

Spaulding Youth Center welcomes Marcus Weeks to Board of Directors



Marcus Weeks

NORTHFIELD — Spaulding Youth Center is thrilled to announce Marcus Weeks has joined its board of directors.

Mr. Weeks is Senior Vice President and Senior Retail Banking Officer for Meredith Village Savings Bank, where he is responsible for strategic leadership over the bank's retail banking and business development departments.

When he learned of the opportunity to join Spaulding's board of directors, Mr. Weeks jumped at the chance. As an active community member for many years, he has been familiar with the organization's remarkable reputation for helping children and families. A visit to Spaulding's scenic campus sealed the deal and he committed to support the mission to support exceptional

children and families toward a successful future. Mr. Weeks enjoyed observing staff members work with students and witnessed firsthand the patience, understanding and professionalism they brought to each interaction.

"We are honored to welcome Marcus Weeks to our board of directors," said Susan C. Ryan, President & CEO of Spaulding Youth Center. "Mr. Weeks has extensive experience in board governance and strategic planning, which will offer significant value to an already strong board of directors."

Michael Ventura, Board Chair of Spaulding Youth Center, added, "We believe his professional background and dedication to serving his community will make a fantastic addition to our diverse board."

In his spare time, Mr. Weeks enjoys spending time with his wife and son and growing his family's newfound passion for the theater.

The Spaulding Youth Center board of directors is comprised of volunteers from the human services, corporate, investment, and philanthropic sectors of our state. To learn more about the Spaulding Youth Center board of directors, visit <https://www.spauldingyouth-center.org/about-us/leadership/>.

About Spaulding Youth Center

Spaulding Youth Center is a leading provider of services for children and youth with neurological, emotional, behavioral, learning and/or developmental challenges, including Autism Spectrum Disorder and those who have experienced significant trauma, abuse or neglect. Services include academic, residential, clinical, community based, foster care, and family support. Established in 1871 and known as Spaulding Youth Center since 1958, our scenic hilltop campus is located on nearly 500 acres in Northfield, NH and welcomes boys and girls from ages 4 to 21 from around the state of New Hampshire and beyond. Spaulding Youth Center is a tax-exempt 501(c)(3) nonprofit. For information about Spaulding Youth Center, visit www.SpauldingYouthCenter.org.

Sanbornton Hazard Mitigation Plan meeting set for Aug. 24

SANBORNTON — The Sanbornton Hazard Mitigation Plan Committee is in the process of updating its 2014 Hazard Mitigation Plan. The committee is represented by a variety of local interests including the Fire, Police, and Highway departments, along with the Planning and Select Boards and the Capital Improvements Committee. The group is reviewing the various hazards that put Sanbornton at risk as well as the development of recommendations to

protect the safety and well being of town residents.

The committee will meet on Aug. 24 at 1 p.m. via Zoom (Info below). Residents of Sanbornton and representatives from neighboring communities are encouraged to attend and provide input.

Hazard Mitigation Planning is as important to reducing disaster losses as are appropriate regulations and land use ordinances. The most

significant areas of concern for Sanbornton are being reviewed and evaluated through this process; in the 2014 Plan these included flooding, severe wind, and the transportation of hazardous materials.

With the update to the Hazard Mitigation Plan, town leaders will be able to evaluate the status of current plans, policies, and actions then develop and prioritize actions to reduce the impacts of these and other

SEE MEETING, PAGE A8

Tilton firefighters to receive federal grant

TILTON — The Federal Emergency Management Agency (FEMA) announced today \$7.8 million in direct assistance grants to 340 fire departments nationwide through the agency's FY2020 Assistance to Firefighters Grant COVID-19 Supplemental program (AFG-S). Additional phases will soon be announced.

The AFG-S Program includes grants to the following fire departments in New Hampshire:

- Keene – Fire Department - \$44,161
- Lebanon – Fire Department - \$42,745
- Canaan – Fire Department - \$1,524
- Conway Village Fire District – Conway - \$2,714
- Tilton-Northfield Fire District, Tilton - \$9,121
- Raymond – Fire Department - \$4,047
- Stratham – Fire De-

- partment - \$3,608
- Rindge – Fire Department - \$11,379
- Plaistow – Fire Department - \$18,017
- Weare – Fire Department - \$2,689
- The Fiscal Year 2020 Assistance to Firefighters Grant Program – COVID-19 Supplemental (AFG-S) is a supplemental funding opportunity under the Assistance to Firefighters Grant Program (AFG). AFG is one of three FEMA grant programs that focus on enhancing the safety of the public and firefighters with respect to fire and fire-related hazards. The AFG-S Program accomplishes this by providing financial assistance directly to eligible fire departments, nonaffiliated emergency medical service organizations, and State Fire Training Academies for critical Person-

al Protective Equipment and supplies needed to prevent, prepare for, and respond to the COVID-19 public health emergency. The AFG-S Program represents part of a comprehensive set of measures authorized by Congress and implemented by the Department of Homeland Security.

FEMA obligates funding for this project directly to the recipient agencies. It is the recipient agency's responsibility to manage their grant award within federal guidelines with technical assistance and monitoring provided by FEMA Fire Program Specialists.

Additional information about FEMA's Assistance to Firefighters grant program(s) may be found at <https://www.fema.gov/firegrants>.

Franklin Savings Bank donates to ServiceLink's Grandparents Program

FRANKLIN — Franklin Savings Bank recently presented a \$2,500 donation to the Grandparents Program. Managed by ServiceLink, the program assists grandparents with providing basic needs for their grandchildren for whom they have become guardians. Currently, there are 33 children enrolled with a need for some new back to school clothing. The bank made a \$2,500 donation to assist with the purchase of new sneakers and hooded sweatshirts.

"This is truly the type of donation that really brings tangible benefits to the community," said Brian Lamontagne, Branch Manager of the bank's Gilford office. "I personally have seen a few circumstances where grandparents become the primary caregivers of their grandchildren, and over time it takes a toll on them. It's difficult on both ends, especially when children do not have the basic necessities, such as clothing. I am extremely grateful to be

SEE DONATION, PAGE A8

COURTESY
Brian Lamontagne, Branch Manager of Franklin Savings Bank's Gilford office, presents Suzanne L. Demers, Director of Elder Services, Community Action Program Belknap-Merrimack Counties, Inc., and Jennifer Ho'sue, Program Manager, ServiceLink, with a \$2,500 donation from the bank to support the Grandparents Program.



Get lost in the world of geocaching

BY LEIGH SHARPS
Contributing Writer

REGION — A relatively new recreation at only 20 years old, geocaching has become a favorite recreational activity for the young, seniors, families, groups of friends, school classes, summer camp groups.....you name it. On the paper slip one finds at a geocache site (inside the container) you'll see all types of names: nicknames of individuals, fun group names, camp names, etc., as well as 'trinkets' in some and that is just one of the most satisfying and entertaining 'moving parts' of this pure recreational thrill!

Geocaching is, basically, searching for a hidden 'container' (which comes in many forms from large or small 'boxes,' tubes, film canisters, magnetic 'key' boxes, etc.) via maps and tips from an app. on your smart-phone or tablet.

The term 'geocaching' was first coined by Matt Stum in 2000. He was on the 'GPS Stash Hunt' mailing list, a neophyte predecessor to the now-famous 'hide and seek' cache hunts. It is the combination of two words: geo meaning 'earth' to describe the global nature of this type of activity and also refers

to geography as used in GPS (global positioning system). Caching comes from a French word, cache, referring to a hiding place, but also used by pioneers, miners, and pirates to describe hidden weapons locations. These days, though, the cache is also used in technology to describe computer storage, as in 'memory cache,' information to retrieve employed accessed most frequently by the user. Stum decided the geocaching term best proved an example of earth, hiding, and technology together. However, it was Groundspeak.com founder Jeremy Irish,, in September of 2000, who registered the term geocaching.com, now the official site for the caching 'expeditions.'

At first, geocaching was used by backpackers, hikers, boaters, etc. as they had knowledge of GPS (global positioning system) already, which is necessary for tracking down the hiding places of caches. Signals were weak then in 2000 and only reached about 328 feet for civilian GPS users. The fear was that possible 'enemies' might access the signal. But on May 1 of that year, President Bill Clinton gave all GPS users country-wide access to a larger accessed error-free signal. Two days later



LEIGH SHARPS

Grady O'Leary of Ashland searches for a cash on the Squam River dam.

a computer consultant, Dave Ulmer of Beaver Creek, Oregon, hid a five-gallon black bucket at certain coordinates and posted it as the 'Original Stash' on a net news group (mailing list). He detailed the first 'rules' on that site. A plaque is there today marking the original cache. It is said in that bucket there was a 'can' of beans, but other written geocaching histories found on-line say the bucket also had coins, videos, books, food, software, money, and a slingshot.

His post detailed the first 'rules,' which included trading something found in the container with something by the 'founder.' That continues today and what are called 'trackables' are also often used; items that are to be moved along to another site, sometimes going to other countries. Cachers now often leave key chains or marked small pendants with their 'group' name on it and year they were there.

In New Hampshire, the first cache was hidden by Paul Lamere in October, 2000 after he read about the first find in Oregon. He couldn't find any online so decided to hide his own, not knowing it was to be the first in the state. He hid a Tupperware container within another, for weatherproofing, in Nashua's Mine Falls Park. He then logged the coordinates on the Groundspeak site (mentioned above). Lamere had only logged in three

finds in ten years when a ten year anniversary of the initial event rolled around. About 60 people showed and Lamere was the honored guest. The location of that original site remains very well hidden in the heavily used park if one desires to find it.

In the beginning, there were only a few caches in our state, but now there are about 8,700 that are accessible all year round. World-wide there are a reported 3 million active sites in 191 countries on all continents including Antarctica. More than 642 million seekers have logged onto caches since the game began in 2000.

How does one start this exploration sport? Three steps: create an account on the official geocaching.com site (there are also many other sites to be found on the net), install the app. and navigate the map and follow hints (if you want; that's an option), find the container, open it, log your name or group name and the date on the paper inside (always bring a pen) and, third, post your find and date on the Web site. Place the 'find' back in the exact spot where it was found. The containers are not all one size. On the app you will find a hint as to whether you are looking for a mini to macro size container and listed also will be the degree of difficulty to find it, most notably the terrain and if there is water, hills, etc. One hint on containers: the majority are waterproof.

Though it is family-friendly, please note that some expeditions are atop mountains, on RR trails, on guardrails, near roads, and atop such structures as dams over rushing water. So be cautious with small children. Use the app to find the easier and shorter jaunts for youngsters. There are plenty.

