov. 3 election. He said they also got some information on what other communities were doing for their voting.

"The 2016 election was what I call the, 'Grim determination,' election, this one is, 'I'm really PO-ed,' election and that's across the board," Eddy said. "I think that's going to drive a lot of people to come out who otherwise might not come out, so I wouldn't be surprised we may run through our entire list."

The town is looking at options for making more parking available to voters. Eddy said they got an email expressing concern about parking available at the Gilford Youth Center. He asked for discussion on the option of having poll workers park at the Village Field and walk down, freeing up spaces for voters. McGonagle agreed with this idea, saying this could be promoted to the poll workers in their training. She also said a number of poll workers do get rides to

the polling place.

Selectman Gus Benavides also suggested that people who hold signs at the polls also park at Village Field, saying combined with the poll workers that is a number of parking spaces that are unavailable to voters.

McGonagle said those spaces right by the building could also be used by voters with mobility difficulties. She said she would be willing to reach out to some candidates to ask their campaigners to park at Village Field.

McGonagle said she could suggest these parking changes to poll workers and campaigners, but said she didn't think they could mandate them. Town Administrator Scott Dunn said the board could issue an order that, for example, could temporarily limit parking in the lot to one hour that day. Benavides asked if there were any voting laws that might prevent such an order, McGonagle said she would check on that.

Benavides also said they could put up signs by Potter Hill Road indicating the locations for voter parking and asking poll workers and campaigners to park at Village Field.

Eddy also suggested having more than two entrances open, including a separate entrance for people who won't wear masks. While voters were asked to wear masks at the polls, McGonagle said as the state doesn't mandate their use they can't require voters to wear them. Eddy said around nine people came to the polls on Primary day who wouldn't wear masks and said they could expect more in November. McGonagle said they could look into having that separate entrance with some help from

Public Works, including creating an alternate line to the ballot clerks for those without masks.

McGonagle also said that the sneeze guards that were put in place in front of ballot clerks were "quite effective." She said they had a few ballot clerks who expressed concerns about the people who weren't wearing masks, but the clerks said they felt secure having the sneeze guards between them and the voters.

During the primary, booths were closed off to increase social distancing. Eddy suggested having all the booths available for use, as being in a closed off booth is a form of social distancing.

McGonagle said they have also talked about having more greeters at the polls. The supervisors of the checklist will be stationed in the game room area of the GYC and the gym will be used for voting. They are also discussing split shifts for election workers.

A team will also be assembled to process absentee ballots. LaFond said so far, the town has almost 1,000 requests for absentee ballots.

Eddy said they could have more discussion on this in the coming weeks leading up to the election.

Benavides thanked LaFond, McGonagle, supervisors of the checklist and poll workers, and staff from Public Works and the Police Department for their work in the last election.

"It went terrific when you consider all the people that we had, the amount of precautions because we had COVID," Benavides said.

He also thanked their efforts with all the absentee ballots they had to process.

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PENCE

(Continued from Page A1)

“She paved the way for women in the law and America mourns the passing of a true public servant,” Pence said.

He also promised that Trump would soon appoint a new Supreme Court Justice who was a woman and “another principled conservative.” Later that week Trump nominated Amy Coney Barrett for that seat.

Pence also said Trump has been a strong supporter of law enforcement and talked about recent attacks on police officers.

“Men and women of New Hampshire, the attacks and disrespect of law enforcement must stop and it must stop now,” Pence said.

Pence said Americans have the right to protest, but said that doesn’t include rioting and looting.

Pence said that Biden had criticized law enforcement and called on him to denounce his running mate, Sen. Kamala Harris, and members of his campaign staff for supporting bail funds for “violent criminals.”

At the same time Pence also said the Trump Administration been helping out the black community with educational and economic opportunities.

“The people of New Hampshire know we don’t have to chose between supporting law enforcement and standing with our Afri-

can-American neighbors and families and minorities in our major cities,” Pence said.

Pence also praised Trump’s response to the pandemic, starting with the order to suspend travel between the US and China.

“Having led the White House coronavirus task force since late February, that action saved untold American lives and it bought us invaluable time to stand up the greatest national mobilization since World War II,” Pence said.

He said more than 100 million tests have been available, which Pence said was the most out of any other country. He also said they saw the manufacturing of “hun-

dreds of millions” of medical supplies and the increased manufacturing of ventilators. Pence also said a vaccine has been in development since January.

“We are on track to have the first safe and effect coronavirus vaccine before the end of this year,” Pence said.

“We’re slowing the spread, we’re protecting the vulnerable.”

Pence recognized healthcare workers and the “heartbreaking milestone” of 200,000 Americans who died of COVID-19.

“I want to say there’s not a day gone by when I haven’t thought of the families who have lost loved ones in the midst of this pandemic,” Pence said.

“Know that you’ve always been in our hearts and you’ll remain in our prayers. But I truly do believe that because of what we’ve all done together, because of the president’s early action putting the health of America first, because of what our first responders and doctors have done all along the way, and because of the compassion and care and cooperation of the American people I know in my heart we have saved hundreds of thousands of American lives.”

He said Trump worked with congressional leaders in both parties to come up with over \$4 trillion to support families and saved

over 50 million jobs with the Paycheck Protection Program. Pence said while the country lost 22 million jobs, 10.6 million people have already gone back to work including 59,000 people in New Hampshire.

Pence ended by urging people to support Trump and spread the word about Trump in the 42 days before the election.

