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Gilford Steamer

THURSDAY, OCTOBER 29, 2020

GILFORD, N.H.

Gilford edges Winnisquam to earn semifinal berth



Winnisquam's Jordan Boelig and Gilford's Jordyn Byars battle along the line in action Sunday.

BY JOSHUA SPAULDING
Sports Editor

TILTON — Gilford field hockey coach Dave Rogacki coached Winnisquam coach Samantha Magoon when she attended Winnisquam, so Sunday's Division III field hockey quarter-final game had a lot of meaning for everyone

involved. In the end, the veteran coach was able to squeak by his former charge, as Gilford picked up a 2-1 win over Winnisquam to advance to the Division III semifinals. "There was no way we ever thought we'd be into the Final Four with this young group,"

said Rogacki. "We hoped we'd get one tournament game, but they played so well." "They brought it like they were supposed to," said Magoon of her squad. "But in the end, the better team won." The two teams exchanged chances early on, with Chloe McDon-



Gilford's Maddie Guest reaches in to try and knock the ball away from Winnisquam's Madelyn Eberhardt in action Sunday afternoon.

ald for Winnisquam sending a shot wide and then Allison Carr doing the same for Gilford at the other end. Winnisquam had the game's first corner but Gilford's Maddie Guest made a nice defensive stop. Lexi Shute took the ball the other way on a run, but Sophia Braun made a nice defensive stop for the Bears. Taryn Fountain and Carr teamed up

on a cross but could not put the ball in the net. Gilford had a trio of corners, with Addy Wernig, Aly Pichette and Fountain getting in close on one bid and Shute getting a shot on another but the Golden Eagles could not convert. Emma Griffin had a nice defensive stop for the Bears and the hosts were able to clear the ball from the zone as the

first quarter came to a close with no score. Fountain had an early bid go through the crease in the second quarter and Gilford had a corner but could not convert. Fountain and Carr teamed up on a bid that went wide of the net and at the other end, Madison House made a run in with Gilford keep-

SEE GILFORD PAGE 9

Town examines options for traffic safety at Glidden Road

BY ERIN PLUMMER
mnews@salmonpress.news

The town is looking at options to address a resident's concerns about traffic coming onto Glidden Road at a high speed en route to a local apple orchard and is looking at a possible temporary solution next year. Russ Dumais of Glidden Road asked the board during the Oct. 14 meeting to help with ongoing traffic problems

on his road. Every apple season a good amount of people will come onto the road to go apple picking at a local orchard. He said he has no problem with the business, but the issue is the road's configuration and people coming in at high speed. Dumais said the intersection off Route 11A is at a right angle. While such a configuration can slow cars down, he said

the Glidden Road intersection is at a wide angle and allows cars to make a turn at a high speed. "By the time they get to my driveway, some of them are doing 30 to 35 miles per hour, and it's scary and I'm at wits end," Dumais said. He said each year, the apple orchard's business grows a little each year which brings more people down the road. Du-

SEE SAFETY PAGE 9

Election day is Nov. 3

BY ERIN PLUMMER
mnews@salmonpress.news

Gilford voters will take to the polls this coming Tuesday to decide for president, US senator, congressional representative, and many other federal, state, and local offices. Voting will take place on Tuesday, Nov. 3 from 7 a.m.-7 p.m. at the Gilford Youth Center. Absentee ballots are

still available and can be turned in until Election Day. Those seeking an absentee ballot can turn in an application to the town clerk's office and receive a ballot. Ballots can be turned into the town clerk from 8 a.m.-6 p.m. on Thursday, Oct. 29, 8 a.m.-4:30 p.m. on Friday, Oct. 30, and 8 a.m.-5 p.m. on Monday, Nov. 1. Ballots can be submitted to the town

clerk at the polling place on Nov. 3 by a parent, spouse, sibling, or child with proper ID. For President of the United States, Pres. Donald Trump and Vice President Mike Pence are seeking another term in the White House against Democrats Joe Biden and running mate Kamala Harris and Libertarian candidates Jo

SEE ELECTION PAGE 9

Gilford-Belmont falls in regular season finale

BY JOE SOUZA
Contributing Writer

GILFORD — With a home playoff game up for grabs, the Plymouth Regional football came out on a mission and a banged-up Gilford/Belmont squad struggled to match up. The Bobcats scored on their first three possessions, with a safety on a blocked punt in the mix, in building a 23-0 first quarter lead and never eased up in remaining

unbeaten with a 51-18 triumph over host Gilford/Belmont in the Division II regular season finale Saturday. "The kids worked hard. They were ready to play and we came out fast," said Plymouth Regional head coach Chris Sanborn after his Bobcats wrapped up the COVID-19 shortened season at 4-0. Division II seeding will be by winning percentage. "We came in with a

goal to get a home playoff game," Sanborn pointed out. "We wanted to get a home playoff game at George C. Zoulias Field for these seniors because there is nothing like a home game there. The kids worked hard all week and we came out fast to get that home game." The Golden Eagles, who were down to their fourth quarterback by the end of the game, never gave in despite falling

to 3-2. "They're a very good football program. They are well coached and disciplined," said Gilford/Belmont head coach Josh Marzahl. "We knew coming in we would have to play a very good football game and we didn't." Following a big return on the opening kickoff to midfield, the Bobcats took just six plays to find paydirt. Joe D'Ambruso capped the six-play

50-yard drive with an 18-yard run. Following a Gilford/Belmont penalty, D'Ambruso ran in the extra point for an 8-0 edge. After getting a three-and-out defensively, Plymouth cashed in on a Gilford/Belmont defensive breakdown to go up 14-0 on the very next play. When senior captain Cody Bannon and fellow captain Trevan Sanborn noticed no one covering Sanborn, the

two quickly changed the play at the line. Bannon lofted a perfect pass to Sanborn and the senior outran everyone for a 76-yard touchdown. "They didn't cover Trevan," coach Sanborn said. "They noticed it and checked out of the play. The kid (Bannon) has started for three years. He started on a state championship team as a sophomore.

SEE FOOTBALL PAGE 7



Gilford/Belmont sophomore quarterback Jalen Reese looks for a receiver after eluding Plymouth's Tyler Stokowski (77) during Saturday's Division II contest in Gilford.



Plymouth senior Ian Tryder fights for a couple extra yards in the middle of the line against Gilford/Belmont's Austin Normandin (42) and Jalen Reese (12) in Division II action Saturday.

ALMANAC

Notes from the Gilford Public Library

Classes & Special Events
Oct. 29 – Nov. 5
*Sign up and face masks required

Thursday, Oct. 29
*Advanced Line Dancing, 10-10:30 a.m.
*Beginner Line Dancing, 11:15 a.m.-12:15 p.m.
*Knit Wits, 1-2 p.m.
*Book Discussion, 2:30-3:30 p.m.
This month's book is "Lillian Boxfish Takes a Walk" by Kathleen Rooney. Copies of the

book will be available at the front desk, please call to reserve a book and sign up for a spot in the in-person meeting.
*French, 4-5 p.m.

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

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

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

Maximum of 10 People.
Halloween Parade Party, 10:30 a.m.

Come dressed in your costumes and parade around our parking lot to trick or treat. *Social distanced activities and party weather permitting. Sign up at the library!

Book Sale, 1-5 p.m.
Don't miss our popular book sale brought to you by the Friends of the Library. Imagine yourself scoring a favorite book, a new book, cook-

books, books for a loved one, and so much more for just \$5 for a bag! This event will be held outside both Friday, Oct. 30 from 1-5 and Saturday, Oct. 31 from 9 a.m.-1 p.m. Bring cash or checks.

Monday, Nov. 2
*Bridge, 10:30-11:30 a.m.

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

Thanksgiving Cooking! Crispy Potatoes, 1 p.m.

