



Keenan’s strike leads Gilford past Belmont

BY JOSHUA SPAULDING
Sports Editor

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

Midway through the first half, Gilford’s Izaak Walton sent the ball in on net and as it was deflected, Belmont defenders yelled “keeper,” but goalie Jacobb Bivens knew he wasn’t going to get to it. As the Belmont defenders cleared out of the way, Gilford’s Tanner Keenan continued charging toward the goal and directed the ball in the net for the 1-0 lead.

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

“Defensively, I thought we played well,” said Belmont coach SEE **SOCCER** PAGE A8



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

JOSHUA SPAULDING

Defending champs keep rolling, knock off Raiders

BY JOSHUA SPAULDING
Sports Editor

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

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

And while Gilford lived up to the reputa-

tion as the defending Division II champions with a 3-0 win, Edgren walked away happy with how his team played.

“We’re trying to not focus on the scoreboard,” Edgren said. “You have to do what you have got to do and do it as well as you can.

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

“What is really exciting is that I got to play all the players,” said Gilford coach Amy Tripp.

“If they don’t get the game experience, when you really need them, they don’t have that.

“It’s a good opportunity for them to show their stuff,” Tripp added.

Out of the gate, Gilford got the first three points, with Kate Sullivan getting a big hit and a nice tip at the net while Riley McDonough also added a hit. Belmont bounced back with Kat Davies contributing a pair of aces to pull the Raiders even and then put them in the lead by

a 4-3 score. Gilford got a nice tip from Callista Shepard to go back ahead but Belmont answered with a hit from Madeline Johnson.

Gilford had another hit from Shepard and then a great service run from Sullivan, including three aces, pushed Gilford up to a 13-6 lead. Lindsey Sanderson had a great serve receive for the Golden Eagles and then added a couple of service aces as they built up the lead. Abby SEE **VOLLEYBALL** PAGE A8

Town reminds voters about absentee ballots

BY ERIN PLUMMER
mnews@salmonpress.news

Gilford is getting ready for Election Day and reminding eligible voters of this available option, which can be used by those concerned about potentially getting COVID-19 at the polls.

The town clerk’s office posted a series of notices regarding absentee voting and vote processing on the town website, advising voters about the state and the town’s absentee ballot procedures.

Under state law any registered voter in a certain municipality who be unable to come to the polls due to a number of stated reasons can apply for an absentee ballot and turn them into their community of legal residence. Under state law concern about coronavirus is a valid reason for applying for an absentee ballot. Other reasons for why people could apply for an absentee ballot also include physical disability, religious commitment, employment obligation and

SEE **BALLOTS** PAGE A8



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

JOSHUA SPAULDING



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

Gilford School District reminds families of travel requirements

By Erin Plummer
mnews@salmonpress.news

The district is reminding families about the state’s travel requirements during the pandemic, as they will still apply for people traveling over Thanksgiving.

Superintendent Kirk Beitler included this and some other announcements in an email to families dated Oct. 7.

During the Oct. 5 meeting, the Gilford School Board discussed the state’s travel requirements and how they will apply to the Thanksgiving, when many families travel travel for the holiday.

Currently anyone traveling to and from anywhere outside New England (including Maine, Vermont, Massachusetts, Rhode Island, and Connecticut) are subject to certain travel restrictions to help slow the spread of COVID-19. The school board reaffirmed the

SEE **GILFORD** PAGE A8

ALMANAC

Notes from the Gilford Public Library

Classes & Special Events
Oct. 15 – Oct. 22
*Sign up and face masks required

Thursday, Oct. 15
*Advanced Line Dancing, 10-10:30 a.m.
Mother Goose on the Loose (Virtual), 10:30-11:30 a.m.
Join Miss Maria on Facebook Live for an interactive experience with you and your baby with rhymes, songs, movement, and more!
*ages two and a half and under
*Beginner Line Danc-

ing, 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.

Friday, Oct. 16
*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. 19
*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. 20
*Geri Fit, 10-11 a.m.
Stuffed Animal Storytime (Virtual) 10:30-11:30 a.m.
Crafternoon, 1-2 p.m.

Every month, Kayleigh will show you how to make a cool craft at home! Sign up, and join Kayleigh to make the craft. All supplies provided. The craft for October is folded book art!

Wednesday, Oct. 21
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 three to six; 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. 22
*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.
Foreign Movie Night, 7-9 p.m.
This month's movie is Budruss, an unrated action/historical film from Israel/Palestine, with a run time of 82 minutes.

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Gilford Public Library Top Ten Requests

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

Fall Book Sale rescheduled

The annual Old Home Day Book Sale hosted by the Friends of the Gilford Public Library has been rescheduled. Join us for this two day only event Friday, Oct. 30 from 1-5 p.m. and Saturday, Oct. 31 from 9 a.m.-1 p.m. Please come by the Gilford Public Library, located on Potter Hill Road in Gilford, to select your purchases from a variety of gently used hardcover and soft cover books, audiobooks, CDs, DVDs, children's books and puzzles. There will be several tents set up in the lower parking lot and a few additional items will be set up inside. All items will be sold "by the bag" at a cost of \$5 per bag. The Friends of the Gilford Public Library rescheduled this sale from our usual summer sale held during the Gilford Old Home Day festivities. The summer sale was cancelled due to The Covid-19 Pandemic but the library has been collecting items and receiving donations all year long. Each year this sale raises funds to continue to support many of the programs and services at the Gilford Public Library. Please wear a mask and be mindful of social distancing recommendations. Contact Gilford Public Library (603)-524-6042 for additional information or visit www.gilfordlibrary.org.

Gilford Parks and Recreation News

BY HERB GREENE
Director
Gilford Parks and Recreation

Gilford's socially distanced Halloween drive thru event The Gilford Parks and Recreation Department is sponsoring a Socially Distanced, COVID-19 safe, Halloween Drive-Thru program for children up through 6th grade. We will be offering a variety of pre-event virtual contests with a deadline of Wednesday, October 28th, with the actual Drive-Thru event being held on Friday, October 30th from 5:30-6:30pm at the Gilford Town Hall. Virtual contests include: Costume Contest, Coloring Contest and Jack-O-Lantern Contest. During the Drive Thru, costumes are welcome, including car decorations, as families will be directed through the Gilford Town Hall Parking Lot where goodie bags for 250 children and prizes for our pre-event virtual contests will be given out. All participants are asked to remain in their vehicles at all times. All giveaways will be packaged and handed out by individuals in masks and gloves. For more information, please visit the Parks and Recreation Web site at www.gilfordrec.com or call the Parks and Recreation Office at 527-4722.

