

# Gilford-Belmont football eager for challenge of new season

BY JOSHUA SPAULDING  
Sports Editor

REGION — The Gilford-Belmont football team members spent the first portion of the first official practice of the season attaching plastic shields to their helmets.

It wasn't exactly the most exciting thing, but as coach Josh Marzahl told them, this was what they needed to do if they wanted to play football, so the kids tackled the project.

"Our number one goal right now is to play football in the safest way possible," Marzahl said. "We understand the commitment we have as a program to do things the right way and follow guidelines."

The good news for Marzahl and his coaching staff is that the team



JOSHUA SPAULDING  
The Gilford-Belmont football team linemen work on their stances during the first day of practices.

returns a large slate of seniors who have played for all three years, have plenty of experience and

are ready to go. Quarterback Alex Cheek (also a safety on defense) returns for an-

other season after being named All-Conference last year and will have fellow All-Conference

player Curtis Nelson returning as a wide receiver. Blake Descoteaux is also back after earning

All-Conference second team as a running back and defensive end.

John Mitchell was also second team All-Conference and will anchor the defense as a linebacker and will carve holes as a fullback. Michael Dandurand will return to both the offensive and defensive lines after an All-Conference second team season last year.

Also returning are Kenny Maccabee on both lines, Jackson Ruelke as a wide receiver and cornerback, Jack McLean as a quarterback and linebacker, Malik Reese as a defensive end and tight end, Liam Merriam as a wide receiver and cornerback, Brandon Gallagher as a wide

SEE FOOTBALL, PAGE A8

## Franklin Savings Bank donates \$5,000 to new Tilton Police Station

FRANKLIN — Franklin Savings Bank recently made a \$5,000 donation to the Tilton Police Department towards the construction of its new facility located at 45 Sanborn Rd. (Route 132) in Tilton. Construction is underway for the new facility, which is slated to be complete by the end of the year.

Ron Magoon, President & CEO, commented, "It gives me great pleasure to present this donation to the Tilton Police Department to assist them with their new facility. We are also grateful for the opportunity to be involved with the construction of their building and look forward to seeing it once it is complete. It took many years for this project to receive the support to move forward, and we are happy for Chief Cormier and his team."

In acknowledgement for its donation, a room in the new station will be named after the bank and it will be included on a donor wall. FSB will also receive a brick along a walkway leading up to a memorial area in front of the new building.

Individuals or businesses interested in purchasing a brick or tile containing a special message to memorialize the new Tilton Police station may do so by visiting [www.thatsmybrick.com/tiltonpd](http://www.thatsmybrick.com/tiltonpd).

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 more than 11 percent of its net income to charity since 2009. Visit [www.fsbnh.bank](http://www.fsbnh.bank) to learn more or follow the bank on Facebook, LinkedIn, Twitter and YouTube.

## Spaulding Academy & Family Services incorporates Choose Love Curriculum

NORTHFIELD — Spaulding Academy & Family Services (formerly Spaulding Youth Center) has incorporated the Choose Love Movement curriculum across its Northfield campus. This social and emotional learning (SEL) program promotes the intentional change of angry thoughts into ones

SEE CHOOSE LOVE, PAGE A8



## Shorthanded Bears beat Belmont to kick off season



JOSHUA SPAULDING  
Belmont's Madeline Johnson goes up to try and block a shot from Newfound's Bailey Fairbank on Friday night.

BY JOSHUA SPAULDING  
Sports Editor

BELMONT — The Newfound volleyball team, just moments before taking the court in Belmont for the first game of the season for both teams last Friday

night, found out that they would be a little shorthanded.

Already with just eight players on the varsity roster, the Bears went up against the Raiders with seven



Isabella McDonald of Belmont tries to put the ball past Newfound's Paulina Huckins in action Friday in Belmont

healthy bodies and came through with a 3-0 win.

"My returning team is really, really strong," said Newfound coach Amy Fairbank, noting being shorthanded was something they can deal

with. "All of them can set, all of them can hit, all of them can play the back row."

"As a coach, my job is to let the players realized

SEE BEARS, PAGE A8

# Sierra Bourque powers Belmont to opening win

BY JOSHUA SPAULDING

Sports Editor

BRISTOL — The Belmont girls' soccer team

was excited to get back on the field for the first game of the season on Friday, Sept. 18.

While it took a while to get going, the Raiders eventually found their way, led by senior Sier-

ra Bourque, who fired in four goals as Belmont got the 5-0 win over Newfound.