The Holidays are right around the corner, and that means holiday meals and gatherings are right around the corner. Every week before Thanksgiving, join a different local cook for a special holiday recipe. They'll share the recipe and ingredients, and prepare it all right on Facebook Live every Monday

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

Tuesday, Nov. 3
NO EVENTS SCHEDULED FOR ELECTION DAY

Wednesday, Nov. 4
*Geri Fit, 10-11 a.m.
*Read With Me, 10:30-11:30 a.m.
Early readers often

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

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

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

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

See "Read With Me"

above.

Thursday, Nov. 5
*Advanced Line Dancing, 10-10:30 a.m.

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

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

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

*Knit Wits, 1-2 p.m.

*French, 4-5 p.m.

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

Gilford Public Library Top Ten Requests

1. "A Time for Mercy" by John Grisham
2. "Too Much and Never Enough" by Mary L. Trump
3. "The Sentinel" by Lee Child
4. "Three Women Disappear" by James Patterson
5. "The Coast-to-Coast Murders" by James Patterson
6. "Murder Thy Neighbor" by James Patterson
7. "The Book of Two Ways" by Jodi Picoult
8. "The Guest List" by Lucy Foley
9. "Jingle all the Way" by Debbie Macomber
10. "The Midwife Murders" by James Patterson

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Salmon press
Media

Good news on the horizon?
Place an announcement
in your local paper!

Gilford Library book sale starts Friday

BY ERIN PLUMMER
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The Gilford Public Library's annual book sale is on this weekend with books and materials for sale by the bag load.

The library's annual book sale usually takes place on Old Home Day, but because of the pandemic Old Home Day and the sale were canceled. The sale has been rescheduled for this Friday and Saturday.

The sale will be held entirely outdoors with several tents set up in the library's lower parking lot. Shoppers can find a wide variety of hard and softcover books, audiobooks, children's books, DVD's, CD's, and puzzles.

All items will be sold by the bag with people able to load as many items they can into a bag for \$5 a bag.

"We're hoping that people will stock up on

books for the winter, we have a ton," said Pam Hayes from the Friends of the Library.

Many of the items come from donations the library has been collecting throughout the year.

"People have been very generous with their donations," Hayes said.

A number of other materials came from the library itself. Hayes said while the library was closed at the beginning of the pandemic, staff and volunteers went through the shelves and found duplicates of many different items that they decided to put in the sale.

The sale raises money for the Friends of the Library, which supports many library programs, services, and many other needs throughout the year.

Hayes said last year the Friends purchased a number of new chairs to

replace older ones that were getting uncomfortable for patrons. They have also helped bring in a number of programs and speakers as well as materials for different programs. During the pandemic, Hayes said the Friends group has bought a number of supplies for home kits for a number of activities. They have also helped with the takeaway bags for different activities, including a telescope for stargazing and others.

"We do anticipate when we are able to fully open things back up for everyone there will be needs and that's where the Friends come in," Hayes said.

In addition to the book sale, the Friends of the Library also puts on a pie sale every Old Home Day, selling slices with ice cream to visitors until the treats run out. The pie sale was



FILE PHOTO

The Gilford Public Library will hold its book sale on Friday and Saturday in the lower parking lot.

canceled this year, but Hayes said they held a virtual pie sale instead. She said they put out an empty ice cream bucket with a pie tin and asked people to donate what

they could. "People were extremely generous," Hayes said.

The sale will run on Friday, Oct. 30 from 1-5 p.m. and Saturday, Oct.

31 from 9 a.m.-1 p.m. Visitors are asked to wear a mask and abide by social distancing.

LRGHealthcare files for bankruptcy

LACONIA — Last week, LRGHealthcare announced that the organization is beginning the legal and regulatory process of filing for Chapter 11 bankruptcy. LRGHealthcare also announced that it has received an offer from Concord Hospital regarding a potential acquisition of the assets of Lakes Region General Hospital, Franklin Regional Hospital and the Hospitals' ambulatory sites. These announcements come at the end of a more than year-long process by LRGHealthcare to find a solution to maintain access to local health care services and stabilize the system's financial position.

"We are making this move today so we can ensure a bright future for our hospitals and medical practices in the Lakes and Three Rivers Region. The LRGHealthcare Board has worked diligently to explore all strategic options and determined that taking this step is the right path to preserve access to care in our region for years to come," said Kevin W. Donovan, LRGHealthcare President and Chief Executive Officer.

In 2018, LRGHealthcare shared that they

had begun to explore strategic options to protect the organization's long-term ability to serve the community amidst financial challenges. The bankruptcy filing and proposed acquisition will preserve the organization's more than 125 year legacy as a vibrant, local health care provider and maintain access to needed local health care services.

"We are excited to have received an offer from Concord Hospital regarding the potential acquisition of our assets," Donovan said. "For many years, Concord Hospital and LRGHealthcare have had

long-standing partnerships supporting health services in the Lakes and Three Rivers Region, and our systems are like-minded in our not-for-profit, charitable missions."

LRGHealthcare has filed for protection from its creditors in the United States Bankruptcy Court, which will oversee an auction and sale process during which other potential buyers will have an opportunity to submit offers to acquire LRGHealthcare's assets. The court will issue a Final Order, and any transaction will need to obtain further approval from regulatory

agencies, including the New Hampshire Attorney General and the Department of Health and Human Services. In the meantime, LRGHealthcare will continue to operate and provide services as they have in the past.

"We have known for some time that our current reality is not sustainable for the long term, and minor fixes will not get us where we need to be," said Dono-

van. "Even before the significant impact of COVID-19, we were bearing a substantial financial burden. The bankruptcy process happens in the courts, not in the walls of our hospitals, and we will continue providing our patients with high-quality health care when and where they need it."

For more information about the proposed acquisition and bankruptcy process, visit www.lrhg.org/our-future.

Leaders from LRGH will host a virtual community forum to provide patients and community members the opportunity to learn more about this important step and answer questions. The virtual forum is scheduled for Thursday, Oct. 29 from 5:30 – 6:15 p.m. and interested community members can RSVP via the following link: www.lrhg.org/community-forum.

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CHURCH THANKS AREA LIONS CLUB

Lakes Region organizations who helped distribute holiday food baskets sponsored by the Laconia-Gilford Lions Club continue to express gratitude for the project. The latest was the First Baptist Church in Belmont.

Their Missions Board stated: "First Baptist Church wants to thank the Lions Club for your donation of food baskets at Christmas. We appreciate your gift so much. Please know that you helped families in the community. Thank you!"

"We at the Lions Club partner with a range of organizations to deliver the baskets to disadvantaged families through this annual program," added Laconia-Gilford Lions Club President Matt Soza. "We have expanded the project in recent years and are already planning for the upcoming Christmas season. It is one of the ways with which we want to address the issue of food insecurity in the area. The issue is more important than ever due to the effects of the pandemic, lockdowns and increased social isolation."

First Baptist Church is located at 49 Church St. in Belmont. To learn more about the Laconia-Gilford Lions, check out our Facebook page or call 528-2663.

Your voice, and your vote, matter

We have heard a good deal of buzz from younger voters recently regarding the upcoming election, and the overwhelming consensus among them is a sense that their votes do not count. While there are exceptions to this rule, we feel it is important to stress to our younger counterparts how important it is to pay attention and to head to the ballot box.

The youth voice is important, whether you are a Republican, Democrat, Independent, Libertarian, or something in between. Important issues in every election directly relate to concerns students and young professionals have, which is even more reason to arm yourself with knowledge. Truth be told, younger voters are needed now more than ever. Issues that concern students are college tuition reform, healthcare and federal job programs to name a few. You may not care now, but you may care a few years from now when choices politicians make, begin to affect your life, and they will.

Young voters make up almost 50 percent of the voting population, giving you a stronger voice than you think, making your votes collectively more influential across the board. An interesting bit of trivia is that youth votes declined by 2 percent from a record of 52 percent in 2008. In 2016, 19 percent of those ages 18-29 voted in the presidential election. Those ages 45-64, however, made up for 49 percent of the vote.