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PRESIDENT & PUBLISHER
FRANK G. CHILINSKI
(603) 677-9083
frank@salmonpress.news

BUSINESS MANAGER
RYAN CORNEAU
(603) 677-9082
ryan@salmonpress.news

OPERATIONS DIRECTOR
JIM DiNICOLA
(508) 764-4325

DISTRIBUTION MANAGER
JIM HINCKLEY
(603) 279-4516

EDITOR
BRENDAN BERUBE
(603) 677-9081
brendan@salmonpress.news

SPORTS EDITOR
JOSH SPAULDING
(603) 941-9155
josh@salmonpress.news

PRODUCTION MANAGER
JULIE CLARKE
(603) 677-9092
julie@salmonpress.news

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Camp Wanakee distributing free hand sanitizer



COURTESY PHOTOS
Camp Wanakee received more than 400 gallons of hand sanitizer to distribute to any organization that could use it.

BY ERIN PLUMMER
mnews@salmonpress.news

MEREDITH – Camp Wanakee is giving out free hand sanitizer by the bucket load and now has over a hundred gallons of it on hand to any organization in the state that needs it.

Over the summer, the camp received hand sanitizer through the United Methodist Committee on Relief and transported to the camp with the help

of FEMA. Wanakee is owned and operated by the New England Conference of the United Methodist Church. The church has been distributing hand sanitizer and masks to churches and affiliated organizations across the country with the help of FEMA. Camp Wanakee Executive Director James Tresner said the camp had been talking with the organization

since April about getting hand sanitizer to distribute, though he said they thought it would be in smaller bottles. In August the camp received 440 gallons in 55 gallon barrels.

Wanakee has been distributing the hand sanitizer to any community and nonprofit organization, church, and school in the state that wants it. Some of the locations it's gone to so far



Camp Wanakee volunteer Rev. Phil Polhemus of Meredith helps unload barrels of hand sanitizer with his tractor.

include the United Way of Nashua, City Year in Manchester, and many others.

“We’re just hoping it can be put to good use and it can keep our community – locally and in New Hampshire – safe,” Tresner said.

Right now, Wanakee still has a few barrels of around 100 to 150 gallons left and is looking to dis-

tribute it to any organization, church, or school that could use some hand sanitizer.

The hand sanitizer is produced by Pernod Ricard USA and is 80 percent alcohol.

Anyone interested in getting some hand sanitizer is asked to contact the camp at mail@wanakee.org or 279-7950 to coordinate. The supply

is available in the grassy parking lot on Upper New Hampton Road across the street from the big red farm house. The hand sanitizer is self serve. Right now people must bring their own containers and the sanitizer will come through an industrial pump, though Tresner said they are working on getting some containers.

Spirit of Hope and Kindness Awards going virtual this year



BY ERIN PLUMMER
mnews@salmonpress.news

REGION — The Spirit of Hope and Kindness Awards will be a virtual event this year with the announcement the physical awards ceremony was canceled because of the pandemic.

The annual awards ceremony recognizes kids from elementary school through high school for their acts of kindness in their communities. This year, there were 15 nominees, five each in the Elementary School, Middle School, and High School categories. The

kids came from Gilford, Meredith, Laconia, and Franklin.

The Spirit of Hope and Kindness Awards was originally scheduled for April 7 at the Laconia Country Club, though the event was postponed because of orders from the governor on gatherings. It was rescheduled for Oct. 25 with the hopes it could finally happen with COVID-19 numbers more under control.

An announcement was made on Oct. 4 that the physical awards ceremony had been canceled. Instead the ceremony would be a virtual

event on Nov. 15 at 4 p.m. The event will be a video conference, families can register for the event and get a secure link to the event. The form will be available shortly.

Tickets that were purchased through Eventbrite will be refunded.

“Thank you for your patience as we navigated trying to reschedule and honor the amazing kids doing good and being kind throughout the Lakes Region!” read the awards’ Facebook page.

This year’s nominees are:

In the Elementary

School category: Jayden Armstrong from Franklin, Lilyanna Burhoe of Laconia, Emily Cardinal of Laconia, and Alison Shirey of Laconia.

In the Middle School category: Hailey Bezevich-McNeil of Laconia, Landen Brothers of Laconia, Katie Cormier of Laconia, Carter Jones

of Laconia, and Madison May of Franklin.

In the High School category: Jayda-Lynn Carter-Glines of Meredith, Liz Guillotte of Franklin, Lillian Hodapp of

Laconia, Jasmine Morrisette of Meredith, and Joshua Testa of Gilford.

For more information on the Spirit of Hope and Kindness Awards, visit their Facebook page.

FILE PHOTO
Last year’s nominees and winners of the Spirit of Hope and Kindness Awards with their award checks to do more acts of kindness in their communities. This year’s awards are going virtual because of the pandemic.

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Laurel Gingrich pursuing Bachelor’s degree at Albright College

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

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

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

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OPINION

Body language never lies

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

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

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

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

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

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

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

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

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

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

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

FROM OUR READERS

A little Covid sanity

To the Editor:

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

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

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

There are three C’s that are needed to contract Covid. Close contact, in a Confined environment for a Continuous period of time. Think stuck in an elevator with someone. Masks will not protect you from an airborne illness. If there is Covid in the air, it will go right around the edge of your mask and into your lungs when you inhale. Masks will only reduce the amount of Covid projected into the air from an infected person. They should be used to quarantine the sick, not the well. I think Americans should decide for themselves if they want to accept the risk in attending a sporting event or eating at a restaurant with or without a mask. President Trump shares this right of self-determination. There is no shortage of Democrats who want to keep our schools, economy and places of worship shut down for “our own protection.” There is no science to back them, nor does the Constitution give them this authority. Vote Republican Nov. 3 and preserve your right of self-determination.

DAVID STRANG, MD
GILMANTON

FROM OUR READERS

What happened to compassionate conservatives?

To the Editor:

I am a New Hampshire native, born in Gilford 72 years ago. In all my years, I have never seen anything like the current political and social turmoil that has brought out division, insults and anger between people of different ideological positions. My grandfather, Republican State Sen. James Rogers was a compassionate conservative. I never heard him disparage anyone of the other party. He served to preserve and to work for the common good of all people he represented. I remember Ike Eisenhower coming to New Hampshire at Gunstock. Eisenhower once said “I think people want peace so much that one of these days government better get out of the way and let them have it.” I remember when Ronald Reagan said “Tear down that wall.” True leaders who transcended party affiliation.

I believe that a good leader is a person who inspires others to do good things. Which reminds me of President Kennedy’s words. “Ask not what your country can do for you- ask what you can do for your country.” He challenged every American to contribute in some way to the public good. A good leader who gives praise for a job well done, who does not disparage and ridicule those he/she disagrees with. A good leader promotes collaboration and teamwork and not blind loyalty. A good leader is a truth teller and stands true to his words. A good leader does what he can to unite people and represent their needs to the best of his ability. A good leader is one who has had their own challenges to overcome and understands the struggles of those in need that he represents. A good leader pays his fair share and abides by the rules of law established by years of improving the democratic process. A great leader is humble and pragmatic

and works across ideological affiliations to get things done. These qualities have represented the best of America and many of its political leaders.

This brings me to my observation and opinions of our current President and many Representatives in the US government who have aligned themselves with the President for political expediency. Again, I will do my best to present what I see from my life experiences and what I believe is decent common sense. I am hoping the goal is to see how compassionate adult minds can come together and heal the torment and division that now is front and center.