"The kids were super excited to play today and it really took a little while to get our legs under us," said coach Mark Dawalga. "It really was a nice team win on a great day to get back on the pitch."

Bourque got the scoring started in the 17th minute, finishing off a corner kick from Molly Sottak for the 1-0 lead.

It was Bourque scoring again in the 30th minute, as she finished off a great feed from Re-

becca Fleming

Bourque added two more goals and Fleming scored the other goal for the Raiders and also added another assist.

“Rebecca Fleming really had a great overall game,” said Dawalga. “Her defense as well as her play-making ability really helped set up her teammates for some great opportunities.”

Dawalga also praised the defense of Deanna Bourque, Morgan Hall, Courtney Burke and Quinn Jewell along with help from Jade Edgren and Ella Irving.

Maddie Lima and

Emma Cochran combined for the shutout in net for the Belmont girls.

"I give Newfoundland credit, they worked hard the whole game," said Dawalga of the first-year varsity Bears.

Belmont will be in action today, Sept. 24, for the first home game of the season against Lacombe at 4 p.m. On Monday, Sept. 28, the Raiders will be at Plymouth at 4 p.m. and will host Plymouth on Wednesday, Sept. 30, also at 4 p.m.

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



RC GREENWOOD

## Opening night


Nichole Rousch and Kayla Briere converge on a ball during Winnisquam's opening night loss in Gilford Friday. The Bears will be hosting Franklin tonight, Sept. 24, at 6:15 p.m., will be at Inter-Lakes on Monday, Sept. 28, at 5:15 p.m. and will be hosting Inter-Lakes on Thursday, Oct. 1, at 5:45 p.m.



RC GREENWOOD

## Tough start

The Winnisquam boys' soccer team had a tough start to the season, facing off with perennial Division III power Gilford and dropping an 8-0 decision. The Bears will be hosting Franklin today, Sept. 24, will be at Inter-Lakes on Monday, Sept. 28, and will be hosting Inter-Lakes on Thursday, Oct. 1, all with 4 p.m. start times.

	<b>Statement of Ownership, Management, and Circulation</b> <b>(Required Publications Only)</b>		
1. Publication Title	2. Publication Number	3. Issue Frequency	4. Issue Date
Winnisquam Echo	52	Weekly	9/18/20
5. Complete Mailing Address of Known Office of Publication (Not printer) (Street, city, county, state, and ZIP+4®)		6. Annual Subscription Price (Paid)	7. Total Number of Copies (Net press run)
PO Box 729, 5 Water St., Meredith, NH 03253		0	0
8. Complete Mailing Address of Headquarters or General Business Office of Publisher (Not printer)		9. Full Names and Complete Mailing Addresses of Publisher, Editor, and Managing Editor (Do not leave blank)	
PO Box 729, 5 Water St., Meredith, NH 03253		Publisher: _____ Editor: _____ Managing Editor: _____	
Frank Chliilski, PO Box 729, 5 Water St., Meredith, NH 03253			
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PS Form 3526-9, 11/04 Page 1 of 4 (Use instructions page 2) PSN: 7530-00-000-885 <b>PRIVACY NOTICE:</b> See our privacy policy on www.usps.com			

Publication Title:		Winnisquam Echo		44 Issues Date for Circulation Data Below	
				9/3/20	
15. Extent and Nature of Circulation				Average No. Copies Each Issue During Preceding 12 Months	No. Copies of Single Issue Published Nearest to Filing Date
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Each Issue During  
Preceding 12 Months

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Issue Published  
Nearest to Filing Date

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➤

b. Total Requested and Paid Print Copies (Line 10c) + Requested/Paid Electronic Copies  
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 JULIE CLARKE  
 (603) 677-9092  
 julie@salmonpress.news

USPS 024-975

The Winnisquam Echo is published weekly by Salmon Press, P.O. Box 729, 5 Water St.,  
 Meredith, NH 03253. Periodicals postage paid at Meredith, NH 03253. POSTMASTER:  
 Send address changes to the Winnisquam Echo, P.O. Box 729, Meredith, NH 03253.



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# Lighthouse Title & Closing Services celebrates opening of new office

LACONIA — The Lakes Region Chamber celebrated a Ribbon Cutting Ceremony at the new office of Lighthouse Title & Closing Services, LLC. and the opening of their newest location in Campton at 399 NH Route 49. Lighthouse Title & Closing Services is able to serve clients conveniently throughout the entire state of New Hampshire, Massachusetts, and Maine. The team of seasoned professionals provides prompt, efficient, and accurate service. Lighthouse Title & Closing

Services is affiliated with a full service law firm specializing in real estate and business law and is available to assist clients.