TrailLink is another site that will take you to local trails, mountain hikes, and RR trail systems. In summer by boat,

and winter, by snowmobile one can also find caches on just about every island on the state's big lakes, including locally: Winnepesaukee, Winnisquam, Newfound and the Squam Lakes water. You can find all lakes, ponds, and rivers with caches on-line under 'NH water caches.' There are special rules for water caches and observance of all boating laws in the state are, of course, applicable. To hide your own cache on property not your own, there are also rules to follow on Groundspeak.com or geocaching.com. It must be approved to be an official cache site.

The top reasons cachers have listed on the geocaching site: Discovery, exploration and adventure exist in the real world especially now during this critical pandemic time, it's a great way to stay healthy while having fun, you learn fun facts about the planet, it's for the whole family to enjoy, you can experience new places locally or places you never knew existed in your own neighborhood, you can stretch yourself to the limit physically and mentally but you can also find moments of peace, calm

and serenity, and, lastly, you will have stories to tell for a lifetime!

You need no further reasons than those, but once you start this absolutely high spirited sport, you'll probably discover some. It is an exciting, gleeful, and vivacious sport. Once you start you'll wonder why you didn't discover this high adventure sooner. No worries, though, as caches continue to grow all over New Hampshire.

So please...Get Lost! And Found!

NOTE: Geocaching.com/play/search is the official site. Follow it on Twitter (geocaching) and on Facebook; TrailLink.com is another site and 'water caches in NH' is another; you can find all and more on the Web. iPhones and Androids are the most commonly used smartphones for geocaching.

The Society for the Protection of New Hampshire Forests has published a geocaching policy on lands under their management. No geocaching is allowed on The Appalachian Trail. NH State Parks permit geocaching in their parks and campgrounds; there is a list of all parks alphabetically on-line. Lakes used for drinking water sources, such as Masses in Manchester cannot be used. There are prohibited wilderness and alpine zone areas of the White Mountain National Forest. Find those on their WMNF site. Geocaching is currently permitted in other parts of the Forest.

Please practice 'Leave No Trace' ethics as you travel while geocaching! Very important to our beautiful environment in New Hampshire.

BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests during the week of Aug. 7-14.

Shelly Lynn Mongovan, age 55, of Laconia was arrested on Aug. 7 in connection with a warrant issued by the Tilton Police Department.

Colby M. Mudgett, age 18, of Belmont was arrested on Aug. 7 for Criminal Threatening, Breach of Bail, and two counts of Domestic Violence-Assault.

Kevin Johnson, age 29, of Laconia was arrested on Aug. 8 for Driving After Revocation or Suspension (subsequent) and violating Driver's License Prohibitions.

Scott C. MacBrien, age 59, of Belmont was arrested on Aug. 8 in connection with a warrant issued by the Pelham Police Department.

Jamilette Normandia, age 44, of Methuen, Mass. was arrested on Aug. 8 for Domestic Violence-Assault.

Geoffrey L. Nixon, age 53, of Belmont was arrested on Aug. 9 for Domestic Violence-Assault.

Eric A. Jones, age 41, of Hill was arrested on Aug. 10 on multiple counts of Possession of a Controlled Drug.

Marcus J. Burke, age 42, of Laconia was arrested on Aug. 10 for Criminal Trespassing.

Danny M. Lurvey, age 18, of Belmont was arrested on Aug. 10 for Reckless Operation and two counts of improper Child Restraints.

Kyle Stephen Tardy, age 35, of Belmont was arrested on Aug. 11 for Possession of Controlled/Narcotic Drugs.

TILTON POLICE LOG

TILTON — The Tilton Police Department responded to 534 calls for service and reported the following arrests during the week of Aug. 3-9.

Arrested during this time period were Jaclynn Denner (for Resisting Arrest), Patrick Stitt (for Willful Concealment and Criminal Trespassing), Kelani Castellez (in connection with a warrant), Amanda Mullen (for Driving Under the Influence and Possession of Drugs), Nicole Mason (in connection with a warrant), Timothy Kingsbury (for Willful Concealment), Shelly Mongovan (for Theft By Unauthorized Taking), and Jeremy St. George (for Driving After Suspension).



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Jason Hicks named Executive Vice President at New Hampshire Mutual Bancorp



Jason Hicks

REGION — Jason Hicks has been appointed Executive Vice President at New Hampshire Mutual Bancorp (NHMB). As Executive Vice President, Hicks will be a part of the NHMB Executive Leadership Team, and will also continue his roles as Chief Financial Officer and Chief Risk Officer.

In his oversight of Enterprise Risk Management, Hicks ensures that NHMB's operating

procedures for sister companies Meredith Village Savings Bank, Merrimack County Savings Bank, Savings Bank of Walpole and NHTrust provide for the long term security of those companies. He also champions the risk management strategy that directs operational and financial risk for the organization.

As Chief Financial Officer (CFO), Hicks is the senior executive responsible for managing the financial actions of NHMB, the Merrimack, MVSB, Savings Bank of Walpole and NHTrust. His primary duties include policy development and management for all accounting, treasury and investment functions. He also heads the asset and liability management committee for each bank and is re-

sponsible for developing and implementing necessary strategies to ensure long term financial stability.

"Jason's collaborative approach to problem solving makes him the ideal person to join our Executive Leadership Team," said Gregg Tewksbury, President and CEO of NHMB. "Jason has exceptional knowledge and expertise in risk related to banking including credit, interest rate, liquidity and market value risks. His contribution ensures a balanced approach between efficiency and mitigation. I'm excited to have his perspective and experience in this role as we move our companies forward."

Hicks joined MVSB in 2009 as Vice President

of Finance and Controller at MVSB following an extensive career in public accounting as well as commercial and community banking. He was promoted to Corporate Treasurer and Investment Officer for both MVSB and the Merrimack in 2013. In 2014, Hicks was promoted again to Senior Vice President, Corporate Treasurer and Investment Officer for NHMB. He was appointed to Chief Financial Officer in 2016 and Chief Risk Officer in 2020.

Active in the community, Hicks is currently an investment committee member for Lakes Region Community Developers, and has served previously as their Board Chair and Treasurer. In addition, he is a finance commit-

tee member and board director for the Society for the Preservation of NH Forests. He has also served as Vice President of the board for Lakes Region Habitat for Humanity. Hicks received his Bachelor of Science and Master of Science degrees in Accounting from the University of North Texas, and is a Certified Public Accountant for the State of New Hampshire.

New Hampshire Mutual Bancorp, a shared services organization, was formed in 2013 when two New Hampshire-based community banks, Meredith Village Savings Bank and Merrimack County Savings Bank, formally affiliated – the first relationship of its kind in the state. This strategic partnership has positioned the

banks to leverage each other's strengths as they work together to advance a shared vision of maintaining and enhancing community banking standards and values. MillRiver Wealth Management joined as a third affiliate in 2015, combining the financial advisory divisions of MVSB and the Merrimack. Savings Bank of Walpole joined NHMB in 2018. In 2020, MillRiver Wealth Management affiliated with the New Hampshire Trust Company and Savings Bank of Walpole Wealth Management to become NHTrust. NHMB combined assets total more than \$2.6 billion. For more information, visit nhmutual.com.

Motorcycle Week® just a few days away

LACONIA — With only two days to go before the start of Laconia Motorcycle Week, the event schedule has been finalized, and serves as an accurate illustration as to what people can expect at the 97th year or the world's oldest rally: Less close quarters gatherings and more riding. And with New Hampshire's governor recently announcing a mask mandate for gatherings of more than 100 people, participants will now be required to wear a mask when they are not riding.

There will be no centerline parking on Lakeside Avenue, and vendor booths will be limited to non-profit organizations (including Rally Headquarters). Entertainment will be provided by individual establishments only, such as NASWA Resort and Tower Hill Tavern. In addition to the hundreds of miles of scenic roads available to explore around the state, riders are encouraged to participate in three organized rides taking place during the

week: The Peter Makris Memorial Ride around Lake Winnepesaukee on August 22nd, the USCR Vintage Race Gypsy Tour Ride on August 23rd and the Mae West Memorial "For the Love of Pets" Ride on Aug. 24.

Although there will be no vendor displays, concessions or demo rides at the nearby New Hampshire Motor Speedway, there will be plenty of track action, including the U.S. Classic Racing Association's FIM North American Vintage Championships, the 97th Annual Loudon Classic and the Granite State Legends Cars races. Note that there will be no vendor displays, concessions or demo rides

The Winnepesaukee Scenic Railroad will be running daily from both their Meredith and Weirs Beach stations for shuttle or scenic rides through the Lakes Region. The M/S Mount Washington will be open daily to the public for boating excursions on Lake Winnepesaukee as will the Mount Washing-

ton Auto Road for riders interested in a trip up the northeast's highest mountain peak.

"Our number one priority at this year's rally is public safety," says Executive Director, Charlie St. Clair. "When not riding all visitors will be required to wear a mask if they are within six feet of others. We also have Nano Coating Technologies, LLC (NCT NH) assisting with sanitization of public surfaces with their Germ Inhibitor System with Bio-Protect. All area establishments will continue to follow enhanced cleaning and safety guidelines established by the state. Overall, New Hampshire has been a safe place to travel, however, if you feel uncomfortable visiting us this August, we encourage you to stay home, be safe where you are and plan on joining

us next year for an action-packed 98th Laconia Motorcycle Week."

Any/all updates will be posted to LaconiaMCWeek.com, through their e-newsletter and on all LaconiaMCWeek social media channels.

For more information on visiting New

Hampshire and our state's guidelines relating to COVID-19, please visit: <https://www.visit-nh.gov/covid19/reopening>

Laconia Motorcycle Week® gives great appreciation to all of our

sponsors, especially our Presenting Sponsors: AMSOIL, and Team Motorcycle as well as the State of New Hampshire for their large financial support of our rally each year.

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Opinion

A4 Thursday, August 20, 2020

WINNISQUAM ECHO

A change of opinion signals growth

As the world turns, so do people's opinions — even moreso now that it's an election year. Further, there has been so much civil unrest currently, in addition to the fact that we are all living through a global pandemic. We are all constantly being bombarded with opinions. You see them on social media, the radio, television, newspapers, and even on signs in people's yards.

As overwhelming, and sometimes unsettling, as this can be, it is actually quite healthy to have and share your opinions. Some individuals have no issue sharing their opinions, while others tend to shy away. Perhaps the latter is on to something but we digress. As we write this, and as you read it, somewhere, two people are in the midst of a debate.

When we share opinions, it's a sign that we are yearning to be more educated and more knowledgeable about the world we live in. The problem arises when a person will insult, lie and attack to turn their opinion into truth. It's important during a debate or heated discussion to remain open minded, as hard as that can be at times. When harsh words are exchanged, they are here for good.