We have a President that, from the beginning of his campaigning and all during his Presidency, has used his “Bully Pulpit” to ridicule, despise, insult and divide even those close to him. Just recall the Republican Debates. He was throwing insults and taunts and name calling at all the other candidates. He even elicited a response from Lindsey Graham at the time. Dec. 8, 2015. “I am disgusted with Donald Trump. He is a race baiting xenophobic, religious bigot. He doesn’t represent our party. He is putting our soldiers at risk.” In 2016, Candidate Trump mocked a disabled reporter. Saying “I don’t remember” and gesturing with his hands and On June 1, 2020. Mostly peaceful protesters were cleared from Lafayette Park so the President could hold a bible for a photo opp.

Most memorable is Donald Trump’s dislike and unkind words of one of our most honorable Republican Senators, Senator John McCain. John McCain was a Prisoner of War and former Presidential candidate. He has also often disparaged Mitt Romney who has had a distinguished career with the Olympics and in politics and also a former

Presidential candidate. There have been numerous occasions when the President would praise his relationship with his cabinet members, military leaders and staff, (as long as they were loyal to him) but once there was a major disagreement then the President would belittle them with personal insults and miss-truths. Personal turnover at the White House is at an all time high.

At his rallies, he pumps up his followers with exaggerations, insults, cheap shot comedy, and calling Democrats un-American, intent on dismantling our Democracy. At one rally he told the crowd that they had good genes, “I like good genes” implying racial superiority. He now says he loves “Hispanics.” During his 2016 campaign, he often said Mexicans are criminals and rapists. When it comes to states of emergency in states experiencing fires, floods and hurricanes. He threatens Governors of Democratic states that he will withhold emergency aid. Along with insults that lower the dialogue on both sides to juvenile insults thrown back and forth.

He constantly attacks the Press as “Fake News” even on occasion disparaging Fox News when they report something that doesn’t align with his position. Considering morality. Here is a man who has been married three times. Who has had alleged affairs. Who pays less Federal Income Taxes than most of his devoted followers. He panders for votes and influence from devoted and evangelical Christian believers when his life is not an example of the values of Christianity. And finally, he often disagrees and disparages medical, military and legal experts. Saying “I know more” than the generals, the scientists, legal experts. “I’m a genius”

I could go on and on with more examples of

combative and self serving behavior but I will conclude with what I, and many Republicans and Independents have expressed as their fears and concerns. Also, so many young people and especially our children now are being inundated with negativity, division and racial aversion. The most recent example was the last question presented at the Vice-presidential debate by an 8th grader. She spoke about our leaders arguing and citizens fighting each other and concluded by saying, “If our leaders can’t get along how are our citizens supposed to get along.”

Never in history have so many former and current military leaders, justice department officials, medical professionals, religious leaders, and scores of dedicated government employees and staffers have spoken out about the mistruths and conspiracy theories. Including many honorable and admired Republicans. They have signed petitions, reported to their superiors and spoken publicly about the disarray and intimidations of the Trump Administration and the attacks on our Democracy.

I will be voting for Joe Biden because he has shown that he understands the real needs of people and is a humble and dedicated public servant. He will devote his efforts to unify our country rather than build his ego at the expense of our citizens and allies. For our Democracy, free access to vote without fear is a fundamental right. And one last issue is the exaggerated widespread voter fraud promoted by President Trump and the recent issues with the US Postal Service. That trumps all issues as a free and fair election is the bedrock of our Democracy.

JOHN P. ROGERS
GILFORD

District 2 needs representatives that address our concerns

To the Editor:

If you are a voter in District 2, I encourage you to educate yourselves about the candidates before casting your vote.

If elected, do you believe your candidate will work for the common good? Will his or her vote as a member of the County Delegation and as a State Representative enhance the quality and economic prosperity of our lives?

In District 2, four excellent candidates are running for the House to serve Meredith and Gilford.

Diane Hanley, during her 22 years in the Lakes Region as both an educator and environmental consultant, has made numerous contributions to the quality of our lives. She has served on legislative study committees addressing conservation and issues such as lakes management. Residents, as well as, visitors to our beautiful region have enjoyed

the W.O.W. Trail that Diane as the past president worked tirelessly to enhance. Currently, she serves as president of the Lake Winnepesaukee Association.

Diane understands how the vitality and economic prosperity of our region depends upon the sustained health of our natural resources - green energy, clean air, water. She will also address the County’s need for good-paying year-round employment opportunities, in order to retain the youth we have educated and also attract other talented workers and their families. She is also committed to protecting access to healthcare and guarding the rights of individuals with their physicians to make decisions.

Another talented candidate is Shelley Caritas, who brings a wealth of experience in public health and social services. Her career spans over 25 years in the non-profit sector

leading agencies that serve individuals and families with developmental and behavioral challenges. Recently, she retired as the Executive Director of the Partnership for Public Health. She is active in the Rotary and serves as a director for Camp Resilience. Shelley will be a powerful advocate for public health, social services, and safety.

With decades in higher education, Dare McCue is committed to ensuring that New Hampshire is affordable and positioned to attract a skilled workforce. She recognizes the importance of adequately funding public education if we are going to attract quality employment opportunities for our residents thereby strengthening our region’s economy. She is a listener ready to hear, understand, and address our concerns.

Natalie Taylor, a small business owner in Meredith, has been

active with the Chamber and Greater Meredith Program. I do believe she will bring her entrepreneurial perspective to Concord as an advocate for the needs of younger residents such as affordable housing, job training, and a livable wage. Natalie is committed to supporting legislation that protects the rights for all groups. She will work for prison reform and improved programs for addiction recovery.

These candidates have my vote. They are listeners and doers. They have shown in their careers that they have worked collaboratively to find solutions that addressed concerns and needs. It is time for a change. We need these four to get our County back on course and take our concerns and perspective to Concord on the issues impacting our lives.

ELIZA LEADBEATER
GILFORD

North Country Notebook

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



By JOHN HARRIGAN
COLUMNIST

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

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

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

knowledge and experience to cut up large animals. It is hard and meticulous work.

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

+++++

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

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

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

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

+++++

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

When I killed my first deer at age 13, we hung it in the barn until it was time to skin it out and take it down to Mr. Lafond. "It's gotta be clean," were his brief instructions to my Mom. At that age I was heed-

less of ticks as I sliced carefully and the deer's hide fell around my neck and shoulders. In fact, I'd probably never heard the term "tick."

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

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

+++++

Many Americans still look their supper straight in the eye, which is why most farm families avoid giving their animals names. Still, the very notion of an ice-box seems like a



COURTESY

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

TV on the fringe of reception.

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

Who remembers such times, a way of life when mention of the ice-

man meant more than a Broadway play?

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

MARK ON THE MARKETS

"Safe money"



BY MARK PATTERSON

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

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

be offer some real value.

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

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

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

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

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

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

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

The implementation of certain insurance based products into your portfolio of investment assets can offer stability and sustainable predictable income to the "at

risk" portion of your assets.