You may not think your vote matters, but the fact is that every vote counts. The climate of the country appears to be so divided that the youth vote matters now more than ever. Oftentimes, politicians will win by a small margin as low as 20 votes, especially in local and state races, proof that your vote does matter. Young people that want to inspire change need to find the candidate who represents their values best, and cast their votes.

With news at our fingertips these days, it's easier now more than ever to educate yourself regarding politics. Sure it may seem boring and often times it is, but educating yourself on current events and the issues will serve you well. One bit of advice is not to believe everything you read or see, and to always fact check your sources. Protect your interests and use your voice, after all this is what democracy is all about.

Do not be discouraged or intimidated to vote — it's easy. You have a right to be at the polls just like every other American. Bring a friend and go grab some lunch or breakfast afterwards, making it a fun occasion.

FROM OUR READERS

Join me in supporting Diane Hanley

To the Editor:

I have never before felt the need to endorse a candidate for public office, but let me introduce you to a highly qualified candidate for New Hampshire State Representative. If you care the quality of life in your home district, please cast your vote for Diane.

Diane Hanley has lived in the Lakes Region for 22 years and Gilford the last 12 years. She has a BA in Environmental Science and Masters in Geology. Diane has worked as an Environmental Consultant, and was an Earth Science professor at Lakes Region Community College and adjunct professor at Plymouth State University. She currently runs a small dog training business.

Diane has extensive volunteer experience in the Lakes Region addressing water quality, lake health, land conservation and rail trails. She is a founding member and former president of the WOW Trail in Laconia. Diane previously served on both Laconia and Gilford Conservation Commissions and was appointed by Governor and Council to the NH Lakes Management Advisory Committee and to two legislative study committees. Since 2011, Diane has been a Board Member of the Lake Winnepesaukee Association and is current president.

These are the issues that Diane wants to promote:

Ensure voters' rights and increase confidence and convenience of elec-

tions for all NH voters. I also support creation of an independent redistricting commission because I believe districts should not be determined by the majority party, rather we need to eliminate the ability to stack the deck.

Address Belknap County's need for good paying, year-round jobs.

Actively support green energy, clean air and water. New Hampshire's health and economy depends directly upon the sustained health of our natural resources. We must craft our response to the climate crisis quickly, realistically and effectively.

Implement \$15/hour minimum wage, which is long overdue. New Hampshire is at a disadvantage because it competes against neighboring states with higher base wages, particularly now for essential workers. Better pay also means more of our young residents can afford to remain in their home state.

Expand access to healthcare. Healthcare decisions should be between citizens & physicians, not their employer, legislator or insurer.

PAMELA PRICE
GILFORD



ERIN PLUMMER

Autumn on the Weirs

The beach and the boardwalk might be empty, but Weirs Beach is still a great spot for some lakeside leaf-peeping and a nighttime stroll.

STRATEGIES FOR LIVING

Not since Lincoln

BY LARRY SCOTT

Not since Lincoln has America been this divided.

What has happened? How is it that a nation, born with a respect for God, with trust in His Word, with a love for justice and moral responsibility, has degenerated to where we are today?

We have sacrificed our self-respect at the altar of self-gratification; we have surrendered to expedience for the sake of popular approval; we have turned our backs on God and lost the dignity with which we were created; we have rejected the truth and ignored reality to satisfy ego-driven ambition.

As a result, we are now living in a new America, far different from the America of just thirty years ago. Who would have thought

we'd now be dealing with co-ed bathrooms, legalized marijuana, sex education without a Biblical perspective, athletes who kneel for the playing of our national anthem, and police who cannot defend themselves without the risk of public censure? What in the world is going on?

It's not that we have been overwhelmed by radicals. Unhappy citizens, pushing for fundamental change, have always been with us. What is most troubling, however, is that these radicals have found popular support. Amid the mayhem, and no matter how aberrant their lifestyle, they have been championed as heroes.

Emerging out of the sixty's has come a generation of leaders who never developed a healthy respect for God and His

Word. Driven by power, politics, and prosperity they have been left empty and unfulfilled and have been captivated by new causes and a new reason for living.

With the radical left clamoring for attention, I am reminded that all it takes for evil to prevail is for good people to remain silent. And that we will not do!

As often as I can, I will ensure my voice is heard in support of honesty, integrity, and a godliness that does justice to our Christian heritage. I will oppose the tyranny of those who would destroy our way of life and I will support those principles of responsibility, common sense, and justice that made America great.

And I will vote on Nov. 3. In doing so, however, I am voting for an

America in which our babies are guaranteed the right to life, for a police force empowered to bring law and order to our cities without fear of reprisal, and for a government capable of giving us responsible, honest, common sense leadership.

And I will pray. Along with millions of other Americans, I will ask God to help us wake up to what is happening before it is too late. Only God knows if we have already reached the point of no return, but I serve a miracle-working God and know He can turn things around. "If my people," the Bible says, "will pray and seek my face and turn from their wicked ways, then will I hear from heaven and forgive their sin and will heal their land." There can be no other way!

Democrats' lust for power knows no limits

To the Editor:

Both Biden and Harris have repeatedly refused to answer the direct question of whether they intend to pack the Supreme Court if they win Nov. 3. In refusing to answer, they're telling all of us, that's exactly what they intend to do.

Biden has doubled down by stating we don't deserve to know what he intends to do. So, we have no right to know what a Biden administration intends to do to our country, we should just shut up and vote for him?

At Gettysburg, Lin-

coln spoke of government of the people, by the people, for the people. The Harris/Biden ticket is clearly devoted to government of the Democrats, by the Democrats, for the Democrats. This tells us all that this election is not about just picking a President, but about the Democrats' endless lust for power, over us, the people. The Declaration of Independence states: "Governments are instituted among men, deriving their just powers from the consent of the governed." How can consent be given,

when we don't know to what we are consenting? This Democrat ticket is telling us every day that this election is not about representing we the people, but about cementing their control over our government by any means possible. We cannot sit idly by on Nov. 3 and let this happen. Vote Republican and save our country, save our Constitution and make it known you do not consent to government by secrecy.

DAVE STRANG
GILMANTON

It will take more than planting trees to fight climate change

To the Editor:

Congressional candidate and New Jersey political opportunist Matt Mowers, during an online interview, said he supports planting trees as a response to the climate emergency and more fossil fuels, repeating his former bosses, New Jersey Gov. Chris Christie and President Trump. We can do much more than plant trees to stop climate change. We need a sharper vision, smarter action, and lead-

ership to impact the trajectory scientists have modeled. A little creativity wouldn't hurt either. Scientists have told us clearly for years that carbon dioxide is a major contributor to the changing climate and burning fossil fuels is the biggest source of carbon. Logic tells us then that stopping the burning of fossil fuels would reduce a major source of the carbon. We can get energy and heat from the sun, offshore wind, geothermal,

and reduce our demand by being more efficient and storing it where we use it. The next step would be ending fossil fuel use. We know this. Leadership is needed not spin doctors like Mr. Mowers. We are voting for Chris Pappas for Congress because he supports investing in clean energy, not more pipelines and fossil fuels.

Sincerely,
DICK AND SUE DE SEVE
GILMANTON

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Cryans seeks re-election to Executive Council



COURTESY
Executive Councilor for District 1, Mike Cryans is hopeful for another term.