There's also a difference between facts and opinions. When an uninformed person tosses out talking points with misinformation, the point of the conversation goes right out the window. Likewise, both facts and opinions can and do change. Sometimes a person will have a light bulb moment that changes everything they thought they once knew, leading to a change in their mindset. A researcher can find new discoveries, which can alter something that prior, was fact.

A person's viewpoint on something can change over the course of their lifetime. Growth happens every day with all of us. What we once thought when we were 17, could be and is likely vastly different than how we think at 50.

With that said, it's also important to not hold an individual to past statements or actions that may have been troubling. When we hold people accountable to things they did and said in the distant past, they are less likely to share their opinions, and that would be a bad thing.

Opinions are important to share, but that doesn't mean they are right. Backing up an opinion with facts is crucial and responsible. We can all agree that when it comes to personal choices that don't hurt anyone else, other's opinions are irrelevant.

We must also remember that as individuals, our life experiences have brought us each to a unique place, unlike anyone else we encounter; therefore nothing is ever cut and dry. We are seeing this too much in today's politics. Instead of looking at things issue by issue, people are automatically jumping behind one party and calling it a day. The fact remains that we are living in a complicated world, and our thoughts are naturally all over the place, and that's a good thing. Rejecting labels is refreshing.

As we grow our opinions evolve and shape who we are. So while we all have opinions, (on more than just politics) it's important to be flexible with them. Changing how we think does not make us weak, it's a sign of maturity and intelligence.

Send your letters!

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and phone number.

STRATEGIES FOR LIVING

When a skeptic encounters God

BY LARRY SCOTT

In "The Case for Christ," author Lee Strobel, journalist for the Chicago Tribune, and thoroughly convinced the Christian faith was bogus, tells this amazing story.

"For much of my life, I was a skeptic. In fact, I considered myself an atheist. To me, there was far too much evidence that God was merely a product of wishful thinking. ... As for Jesus, ... [I was convinced] He was a revolutionary, a sage, an iconoclastic Jew — but God? No, that thought had never occurred [even] to Him. ... I had read just enough philosophy and history to find support for my skepticism. ... I had a strong motivation ... a self-serving and immoral lifestyle that I would be compelled to abandon if I were ever to change my views and become a follower of Jesus. ...

There was enough proof for me to rest easy with the conclusion that the divinity of Jesus was nothing more than the fanciful invention of superstitious people. [And then Strobel's life took a dramatic change of direction].

"It wasn't a phone call from an informant that prompted me to reexamine the case for Christ. It was my wife. Leslie stunned me in the autumn of 1979 by announcing that she had become a Christian. I had married one Leslie — the fun Leslie ... now I feared she was going to turn into some sort of sexually repressed prude. ... Instead I was pleasantly surprised — even fascinated — by the fundamental changes in her character, her integrity, and her personal confidence. Eventually I wanted to get to the bottom of what was prompting these subtle but significant shifts in

my wife's attitudes, so I launched an all-out investigation into the facts surrounding the case for Christianity." [Consistent with his training as a journalist, Lee Strobel launched a two-year odyssey, interviewing carefully selected experts who could help him clarify every question he had concerning the Christian faith.]

"By November 8, 1981, my legend thesis, to which I had so doggedly clung for so many years, had been thoroughly dismantled. ... The atheism I had embraced for so long buckled under the weight of historical truth. It was a stunning and radical outcome, certainly not what I had anticipated. ... So on November 8, 1981, I talked with God in a heartfelt and unedited prayer, admitting and turning from my wrongdoing, and receiving the gift of forgiveness and eternal life through Jesus. ...

There were no lightning bolts, no audible replies, no tingly sensations. ... Over time as I endeavored to follow Jesus' teachings and open myself to his transforming power, my priorities, my values, and my character were (and continue to be) gradually changed" ("The Case for Christ," pages 13, 14, 266, 268).

What can I say? The miracle of conversion is the most life-transforming experience any of us have ever had. Different from adopting a new set of principles or "turning over a new leaf," the peace of mind and a new purpose for living that took place when we invited Jesus Christ to be our Lord made this the most fulfilling experience of our lives. Skeptics notwithstanding, this is real!

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

LETTERS TO THE EDITOR

Sununu needs to cancel Bike Week

To the Editor:

Next weekend will start a great influx of visitors to the state of New Hampshire (which had been lucky thus far regarding the number of cases and deaths caused by the COVID pandemic currently ravaging in a great many states throughout our country). The reason for this influx is Bike Week - a Central New Hampshire tradition that obviously cannot be denied - even in the face of a public health emergency. For at least seven days (maybe more), these maskless attendees will come from all over the country - shopping in our stores, eating in our restaurants and spreading whatever virus they may be carrying to whomever they encounter.

Under the governance of John Sununu, and despite the usual increase in summer tourists from other states, New Hampshire still has no state wide mask mandate. But fear not, because this wise leader does have a plan. It has been mandated that all groups of over 100 people will be required to wear a mask! To please the Central New Hampshire towns and cities who make a bundle of their tourist bucks with the Bike Week event, Sununu has decided to turn a blind eye to potential spread of COVID infection, essentially brushing away our fears (or pulling the wool over our eyes), as the question of who

will count the number of people in a rambunctious, celebratory biker group and who will enforce their mask wearing when numbers exceed 100, can never actually be addressed. Also issues such as quarantining out of towners have been completely avoided - In other words, Sununu says, "You got cash? Come on in!"

We are watching Gov. Sununu do a perfectly executed GOP two step in real time. Placating never maskers (aka GOPers who demand to make money, live free and, oh yes, get sick and maybe die), and the rest of the rubes who see COVID infection and death tolls rise in every state that has relaxed mask and social distancing rules and are concerned for our safety (a.k.a. sane people).

The scary part of this is that we will not be able to determine if infection has spread until 14-21 days after the event has ended, and we will not be able to trace who brought it to us. We need Sununu to postpone Bike Week and all other large group events until he is sure it is safe because when it comes to gambling, many of us like to place our own bets, and do not want him putting our health and life and the health and lives of our families on the table!

T.K. WHALEN
SANBORNTON

David DeVoy for Senate District 2

To the Editor:

I have had the pleasure and honor to have known David DeVoy for over 30-odd years, and have the highest respect for his work within the military who retired years ago as a Full Bird Colonel, as a business owner of three establishments, and as one of our current Belknap County Commissioners. David has a great family and has lived in Sanbornton NH for many years.

My time of serving with David in Field Artillery, Logistics, and Special Staff has always been as a professional, earning the respect of his peers and subordinates alike. Davids business sense will help our District 2 succeed further if elected in lowering our taxes and good judgement for our constituents.

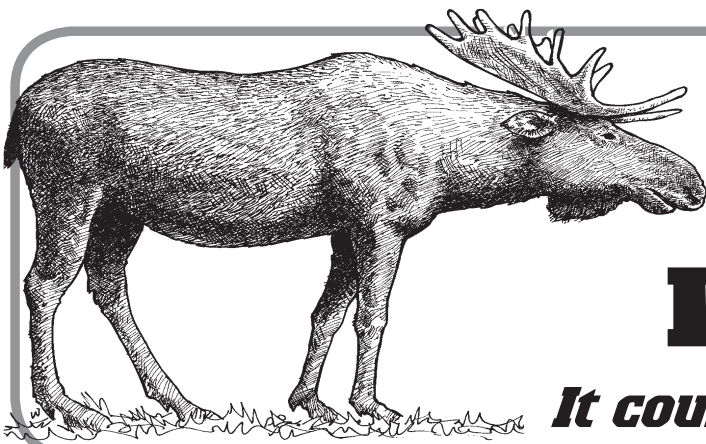
David's reflection on me is that he's pro-life, believes in the second amendment, and has a business sense for running our district and state.

The biggest blessing is that he does not believe in added state taxes.

It's hard enough to find workers in these times due to the virus at hand but David has kept his businesses working with his employees with his care and commitment for their welfare.

Please join me in supporting David DeVoy for State Senate Serving District 2.

DOUGLAS RASP
SANBORNTON



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North Country Notebook

Stepping along and swinging the scythenwhere a tractor-drawn mower can't reach



By JOHN HARRIGAN
COLUMNIST

Old Allie Forbes was wrinkled and bent by the time I came along, but he could still step right along with a scythe. The rhythm of mowing was almost a dance—step and swing, step and swing—and Allie and partner could cut quite a rug.

Allie and his wife lived on one of the seven farms their son Lyman, my boss, said we had to hay that summer, at the dawn of the era when dairy farms had to get bigger to survive. This is how we came to be milking 105, considered a huge number for the times.

“The Rural Electric,” as so many people called it for the rest of their lives, changed farming forever when it arrived as part of Franklin Roosevelt’s vast New Deal. Not since the invention of the water ram, which made running water possible in milk-house and kitchen, had there been such emancipating change.



Awash in a sea of bales: Baling the middle row, the last trip around the field for the baler, with the bales now ready to be picked up and piled on a wagon. (Courtesy shutterstock.com)

Now, with the advent of the cooling and agitating bulk tank, farmers could keep milk fresh until one of the big dairy trucks picked it up.

Allie moved along like a man possessed, not by speed but by great concentration. In his mind, he was mowing good grass that should not go to waste.

Mowing machines were a great invention, coming along after the Civil War in great numbers of horse-drawn models, one of the first examples of the economy of scale, an umbrella that helped explain the assembly line. The boys coming home from the first Great World War knew all about tanks, the forerunners of tractors.

Mowing the outside row of a field, the begin-

ning of what would be an ever-dwindling circular routine, was an art-form with horse-drawn mowing machines—you had to have a push-button team that would back up quickly, to get at the biggest odd-shaped patches between bushes and trees—and even then it was impossible to reach all the grass.

Thus, a man like Allie would go along with a scythe to mow every speck of tall grass, and later on a boy or a hired hand would come along and rake the hay into the outside windrow. Labor was cheap, for decades almost cheaper than dirt. Getting every bit of hay made sense.

Allie’s place had a big barn on it, the lower floor used to house young stock, and the two upper floors featuring vast open areas in their middles, used as

mows (pronounced like “Wow!”) for the storage of hay.

A hay elevator got the bales from wagon to whoever was piling in the mow. My job was to take away from the elevator, and throw the bales to the two men putting away.

In this, we often used a “dead man,” a trick I’d been shown earlier in the season. It was a couple of bales, placed strategically and within tossing distance of the elevator’s business end. If you could toss a bale accurately—and as a tall and strong teenager, I could—it hit the dead man just so, and went tumbling to the crew piling away.

With a good crew working as one, a hay wagon could be unloaded as fast as the man putting the bales onto the



Making hay the relatively new-fangled way, in which speed is of the essence. (Courtesy agriculture.com)



This salt-marsh haying photo is thrown in just to startle up-country farmers, who at least never have to contend with tides. (Courtesy Hampton Public Library)

elevator could move. In this case it was Harold Phillips, and he was fast.