Mark Patterson is an advisor with MHP Asset Management and can be

reached at 447-1979 or Mark@MHP-Asset.com.

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

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Edward Jones: Financial Focus

Avoid Financial Mistakes During Retirement

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

- Manage your withdrawal rate carefully: You will likely need to tap into your retirement accounts – your IRA and 401(k) or similar employer-sponsored plan. But you should establish an annual withdrawal rate that's appropriate for your situation. By withdrawing too much each year, especially in the early years of your retirement, you risk outliving your resources. You may want to consult with a financial professional to determine the withdrawal amount that's right for you. (Keep in mind, though, that once you turn 72, you will be required to take out at least a certain amount each year – based on your age and account balance – from your traditional IRA and 401(k) or similar plan.)
- Don't underestimate health care costs. Once you turn 65, you will be eligible for Medicare, but you may still need a Medicare supplement plan and will probably also incur other expenses. In fact, A healthy 65-year-old couple who retired in 2019 will need nearly \$390,000 over their remaining years just to pay for health care, according to HealthView Services, which produces health-care cost projection software. Other estimates show different amounts, but they all amount to hundreds of thousands of dollars. So, when calculating your expenses during your retirement years, reserve a big space for health care.
- Don't take Social Security too early. You can start receiving monthly Social Security checks when you reach age 62, but your payments will generally be significantly larger if you wait until your "full" retirement age, which will probably be between 66 and 67. (The size of your payments will "max out" at age 70.) Of course, if you need the money at 62, you may have to take it, but if you believe you have longevity working in your favor, and you can afford to wait, you may be better off by delaying Social Security as long as possible.)
- Don't invest too conservatively. Once you're retired, you might think that you should take as few chances as possible with your investments – after all, you simply have less time for them to bounce back from a downturn than you did during your working years. Nonetheless, it's important to own a reasonable percentage of growth-oriented investments to help keep you ahead of inflation. Even at a low rate, which we've experience recently, inflation can erode your purchasing power over time.
- Don't be more generous than you can afford. If you have grown children who need financial help, or grandchildren heading to college someday, you'd no doubt like to do whatever you can to provide assistance. However, the hard truth is they simply have more time than you do to find workable financial solutions, whereas if you deplete your funds through your generosity, you could put yourself in a precarious position. So, be as giving as you can afford – but don't go beyond that. By preserving your financial independence, you'll end up benefiting your family, as well.

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

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. For more information or to sign up for their monthly newsletter, contact your local Financial Advisor.

Member SIPC

Jacqueline Taylor
Financial Advisor
3 Mill Street
PO Box 176
Meredith, NH 03253
603-279-3161
Fax 866-832-8685
jacqueline.taylor@edwardjones.com

Eastman, Forest pace Golden Eagles in Belmont

BY JOSHUA SPAULDING
Sports Editor

BELMONT — With their top runners taking the day off, it was other kids getting a chance to shine for the Gilford cross country team on Tuesday, Oct. 6, as the Golden Eagles traveled to Belmont for a race.

The Gilford girls pulled off the win on the day, led by a third place finish from Sydney Eastman, who finished with a time of 23:49.

Maddie Burdock was next in, finishing in eighth overall with a time of 29:31 and Riley Stephan was next, finishing in 29:32 for ninth place.

Alaina Osbourne finished in a time of 29:58 for 10th place overall and Lydia Stephan rounded out the field of Golden Eagles with a time of 31:51 for 13th place overall.

For the boys, Carter Forest led the way for Gilford with a time of 21:11, which placed him fifth overall.

Aiden Townsend was next in for Gilford, finishing in a time of 21:18 for sixth place and Jordan Witham finished in a time of 24:34 for 16th place.

Dane DeHart rounded out the field of Golden Eagles with a time of 24:51 for 19th place.

Gilford is scheduled to compete at home on Friday, Oct. 16, at 4 p.m.

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



Sydney Eastman led the way for the Gilford cross country girls last Tuesday in Belmont.



Carter Forest led Gilford in the race last Tuesday at Belmont.

Gilford girls earn split with Laconia

BY JOSHUA SPAULDING
Sports Editor

GILFORD — The Gilford soccer girls split a pair of games with Laconia to close out September and begin October.

On Sept. 28, Gilford got a 1-0 win over the

Sachems in an evenly-matched game. Both sides had chances, with Laconia firing a shot off the post at the midpoint of the first half and the second half was much the same.

Gilford scored on a

corner kick halfway through the second half and then held on for the win. Freshman Geena Cookinham headed home her fifth goal of the year on an assist from junior Allie Kenyon while sophomore Hannah Gannon made six saves to secure the win.

“While we played well on defense throughout the game, our midfield did not control the ball as well as we did the first two games of the season,” said coach Rob Meyers. “We were allowing Laconia to control the middle of the field for stretches of the game, which limited our offensive buildup.”

Meyers noted that the team did better with that in the second half and Cookinham showed great awareness in front of the net to get the goal. He also praised the work of junior captain Jaiden McKenna in controlling the defensive half of the field and running from end to end to break up Laconia’s tempo.

Three days later, the Sachems were able to get a bit of revenge with a 3-2 overtime win.

Laconia scored twice in the first half and Gilford came back and scored twice in the second half to send the game to overtime. Reece Sadler and Cookinham got the



Jaiden McKenna controls the ball in action against Laconia.

goals for the Golden Eagles while Kenyon had an assist and Gannon turned away four shots.

“This was a tough loss,” Meyers said. “We peppered the Laconia net with shots but did not control the ball well in the midfield.”

“We missed on a couple of great chances close to the net,” the Gilford coach added. “The girls didn’t play their best game but got better as

the game progressed.”

Chloe Romprey and Abby Shute dressed for their first varsity games.

Additionally, it was senior night for Gilford, with Emma Ramsey and Kendall Jones honored.

“Emma has been an important part of our defense the last two years,” Meyers said. “She is a fast, aggressive player that works and hard leaves everything on the field each game.”

“Unfortunately, she was injured this year and not able to play,” the Gilford coach added. “She has continued to have a strong influence on the younger players, helping with conditioning over the summer and cheering on our team.”

“Kendall has been a contributor to the team

for the past three seasons,” Meyers said. “She is a great teammate and one of the most positive, upbeat players on the team.”

“Kendall has taken a leadership role in helping to develop young players by coaching a Gilford Parks and Rec PeeWee soccer team the last two years,” Meyers added.

Next up, Gilford will be at Kingswood today, Oct. 15, at 3:30 p.m., will be hosting Plymouth at 3:30 p.m. on Monday, Oct. 19, and will be at Plymouth at 3:30 p.m. on Thursday, Oct. 22.

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



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Koroski rushes Kennett past Gilford-Belmont



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

BY JOSHUA SPAULDING
Sports Editor

GILFORD — It was billed as a battle between two teams expected to be amongst the best in Division II in this unusual pandemic-shortened season of football.