BY TARA GILES
tara@salmonpress.news

HANOVER — Executive Councilor for District 1, Mike Cryans is

seeking reelection on Nov. 3. His opponent is former Councilor Republican Joe Kenney. Cryans, a native of Littleton, taught at Littleton High School for five years. From there he became Senior Vice President at Dartmouth Savings Bank. He served 19 years as Grafton County Commissioner and 12 years as Chairman and was selected as Commissioner of the Year in 2016. In 1974, Cryans held the New Hampshire record for the Boston Marathon, finishing the 26.2

mile race in a time of 2:27. The Executive Councilor says his biggest accomplishment this term has occurred during the last seven months, after the COVID-19 Pandemic hit. He said, “I have received hundreds of calls related to unemployment, numerous calls related to failing businesses and restaurants, and many other calls from health care facilities struggling with the impact to their business model. Nothing has been more rewarding than

Continuing on the topic of the pandemic, Cryans added, “I think with how this pandemic is continuing, many of these issues will still be on my radar until we start to return to some form of normalcy. Unfortunately, I feel individuals, as well as businesses, will still have some down periods.” He went on to say, “We have been so fortunate in District 1 with only eight deaths in the five northern counties, compared to over 430 in the southern part of the state. Health and safety has to continue to be

first and foremost, especially in our schools.” Cryans says his job as a Councilor has been a full-time position, and that he’s available at all hours. He said, “You never know if the person reaching me cannot conform to a 9 to 5 schedule. Also, I don’t have a litmus test on who I help. So if you want to vote for someone who works hard and gets results, you should consider voting for me.” Lastly, he said, “I am so thankful to the voters of District 1 who have given me the opportunity

to serve them. I served side by side with Ray Burton for 16 years as a County Commissioner, and now I know why he loved being a Councilor so much.” Adding to this sentiment, he said, “If you make constituent service your number one priority you can help solve a number of problems for people. I find it heartwarming with the array of thank you calls, notes and emails that I get every week.”

In loving memory of Tup Goodhue



COURTESY
Aaron Davis of Moultonborough delivers a check for \$2,800 to the Lake Winnepesaukee Association.

REGION — The Lake Winnepesaukee Association recently received a significant donation from Aaron Davis, who organized a fundraiser on GoFundMe in Tup Goodhue’s memory. Tup grew up on the lake, ran a successful business here, and truly

loved Lake Winnepesaukee. Tup passed away in July, and his family felt the best way to honor him was to donate in his memory to the Lake Winnepesaukee Association.

“While I didn’t know

helping to solve these issues with programs designed to help each group.” Tup personally, he must have been a highly respected and well-liked person, judging from the number of donations that have come in, and the notes accompanying them.” said Pat Tarpey, Executive Director of the Lake Winnepesaukee Association. “We are truly grateful for everyone’s generosity, and to the Goodhue family for honoring us in this way.” Aaron Davis’ GoFundMe fundraiser raised more than \$2,800, with another \$620 coming in to the lake association directly. The funds will be used to support the LWA’s water quality monitoring and lake protection programs. The LWA works to protect the water quality and natural resources of the lake and its watershed now and for future generations. For more information on the lake association’s work, visit their Web site at <https://www.winnepesaukee.org>.

JMG Marketing & Business Strategy to host livestream event with CEO



Jodie Gallant

GILFORD — Jodie Gallant, Owner, CEO and Business Strategist/Coach of JMG Marketing & Business Strategy, is thrilled to announce they are bringing back CEO Live for its second year on Friday, Nov. 13; this time as a virtual live-stream event. Early Bird and Buy One Get One 50% off tickets are available now through Nov. 1. Visit jodiegalant.com for details or to sign up. CEO Live 2020 is a one-day interactive virtual event in New Hampshire’s Lakes Region for Small Business Owners, Entrepreneurs, and Professionals working hard to take their life and business to the next level. Just as CEO Live invites business owners and leaders to up-level their businesses, JMG too is up-leveling the CEO Live experience. This virtual event is not another zoom meeting or webinar. JMG is excited to be working with

Marc McNamara and his team at The Enablement Group to deliver a high-end, interactive, virtual event streaming live from the historic and newly renovated, Belknap Mill. JMG is also thankful to have support from the Lakes Region Chamber of Commerce, which is sharing the event with its members. “As a believer of possibility and a lover of small local service businesses, I created CEO LIVE to invite business owners and leaders on the fast-track to reaching their dreams and building their businesses to fuel the life they desire,” shared Jodie Gallant. “While COVID is keeping us from being all together in one room, I’m beyond excited to be working with The Enablement Group to be taking this virtual event to a whole new level. It’s going to be so fun!” In addition to hearing from Jodie herself, participants will be treated to five guest speakers

joining from New England to the Mid-Atlantic, vision connection, a Live Interview with a local inspiring business owner, live strategy Q&A session with the presenters, select access to a private Q&A with a speaker of their choice and even prizes for joining in the conversation. What’s more, participants can expect high energy, music, inspiration, and strategy so they know the actionable steps they can take toward those big goals and dreams. JMG proudly introduces the CEO Live 2020 speakers: Anna Cosic, Career and Leadership Coach; Myrna Plaisir Daramy, Digital Media Optimization Specialist; Elizabeth Eskenazi, Certified Professional Co-Active Coach and Principal Consultant and Founder of Mind the Core; and Raya Al-Hashmi, Brand Photographer. The live interview, Sponsored by She Built This, will feature Karen Bassett, Co-Owner of Wayfarer Coffee Roasters. Jodie has been in the business branding, marketing, and community leadership game for many years and with that experience, hunkered into her passion to help local business owners go from good to great. It is with this foundation, that she is so excited to bring business owners and leaders into a new realm of expansion, mindset development, coaching, support and strategy to build their business and brand their way. Outside the business world, Jodie is in the depths of raising three busy teens with her beloved best friend, business partner, and husband, Matt of 20 years. They live in the Lakes Region and enjoy summering in Wells, Maine. For more details, or to register for CEO Live, visit jodiegalant.com.



COURTESY

LRAA names Artists of the Month

Paintings and a photograph selected by members of the Lakes Region Art Association/Gallery for ‘Artists of the Month’ awards, and have their artwork on public display during November are, left to right: Photographer Sherwood Frazier-Franklin Savings Bank, Franklin, Artist Duane Hammond-LaConia Library, Paul Foote-Northway Bank, LaConia. Seated L-R: Sally Hibberd-Northway Bank, Meredith, Barbara McClintock-Franklin Savings Bank, Gilford, and Martha AuCoin- Northway Bank, Tilton. The LRAA/Gallery is a non-profit 501 c-3 association of artist dedicated to promoting the visual arts and provide its members a venue to display and sell what they create. The LRAA is located in the Tanger Mall, Tilton, suite 132. Hours are Thursday- Sunday, 10 a.m.- 6 p.m.

Holiday craft fair coming to Tanger Outlets

Get an early jump on your Christmas shopping during the Silver Bells Holiday Arts & Crafts Fair at the Tanger Outlets, 120 LaConia Rd., Tilton, Saturday 10 a.m. to 4 p.m. and Sunday 10 a.m. to 3 p.m., featuring 80 fabulous exhibitors! Great assortment of media from hand painted stemware to cedar wood furniture! Friendly, Leashed Dogs Welcome!!! Masks & Social Distancing Required! Rain or Shine Under Canopies! Directions: I-93 Exit 20 & Bear Left off exit. For more information, call Joyce at Joyce’s Craft Shows at 528-4014. See you there!



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Edward Jones: Financial Focus

Vote for a Solid Investment Strategy

Election Day is little more than a week away. As a citizen, you may feel the results will affect many aspects of life in this country. But as an investor, your situation probably won't change after the votes are counted. No matter who wins, the financial markets may well show some politically driven volatility, but that often happens around elections, and it typically doesn't last long. But what about the longer term? How might changes in policy and new legislation affect your investment outlook? To begin, keep in mind that many campaign promises remain just that – promises. And even when some of them are enacted, any ultimate legislation may be quite different from what was proposed on the campaign trail. Still, sometime in the future, we could see election-related changes that could affect your investment strategy. For example, over the years, we've seen many adjustments in the

tax rates of capital gains and stock dividends, and it's likely these rates will change again one day. When that happens, you may need to look at the equities portion of your portfolio to see if you want to make some adjustments. Many other changes, though, are hard to predict. It's possible that future legislation could affect specific industries, either positively or negatively. Such moves could also influence the way you look at certain investments, but if you have a diversified portfolio that contains a broad mix of stocks, bonds and other securities, any actions affecting one particular industry probably won't cause you to significantly adjust holdings invested in other sectors. In any case, while it may be a good idea to keep an eye open for things like tax rate changes or how new policies may affect different market segments, your main emphasis, in

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Perhaps you've decided that instead of retiring early and traveling around the world, you now want to turn your hobby into a business. Changing this goal may require a different investment strategy. Or you might change your mind about where you want to live – instead of staying in your home, as originally planned, you might downsize and move to a different area. Your goals may change in many ways, all of which may warrant updating your investment strategies. Here's the key point: You're the one electing to make these changes. No matter what happens in this or any other election, be sure to "vote" for the strategies that have the potential for a winning outcome.