+++++

One of Old Allie’s chores was to haul pails of water from an outside spigot to a calf-pen in the barn, but he was tuckered out from mowing, and the job fell to me.

Allie sat in a rocker on the porch, and watched me haul water. “That boy walks like a farmer,” he said to someone, loudly enough for me to hear.

“Little does he know,”

I thought, envisioning the jobs friends and family and I thought likely back then—game warden, factory worker, sporting camp handy-man and guide.

“Little did he know,” I found myself thinking much later in life, when there I was, working away in a barnful of cows.

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

How COVID-19 will impact getting your Influenza vaccine

August is National Immunization Awareness Month, and that makes us start to think about flu season and getting our flu shot! Normally, we sign up for a time slot to get our shot, plop into a chair with the rest of the folks in the waiting area, and head on in to see the nurse when it’s time. But with the impact of COVID-19 on the community and the emphasis on social distancing, the standard flu clinic will need a makeover this year.

“Getting your flu shot is so important this year,” says Jacinda Young, Clinical & Staff Development Manager

at Franklin VNA & Hospice, and the head of the Infection Control Program there. “The health consequences of having both COVID-19 and Influenza could be so severe. Even just trying to determine what symptoms match with each illness will be difficult, since fever, cough, chills, shortness of breath and body aches are all common with both illnesses.”

This will make it much more difficult for all healthcare providers, daycares, schools, and employers to figure out how to advise people if and when they contact them with those symptoms. Is a parent calling

with a child sick with COVID-19 who needs to be out for 14 days and have their contacts notified, influenza, or something else?

“This year, we are not only offering flu shots to our patients in their homes,” Young notes, “but we are organizing a drive-through style flu clinic where patients will be able to receive vaccines in the safety of their cars with minimal exposure to others. Our staff will be able to work together to screen patients, vaccinate, and monitor patients while allowing them to stay

apart from each other in a safe way.”

We recently spoke to one of the knowledgeable pharmacists at the Franklin CVS to ask how they planned to vaccinate this year and he said that while they were lucky to be an early receiver of influenza vaccine shipments that it would be different this year. “People won’t be able to congregate; they will need to maintain appropriate spacing while they wait.” He discussed the extra cleaning that would need to be done between each patient to ensure safety, and mask

wearing as well.

Some primary care offices are not yet seeing patients physically, and won’t be offering flu vaccines at all, while others we contacted were open to vaccinating patients but acknowledged that they didn’t have a plan yet that accounted for the differences needed in a landscape where facemasks and social distancing have now become necessary.

Young finishes, “We encourage everyone to make a plan for their flu shot this year, and to work to help keep themselves and their loved

ones safe.”

Franklin VNA & Hospice is here for our community. We help keep you home, where you want to be, and help you recover in your home if you do get sick.

Franklin VNA & Hospice is your choice for excellence in Homecare and Hospice.

Choose Local. Choose Excellence. Choose Franklin VNA & Hospice.

For more information, call Franklin VNA & Hospice at 934-3454 or visit www.FranklinVNA.org.

Leadership Group takes a “Gap Year”

REGION — Leadership Lakes Region, the regional leadership non-profit group founded in 1996 has decided to take one year off due to the health consequences and uncertainty of COVID-19.

Normally, a new leadership class begins in early October for 25 class members and concludes its Program Year in May of the following year.

The decision to not hold a class in 2020-2021 was made by unanimous decision of the Board of Directors at their August Zoom meeting.

“There were just too many unknowns and health safety issues right now for us to feel comfortable starting a new class,” said Board Chair Don Morrissey.

He added that the annual leadership program relies on businesses and agencies sending students to populate each new class along with area venues where the class can tour and meet monthly as well as hosting a variety of guest speakers on specific Program Days. Given the health concerns for class members, venue operators and speakers, the decision to postpone a year, although difficult, was the right thing to do, Morrissey said.

Applications of individuals who already applied for the next class have been reviewed and acceptances granted, albeit for October 2021 not October 2020. Others interested in the program may still apply with the understanding their class won’t start until fall, 2021. More information is available on the Web site; www.leadershiplakesregion.org.



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Edward Jones: Financial Focus

What Does an Unplanned Career Transition Mean for You?


The COVID-19 pandemic has unsettled the country's employment picture for months and will likely continue to do so for a while. However, the nature and terminology of this disruption varies greatly among individuals – some have seen their jobs disappear, others have been “furloughed” and still others have been offered an early retirement. If you’re in this final group – those either offered, or feeling forced to accept, an early retirement, how should you respond?

Try to look at your situation holistically, rather than strictly in a short-term manner. Consider these four areas:

- Retirement – What does retirement really look like to you? Are you ready to fully retire or would you like to work part time? Are you confident that you can work somewhere else for a few years before retiring on your own terms? If you’re not certain you can work elsewhere, how can you adjust your desired retirement lifestyle – what you planned to do, where you hoped to live, etc. – to meet your new reality?
- Income – Just how financially affected you’ll be from an early retirement depends on several factors: how much you’ve already saved and invested, whether you’re married and have a working spouse, whether you’ve paid off your mortgage, and so on. In any case, though, you’ll need to answer several questions, including these: Do I need to start taking withdrawals from my IRA and 401(k)? If so, how much can I afford to take out each year without running the risk of outliving my resources? Should I adjust my current investment mix? If I haven’t yet started collecting Social Security, should I do so now, or can I afford to wait until my monthly payments will be bigger? Are there any other sources of income I can leverage? You may want to work with a financial professional to address these and other key income-related issues.
- Insurance – If you received health insurance through your employer, an early retirement could present you with a dilemma, especially if you’re not quite old enough for Medicare. You might be eligible for COBRA, which provides ex-employees and their dependents the option of continued health insurance for potentially up to 36 months, but this coverage can be expensive. As an alternative, you might be able to negotiate an extended severance package, which could provide you with health insurance for several months. Or, you might be able to get on the health insurance plan of your working spouse.
- Legacy – Many people want to take care of their family while they’re alive – and leave something behind when they’re gone. If you take an early retirement, you might lose your employer’s group life insurance. Of course, if this plan was not sufficient, you may have already supplemented it with your own policy, but, if you haven’t, you may need to shop around for some coverage, particularly if you have children still at home. You also may want to take this opportunity to review your key financial accounts to make sure your beneficiary designations still accurately reflect your wishes. Going through an unplanned career transition is certainly challenging. But looking closely at the four areas describe above, and making the appropriate moves, may help you reduce some of the stress and can put you in a better position to start the next phase of your life.

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.

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Make memories and learn something new with Prescott Farm’s new Adventure Packs

LACONIA – You want to get outside with your friends and family. You want to try something new and make lasting memories. You want an activity that will satisfy your whole crew, from age three to 83. You want to do all of this safely and without spending a fortune.

Prescott Farm Adventure Packs to the rescue!

Guests of all ages and experience levels can safely enjoy time together using the new Adventure Packs at Prescott Farm. Adaptable, educational, COVID-safe, and most of all fun, Adventure Packs can be tackled as a solo mission, with a partner, or even with a whole “quaren-team!” Prescott Farm Executive Director, Jude Hamel, knows that outdoor activities that accommodate the times we are

living in are more important than ever. “Our staff sought to use the time during shut down to focus on long-term projects that further our mission of helping people explore and understand the natural world,” Hamel said. “These Adventure Packs were a perfect opportunity for our talented and creative education team to create COVID-safe programs that inspire visitors of all experience levels.”

Each Adventure Pack contains everything curious explorers need for a morning or afternoon of fun, including activities, games and plenty of fun facts. Environmental Educators have expertly developed packs on three popular topics:

Stories of the Undergrowth: The forest floor is an extremely important part of forest ecosystems

because everything starts from the ground up! Explore the forest floor and learn about everything from the nutrients in the soil, what grows on the forest floor, the creatures who live and play there, and play some games along the way.

History of the Land: The Prescott Family has owned the land since 1796. How has this history influenced the landscape? Journey around the lower field, past the barn, and into the Red Trail. As you complete each section, the content becomes more advanced. Explore and have fun while you choose your own adventure!

Life in the Field: Many species of plants and animals call the fields of Prescott Farm home. With this Adventure Pack, you will



COURTESY

Two visitors dig into Prescott Farm’s “Stories of the Undergrowth” Adventure Pack.

discover more about the mammals, invertebrates, birds, and wildflowers of these fields.

Pack reservations are required (please reserve 24-hours in advance to ensure availability) and can be made at prescottfarm.org. Members of Prescott Farm can borrow packs for free, while non-Members pay just \$20. For more information please contact info@prescottfarm.org or visit prescottfarm.org.

Motorcycle Week kicks off with Peter Makris Memorial Run



LACONIA — When several hundred-motorcycle riders gathered 13 years ago to honor the life of Peter Makris, patriarch of The NASWA Resort and community leader, it began a snowball roll of benefits for the Laconia community. While the initial run benefited the Laconia Fire Department Lifesaving Fund, a non-profit that encompasses all the fire department does to man and equip a water rescue unit—boat, training, and supplies—that Makris helped to start years ago, the Peter Makris Memorial Fund grew, expanded its beneficiaries and became the Official Kick-off of Laconia Motorcycle Week.

Another important aspect of Makris’ life was his service in the U.S. Marine Corps, so when Cynthia Makris, President of The NASWA and Board member of Easter Seals NH, learned of the “Veterans Count” State-wide program which aids active duty military and their families, she added the non-profit to be a beneficiary of the fund as well. Fast-forward a few years and the Lakes Region CERT emergency response team needed funds to continue training its community force to address area emergencies, the Peter Makris Fund stepped forward to help this and other area non-profits.

The annual Peter Makris Memorial Run has to date raised over \$450,000 for area charities and embraces the aspects of life that meant most to Peter—family, friends, The NASWA, and giving back to his Laconia community. As a proud U.S. military veteran, Peter relished the friendship of his fellow U.S. Marine Corps Leathernecks and the group has become an integral part of the event, flying their colors to honor his service and memory.

“My family remembers what was dear to our father,” says Cynthia Makris, president of the NASWA Resort, the Official Hotel of Laconia Motorcycle Week, “My 95-year old mother, Hope is still active in the operations and events at The NASWA, rode with my Dad for years and supports his causes. This annual run brings his life full circle and allows us to give back to Laconia in my Dad’s memory.”

COVID can’t stop charitable giving during the legendary motorcycle event and official kickoff, and the event will look a little different this year due to social distancing, starting a half-hour earlier, and with Peter Makris Memorial Run masks, but it still promises to be a glorious day! Organizers send a big thank you to all who have continued to participate for the past 13 years and support these worthwhile charities.