Business Development & Marketing Manager, Lori Harding specializes in serving the Lakes Region. She is available whether you need a second opinion on a Purchase & Sales Agreement, assistance with a title defect, or any other real estate related issue.

Harding shared, "We are available to help with Residential and Com-

mercial real estate as we do it all at Lighthouse Title. You will always get the answers you need and the communication you deserve."

The Lakes Region Chamber is a private, non-profit organization striving to create and promote a more engaged community and thriving economy for the businesses in the Lakes Region. For a directory of Lakes Region businesses and a full community calendar of events, go to [LakesRegionChamber.org](http://LakesRegionChamber.org).



#### Courtesy

Masks hid the smiles behind Lighthouse Title & Closing Services ribbon cutting event! Front Row - Lori Harding, Business Development & Marketing Manager, Attorney Matthew Braucher; Attorney William Amann; Back Row - Karen Andrews, Paralegal; Cindi Shaw, Senior Paralegal; Attorney Martha Davidson; Leanne Psiras, Senior Paralegal/Title Examiner; Susan Pierce, Administrative Assistant; Attorney Timothy French.

## Hall Memorial Library Happenings Tilton/Northfield

#### Autumn Update

Hall Memorial Library is continuing to offer expanded curbside pickup hours from Monday through Friday, 12:00 to 6:00. See below for updates on browsing appointments, computer sessions, and other services.

If you have an appointment to visit the library, please remember the following guidelines so we can best serve our patrons: Masks are required for the duration of the visit.

Please use the provided hand sanitizer upon entry.

We are all observing social distance guidelines and should remain six (6) feet apart.

Please, no food or drink inside.

#### Curbside Pickup

STEP 1: Request your items.

Place requests online by logging in to your account, searching/browsing the catalog, and placing your hold request(s), or by filling out the Curbside Pickup Form, or by phone at 286-8971, or email at [hallmemoriallibrary@gmail.com](mailto:hallmemoriallibrary@gmail.com).

STEP 2: Let us know when you've arrived, then pick up!

When you get to the library, call 286-8971 to let us know you're here, and we will place your items on the table for you outside the front entrance.

Please maintain social distancing. If the entrance is busy, please wait in your vehicle or at a distance. Our goal is to serve everyone as promptly, efficiently, and safely as possible!

Book Browsing By Appointment

STEP 1: Contact the Library to schedule a browsing appointment.

Appointments are 30 minutes for one party to browse either the childrens or adults section of the library. Parties who wish to browse in BOTH areas will be booked for both sections.

STEP 2: Mask up and we will greet you with smiling eyes in the front lobby! Check in at our welcome station and use the hand sanitizer

we are providing. If the lobby or entrance area is busy, please wait at a distance as we do our best to serve you promptly, efficiently, and safely.

STEP 3: Browse & check out! Staff will provide assistance.

When you are ready to check out, please put your books and items on the desk.

Computer Sessions By Appointment

STEP 1: Contact the Library to schedule a browsing appointment.

Appointments are 20 minutes for one person, please leave other family members at home.

STEP 2: Mask up and we will greet you with smiling eyes in the front lobby! Check-in at our welcome station and use the hand sanitizer we are providing. If the lobby or entrance area is busy, please wait at a distance as we do our best to serve you promptly, efficiently, and safely.

STEP 3: Head upstairs and speak with the Circulation Assistant to get logged onto your computer. We regret that at this time, we are not able to assist you at this time due to social distancing. More in-depth help is not able to be offered at this time. We recommend you bring your own pen and scrap paper. If you are printing, please bring the correct change. The Circulation Assistant will have your prints and accept payment.

Check Out Periods and Returns

All returned items need to be put into the book drop, located in front of the library. All returned library materials are quarantined for a minimum of 72 hours then checked in; don't worry if they appear in your online account for several days- no fines will be charged.

How To Access Material From Home

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Visit: <https://nh.overdrive.com> OR download the Libby app to your device.

Visit our website ([www.HallMemorial-Library.org](http://www.HallMemorial-Library.org)) for more instructions and other resources!

#### Donations

To the kind souls donating books, we cannot accept anything other than library material returns at this time. The virus is a serious concern and can last several days or more on surfaces. We are quarantining

all returns and do not have space or resources available to clean donations. Please do not donate materials at this time

#### Interlibrary Loans

The State Library Van service will resume. Items to and from lending libraries will also be quarantined. Visit our website for further information.