Gilford-Belmont entered at 2-0 after decisive wins over St. Thomas and Kingswood and Kennett entered at 1-1 after a big win over Inter-Lakes/Moultonborough and a fourth quarter Plymouth rally the previous week that saw the Eagles edged by one.

When the final horn sounded over The Meadows on Saturday afternoon, the visiting Eagles had bounced back from their loss while the host Golden Eagles were dealt their first loss of the season.

“Last week, we saw what our potential was on the field,” said Kennett coach Vaughn Beckwith. “We knew we had to take care of business and be resilient.

“And I think we did that today,” he added.

“We knew coming in we had to play pretty good football and execute and take care of stuff on our end,” said Gilford-Belmont coach Josh Marzahl. “We didn’t accomplish that today and they’re too good a program to make mistakes.”

The Eagles got the ball to start the game and after a pass to Cole Salyards on the first play, stuck mostly on the ground, with Tanner Bennett, Kyle Perry

and Salyards taking the ball up the field. A Gilford-Belmont penalty on fourth down gave the Eagles a big first town at the 10, but a fumble recovery by Johnathon Mitchell got the hosts the ball.

However, their first drive didn’t last very long, as Kennett’s Bobby Graustein recovered a fumble for the Eagles on the first play of the drive to get the Eagles the ball back inside the 10. From there, it took just three plays and Evan Koroski barreled into the end zone from one yard out for the touchdown with 6:17 to play in the first quarter. Evan Dascoulias booted the extra point and Kennett had the 7-0 lead.

Gilford-Belmont started with runs from quarterback Jack McLean and Blake Descoteaux before McLean connected with Brandon Gallagher for a first down. However, the hosts went no further and punted away. Kennett got a first down on a run from Salyards but also was forced to punt the ball away as time was running out in the first quarter.

The Golden Eagles went three and out as the second quarter got under way and Kennett got back to the end zone on the ensuing drive. Quarterback Parker Coleman hit Kyle Perry for a 25-yard pickup on the first play and Bennett carried the ball most of the rest of the way, with Coleman also hitting Salyards for a first down gain. Koroski

again got the nod from the one-yard line and he carried in with 7:24 to go. Dascoulias added the extra point and Kennett’s lead went to 14-0.

Graustein and Braden Santuccio got in the backfield for a sack to start Gilford-Belmont’s next drive but the Golden Eagles appeared to be out of trouble when McLean hit Isaiah Reese with a pass up the middle. However, a penalty brought the ball back and the hosts eventually punted. Kennett went three and out on their next drive and a punt that was hampered by the gusting winds set Gilford-Belmont up inside the 25-yard line.

McLean, Descoteaux and Mitchell all got runs to start the drive and then McLean found Curtis Nelson for a 17-yard touchdown pass with 2:41 to go in the first half. McLean also booted the extra point and the hosts were on the board, down 14-6.

Kennett moved the ball quickly down the field, with Bennett and Salyards running and Dascoulias and Salyards each catching passes, but a nice breakup on third and 10 by Nate Baumiester helped Gilford-Belmont squelch the rally and the game went to the half with Kennett up 14-7.

Gilford-Belmont went three and out on the first drive of the second half and Kennett responded by eating up a good chunk of time with an 80-yard drive. Bennett



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

did most of the running, with Salyards catching a Coleman pass for a key first down. The hosts appeared to have a turnover when Jalen Reese picked off a Coleman throw but a penalty negated the play and the Eagles moved to the three, with Koroski again getting the call to go in the end zone and Dascoulias booted the extra point for the 21-7 lead with 5:14 to go in the third.

The Eagles managed to recover the ensuing kickoff after it hit off a Gilford-Belmont player. However, the Golden Eagle defense held tight. Koroski and Coleman did have first down runs but a big sack from Malik Reese helped Gilford-Belmont stop the drive and get the ball back. However, the hosts went three and out on their next drive as the third quarter came to a close.

Koroski got the bulk of the carries on Kennett’s next drive, with Bennett also getting three carries, but the drive eventually petered out and Gilford-Belmont got the ball back. However, their drive lasted just three plays, as Isaiah Scharnowske stepped in front of a McLean pass and got Kennett the ball back.

The Eagles needed just two plays to get to the end zone, as Bennett broke free for a 36-yard touchdown run with 6:12 to go for the 27-7 lead.

Consecutive sacks from Bennett and Santuccio ended Gilford-Belmont’s next drive and Kennett was able to eat up the clock with Bennett, Koroski and Coleman and held on for the 27-7 win.

For Beckwith, Koroski was a new option in the ground game after he hadn’t touched the ball on offense at all the previous week.

“We felt like we needed some short yardage

formations,” said Beckwith. “We were able to grind it out and get first downs and kill the clock at the end.

“We didn’t know how they were going to line up, but we liked what we saw,” the Eagle coach continued.

After failing to finish the previous week, Beckwith noted it was important to make sure the Eagles didn’t back down this week.

“We were a little worried in the third at 14-7,” he said. “It’s still a tight game, so we were talking about finishing. And we were able to finish with a touchdown.

“Two (McLean) is a pretty capable player, we respected what he can do,” Beckwith added. “He threw some passes against us last year that hurt us.”

For the Golden Eagles, they are in the process of installing a different offense built around McLean after starting quarterback Alex Cheek was lost for the season after a week one injury and Marzahl noted that

the team struggled to find an identity on offense.

“I thought our offense took a step back today,” the Gilford-Belmont coach said. “We have to find a way to score more points.

“Every time you count on your defense to get that many stops, consistently, that’s a lot of pressure on the defense,” Marzahl continued. “Our defense did what they could.”

He pointed out that it was McLean’s first start at quarterback and he expects that the senior will rebound and help lead the team forward.

“He’s got the tools to make it happen,” Marzahl said.

Gilford-Belmont will be on the road at Winnisquam on Saturday, Oct. 17, at 2 p.m. while Kennett will be on the road at St. Thomas on Friday, Oct. 16, at 6:30 p.m.

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

HIGH SCHOOL SLATE

Thursday, Oct. 15

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

Friday, Oct. 16

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

Saturday, Oct. 17

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

Monday, Oct. 19

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

Tuesday, Oct. 20

BELMONT
Cross Country at Prospect Mountain; 4

Wednesday, Oct. 21

BELMONT
Volleyball at Moultonborough; 6:15

Thursday, Oct. 22

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

Golden Eagles fly past Franklin

BY JOSHUA SPAULDING
Sports Editor

GILFORD — The Gilford field hockey team had just one game last week, as the Golden Eagles took on Franklin on Wednesday, Oct. 7, and picked up a 4-0 win over the Golden Tornadoes.

“The Golden Eagles defense continued to support the offense,” said coach Dave Rogacki.

The defensive trio of Ashley Hart, Maddie Guest and Lauren Nash-Boucher got their fifth shutout in six games, with only Newfound able to break through the defense for a goal.

Lexi Shute and Taryn Fountain each scored two goals in the win while Rogacki noted that Bella Lesniak and Allison Carr were strong in the passing games against Franklin’s defense.