14th Annual Peter Makris Memorial Run - Saturday, Aug. 22

Registration is online at: naswa.com/PMMR.

\$50 pre-registration, by Aug. 20

\$75 VIP front of the pack

First 150 to Register: Receive 14th Annual Commemorative Pin, FREE beer chip,

Gourmet Lunch Bag and entry to the waterfront NAZBar & Grill.

You may still register in person after August 20th at the NASWA Resort.

Boaters, bikers and exotic/collector auto fans are all welcomed to join! After the ride, the party continues on the beach at the NAZBar & Grill with live music by the James Montgomery Band.

Peter Makris Memorial Run features:

- 8:30 - 9:30 a.m. | Registration: Bikers/Boaters/Drivers Meet

at the NASWA Resort 1086 Weirs Blvd., Laconia, NH — Proceed to the two-level parking lot across from the NASWA Resort — Receive wrist band, Commemorative 14th Annual pin and face mask, beer chip and sign NHMS waiver.

- 9:30 - 10 a.m. | Final gathering and placement of motorcycles and cars in NASWA Parking Lot.
- 10 a.m. | Opening Ceremony and Blessing of the Bikes
- 10:30 a.m. | Kickstands up!
- 10:30 a.m. - 12:30 p.m. | State Police escorted “feet up” scenic run to include laps around The New Hampshire Motor Speedway’s track and road course, thanks to NHMS GM Dave McGrath, who offers Memorial Run riders this breathtaking experience.
- 12:30 p.m. | NAZBar & Grill The After-Ride Party Rolls On! Pick up your Gourmet Lunch Bag — Lunch graciously provided by Affinity

Group, Enjoy a free beer “On Peter,” 50/50 raffle and have plenty of fun with new and old friends!

- The James Montgomery Band returns to The NASWA to rock the party all afternoon.

James Montgomery, named “The John Mayall of New England” will bring his rockin’ James Montgomery Blues Band to the NAZBar & Grill to celebrate this 14th Anniversary! Montgomery has played with bands from Kid Rock and Gregg Allman to Johnny Winter and Bruce Springsteen — be there to welcome him to the NAZBar and thank him for graciously donating his time each year!!

The NASWA Resort, is The Official Hotel of Laconia Motorcycle Week and located in the heart of all the motorcycle week action. Reservations can be made at www.naswa.com or by calling 366-4341.

Gift Card Gala will support Children’s Auction Community Challenge

GILFORD — The Seventh Annual Pub Mania Gift Card Gala has been transformed from the popular bingo event to an online bidding opportunity. All proceeds will benefit the Greater Lakes Region Children’s Auction, in support of It’s for the Kids Community Challenge.

More than \$5,000 in gift cards and prizes have been collected from almost 100 local businesses. Tagg Team Captain Judi Taggart has combined donations into prize packages that are available for public viewing and bidding on the Facebook page “Patrick’s Pub Mania.” Weekly packages will be posted every Monday through August 24, with bids due every Friday by 6 p.m. and ending on August 28. Gift cards for local restaurants, retail stores, recreation, overnight stays, massages, salons and more, along with unique NH artwork and prizes, will be awarded to high bidders. A leader in community support, Kathy Tognacci is awarding each high bidder a 10 percent discount on non-consigned purchases valid

at Gilford Country Store, Nahamsha Gifts in Meredith and Live Love Lake in Wolfeboro.

“In these changing and very challenging times, Tagg Team members want to raise funds for nonprofits providing essential services to Central New Hampshire children and families. I am overwhelmed with the tremendous support received from so many businesses and individuals in our community. We invite everyone to be part of this fun online activity and bid to win their favorite items,” shared Taggart.

Questions can be addressed to Judi Taggart at tagtem@metrocast.net or call 603-493-9524. The Children’s Auction will be held on Dec. 8-12. Visit www.childrensauction.com to learn about funded organizations and Community Challenge activities.



COURTESY

Pub Mania Tagg Team Captain Judi Taggart, holding the Lake Winnepesaukee watercolor print donated by WaterMark Maps in Concord, collected the Nahamsha Gifts sports bucket from Taylor Tognacci for the Gift Card Gala.



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Comfort Keepers

Managing Parkinson's Disease symptoms

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

Parkinson's disease is the second most common neurodegenerative disease in the U.S. after Alzheimer's disease, and the number of people affected by Parkinson's is increasing as the population ages.

Parkinson's disease can manifest in the following ways:

- Tremors
 - Balance problems
 - Cognitive impairment
 - Mood disorders
 - Short steps and slowed movement (bradykinesia)
 - Speech and writing changes
- While there is no known cure for Par-

kinson's, taking steps to manage the disease can increase a senior's quality of life and help to reduce the impact of symptoms.

Those that have been diagnosed with Parkinson's should discuss management strategies with a healthcare professional. There are a variety of medications and therapies that a doctor can recommend.

Everyday symptom management strategies can include:

Finding ways to relieve stress: There is ample evidence that stress can make symptoms worse. However, they usually return to normal levels once the cause of stress is removed. Activities that can help reduce stress include

meditation, yoga, deep breathing, getting outside, spending time with loved ones, participating in hobbies or physical activity approved by a physician.

Maintaining a good diet: For those with Parkinson's, proper nutrition will not only help manage symptoms, but can help slow the progression of the disease in some seniors. In addition to healthy, nutritious food, it's important to prevent dehydration too.

Adapting your home: Depending on the Parkinson's symptoms that someone is experiencing, there are a variety of ways to improve everyday life with a few adjustments to living space. For those with

trouble walking, or those that needs a wheelchair; wide walkways help manage mobility. Mattresses with adjustable features can be helpful for anyone with difficulty getting in and out of bed, and grab bars may be helpful for those with balance issues.

Preventing falls: Having trouble walking is a common Parkinson's disease symptom. Minimizing fall risk is an important safety management strategy that is easy to execute. Wearing proper footwear, making sure rooms are properly lit and removing trip hazards can all help reduce the risk of falls.

Comfort Keepers® Can Help
For those who need

extra help, in-home caregivers can help facilitate stress management activities, provide support for physician-approved diet and exercise plans and will evaluate a home for safety as part of an in-home assessment. Caregivers can also help with mobility, improve home safety, provide transportation to appointments and events and can help seniors maintain positive mental health through connection, engagement and companionship. For more information on how in-home caregiving can provide assistance to those with Parkinson's disease, contact your nearest Comfort Keepers® office today.

About Com-

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

MARK ON THE MARKETS

Fiduciary?



A few years ago, the Department of Labor attempted to pass a ruling that would require any broker, advisor, or insurance agent to act in the client's best interest when working with retirement assets. This ruling never came to fruition, so brokers advisors and insurance agents went back to business as usual. A Registered in-

vestment Advisor has a fiduciary duty to clients. Broker-dealers just have to meet the less stringent suitability standard which does not require putting the client's interest above their own. The same is true for insurance agents most of which are salespeople. With billions of dollars being spent on advertising to win retirement assets, how can that, soon to be retired person, decipher who is the best firm or persons that will do the best job for them and place the client's needs above their own? This has been made an even more difficult decision due to advertisements that are designed to persuade you to trust these firms, all fighting for your assets. But this is

not only confusing to the public, but oftentimes, in my opinion, financial advisors are unclear what being a fiduciary actually means. For example, when the DOL ruling had not yet been decided many insurance agents that primarily sell annuities were encouraged to take an exam that would give them the ability to place client money on a fee driven platform. That exam is referred to as a series 65. The platform used by these newly anointed investment advisor representatives was supplied by a third-party asset management firm. So suddenly, the annuity salespeople who typically still placed most of the clients' money into insurance product, and maybe a small portion

on the fee platform, now proclaim to be fiduciaries! These annuity reps with a series 65 believed because of the license, not necessarily their actions, that they were acting in the client's best interest and considered themselves a fiduciary! So you can imagine that when attending conferences speaking to some of these insurance agents with a series 65, many did not understand my point, that the series 65 only gives them the ability to act with fiduciary duty, but how they actually treated the client determined if they were acting in a fiduciary capacity. It is just my opinion, that you cannot take a salesperson that has always worked on commission selling product, and

flip a switch by taking an exam, and have them no longer weigh commission and fee based on what is best for the client and not them! I am not saying that these financial advisors or insurance agents are bad people. I just do not believe you can wear multiple hats, having multiple licenses, some of which allow you to sell investment product for commission, insurance for commission, and a license to collect a fee. I also believe that some insurance product and annuities do have a place in some people's portfolios in certain situations. But it must always be for the client's benefit, and it must be in the proper amounts.

When choosing an advisor to work with your

money, don't be afraid to ask about fiduciary duty, how the advisors compensated, and if you are working with a registered investment advisory firm, you should receive disclosure documentation that spells out any conflicts of interest they may have by selling product. If you are working with an insurance agent you will not get that disclosure document, but just know they are salespeople and are not bound fiduciary duty. A registered representative or broker is only bound to a much less stringent suitability requirement.

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

The return of sports...and sports coverage

BY JOSHUA SPAULDING
Sports Editor

REGION — At this point, high school sports are scheduled to return next month, and if all goes as planned, coverage of high school sports in your local Salmon Press newspaper will also be returning.

But just as sports will certainly be impacted by the Covid-19 pandemic, there will probably be some differences in the coverage the papers provide compared to what readers might be used to.

Salmon Press is asking for the help of the local community in pro-

viding the coverage of the teams and athletes that inhabit the schools we cover, which range from Prospect Mountain High School in Alton in the south to Groveton High School in the north.

We are going to do our best to cover as much as we possibly can, but as the fall sports season gets underway, there is just one full-time staffer available to do this.

Which is why we are hopeful that athletic directors, coaches and other community members will be able to lend us a hand.

Athletic directors

and coaches have always played a key role in the coverage we have provided over the years and we are hopeful this can continue.

If you are an athletic director, we hope you continue to work with us by sending us schedules, providing us updates or schedule changes and helping keep us on the same page with the coaches each season.

If you are a coach, we would love to highlight the work that your team is doing and we are available at any time to take phone calls, texts or e-mails with game notes.

All coaches are invited to make contact with information about what their team did after each game or once a week with an update on the games that took place the previous week. If we are at a game, we'd be happy to talk right after the contest as well.

And finally, if you are a community member or parent who attends a lot of games and who takes pictures, we'd be interested in using some of your pictures to help supplement the coverage of the local teams.

There is no question that the sports coverage

will be a little different, but we believe if we all work together, we can help to highlight local athletes and teams at the 19 different schools in our coverage area. Of course, we also know that each school will choose to handle sports differently this fall, and we will do what we can to make sure everyone is aware of how things are being handled.

And of course, if there's an event going on that you want publicized ahead of time or if there's something you think we might be interested in covering, please

let us know. We can't cover it if we don't know about it.