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Gilford Parks and Recreation News

BY HERB GREENE
Director Gilford Parks and Recreation

Gilford's Socially Distanced Halloween Drive Thru Event The Gilford Parks and Recreation Department is sponsoring a Socially Distanced, COVID-19 safe, Halloween Drive-Thru program

for Gilford children up through 6th grade. We will be offering a variety of pre-event virtual contests with a deadline of Wednesday, Oct. 28, with the actual Drive-Thru event being held on Friday, Oct. 30 from 5:30-6:30 p.m. at the Gilford Town Hall. Virtual contests include; Costume Contest,

Coloring Contest and Jack-O-Lantern Contest. During the Drive Thru, costumes are welcome, including car decorations, as families will be directed through the

Gilford Town Hall Parking Lot where goodie bags for 250 children and prizes for our pre-event virtual contests will be given out. All participants are asked to re-

main in their vehicles at all times. All giveaways will be packaged and handed out by individuals in masks and gloves. For more information, please visit the Parks

and Recreation Web site at www.gilfordrec.com or call the Parks and Recreation Office at 527-4722.



RC GREENWOOD

Regular season wrap-up

Tanner Keenan gets to the ball in action against Plymouth last week. Gilford was set to open the Division III tournament after deadline Wednesday against either White Mountains or Berlin. If the Golden Eagles won that game, they will play either Laconia, Inter-Lakes or Belmont on Saturday, Oct. 31. If Gilford is playing Belmont or Inter-Lakes, the Golden Eagles will host, if they are playing Laconia, the Sachems will host.



RC GREENWOOD

Opening win

Lexi Shute had a pair of goals in the Gilford field hockey team's win over St. Thomas in the opening round of the tournament. The Golden Eagles went on to beat Franklin to move on to the quarterfinals, where they faced off with Winnisquam (see story).

Gilford girls close out regular season with wins over Plymouth

BY JOSHUA SPAULDING
Sports Editor

GILFORD — The Gilford girls' soccer team finished the season in style, picking up a pair of wins over Division II Plymouth.

On Monday, Oct. 19, the Golden Eagles hosted Plymouth and came out strong, dominating the play in the first half. However, it was Plymouth that got a pair of goals in the first half to take a 2-0 lead at the half-time break.

Gilford regrouped at halftime and scored three goals in the second half and then held tight on the defensive end to close out the 3-2 win.

Freshman Elizabeth Albert had two goals and junior Alyssa Craigie added the other goal, her first high school goal. Millie Caldon and Geena Cookinham each had assists and Hannah Gannon stopped six shots in

the Gilford net.

"While we were disappointed in the outcome of the first half, this was the best game we played this year," said coach Rob Meyers. "They controlled the ball for long stretches, creating lots of goal scoring chances.

"We finally took advantage of the chances in the second half," the Gilford coach added, noting the entire team stood strong in the final minutes to keep Plymouth off balance as they tried to tie the game.

Gilford was short a couple of players for the game and used some different formations, including three forwards, and the team played a great team game.

Three days later, the Bobcats played host to Gilford and the Golden Eagles took a 1-0 lead midway through the first half before Plymouth tied the game be-

fore halftime. Plymouth took a 2-1 lead early in the second half but Gilford tied the game and scored with five minutes to go to take the lead and held on.

Cookinham had two goals and Allie Kenyon added the other tally. Marlow Mikulis and Caldon each had assists and Gannon made five stops.

"We came out in the first half really slow," Meyers said. "We had talked this week about building on the first game against Plymouth, coming out fast and going into the playoffs on a roll.

"It took the girls a while to get going and we didn't control the ball well for the first half," the Gilford coach continued. "The second half was much better, with the midfield controlling the ball better."

Meyers noted the turning point was Gannon making a save on a breakaway from the left side.

"It really lifted the team and seemed to slow Plymouth," Meyers said. The coach went on to praise the front three of Albert, Caldon and Cookinham who kept up the pressure on the defense.

Gilford hosted Laconia after deadline Tuesday in the opening round of the tournament and if they won, they move directly on to the quarterfinals on Sunday against either Berlin, White Mountains or Belmont. If the opponent is White Mountains, Gilford would host, but against the other two, Gilford would be on the road.

Gilford hosted Laconia after deadline Tuesday in the opening round of the tournament and if they won, they move directly on to the quarterfinals on Sunday against either Berlin, White Mountains or Belmont. If the opponent is White Mountains, Gilford would host, but against the other two, Gilford would be on the road.

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



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North Country Notebook

Elephants aren’t the answer in this habitat-altering quiz

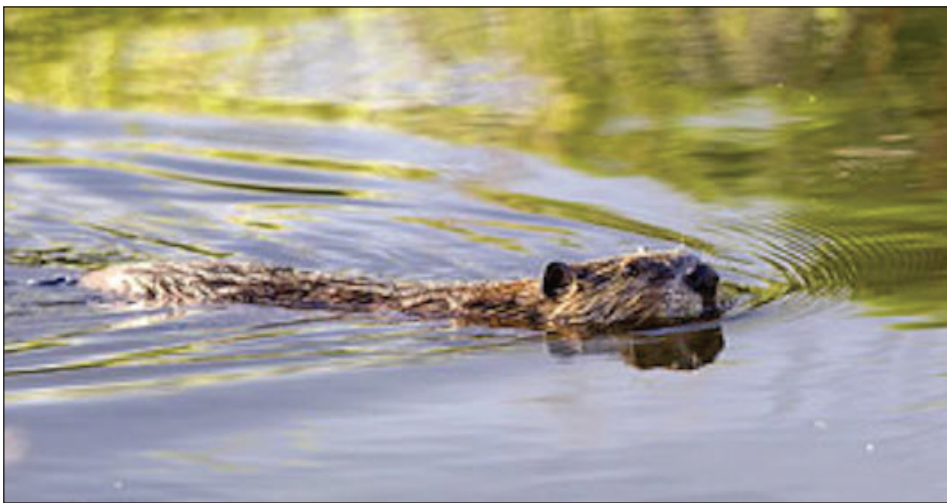


By JOHN HARRIGAN
COLUMNIST

While a couple of the guys went down to the Boat Trail to see what might be floating on the pond (maybe ducks and geese, beaver sticks, beavers, boats, even people), I tried to decide whether it was colder in the camp or out on the porch. The breeze felt like a straight shot from the tundra of

the Far North. I’ve already had snow down at the house, several hundred feet lower and a bit to the south on the map, in the form of eight to 10 inches a couple of Mondays ago. Any day now, more snow. I don’t know why this tends to make people morose and want to bash a guy in the nose, but it does, so I’ve learned to avoid it. Instead of trying to come up with a Weather Greeting, I mumble. In general, I’d rather have beavers in the pond, not that I have anything to do with it, because they keep the dam at the outlet in good repair, providing the stability that most birds and insects and probably fish too seem to prefer, in a life of so many

changes. The old-timers called beavers that frequent rivers “bank beavers,” as if they were an entirely different creature than regular old beavers hanging out in brooks and streams. This is a leftover childhood curiosity that I’ve never run down, not that there’s any lack of learned people with the answer. There’s always the Internet, of course, which gives me the chance to use Google as a verb. Sometimes it’s more fun to just ask, but when I bump into people who are steeped in this kind of thing, I always forget about the bank beavers and ask about armadillos or something instead. +++++