“The president and I both know the strength of this country isn’t found in the marbled halls of Washington, D.C.,” Pence said. “It’s found in places like Laconia, it’s found in a place where ‘Live free or die’ isn’t just a slogan, it’s in your hearts.”

VOLLEYBALL

(Continued from Page A1)

bring the visitors right back into the action, cutting the lead to 16-13. However, McDonough answered with an ace on the other side of the net and Sullivan had a block and a couple of hits to open the lead to 22-13.

Prospect came charging back, with Bean getting a couple of big hits and Casey Bredbury adding a hit as well. Sarno had a service ace and Leavitt had a kill, cutting the lead to 24-20.

However, Sanderson put the final nail in the coffin with a big hit, giving Gilford the 25-20 win for the 3-0 overall victory.

“The first game was critical because I think we played with them,” Hutchins said. “A couple of breaks, around the 16-17 mark, if we could’ve got ahead, we could have put some pressure on them.

“We got hurt in the middle,” he continued. “She (Sullivan) was very good at going left or right.”

Hutchins also noted that the Golden Eagles had the Timber Wolves scrambling a little bit on serve receive at times.

“They do a nice job of keeping the ball in play,” Hutchins said. “We’ve had to earn every point we wanted to get.”

“We lost seven seniors (from last year’s championship team), so it’s fun to see these girls step into those shoes,” Tripp stated. “We’ve worked really hard and we’re in pretty good shape.

“Now it’s just a matter of honing the skills,” she continued.

Like most coaches, Tripp was excited just to see the team on the court again, given what everyone has gone through the last few months and

noted the team was following whatever rules it needs to.

“We get to have a season and whatever we have to do, we’ll do to play the sports we love,” she said.

The teams met again on Thursday in Alton, with Gilford coming back from a 2-1 deficit for the 3-2 win. Gilford

won the first set 25-18 then Prospect won 25-14 and 25-20. Gilford won 25-13 and 15-11 to get the win.

Lindsey McCullough had a pair of aces and eight digs for Prospect, while Allie Stockman had five aces and 34 assists, Leavitt had four aces, 17 kills and three blocks, Kenerson had six

kills and a block, Sarno had three aces, seven digs and eight kills and Misiaszek had an ace, seven digs and a kill.

“We really played so much better,” said Hutchins.

Prospect Mountain is back in action today, Oct. 1, at 5:45 p.m. at Belmont.

Gilford will also be

in action today, Oct. 1, at Laconia at 5:45 p.m. On Monday, Oct. 5, the team will be at Belmont at 6:15 p.m. and will host Belmont at 5:45 p.m. on Thursday, Oct. 8.

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

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 care is called Interactive Caregiving™, a philosophy centered around four central aspects of life: mind, body, nutrition, and safety.

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About Comfort Keepers

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EAGLES

(Continued from Page A1)

Maddie Burlough finished in a time of 27:52 for 15th place overall and Riley Stephan finished in 27:58 for 16th place. Alaina Osbourne finished in a time of 30:01 for 18th place and Lydia Stephan was 19th overall in 30:26 to round out the field of Gilford runners.

Patrick Gandini cruised to the win in the boys’ race, finishing in a time of 16:21, which was more than three minutes faster than the second place finisher.

Harry LaFlamme was next, finishing in a time of 19:36 for third place and Mitchell Townsend finished in 19:55 for fourth place.

Carter Forest was ninth overall in a time of 20:55 and Aiden Townsend rounded out the scoring for Gilford with a time of 21:03.

Jordan Witham was 15th in 24:21 and Dane DeHart finished in a time of 24:48 for 18th place.

Gilford will be back in action at home on Friday, Oct. 2, at 4 p.m. On Tuesday, Oct. 6, the Golden Eagles are at Belmont at 4 p.m.

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

GILFORD

(Continued from Page A1)

ford from other communities. That would also put Belknap Mountain Road residents in a bad position.

“Putting myself from the perspective of the other people who live on the road, they like having it but they’re just not going to participate,” Bean Burpee said.

Benavides concurred, saying there might be lights on at some houses but not at all of them.

Benavides made a motion that the town cancel trick-or-treating this year. The board voted unanimously in favor.

The town released a statement with this announcement on Friday, “With deep regret and sadness.” The statement said that public safety officials recommended keeping candy handouts, costume displays, and gatherings to small family groups with social distancing and using masks. The town is also recommending that people who have been diagnosed with or exposed to COVID-19 not hand out candy or participate in activities.

“It is hoped that Gilford’s many community events and celebrations return to normal in 2021, but in the meantime please be safe and considerate of others,” the statement read.

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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/.

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/. For additional information, call Tricia Tousignant, Family Resource Center, at 528-0391, or email tricia.tousignant@lrcs.org or visit our website at 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.

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 likely 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 diversification.

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.

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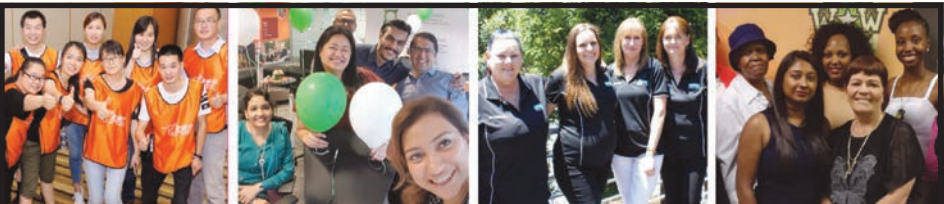
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October is

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



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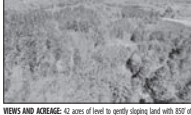



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