Sports Editor Joshua Spaulding can be reached at josh@salmonpress.news at any time, and we look forward to seeing teams on the fields, courts and courses over the next few weeks.

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

PET OF THE WEEK

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New Hampshire Mutual Bancorp welcomes Elizabeth (“Beth”) Hazen



Beth Hazen

REGION — New Hampshire Mutual Bancorp (NHMB) has recently welcomed Elizabeth (“Beth”) Hazen as the newest Collections Officer for the organization’s sister companies Meredith Village Savings Bank, Merrimack

County Savings Bank and Savings Bank of Walpole. She is based out of NHMB’s operations facility on Foundry Street in Concord.

“It has been wonderful to have Beth on our team,” said Kim Carter, Vice President, Loan Operations. “Her expertise, competence, leadership and mentorship experience serve as great assets for our organization. The pandemic created financial challenges for many of the households in our community. Adding Beth to the team has allowed us to address the associated concerns for our customers even

more readily. We are really proud of helping our customers through these difficult times so that they can concentrate on their own recovery. Adding someone as talented and dedicated to customers as Beth has helped us expand that ability.”

“I really care about people and it has always been rewarding to help them in any way I can,” said Hazen. “With this in mind, I was immediately drawn to NHMB’s unique mutual model and have found synergy with all three of our banks. By remaining mutual, MVSB, the Merrimack and Savings

Bank of Walpole are able to keep their decision making local to the towns and cities they each serve. It feels really good to be part of an organization that cares so deeply about our communities and the people within them.”

Prior to joining NHMB, Hazen spent more than 10 years in banking, focused in collections management.

Hazen is certified in Advanced Collections and Bankruptcy. Prior to re-locating to Southern NH last year, she actively volunteered for various food and clothing drives,

homeless shelters and the local Humane Societies in VT and NH. She currently resides in Deering.

New Hampshire Mutual Bancorp, a shared services organization, was formed in 2013 when two New Hampshire-based community banks, Meredith Village Savings Bank and Merrimack County Savings Bank, formally affiliated – the first relationship of its kind in the state. This strategic partnership has positioned the banks to leverage each other’s strengths as they work together to advance a shared vision

of maintaining and enhancing community banking standards and values. MillRiver Wealth Management joined as a third affiliate in 2015, combining the financial advisory divisions of MVSB and the Merrimack. Savings Bank of Walpole joined NHMB in 2018. In 2020, MillRiver Wealth Management affiliated with the New Hampshire Trust Company and Savings Bank of Walpole Wealth Management to become NHTrust. For more information, visit nhmutual.com.

WinnAero President earns pilot’s license

GILFORD — The Board of Directors of WinnAero, the STEM-education for youth non-profit based at Laconia Airport, had to make the very difficult decision three months ago to cancel their popular summer day camps, the ACE Academies, due to the COVID-pandemic. The Board chose to concentrate on providing STEM project bags and supplies to all of their pre-registered students while planning for ACE Academies 2021.

The Board President, however, chose to add a new qualification to her resume in keeping with WinnAero’s use of aviation and aerospace examples in its STEM work with youth.

President Karen Mitchell, a local high

school teacher, made use of any spare time to take flight lessons. She enrolled at Sky Bright Aviation at Laconia Airport, one of two fixed-based operators at Laconia offering flight lessons. Amassing 45 flight hours over several months, Ms. Mitchell soloed on March 31, and then kept up her instruction under the guidance of one of Sky Bright’s Certified Flight Instructors, Mark Donovan, until she completed all the hours necessary for her FAA license.

That big day came on July 15, when she passed her checkride with FAA Designated Pilot Examiner Jim Lorange. A typical checkride for a private pilot license requires a pilot candidate to perform 20

basic maneuvers in the air (including various take-off and landing scenarios), as well as an extensive oral exam with topics from navigation systems to meteorology to aeronautical safety. Ms. Mitchell, reflecting on her accomplishment, thanked the WinnAero Board members, several of them pilots themselves, who encouraged her to keep pursuing her dream of flying! She also thanked the staff at SkyBright for being so accommodating and supportive. Lastly, she wanted to acknowledge the generosity of the Ninety-Nines, the official international association of women pilots.

“Without the Amelia Earhart FlyNow scholarship from the 99s, it would have taken me far longer to achieve my flight goal. I am indebted to my sisters in the sky who helped make my dream a reality,” said Mitchell.

The Eastern New England Chapter of the 99s Chapter Chair, Jessie Zuberek, added “We are so proud of Karen for all her hard work and de-



COURTESY

Karen Mitchell poses planeside following her successful checkride and certification

termination to receive her PPL certificate. We count ourselves lucky to have her among our membership. Starting day one she contributed in a strong way; from working with the Museum of Science in Boston to have our members present at the highly successful Women and Girls in Science and Engineering Day (WISE), to coordinating what is becoming an annu-

al birthday celebration each year at the Laconia Airport honoring one of our founding members, Amelia Earhart. It is experiences like these, and so many more offered by the Ninety Nines, that we hope will share our history and help build the future for women and girls in aviation.”

Ms. Mitchell is looking forward to more flight time with the aviation community

at the Laconia Airport and beyond as she continues training toward advanced pilot ratings. She hopes to one day add “flight instructor” to her teaching credentials. Read more about WinnAero at www.winn aero.org. Questions about the 99s may be directed to info@womenpilotsene.org.

MEETING

CONTINUED FROM PAGE A1

hazards. Community leaders want the town to be a disaster resistant community and believe that updating the Hazard Mitigation Plan will bring Sanbornton one step closer to that goal.

For more information please contact Chief Paul Dexter, Emergency Management Director (EMD) at 286-4819 or David Jeffers, Planner, Lakes Region Planning Commission at 279-5341.

Via Zoom Conference – No Physical Location

Due to the COVID-19/ coronavirus outbreak, the Sanbornton EMD has determined that the Sanbornton Hazard Mitigation Planning Committee will meet electronically as al-

lowed under Governor Sununu’s Emergency Order #12 pursuant to Executive Order 2020-04 and as extended by Executive Order 2020-16. The meeting will be accessible by the public via phone or video conference using Zoom. The meeting will be adjourned if the public is unable to access the meeting.

Join On-line <https://us02web.zoom.us/j/86489972258>

JoinByPhone Dial: 1-929-205-6099 (New York)

Meeting ID: 864 8997 2258

Who To Call For Help: If the meeting is not accessible, please call or email 279-5334 or admin@lakesrpc.org so that the EMD may be alerted.



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DONATION

CONTINUED FROM PAGE A1

able to present this donation on behalf of Franklin Savings Bank.”

ServiceLink is a program offered by Community Action Program (CAP) Belknap-Merrimack Counties, Inc. located in Concord. The program forms partnerships with the Division for Children, Youth and Families as well as key individuals at schools to identify children who may be in need of assistance for basic necessities available through the Grandparents Program.

Franklin Savings Bank also made a \$2,500 donation to the Town

of Boscawen to assist with the restoration and beautification of a rotary situated at the southern entrance to the Town. Phase II of the project will include the construction of field-stone walls, placement of a welcome sign, top soil and mulch, an irrigation system, as well as planting of shrubbery and perennials.

“We are pleased to offer our support to the Town of Boscawen with restoring one of their entrance points,” commented Ron Magoon, President & CEO. “This particular entrance serves as a major gateway to the Upper Merrimack Valley and Lakes Region area, and

receives a lot of traffic from both residents and visitors due to its easy access to the interstate. We wish them all the best with this project.”

Established in 1869, Franklin Savings Bank is an independent, mutually-owned community bank, offering a full array of commercial lending, personal banking and investment services. Headquartered in Franklin, the Bank has offices in Bristol, Boscawen, Tilton, Gilford, Merrimack and Goffstown. Through its wholly-owned subsidiary, Independence Financial Advisors, Franklin Savings Bank also offers investment, insurance and financial planning

services. A recognized leader in providing the latest in financial services technology, Franklin Savings Bank is committed to serving the needs of businesses, families and the communities it serves, through a dedicated team of employees, a diverse line of financial products and services, and continued investment in emerging technology.

Franklin Savings Bank has donated over 11% of its net income to charity since 2009. Visit www.fsbnh.bank to learn more or follow the bank on Facebook, LinkedIn, Instagram, Twitter and YouTube.

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Pub Mania teams pivot for the kids

REGION — Referred to as the backbone of the Pub Mania event, the 31 teams and 75 team captains had begun to wonder if or how the 24-hour barstool challenge would happen in the face of the Covid-19 pandemic.

“I think we all were wondering if we’d be able to pull it off this year,” said Greg Peverly, co-Team Captain of Verani Realty and winner of the 2019 Outstanding Participation Award. “So when we were called about this new event, I think we were anticipating some kind of change. Our colleagues here at Verani understand this is not about the event, it’s about the kids.”

Meghan Dodds is the new team captain for Laconia Harley Davidson, winner of last year’s Top Dollar contest.

“Last year’s team set the bar very high,” said Dodds, Marketing Manager at LHD, “but we’re fortunate to have the backing of owners Steve and Anne Deli, who are very supportive of the Children’s Auction. We’re excited about this new version.”

Holly Rugeiri has been a Pub Mania Team Captain for Ladies of the Lake for the last 5 years, and now is taking on the role of Co-Chair for the new Challenge event.

“We know it will be extremely difficult to top last year’s overall fundraising total” said Ruggieri, “so our goal this year is to double the number

of teams and be positioned for growth in 2021 and beyond. Having the Pub Mania teams step up for this new event gives us some real momentum.”

The Pub Mania teams participating in the 2020 It’s for the Kids Community Challenge include:

- Amoskeag Beverages: John Valliere & Tim Quinn
- Bar Hum Bugs: Stephanie Caldon
- Barstool Bankers: Becky Reposa, Stacy Trites, Jami Bourdeau & Kristi Maciejewski
- Birdies for a Cause: Allison Mitzel & Rachael Rollins
- Blue Angels: Faith Francis
- BNH We Got This Warriors: Cindy Audia & Jim Glover
- Body Covers: Sarah Gray
- BPS: Keith McBey & Randy Remick
- Café Déjà Vu: Brenda Martel & Tony Felch
- Coldwell Banker: Susan Spooner, Kathy McLellan & Sue Ippolito
- Color Me Christmas: Jennifer & Richard Fielders & Sherri Collis
- Crossfit Juggernaut: Anna Terry
- Dream Team Supreme: Matt Resca & Ashley Riopel
- Fruitcakes: Rhonda Humiston & Tracy Neal
- Fusion: Jaimie Sousa & Brandee Loughlin
- Gunstock “A Snowball’s Chance in...”: Robin Rowe & Jennifer Karnen
- Laconia Harley Iron Butts: Meghan Dodds & Lyndsey Cole
- Ladies of the Lake:



2019 Top Pub Mania Team Captains (front left to right) Lisa Cornish (The Downtown Gym); Kathy and Will Swart (Laconia Harley Davidson), Susan Cummins, Mitch Hammel, Greg and Deb Peverly (Verani Realty).