COURTESY

A beaver doing what it likes to do second best, plowing through some water, the first being gnawing, which it has to do to keep up with its own teeth. (Mikael Makes/Dreamstime)

Anyone serious about fishing is not out there trying to catch beavers, but it happens, and has in fact happened to me, twice. One thing I know from this is that a beaver would not go gently into a good creel, or even a ratty one. An old log cribwork dam (or is that an old, log-crib dam, or maybe a dammed old log crib?) held back the remains of a mill pond behind our house, a secret world of fish, ducks, herons, bitterns, and of course, beavers. Their canals offered shady places for trout to fan their fins and rest, and on this day I had just thrown my line out when a beaver happened upon the scene, and got tangled up. Now, Ray Hicks had de-activated the alarm system and let me catch some fat trout in his pond, which old Mr. Fissette guarded with great zeal, popping out of his house like a Jack-in-the-box whenever a kid so much as looked that way, and my grandfather White had taught me the

finer points of handling rod and reel, but nobody had ever taught me how to properly play and net a beaver. Fortunately, the beaver slipped free and headed for Long Island Sound. Later on, when I was in my teens and casting a lot of line out there while standing up in all types of small watercraft, a pond beaver (perhaps yet another sub-species) swam under my boat and whirled itself into a web of leader and line. Once more I was unsure of my ground. What did the rule-book say? +++++

ponds and backwaters harbored foot-long or so beaver sticks of poplar and alder, the result of the beavers’ mid-winter snacks. Many a man-made item could not survive all the hydroelectric dams’ penstocks, turbines, and spillways, but a beaver-stick could. I like to think of them creating curiosity as they float by people in Long Island Sound. To this day, whenever I see a perfectly trimmed stick, bark chiseled off, ends gnawed into perfect cones, I marvel anew at this energetic rodent, which must make the wood-chips fly to keep up with its own teeth. The crews aboard SkyLab can see the Great Wall of China and the Aswan Dam. Only the beaver can make such great changes to Mother Earth’s terrain. (Please address mail, with phone numbers in case of questions, to campguyhooligan@gmail.com or 386 South Hill Rd., Colebrook, NH 03576.)

BY ERIN PLUMMER
mnews@salmonpress.news

A Halloween stroll and some “Mad Science” experiments for kids are coming to the Gilford Youth Center this week with some fun events and programs for families. The GYC will host the “Not So Scary Halloween Stroll” on Oct. 30 and 31, followed by the “Mad Science” program starting on Nov. 2. The “Not So Scary Halloween Stroll” will take place on Friday, Oct. 30, and Halloween on Saturday, Oct. 31. A Halloween maze will be set up inside the GYC for families to go through and collect candy along the way. Kids can also meet their favorite characters including Mickey, Minnie, Olaf, Elmo, and more. The event will have ample social distancing and safety measures. The maze itself will be expanded so it can allow for social distancing. No hand contact will be involved in the candy distribution. All attendees must pre-register and set up a time slot to come in. This will prevent against big crowds and long lines onto the event. All areas will also be disinfected throughout the two days. The Halloween Stroll will be free, though the GYC will accept voluntary donations at registration to help cover costs. Friday’s stroll will be open for time slots from 5-5:30 p.m. and 5:45-6:15 p.m. Saturday will have slots available from 4-4:30 p.m., 4:45-5:15 p.m., and 5:30-6 p.m. Starting Nov. 2 kids ages three to five can learn about science with some fun experiments in “Mad Science.” In this five-week program, preschoolers can do a different experiment each week in the areas of gases, liquids, solids, heat, reactions, and electricity. The event promises to bring lessons to kids in a “fun, safe environment.” “Mad Science” runs every Monday starting Nov. 2, and will run through Monday, Nov. 23 from 1:30-2:30 p.m. Registration is \$50 for the whole five-week session. Lab coats and protective eyewear will be provided. Space is limited. Visit gilfordyouthcenter.org for registration and more information.

FOOTBALL (Continued from Page A1)

He carried us last year running the ball. This year he’s worked hard on throwing the ball and he’s been a great leader.” Trevan Sanborn would add to the Bobcat lead moments later when a broke through the Gilford/Belmont line to block Danny Cameron’s punt out of the back of the end zone for a safety, making it 16-0 Plymouth. Following the ensuing free kick, the Bobcats would go 46 yards in seven plays. Bannon connected with Charlie Comeau for 22 yards on a key fourth-and-seven play. Ian Tryder would go in from six yards out on the next play. Will Fogarty’s first of five PAT kicks made it 23-0 Plymouth with a minute and 30 seconds on the first quarter clock. Despite the deficit, the Golden Eagles kept fighting. The hosts would get on the scoreboard early in the second quarter. Jacob Cress hauled in an 11-yard pass from Jack McLean to make it 23-6. McLean connected with senior receiver Curtis Nelson for 11 yards and then 25 yards on two key third down plays to keep the drive alive. Plymouth though would wrestle any momentum the Golden Eagles had away, scoring on its next possession and adding another to take a 37-6 edge into half-time. Calvin Swanson capped an eight-play, 61-yard drive with a 12-yard run. After two teams ex-

changed interceptions, Bannon connected with senior wingback down the middle of the field for a 78-yard touchdown strike. “I was impressed with our offensive line. They knew their assignments and rules,” coach Sanborn said. “I think we dominated in the trenches.” Center Caden Sanborn, guards Eddie Camp and Trent Sargent, tackles Sean Grifiths and Tyler Stokowski did control the line of scrimmage with help from ends Trevan Sanborn and Gabe Wheeler. The two teams exchanged touchdowns in the final two quarters. The Bobcats got a two-yard touchdown run from Comeau in the third and a one-yard TD run from Brock Tanner in the fourth. Blake Descoteaux broke free for a 52-yard touchdown run in the third for Gilford/Belmont, who would add a 14-yard touchdown run from Isaiah Reese in the final quarter. In the loss, while tough, the Golden Eagles never flinched despite suffering a number of injuries. Gilford/Belmont, who was already without starting quarterback Alex Cheek, lost backups McLean and Jalen Reese with shoulder injuries. The hosts also lost senior leader Johnathon Mitchell in the opening quarter. “We had some big injuries to key guys, but we had guys step up,” said Marzahl. “Jacob Cress came in and did a

good job despite never playing quarterback before. He’s a senior and he knows the playbook, and he went out there and did a great job. “Our goal coming in was to win the game and improve as a football team,” he added. “I felt we made strides mentally. When we got down in the past, we would let up. Today we fought hard right to the end.” Plymouth showed its ability to deliver big plays as well as grind it out. Bannon complete four of five passes for 182 yards, with two touchdown tosses over 75 yards. The senior signal caller also rushed for 23 yards on three carries. D’Ambruoso led the ground attack with 71 yards and a touchdown on nine carries. Tryder finished with 55 yards and a score on eight attempts. Comeau also had 55 yards and a TD on the ground on just four carries. McLean completed four of 13 passes for 50 yards and a touchdown before getting injured. Jalen Reese went three for nine for 37 yards before suffering his injury. Descoteaux led all rushers, carrying the 14 times for 127 yards and a touchdown. Nelson caught three passes for 49 yards. Both teams will look to get ready for the post-season, which starts with quarterfinal action next Saturday.

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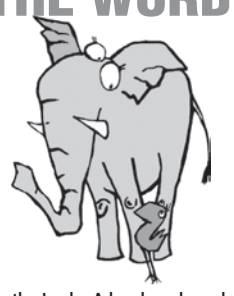
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HELP NOW

GILFORD

(Continued from Page A1)

er Caroline Guest making the save.

Winnisquam had a pair of corners but they could not get the ball through the crowd. Gilford got good defensive stops from Fountain and Ashley Hart while at the other end, Pichette and Shute connected on a bid that Winnisquam keeper Jocelyn Roache was able to turn away.