The Golden Eagles are scheduled to wrap up the regular season at Kingswood at 6 p.m. today, Oct. 15.

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

SOCCER

(Continued from Page A1)



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

Mike Foley. “But we made the cardinal sin where everyone was calling for the goalie to get the ball and the goalie wasn’t calling for it.”

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

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

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

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

Aguiar just missed connecting with Andrew Flanders on a bid and Belmont’s Kyle Whitcomb sent a shot

over the net. Sottak had a shot stopped by Donnelly and Jeff Carrier also had a bid stopped for the Raiders. Reinhold had a shot go wide of the net, as did Keenan and the two just missed connecting on a bid again as the half ticked away and Gilford took the 1-0 lead to the break.

Aguiar had a cross cleared from the zone and Belmont came back with a corner that was stopped by Donnelly. Jordan Browne, Keenan, Bolduc, Max Bartlett and Aguiar all charged into the offensive zone for Gilford and Bolduc also had a nice defensive stop.

Belmont had a direct kick blocked and then Taylor Carroll had a nice defensive clear. Mitchell Berry and Sottak teamed up on a bid but Gilford was able to clear the ball and put together another good run in their end. Flanders had a shot go wide, Aguiar sent a ball off the cross bar, Bolduc had a direct kick deflected and Keenan had a shot stopped by Bivens.

The Raiders had a corner kick chance but could not convert and at the other end, Bartlett sent a shot over the top of the net. Kadin Jewell did some good work in the corner for the Raiders and got the ball to Liam Waldron, but his shot went wide off the net. Bivens made another diving save on a shot from Keenan.

Belmont came back with some good bids from Bryce Hall and Jewell but Donnelly held tight and Bivens made a great diving save of the final Gilford chance as the game finished with

the 1-0 win for the visitors.

“We know what we’re going to get from Gilford,” said Foley. “They possess the ball well and go hard to the ball.

“But we were able to generate some opportunities late in the game,” the Raider coach said. “I think that was more them getting tired and allowing us to get the ball in deeper.

“Otherwise we didn’t have a ton of chances,” Foley said. “That’s a credit to their defense.”

Foley noted that Bivens played a strong game in net with some key saves.

“We’ve got to get healthy,” said Pinkham, who noted he is down two starters after being down four starters the previous week. “We have a good feisty young team.

“They’re a very good team, Belmont always is,” said Pinkham. “Mike does a good job with them.

“To come here and play the way we did, a coach has to have a smile on his face,” he continued. “The defense will lead the way.”

Belmont will be back in action today, Oct. 15, at home against Kennett at 4 p.m. On Monday, Oct. 19, they will host Winnisquam at 4 p.m.

Gilford will be in action today, Oct. 15, at home against Kingswood at 3:30 p.m. and on Monday, Oct. 19, the Golden Eagles are at Plymouth at 3:30 p.m.

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

VOLLEYBALL

(Continued from Page A1)

Seal had a nice block at the net before Johnson answered with a service ace for the Raiders. Serena Pugh and Seal each had solid hits to close out the 25-12 win

Belmont got out to a 3-0 lead in the second set, with Lilly Carter getting a service ace. Sullivan helped bring the Golden Eagles back and Maddy Spaulding added a hit to push the visitors to the lead. Sullivan had a pair of service aces before Mady Cryans found a nice spot for the Raiders. Spaulding added another nice tip at the net as Gilford continued to build up the lead, going up 19-8.

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

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

In the third set, Belmont got out to a 4-0 lead behind a couple of ser-

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

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

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

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

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

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

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

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

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

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

BALLOTS

(Continued from Page A1)

related commute, and military service during the time of voting.

Applications for absentee ballots can be obtained through the town clerk’s office, filled out, and mailed or delivered in person back to the town clerk’s office. The form can be found online at https://www.gilfordnh.org/assets/municipal/3/postings/Absentee_Ballot_App_for_11-03-20.pdf, printed, then filled out. The office

will then send out the absentee ballots, which will be filled out and delivered back to the town clerk’s office.

Ballots must be delivered by hand to the town clerk’s office before 5 p.m. on Monday, Nov. 2. They have to be received by mail by Nov. 3 or delivered to the polling place by a spouse, sibling, parent, or child with valid ID before polls close.

Absentee ballots will

be processed on Election Day at the polling place at the Gilford Youth Center. Pre-processing of absentee ballots already received will take place on Oct. 29 at 1 p.m. at town hall.

For questions, contact the town clerk’s office at 527-4713 or at dlafond@gilfordnh.org.

The testing of the town’s Accuvote machines will take place on Wednesday, Oct. 28 at 1 p.m.

Laconia resident graduates with Class of 2020 at Stonehill College Virtual Commencement

EASTON, Mass. — Lindsey Morrisette, of Laconia, graduated with the Class of 2020 during a virtual Commencement Ceremony this summer at Stonehill College.

Initially scheduled for Sunday, May 17 with a traditional in-person format but knocked off course by COVID-19, Stonehill’s 69th Commencement finally took place on Saturday, Aug. 8 making history as the College’s first virtual Commencement and the first ever held in August. Another big change this year was the presentation of candidates for

master’s degrees.

Live-streamed from Stonehill’s McCarthy Auditorium in the Thomas and Donna May School of Arts & Sciences building the ceremony addressed 630 undergraduates, 13 graduates, their families, and a wider audience of Stonehill faculty, staff, alumni, and friends.

In prerecorded remarks, Commencement speaker New England Patriots star Matthew Slater drew on his career as a three-time Super Bowl Champion to hail the Class of 2020 for their ability to endure,

persevere and thrive in the face of adversity.

Stonehill is a Catholic college located near Boston on a beautiful 384-acre campus in Easton, Massachusetts. With a student-faculty ratio of 12:1, the College engages over 2,500 students in 80+ rigorous academic programs in the liberal arts, sciences, and pre-professional fields. The Stonehill community helps students to develop the knowledge, skills, and character to meet their professional goals and to live lives of purpose and integrity.

GILFORD

(Continued from Page A1)

policy and Superintendent Kirk Beitler posted a reminder to families with more information. He said the district received a number of questions about this as Thanksgiving draws closer.

According to state guidelines those traveling to and from the state outside the exempt area need to self-quarantine for 14 days after arriving in New Hampshire. This applies no matter what form of transportation is used, including public and private transportation. People can self-quarantine in their home state for 14 days before coming to New Hampshire as long as

they don’t travel using public transportation.

Additionally Beitler also reminded families who want to apply for free and reduced meals that the application deadline is Oct. 21. Families are asked to complete the application and send to to Food Service Director Jonathan Dupuis before that date so service can continue uninterrupted when current USDA funding expires. More information can be found on the district website sau73.org.

Beitler also thanked all the students, families, staff, and community members for helping keep the schools safe

during this time by following proper protocols.

“I appreciate that everyone is doing the daily screenings and taking precautions when they are not feeling well,” Beitler wrote. “It is certainly an exceptionally challenging year for everyone.”