- Holly Ruggieri & Kathy Drouin
- Lily’s Angels: Bethany Davis & Angela Pickowicz
- Litterhof Kennel: Brian Beetle & Lois Cole
- Merry Misfits: Samantha Jewett, Ruth McLaughlin & Angie Carignan
- Merry Stoolers: Lisa Fowler & Cheryl O’Hara
- Naughty & Nice: Lisa Abreau
- Nutcrackers: Ashley Davis, Becky Whitcher & Rachel Xavier
- Patrick’s King’s Corner: Janet McKone, Eric Vachon & Rob Finlayson
- Real Downtown Santas: Lisa Cornish, Janet Brough & Trish Tryon
- Santa’s Sheriffs: Jen Schillinger & Mike Moyer
- Tagg Team: Butch & Judi Taggart
- The Rising Suns: Rick Hopper & Julie Hart
- Verani Realty Reindeer: Greg & Deb Peverly & Susan Cummins
- WYC Diving Ducks: Andrea Morin & Jason Bordeau

“The Children’s Auction anticipates the need for assistance to children and families will

continue to grow in the coming year” said Jaimie Sousa, chairperson of the Children’s Auction board. “We’re delighted

and amazed that these people are continuing to step up for their community. We are all very appreciative.”

For more information, visit www.childrensauction.com or email abeetle@metrocast.net.

2020 *Salmon Press*

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Veterans’ vouchers available at Barnstead Farmers’ Market

BARNSTEAD — Attention, veterans...if you live in Belknap County, you are eligible for the Vouchers for Veterans Program in September.

The Vouchers for Veterans Program is funded primarily by the businesses and residents living in your county to thank you for your service. They want to show recognition and gratitude for the many sacrifices you made protecting our freedoms.

As a small token of your community’s appreciation you will receive vouchers valued at \$20 each week in the month of September to purchase local food from the local farmers and growers at designated farmers markets in your county. The program operates only in the month of September when the farmers and growers have an abundance of crops yet farmers market sales slump due to tourists returning home and children once again involved in after school activities. The purchases made by the Veterans keep the market vibrant and keeps the money in the community. The veteran needs to come to the Vouchers for Veterans bright red tent, and with proof of both service and residency be given vouchers. Below are the locations for picking up vouchers.

Belknap County Veterans may pick up vouchers at the Barnstead Farmers Market each Saturday in September between 9 a.m. and noon.

The farmers market is an ideal place to bring veterans together, as it provides a fresh clean atmosphere where veterans may sit and have cathartic conversations. Combat veterans will “open up” to other combat veterans validating they are not alone in dealing with their issues which continues the healing process. Vouchers for Veterans also provides a representative of Veterans Services to help them understand their benefits and offer assistance in obtaining them.

Vouchers for Veterans has been operating since 2016 and is a 501-c-3 charity operated by an all-volunteer board. When you donate to Vouchers for Veterans you can watch your dollar at work locally. Vouchers for Veterans goal is to be in all 10 New Hampshire Counties by 2026. For this goal to be a reality we need your help.

For more information about Vouchers for Veterans, please visit our website at www.vouchersforveterans.org. Please consider giving a one time, annual or monthly donation.

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Century 21 Twin Rivers Realty: www.nhreal21.com

Coldwell Banker: www.cbldmill.com

Coldwell Banker Residential Brokerage
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SHAKER REGIONAL SCHOOL DISTRICT FOOD SERVICE SUBSTITUTES

Shaker Regional School District's Food Service Department has an immediate opening for Food Service Substitutes. Duties include, but are not limited to, prep work, serving, cleaning, washing dishes and pots/pans, and other tasks directed by the Kitchen Manager. Ability to lift up to 40 pounds. Prior experience in the food service industry is preferred, but not necessary. The successful candidate must be able to work in a fast paced, ever changing environment and perform as a team player.

Applications may be found on the Shaker Regional School District website or can be picked up at the SAU Office at 58 School Street; Belmont, NH 03220. Please contact Nancy Cate, Director of Food Service at 603-267-6525 ext. 1352, if you have any questions.



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LRPA’s “Alfred in August” festival continues with “Sabotage”

LACONIA— Alfred Hitchcock is recognized as one of cinema’s most intriguing and successful directors, and with good reason. LRPA After Dark is celebrating “The Master of Suspense” during his birthday month of August with a festival of some of his early works Join us each Friday and Saturday night at our new showtime of 10 p.m. for a thrilling good time. For your viewing pleasure this weekend (Aug. 21 & 22): Alfred Hitchcock’s 1936 espionage thriller “Sabotage,” starring Sylvia Sidney, Oscar Homolka and John Loder. All of London goes dark, and people at a cinema are angry, demanding their money back. Just as the blackout occurs, the cinema’s owner, Karl Verloc (Homolka), secretly comes home to his upstairs residence through the back entrance, pretending that has been asleep. When his much younger wife (Sidney) comes to get him, Verloc

tells her to refund the customers’ money, much to Mrs. Verloc’s surprise, as they are short of cash. Verloc reassures her, stating that her that he will be “coming into money soon.” Shortly thereafter, the electricity is restored, and it is revealed that the blackout was an act of sabotage on the city’s power grid. Verloc is a member of a secret European terrorist group and took part in the thwarted blackout. As such, he gets a new, more serious and dangerous assignment – to place explosives at the Piccadilly Circus train station, a job that he makes him uncomfortable. Unbeknownst to Verloc, he has aroused the suspicions of Scotland Yard. Detective Ted Spencer (Loder) has been assigned to investigate Verloc. Spencer goes undercover as a grocer and befriends Mrs. Verloc’s younger brother Stevie, using his friendship with the boy to get closer to the fam-

ily, as Scotland Yard is unsure as to whether or not Mrs. Verloc is part of the terrorist plot. Spencer grows fonder of both Stevie and his sister as Verloc becomes more suspicious. The detective begins to create doubt in Mrs. Verloc’s mind: what is her husband really doing when he leaves the house? She starts to pay closer attention to her husband and question his actions. Verloc realizes that he’s being watched so his contacts come up with a devious plan to get the bomb to Piccadilly Circus, which includes getting Stevie to unknowingly deliver the package. Will Spencer be able to intervene in time? And what will happen to those who engage in sabotage?

The subject matter of “Sabotage” – organized terrorist activities – may have felt outrageous to pre-WWII audiences, but will seem very believable to today’s viewer. The film includes one of

Hitchcock’s most infamous scenes, involving a young boy, a crowded bus and London’s always-busy Piccadilly Circus. The scene shocked and divided both audiences and critics in 1939 and is still quite powerful more than 80 years later. Indeed, even Hitch himself questioned his choice regarding that scene years later when interviewed by French director Francois Truffaut. “Sabotage” features outstanding performances from Oscar Homolka and Sylvia Sidney, as well as first-rate production values and cinematography. Four years after completing this film, Hitchcock moved to Hollywood and directed “Rebecca” for David O. Selznick, beginning his long and illustrious U.S. career. If you’ve never seen “Sabotage,” then grab your popcorn and meet us after dark for this thrilling movie from the past.

for “Alfred in August,” a month-long tribute to Alfred Hitchcock!

All showings are at 10 p.m. on LRPA TV

Aug. 21 & 22: “Sabotage,” 1936

Aug. 28 & 29: “The 39 Steps,” 1935

Coming in September: LRPA’s Third Annual “Silent September” Film Festival!

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About Lakes Region Public Access Television (LRPA)

Lakes Region Public Access Television (LRPA) is a nonprofit, non-commercial public access TV station and community media center located on the Laconia High School campus in Laconia, NH. LRPA cablecasts locally on Atlantic Broadband Channel 24 (educational

programming and public bulletin board), Channel 25 (information and entertainment) and Channel 26 (government meetings) to more than 12,000 homes in our member communities of Belmont, Gilford, Laconia, Meredith and Northwood. Programming is produced by and for the people of the greater Lakes Region. LRPA’s mission is to empower our community members to produce content that

fosters free speech and the open exchange of ideas,

encourages artistic and creative expression,

promotes a well-informed public through governmental transparency, and

unites our communities through the power of media and technology.

LRPA’s slogan: Community empowered by media. Visit us on the Web at www.lrpa.org.

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

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

Salary is commensurate with experience with a range up to \$20,000.

For additional information related to the position contact the Town of Plymouth at 603-536-1731.

Applications may be obtained on the town website. Application or resume with cover letter can be mailed to the Town of Plymouth, Attn: Kathryn Lowe, Town Manager, 6 Post Office Square Plymouth, NH, 03264 or emailed to townadmin@plymouth-nh.org

Resumes will be reviewed as they are received, and preliminary screening interviews will be scheduled as qualified candidates are identified.

Applications will be accepted until position is filled.

It is anticipated interviews will begin the week of September 1 and the successful candidate will take office as of October 5, 2020.

Organization: Town of Plymouth
Type: Employment
Post Date: Wednesday, July 15, 2020
Close Date: Until position is filled
Salary: 20,000

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Lakes Region embraces growing popularity of Disc Golf

BY LEIGH SHARPS

Contributing Writer

REGION — If you’ve never heard of this up and coming premiere area sport, then you’re a little behind the times.

This fun, frisbee-throwing based activity is family-friendly, mostly free at local courses, and they all offer one the added enjoyment of seeing just unbelievable vistas, sometimes river views, and mountain panoramas. Each of the four courses closest to players in the Lakes Region have varying topography and landscapes but all can be said to definitely be in the ‘countryside.’

All that’s required are Frisbees® (patented by Wham-O), or discs, as they are uniformly now called as they are made by many different manufacturers now and are far from just your basic flyer from 50 years ago, when they were park recreational favorites! Enthusiasm and energy help, too! Don’t worry about the level of your sense of humor as that will pick up as you move from ‘hole’ to ‘hole’. Play consists walking around either a nine- or 18-hole course by flinging a disc from a ‘tee off’ area/platform into a wire basket (plenty big for several players at the same time). That’s it! Get ready for the time of your life though!

Here’s a way to for adults to relish a sport with their kids or for groups of friends looking for something unique to enjoy. It doesn’t matter what level a player is either: There are beginners to advanced players and, yes, there is a professional league scene. Yes, there are absolutely professional disc golf leagues around the state and country. There are few-

er competition play-offs this summer due to the COVID-19 virus, but you can check the web for info. (below).