Carr had a bid on a corner but Boucher made the save and then House had a shot on a corner at the other end that was tipped just wide of the net. Kaitlyn Carey had a shot for the Bears and Guest made the save and then Winnisquam got another corner, with Fountain making a strong defensive stop. Gilford got a late corner but could not convert and the game went to halftime with zeroes on the board.

Gilford had an early corner in the third quarter, but McDonald made the clear for Winnisquam. Pichette and Carr teamed up on a bid for the Golden Eagles as well.

The visitors got on the board with less than five minutes gone in the third, as Carr fired a shot into the net for

the 1-0 lead. Gilford kept pressuring, getting a trio of corners, with Fountain and Pichette getting chances and McDonald and House making good defensive plays.

The Golden Eagles were awarded a penalty stroke with just about a minute to go in the third, as the ball was heading into the goal and struck a foot in front. Lauren Nash-Boucher stepped up and delivered the penalty stroke for the 2-0 lead.

Winnisquam didn't back down, as they came right back down the field and Carey making a good cross for the Bears and they were awarded a corner as time expired. The Bears made the most of the chance, as Carey put a shot into the circle and Madelyn Eberhardt was able to tip the ball in at the far post, cutting the lead to 2-1 after three quarters.

The Bears came out charging in the fourth quarter looking for the tying goal. Griffin and House teamed up on a bid and Carey had a shot on a corner but Gilford stayed strong, with Carr, Hart and Fountain all making defensive stops. Winnisquam got a defensive stop on Carr from Kelsey Rotonelli and another stop from Madi-

son Gilbert.

Hosue had a shot stopped by Guest and Griffin had a shot deflected. Gilford had a late corner but Carr's shot was deflected in front. Winnisquam tried to make a run following a nice clear from the zone by McDonald, but Pichette came up with a huge steal in the final minute, allowing Gilford to take the 2-1 win.

"Our goalie did a great job, hats off to her," said Rogacki, who's team allowed just one goal in three playoff games. "The Kingswood game really prepared her for this." He also praised the work of Jordyn Byars on the defensive side of the ball.

He also noted that Nash-Boucher did a nice job converting the penalty stroke that was the eventual game-winning goal.

"You practice those things, but you never know if the kids are going to be successful with it in the game," the veteran coach said. "But it's such a good thing to see the progress from the summer to now. We knew they had it in them."

"Gilford is always a team that's pretty even with us," Magoon explained. "So you really

never know how it's going to go.

"That makes it a good game to watch," the Bear coach said. "But it was a stressful one."

She noted it was an honor to coach a playoff game against her former

coach, who in turn, said he loves when he sees kids stick with the sport after high school.

"We're looking forward to next year," Magoon added.

Gilford was set to play Berlin in the semi-

finals after deadline on Wednesday. The finals are Sunday, Nov. 1.

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

SAFETY

(Continued from Page A1)

mais emphasized that he supports the business, but is nervous about the traffic given the road's configuration.

Dumais asked the board to put in a pathway outside of the right angle to address the situation. He said he's spoken to the town engineer and Public Works about this. He said he would like to see some kind of plan to address that intersection and resolve this issue. He said he's worried that he'll get hurt, especially when out in his yard getting firewood.

"I need some help; I need somebody to come up with a plan that helps me out so I feel safe," Dumais said.

Public Works Director Meghan Theriault said she has been down there and saw the intersection is wide, which allows people to take that corner quicker. She said she was concerned that narrowing down

that area could still create a section where people could cut across. She said she also didn't support a suggestion made by Dumais of having a barrier around there, which she said could be hazardous for people at the intersection and plows.

Theriault said they could cut the pavement, but they would have to talk to the state as this is in their right of way. She said she also worried about the impact on drainage and cutting might not fix the problem.

Theriault said if this is mostly an issue during apple season, they could put traffic barrels at that corner to alert people to address this on a temporary basis.

"That was just one idea, put barrels or something in the area during peak times to see if that helps," Theriault said.

Town officials talked about the speed on

Glidden Road, which is around 30 miles per hour while the speed coming off Route 11A is 40. Dumais said the police have put a radar sign in that area before, though he was scared that someone would ignore that sign and hit him.

Town Administrator Scott Dunn asked what Dumais thought of putting barrels out there, Dumais said he didn't know. Board chair Chan Eddy said this was something they could try temporarily and see how it works without making any permanent changes.

After discussion on what time to try this, Theriault and selectman Kevin Hayes both recommended doing this next year around the start of apple picking season.

Dumais said he still wanted to see some of that intersection cut down, Hayes said it was best if they see if the barrel works first before making any permanent changes.

ELECTION

(Continued from Page A1)

Jorgensen and running mate Jeremy Cohen.

For New Hampshire Governor, Gov. Chris Sununu (R) is facing Democrat Dan Feltes and Libertarian Darryl Perry.

Sen. Jeanne Shaheen (D) is running for another term in the US Senate against Republican Corky Messner and Libertarian Justin O'Donnell.

For Representative in Congress in the First District, Rep. Chris Papas (D) is facing Republican Matt Mowers and Libertarian Zachary Dumont.

Democrat Michael Cryans is seeking another term as Executive Councilor for District 1 against Republican Joe Kenney.

For State Senator in District 7, Republican Sen. Harold French is running for another term against Democrat Phil Spagnuolo.

Eight candidates are seeking four open seats for State Representative in Belknap County District 2 (Gilford and Meredith). On the Republican side, Reps. Glen Aldrich, Harry Bean, and Jonathan Mackie are seeking reelection and Norm Silber is running for a new term. Democrats Natalie Taylor, Shelly Carita, Diane Hanley, and Dara McCue are also seeking those seats.

Republican Bill Wright and Democrat Richard Robinson are running for Belknap County Sheriff.

Andrew Livernois is the lone candidate for Belknap County Attorney and Muchael Muzzy is the only candidate for County Treasurer, both running as a Republican and Democrat.

For Register of Deeds, Republican Judy McGrath is running against Democrat Johnna Davis.

For Register of Probate, Republican Alan Glassman is running against Democrat Lynn Thomas.

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- Bagging, Prepping, Sealing
- Various other roles



BY MARK PATTERSON

As an investment advisor and money manager, I custody my client's money with one of a few custodians that best suit their account type and the objectives. Last

week, one of the custodians increased their margin requirements, which really does not affect any of my clients because we do not use margin, however many highly active traders must use margin for short sales or futures contracts. While that is not a service that I provide for my clients, it is telling that the custodian is concerned about volatility in the markets surrounding the upcoming election. If you have

been listening to my videos on my website or those sent to clients via email, you will know that I am concerned about the volatility as well. It is times like these that being an active manager as opposed to passively investing people's money in mutual funds is big plus, whereas an active manager can use volatility to create an opportunity for our clients. It could be as simple as raising cash by taking

option strategy by writing covered calls and collecting premium on some of those profitable positions or even cleaning up the portfolio and selling some laggards creating cash for future opportunity.

In 2000, Bush vs. Gore, the election was decided by the Supreme Court over a month beyond election day. During this time, the S&P 500 index which is a broad measurement of the US and

than 11 percent. While the Democrats and Republicans were at odds over hanging chads, my personal belief is that the upcoming election will be far more contentious and potentially drag out longer than a month. The country is more divided and there appears to be a lot more at stake than in the 2000 election. Everyone has their opinion of what the equity markets will do if either candidate wins,

but I believe there is a consensus that if this is the elongated battle in the courts that potentially could be the worst possible scenario for our capital markets. If there is one thing the equity markets do not like it is uncertainty. The markets are very resilient and once there is a clear winner announced regardless of who it is, I believe the markets will find a way, in time, to continue moving forward.

If the equity markets give us this opportunity to buy some quality companies at better pricing, then I feel obligated as a money manager to take advantage of some of those opportunities by having sufficient liquidity in my clients' accounts. If your broker or advisor has you fully invested in mutual funds you probably do not have liquidity to take advantage of potential upcoming volatility. You cannot use option strategies with mutual funds, so you are not likely to make additional "Alpha", a.k.a. growth over the expected return of the portfolio.