Madison Schumacher of Laconia graduates from St. Lawrence University

CANTON, N.Y. — Madison R. Schumacher was one of the nearly 465 students who were awarded bachelor degrees from St. Lawrence University conferred in May 2020.

Schumacher is a member of the Class of 2020 and is majoring in biology and business in the liberal arts. Schumacher attended New Hampton School.

About St. Lawrence University

Founded in 1856, St. Lawrence University is a private, independent liberal arts institution of about 2,500 students located in Canton, New York. The educational opportunities at St. Lawrence inspire students and prepare them to be critical and creative thinkers, to find a compass for their lives and careers, and to pursue knowledge and understanding for the benefit of themselves, humanity and the planet. Through its focus on active engagement with ideas in and beyond the classroom, a St. Lawrence education leads students to make connections that transform lives and communities, from the local to the global. Visit www.stlawu.edu.

Keystone College names Gilford’s Emma Donnelly Assistant Sports Information Director

LAPLUME, Pa.— The Keystone College Athletic Department is proud to announce the hiring of Emma Donnelly as Assistant Sports Information Director under the NCAA Division III Ethnic Minority & Women’s Internship Grant.

Donnelly, a native of Gilford, New Hampshire, arrives at Keystone after graduating from Southern New Hampshire University (SNHU) in May 2020 with a Bachelor of Arts in Communication and a concentration in Sports Management.

“I am very excited about this opportunity,” explained Donnel-

ly. “I can’t wait to explore what Keystone College has to offer.”

While working in the Athletic Communications department for the Penmen, Donnelly recorded statistics and performed game day duties with soccer, field hockey, lacrosse, volleyball, basketball, and baseball. Also, she served as a public address announcer, camera operator, and social media manager.

Donnelly was awarded the 2020 Jim Atherton Award, which is given annually to an outstanding student worker in the SNHU athletic department.

She was also a finalist for the SNHU Student Employee of the Year.

In addition to working at SNHU, Donnelly was an ambassador for the New Hampshire Fisher Cats minor league baseball team - the Double-A affiliate of the Toronto Blue Jays - where she participated in marketing, promotions, ticket sales, operations, community relations, and guest services.

“I’m very excited to bring Emma on board,” explained Ryan Novitsky, Sports Information Director. “Her positive attitude and energy coupled with her knowl-



Emma Donnelly

Emma Donnelly
Assistant Sports Information Director



Ethnic Minority & Women's Internship Grant

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edge and experience of statistical software, social media, and game-day management made her stand out from the very qualified candidate pool.

“Even though there won’t be any fall sports this semester, Emma’s creativity and background will help promote the Giants and how

the student-athletes and coaches are managing this upcoming year.”

Clarkson Chem-E-Car team takes first place in regional competition

POTSDAM, N.Y. — Aria Stephan of Gilford is a member of the Clarkson University Chem-E-Car team that took first place in the first-ever virtual Northeast Regional AIChE Chem-E-Car Competition on Oct. 4.

The event took place during the annual AIChE (American Institute of Chemical Engineers) Eckhardt Northeast Regional Student Conference, which was also held virtually from Northeastern University.

The Clarkson team now qualifies for November’s virtual AIChE National Chem-E-Car Competition, consisting of the winners of the Western, Mid-America, Pacific Northwest and Northeast regions.

The objective of the Chem-E Car Competition is to design and build a shoebox-sized car that is powered and stopped by chemical reactions.

The competition distance is randomly chosen one hour before its start. The teams’ goal is to stop exactly at the randomly chosen distance,

with two runs to get as close to the line as possible. Careful testing and calibration are key to landing directly on the mark.

Clarkson’s first-place team had a best distance only 0.53 meter short of the 13.2-meter goal.

The Clarkson car was powered by a custom, student-built, aluminum-air fuel cell. The fuel cell was composed of two sets of fuel cells connected in parallel, with each set made up of eight cells connected in series.

The car was stopped using an iodine “clock” reaction, in which a clear solution turns black at a speed determined by the relative ratios of the various reactants. Photosensors monitor the color of the solution and are analyzed by the car’s microcontroller using Arduino code. Once the solution has turned black, the microcontroller is programmed to cut power to the car’s motor, stopping the car.

The Chem-E-Car Team members are Allie Bowman ‘22 (president) East Grand Forks, Minn.; Caesar Haddad ‘22 (vice president),

Trumbull, Conn.; Michael Sehn ‘22 (secretary), Chenango Forks, N.Y.; Kara Smeltz ‘22 (treasurer), Phoenixville, Pa.; Alayna Apolon ‘23, Wyandanch, N.Y.; Aria Stephan ‘22, Gilford, N.H.; Ben Slenker ‘22, Alexander, N.Y.; Carolyn Shultes ‘23, Middleburgh, N.Y.; Cono Sammarco ‘21, Buffalo, N.Y.; Curtis Rowe ‘23, Rush, N.Y.; Gabby Lindsay ‘22, Egg Harbor Township, N.J.; Gavin Prevatt ‘22, Adams Center, N.Y.; Greta Kerwin ‘23, Rochester, N.Y.; Holly Rossman ‘23, Middleburgh, N.Y.; Josh Herendeen ‘23, Victor, N.Y.; Meg Wig ‘22, Northborough, Mass.; and Nate Cormier ‘23, Utica, N.Y.

The Chem-E-Car team is part of the SPEED (Student Projects for Engineering Experience & Design) program, one of the Wallace H. Coulter School of Engineering hallmark initiatives.

As a private, national research university, Clarkson is a leader in technological education and sustainable economic development through teaching, scholarship, research and innova-

tion. We ignite personal connections across academic fields and industries to create the entrepreneurial mindset, knowledge and intellectual curiosity needed to innovate world-relevant solutions and cultivate the leaders of tomorrow. With its main campus lo-

cated in Potsdam, N.Y., and additional graduate program and research facilities in the New York Capital Region, Beacon, N.Y., and New York City, Clarkson educates 4,300 students across 95 rigorous programs of study in engineering, business, the

arts, education, sciences and health professions. Our alumni earn salaries that are among the top 2.5% in the nation and realize accelerated career growth. One in five already leads as a CEO, senior executive or owner of a company.

Noah Bolduc of Gilmanton enrolled at St. Lawrence University

CANTON, N.Y. — St. Lawrence University welcomed Noah P. Bolduc as a member of the Class of 2024. Bolduc attended New Hampton School.

St. Lawrence University welcomed nearly 625 new students to the community this fall, including 596 members of the Class of 2024. The newest Laurentians comprise one of the most diverse classes in St. Lawrence history. First-year students come from 32 states, Washington, D.C., and 33 countries, while 14 percent of the class are U.S. students of color and 10 percent are international students. First-generation college students comprise nearly 20 percent of the Class of 2024.

The defining characteristics of St. Lawrence students—inquisitive, supportive, and passionate—are already evident

in the new cohort. With 81 percent having participated in community service and 79 percent taking part in leadership activities, this class has already demonstrated they prioritize others and are eager to step up, take action, and tackle the big issues facing local and global communities.