One of the most beautiful courses is located in Campton, right off exit 27 (I-93) or right up Route 3 from Plymouth (5 Town Pound Rd.). This is the White Mountain Disc Golf course, designed by Matt Albee and located on his private family property. A pretty nine-hole course (six tees per hole: 9 baskets), it goes up and down through lovely cleared woods. What it makes up for in length, it makes up for in difficulty due to the often-steep elevation changes, but all make for very playable fairways. The ‘tee-off’ areas are made of wood, dirt or brick but are all flat, perfect for ‘throwing.’ Plenty of resting spots are along the way, and are unique from ‘stumps’ to an old snowboard set on posts.

However, there are novice to experienced choice courses to serve everyone. They also sponsor ‘Ladies’ Nights’ (Mondays, 5:30 p.m.), ‘Doubles (called dubs on Tuesdays 5:30 p.m.), and ‘Glow in the Dark’ nights at 9 p.m. on Wednesdays which precede League night at 5:30 the same day. Future plans include a three-man scramble, Bring Your Partner doubles night and a Rolling Start weekend tourney. Very special is their Sunday morning Coffee Cup course. For \$10 at 8:30 a.m., you can play, get a cup of locally, fresh-ground coffee and a breakfast wrap made by Albee’s wife, Rene.

Owner/ designer Matt Albee (and wife Rene) said it’s “been a hard-fought battle to get where we are today. Doing all this work to get the course built and fix-up the house we bought

at the same time (on 8.8 acres—now the course) and at the same time with a newborn son was something else but we did it.” Purchasing the homestead in 2016 after being abandoned for a few years the ‘fix-up’ part was basically starting from scratch inside and out, he said, and it included slowly clearing the woods around the housed and landscaping it for a course. (The iconic house is somewhat of a local landmark being seen on the right from I-93 south in Campton; it’s the gold gingerbread house on Town Pound Road.)

Albee was introduced to the sport 22 years ago, when he fell in love with it while attending a summer camp in New Hampshire. He was just 17 and has been enjoying the sport since.

“The sport was just getting started in New Hampshire, and there were only three or four courses in the state. Now there are over 50 and they’re fantastic,” Albee said. “It’s the fastest growing sport in the nation. In fact, a pro, Paul McBeth, just signed a four year million dollar contract with a sponsor.”

Albee has also helped design other area courses (Waterville Valley, Whaleback Mountain, Tenney Mountain, to name a few). As photographers cannot stop themselves from looking for interesting pictures everywhere they go, Albee looks for course possibilities.

“I look at land like ‘That would be a good spot for the first hole, there’s a spot for the second, etc.,” he added.

A related disc sport is called ‘Bottle Bash’, he said also gaining popularity in lightning speed around the state. Friend Brian Biederman (Biederman’s Deli in

Plymouth) promotes and manufactures the game and he and Albee are trying to keep up, Albee says, with the public’s current demand for a new outdoor/self-distancing games.

“We can’t get them made, boxed-up and mailed fast enough,” he adds. (It features a type of throw involving going over the neck of a bottle.)

“It’s time now for us to set-up some formal social media site, web-sites, clearer information, etc. out there. I have a podcast, but all of us running courses in the state need to get professional with our sites, besides like the podcast I have now,” Albee said (Contact info. for courses is below). “There’s a course in Canterbury now (Top O’ The Hill) that sometimes sees 300 players over a weekend and they have a ‘pro’ shop offering 4,000 different discs. That’s really something.”

He also said the Mystic Meadows (at Tavern 27 on Parade Rd., Laconia) is another growing spot.

Dylan Parker of Campton with ‘charges’ Woody and Charlie Emmons, Campton, are avid White Mountain Disc enthusiasts. Parker says he has been playing for about ten years when and wherever he can, but he especially loves this close and beautiful course. He says he also “gets to do something fun that I love with these boys who are so enthusiastic. It just makes them smile and laugh the whole time.” He noted they usually go around the course twice to make the fun “last longer.” Most tees are a three par, but “that doesn’t really matter when you’re having fun!” said Parker.

White Mountain uses an honor system of \$5 for the course or \$9 all day. They provide a course map and score card.

There are several other easily accessible courses in the Lakes Region: Sunshine Park in Sandwich, Chris Daigle Memorial Course at Bolduc Park in Gilford, Loon Peak in Lincoln, Franklin Falls Disc Course in Franklin (which also has recreational walking/biking trails), Top O’ The Hill 18 hole course in Canterbury and Tavern 27/Mystic Meadows on Parade Rd. in Laconia.

Sunshine Park is on Mt. Israel Road, off Sandwich Notch Road in Center Sandwich. (Beede Falls, Cow Cave and the Mead Conservation Area with several Bearcamp River Trails are also nearby.) This is a family friendly Recreation Area courtesy by the Alfred Quimby Fund. It is a town facility and overseen by the Parks and Recreation Department and maintained by local volunteers (it was designed by Nate Fletcher). 18 holes, it is a moderately hilly and wooded area. Some of the same baskets are used for different holes but are approached from different angles. This tree-filled basin is in a very quiet residential neighborhood, so players are expected to be observant of this fact. Scorecards and bug spray can be had at the cabin/welcome building in the parking area.

The 18-hole course at the Franklin Falls Recreation area is on Route 127 near the center of the city. This beautiful spot also has



LEIGH SHARPS

A “three-throw” at White Mountain Golf.

many hiking/biking trails that follow or overlook the Pemigewasset River. The course is 50/50 flat and hills and the tees are gravel. (designed by Acme Disc Golf and Tucker Davis). It goes through the Pemi River basin with open spaces, varying elevations and features both amazing forest (hard and soft woods) and water views.

Loon Peak Disc Golf is the state’s highest disc golf course and is called ‘alpine-style’ on their website. One can play all 18 holes from the peak as it goes downhill or just the bottom nine holes can be played. The first hole is accessed by a ride on the fantastic Gondola Skyride to the peak. The nine-hole course is accessed via a ride on the Seven Brothers Triple chair. It’s just a short walk to the first hole and it’s ‘all downhill from there’. The fairways are open and straight. A purchased ticket gives you the rides on both chairs, and you can rent the discs and play multiple rounds a day as well. Loon Mountain is at the north end of Main Street in Lincoln.

The Chris Daigle Memorial Disc Golf Course in Bolduc Park in Gilford is named in memory of the Daigles’ son, Chris, who loved the sport. The Daigle family (and affiliated sponsors) created the course (designed by Dennis Grzywacz) and it is part of the Bolduc Park, a non-profit organization run by volunteers. There is no paid staff. (They always look for volunteers to man the clubhouse and help with the grounds: volunteer apps can be found at golf@bolducpark.com.) The Park also offers a regular golf course and there are disc rentals as well as cart rentals for both courses. This is a beautifully maintained Park with clear fairways. It is nine holes and uses the cross-country ski trail. It is located on 282 Gilford Ave. not far from downtown Laconia. Still on is the fourth annual tournament (\$25 entry fee per player or \$20 for youth under 16) set for Aug. 12.

There are basically three different types of discs: a driver, a mid-range disc and a putter. There are different weights, too, but the heavier ones don’t necessarily mean they go faster. There are beginner discs and professional drivers used in tournaments. Mid-range discs are for shorter shots and for all level players, the lighter discs work well for novices and the heavy ‘putters’ are mainly for competition. Serious players take at least three along with them. They are manufactured from many different companies now and come in a variety of styles and colors.

The history of this sport is a little ‘blurry’ as far as who started the sport and where it began. Early partners George Sappenfield and Kevin Donnelly with the help of Ed Headrick, were able to spread the sport throughout California during the 60s. Headrick, who designed and patented the modern Frisbee when he was vice-president of Wham-O Toy Company (he also coordinated the International Frisbee Association with Wham-O), coined the term ‘disc golf’ after he invented and patented the first ‘Disc Pole Hole’ (the baskets where the discs land made of chains and baskets.). He wanted to call his invention a Frisbee Pole Hole but there were issues with the Frisbee name. He founded both the Professional Disc

Golf Association (PDGA) for competitors and the Recreational Disc Golf Association (RDGA) that is family-oriented. He also worked on producing the rules and the equipment. He later gave up his trademark on the term ‘disc golf’ and turned over control to the PDGA and the ever-growing body of disc players, so he could focus more on his creative passion for building and inventing equipment for the sport. Before the basket method, the game used ‘object’ throwing as its basis (like at targets drawn on trees or other stationary items).The sport picked up popularity in the 1970s, but it hasn’t been until the last decade or so that it has become more widely known, with professional tourneys country and state-wide, and with an ever-growing number of courses around New Hampshire.

So, if you’re seeking another great outdoor distancing, and up and coming sport option, please don’t ‘throw away’ this opportunity.

Just throw! All courses are observing New Hampshire state Covid-19 guidelines: maintain social distancing at all times (minimum 6 feet) and please handle only your own discs/carts and other items.

For basic course information in the state, or league info, go to these Web sites: Disc Golf Course Review (DGCRR) or Professional Disc Golf Association (PDGA), New Hampshire locations.

Most of these courses are on graciously private or donated lands so it is imperative that players be kind to others, considerate, use polite course behavior (let others play through if necessary) and carry out what you carry in. Bring water, always, and bug spray if needed and wear appropriate footwear (flip-flops not advised). Though some courses are free, some also use an honor system with a modest fee so please be considerate of these volunteers who maintain these wonderful courses for the public to use.


Contact information for above courses: White Mountain Disc: Instagram: [whitemountaindisc](https://www.instagram.com/whitemountaindisc) and Facebook: White Mountain Disc Course. 496-6896 for further info....Sunshine Park: Sandwich residents/guests), maintained by volunteers and is a town facility of the Parks and Rec. Department; 284-6473. Web: parks.rec@cyberpine.net...Bolduc Park: 524-1370; face book: [chrisdaiglememorial](https://www.facebook.com/chrisdaiglememorial) DGC; Facebook: Bolduc Park. Loon Peak Disc Golf has a blog: Loonblog and a Loon Mtn. Facebook page with all their seasonal sports information...Franklin Falls Disc Golf: [ffdiscgolf](https://www.facebook.com/ffdiscgolf) or Facebook: Franklin Falls Dam Disc Golf. Top O’ The Hill, 69 Southwest Rd., Canterbury, designer/owner Marty Vaughn, 369-1238 has 2,9991 likes on their Facebook [page.mgvaughn@gmail.com](https://www.facebook.com/mgvaughn@gmail.com). They have 18 holes. They are taking reservations during the COVID-19 situation. Mystic Meadows, 2075 Parade rd., Laconia has 9 holes and can be found on Facebook. All above and more can be found on the web simply by typing in ‘Disc Golf Courses in the Lakes Region (or state).

Most courses are open about 7 a.m. to 8 or 9 p.m. and have modest fees.

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