I understand that many people prefer a passively held portfolio that rides through the ups and downs during all market conditions. But if you have ever wanted your advisor or broker to take advantage of certain situations and they do not because their company's model is passive, then you may want to consider an actively managed portfolio. If you have any questions regarding the content of this blog, give me a call or shoot me an email!

Mark Patterson's portfolio manager with MHP asset management and can be reached at 447-1979 or Mark@MHP-asset.com.

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October is

Breast Cancer Awareness Month



Life after breast cancer

The moment a person receives a breast cancer diagnosis, his or her life changes immeasurably. The roller coaster of emotions begins, and suddenly this person is thrust into a schedule of doctor's appointments, treatments and visits from friends and family.

The World Cancer Research Fund International says breast cancer is the second most common cancer in women and men and is the most frequently diagnosed cancer among women in 140 of 184 countries worldwide. Despite that prevalence, the five-

year relative survival rate for women diagnosed with localized breast cancer (cancer that has not spread to the lymph nodes or outside the breast) is 98.5 percent, says the American Cancer Society. Survival odds increase as more is learned about breast cancer and more people take preventative measures, including routine screenings. Today, there are nearly three million breast cancer survivors living in the United States.

Breast cancer treatments may last anywhere from six months to a year. Adjusting after treatment may not come so easily at first. But

adjustments are easier with time, and many cancer survivors continue to live life to the fullest in much the same way they did prior to their diagnosis.

When treatment ends, patients often still have fears about the cancer, wondering if all of the cancerous cells have been destroyed and worrying about recurrence. But focusing on the present and all of the things you now can do with health on your side is a great way to put your fears behind you.

Many cancer survivors must still visit their doctors after treatments end. Doctors still want to monitor patients closely, so be sure to go to all follow-up appointments and discuss any symptoms or feelings you may be having. Side effects may continue long after radiation or chemotherapy has ended. Your doctor may have suggestions for coping with certain side effects or will be able to prescribe medications to offset these



effects. Follow-up appointments should gradually decrease the longer you have been cancer-free.

It's not uncommon to feel differently after cancer treatment, as your body has been through quite a lot. Many women still experience fatigue, and sleep or normal rest doesn't seem to make it abate. Realize this is normal, and how long it will

last differs from person to person. It can take months or years for you to experience your "new normal." Things do not happen overnight. While your hair may grow back quickly, it may take some time for you to feel like yourself again. Exercise routines or other lifestyle changes may help you overcome fatigue or make it more manageable.

Speaking with others who have survived breast cancer can help. Join a support group or reach out to others through social media. Getting a first-hand account of what can be expected the first year after treatment can assuage anxiety.

The vital role of a cancer support network



The moment a person is diagnosed with cancer can elicit a variety of emotions. Fear of what's to come is a common reaction to such a diagnosis, and some people may feel alone upon learning they have cancer. But no cancer patient should face their diagnosis and treatment alone. In fact, a strong support network can be vital to patients' recoveries.

According to Weill Cornell Medicine, recent changes in the healthcare industry have shifted the burden of care from the hospital to the home. That underscores the importance of a strong support network. Many of the challenges cancer patients face in the months after diagnosis will be new, and patients can expect a range of emotions. According to Breast Cancer Now, a charitable organization that funds one-third of breast cancer research in the United Kingdom, women may

experience emotions such as shock, anger, disbelief, anxiety, and sadness after being diagnosed with breast cancer. Having loved ones there to help them make sense of those emotions and stay positive as they

navigate their way through the treatment process is essential.

In addition to providing emotional support, loved ones of breast cancer patients may need to take on additional roles as they

help their friends or family members face the challenges that lay ahead. Because of the industry changes noted by Weill Cornell Medicine, cancer caregivers and support networks may need to prepare themselves to take on the following roles, each of which is vital to cancer patients' survival.

- Monitor the disease: Support networks may need to keep track of how their loved ones' disease is progressing and if there are any complications from treatment.
- Manage symptoms: Breastcancer.org notes that treatment causes severe side effects in many women. Such side effects may include nausea/vomiting, diarrhea, constipation, pain, arm swelling, shortness of breath, and skin irritation. Thankfully, most of these side effects can be treated. In addition, Breastcancer.org notes that most side effects

ease up after treatment is completed. In the meantime, support networks may need to help patients manage those symptoms, performing a host of tasks to make their loved ones' lives easier. For example, patients experiencing shortness of breath may be incapable of performing chores around the house. In such instances, members of a support network can tackle those chores until their loved one bounces back.

- Administer medication: Breast cancer patients may

be too overwhelmed to handle their own medications, so support networks can take over this important responsibility for them.

- Assist with personal care: Some patients may experience fatigue after treatment. In such instances, support networks can help patients maintain their personal hygiene. Support networks can be vital to helping cancer patients overcome their disease and navigate their way through successful treatment regimens.

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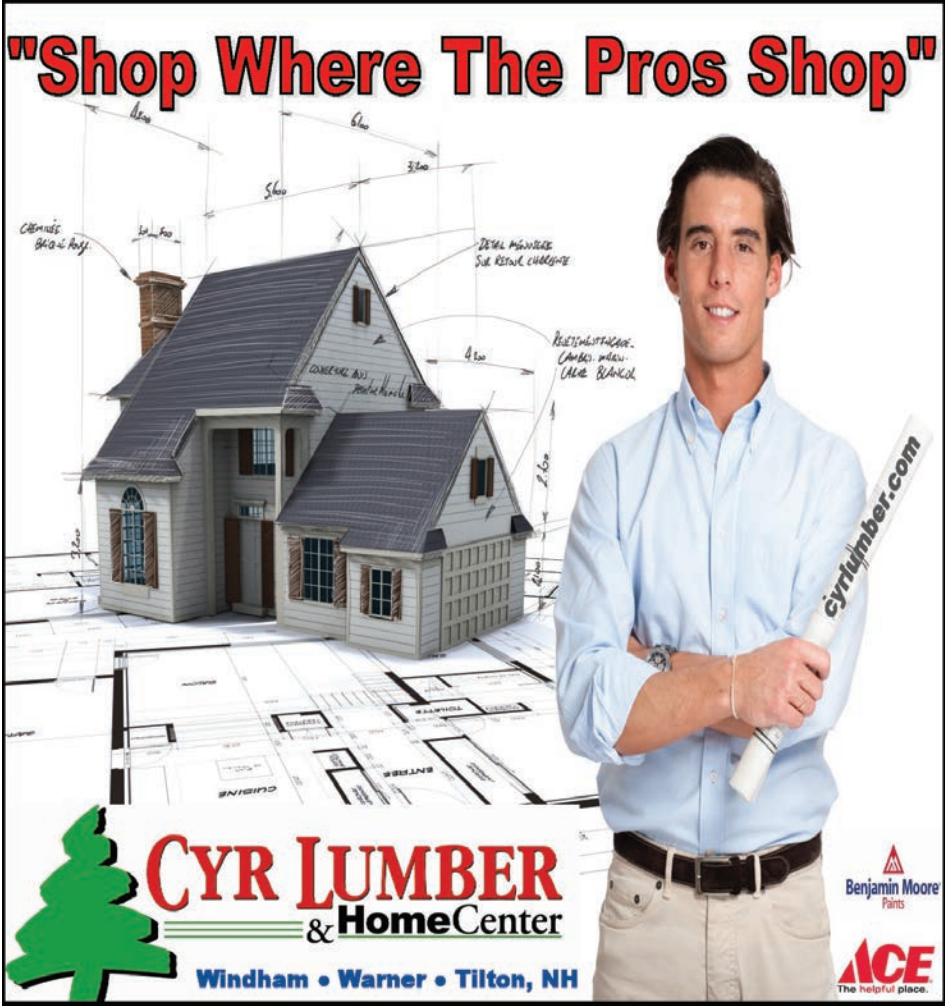
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