At St. Lawrence, each first-year student participates in the University’s nationally-recognized First-Year Program (FYP), one of the oldest living-learning programs in the country. The FYP helps students make successful transitions from high school to college. Students live together as a cohort and are taught by faculty teams, developing the writing, speaking and research skills needed to be successful in college and beyond. Students continue to hone these skills in a spring First-

Year Seminar.

Fall semester classes began on Aug. 26.

About St. Lawrence University

Founded in 1856, St. Lawrence University is a private, independent liberal arts institution of about 2,500 students located in Canton, New York. The educational opportunities at St. Lawrence inspire students and prepare them to be critical and creative thinkers, to find a compass for their lives and careers, and to pursue knowledge and understanding for the benefit of themselves, humanity and the planet. Through its focus on active engagement with ideas in and beyond the classroom, a St. Lawrence education leads students to make connections that transform lives and communities, from the local to the global. Visit www.stlawu.edu.

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2020-2021

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October is

Breast Cancer Awareness Month

Potential treatment options after a breast cancer diagnosis

A breast cancer diagnosis is something no one wants to receive. But the burden of breast cancer is substantial. In fact, the World Health Organization notes that breast cancer is the most commonly occurring cancer in women worldwide. Thankfully, breast cancer survival rates are high in many parts of the world, particularly in developed countries such as the United States, Canada and Japan. While survival rates are lower in developing countries, it is encouraging to know that the average five-year survival rates are as high as 90 percent in some nations. That suggests that the strategies used to successfully fight breast cancer in developed nations may one day prove as effective in developing nations, potentially leading to a sharp decline in global breast cancer deaths. Upon being diagnosed with breast cancer, patients will be educated about a host of potential treatment options. The Centers for Disease Control and Prevention note that breast cancer is treated in several ways, and the course of treatment a doctor recommends will depend on the kind of breast cancer and how far it has spread. In addition, according to Breastcancer.org, breast cancer is made up of many different

kinds of cancer cells, which often necessitates the use of various types of treatments to get rid of the cancer. The following are some treatment options doctors may discuss with breast cancer patients.

- **Surgery:** Breastcancer.org notes that surgery is typically the first line of attack against breast cancer. The CDC says the goal of surgery is to cut out cancer tissue. Some common breast cancer surgeries include lumpectomy, in which the tumor and a small amount of surrounding tissue is removed, and mastectomy, in which all of the breast tissue is removed.
- **Chemotherapy:** Chemotherapy is used to treat various types of cancer and involves the administration of special medicines to shrink or kill existing cancer cells. Breastcancer.org notes that chemotherapy is sometimes administered prior to surgery in an attempt to shrink the cancer.
- **Radiation therapy:** Radiation therapy aims to kill cancer cells using high-energy rays that are similar to X-rays. Sometimes referred to as “radiotherapy,” radiation therapy is overseen by a radiation oncologist who specializes in this type of treatment.
- **Hormonal therapy:** Estrogen makes hormone-receptor-positive breast cancers grow, and hormonal therapy, which may be referred to as “anti-estrogen” therapy, aims to reduce the amount of estrogen in the body and block its action on breast cancer cells.
- **Targeted therapies:** These therapies, which Breastcancer.org notes are generally less likely than chemotherapy to harm normal, healthy cells, target specific characteristics of the cancer cells. Cancer cells can have many characteristics, so there are various types of targeted therapies. Breast cancer treatments can be highly effective in the fight against breast cancer, particularly when the disease is caught in its early stages.



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CANCER REHABILITATION

BY STACEY HICKS
CARLISLE PLACE PHYSICAL THERAPY AND WELLNESS CENTER

As many people can attest to cancer takes a toll on both physical as well as emotional health. Patients undergoing treatment for cancer may experience an impact on daily function and even quality of life throughout survivorship. These limitations are not limited to cancer related fatigue, nerve pain, lymphedema and possible incontinence. Cancer survivors are almost three times more likely to report, fair to poor health and multiple physical limitations. These limitations often can make return to work near impossible. A Physical or Occupational therapist trained in this area can play a vital role evaluating and designing a rehab plan of care with the patient. This allows the patient to be an active participant in the recovery process. This can be very empowering as they wean from being the passive recipient during both chemo and radiation therapy. Exercise builds endurance, improves cardiovascular function, strengthens bones, builds muscle, improves balance and increases self-esteem. There is strong evidence that exercise can improve survival in both breast and colorectal patients (Holmes, Chen, Feskanich, Kroenke + Colditz 2005) (MyerHardTetal, 2006). Exercise is also the #1 non pharmacologic intervention in treating cancer related fatigue. Cancer related fatigue is experienced by 9% of patients treated with radiation and 80% of patients getting chemotherapy. It is never too late to utilize rehabilitation services for cancer recovery. If you find that you are having trouble accomplishing day to day tasks or functioning at your prior level seek out our Rehab team at Carlisle Place in Jefferson, New Hampshire. We will get you back on your feet!


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

Food prep tips for breast cancer patients

The moment a person receives a breast cancer diagnosis, his or her life changes immeasurably. The roller coaster of emotions begins, and suddenly this person is thrust into a schedule of doctor's appointments, treatments and visits from friends and family. The World Cancer Research Fund International says breast cancer is the second most common cancer in women and men and is the most frequently diagnosed cancer among women in 140 of 184 countries worldwide. Despite that prevalence, the five-year relative survival rate for women diagnosed with localized breast cancer (cancer that has not spread to the lymph nodes or outside the breast) is 98.5 percent, says the American Cancer Society. Survival odds increase as more is learned about breast cancer and more people take preventative measures, including routine screenings. Today, there are nearly three million breast cancer survivors living in the United States. Breast cancer treatments may last anywhere from six months to a year. Adjusting after treatment may not come so easily at first. But adjustments are easier with time, and many cancer survivors continue to live life to the fullest in much the same way they did prior to their diagnosis. When treatment ends, patients often still have fears about the cancer, wondering if all of the cancerous cells have been destroyed and worrying about recurrence. But focusing on the present and all of the things you now can do with health on your side is a great way to put your fears behind you. Many cancer survivors must still visit their doctors after treatments end. Doctors still want to monitor patients closely, so be sure to go to all follow-up appointments and discuss any symptoms or feelings you may be having. Side effects may continue long after radiation or chemotherapy has ended. Your doctor may have suggestions for coping with certain side effects or will be able to prescribe medications to offset these effects. Follow-up appointments should gradually decrease the longer you have been cancer-free. It's not uncommon to feel differently after cancer treatment, as your body has been through quite a lot. Many women still experience fatigue, and sleep or normal rest doesn't seem to make it



abate. Realize this is normal, and how long it will last differs from person to person. It can take months or years for you to experience your “new normal.” Things do not happen overnight. While your hair may grow back quickly, it may take some time for you to feel like yourself again. Exercise routines or other lifestyle changes may help you overcome fatigue or make it more manageable. Speaking with others who have survived breast cancer can help. Join a support group or reach out to others through social media. Getting a first-hand account of what can be expected the first year after treatment can assuage anxiety.



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