New Items "Thick as Thieves" by Sandra Brown

"The Witches: the Graphic Novel" by Roald Dahl

"Lost Hills" by Lee Goldberg (Large Print)

"28 Summers: a Nov-

el" by Elin Hilderbrand  
"Spin the Dawn" by Elizabeth Lim

"JOMO: Celebrate the Joy of Missing Out!" by Jessica Misener

"Grow Food for Free: The Sustainable, Zero-Cost, Low-Effort Way to a Bountiful Harvest" by Huw Richards

"Dear Girls" by Ali Wong



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## The passing of a trail blazer

The world lost a champion for justice last week with the passing of Supreme Court Justice Ruth Bader Ginsburg. A role model for both men and women, Ginsburg passed away at the age of 87. Ginsburg was active up until the last two weeks of her life, even performing a wedding ceremony.

She became the second female justice to sit on the U.S. Supreme Court, and the first Jewish woman. Her path to the highest court in the nation was not an easy one being cast off because she was a woman. Despite the pushback, Ginsburg had a list of firsts under her belt, including being the first tenured female professor at Columbia University. She was also the first female member of the Harvard Law Review. Ginsburg was one of nine females out of 500 attending Harvard Law School. At one point, the law dean asked each of the women to justify taking places at the school that could be filled by men.

Serving as the Director of the Women's Rights Project of the American Civil Liberties Union during the 1970s, Ginsburg fought to make legal the right for women to sign a mortgage without a man, the right to have a bank account without a male co-signer, the right to have a job without being discriminated based on gender and the right for women to be pregnant, have children and work at the same time. It was around this time she met her husband Martin Ginsburg, a tax lawyer who she helped through school, while he battled cancer. Together they had two children.

After graduation from Columbia, Ginsburg applied to work for 12 firms; however, she was denied based on her sex. Eventually, she was offered a clerkship at the U.S. District Court with Judge Edmund G. Palmieri. According to Ginsburg, she was declined other positions due to men feeling uncomfortable with her in chambers.

Ginsburg became a professor of law at Rutgers in 1963 just after studying the Swedish legal system.

In 1980, she was appointed to the U.S. Court of Appeals for the District of Columbia. In 1993, she was named to the U.S. Supreme Court by President Bill Clinton. During her Senate confirmation hearings, she refused to answer any questions that would reveal her personal opinions, and would not comment on hypothetical cases. She did so to "maintain [her] open-mindedness and integrity as a jurist."

Her list of achievements can fill a book and her life story is exceptional. Outside the steps of the Supreme Court, thousands have paid respects by leaving flowers, candles and messages that read "Rest in power" and "we can because she did."

A black drape was hung over the entrance of the Supreme Court building on Saturday, a tradition that dates back to 1873 after the passing of Chief Justice Salmon P. Chase. Ginsburg's chair and the front of the bench where she sat was also draped with a black cloth. Both will remain for 30 days.

### Craft Fair at Tanger Outlets this weekend

There will be a Craft Fair at the Tanger Outlets on Sept. 26-27, Saturday 10 a.m. to 5 p.m. and Sunday 10 a.m. to 4 p.m. There will be over 70 fabulous arts & crafts exhibitors including metal art, chainsaw wood creations & demonstrations, various jewelry styles, inlaid wooden mirrors & furniture, amazing hand-painted artwork on wood/skis/mushrooms/slates/canvas/skates, alpaca creations, Lakes Region aerial photography, African wildlife photography, hand poured soaps, beautiful soy candles, quilted items, gourmet foods, pandemic masks, resin window art, children's toys, fabric creations, quillows, seasonal wreaths & decor, NH maple syrups, kettle corn, & lots more!!! Friendly, Leashed Dogs Welcome!!! Masks & Social Distancing Required! Rain or Shine Under Canopies! Directions: I-93 Exit 20 & Bear Left Off Exit - GPS Address: Tanger Outlets, 120 Laconia Rd., Tilton. For more information, contact Joyce at 528-4014. See you there!



COURTESY

## STRATEGIES FOR LIVING

### The tale of two thieves

BY LARRY SCOTT

Two thieves were executed with Jesus, a metaphor for your death and mine. They felt themselves alone and abandoned, and they were. And yet, they were not. For we, too, were there, symbolically represented by the two men. And their moment with Jesus speaks to a question we must each answer: what will you do with Jesus Christ?

First, you have the self-serving, petulant, angry thief. He is guilty, but unrepentant, and something about Jesus triggers his mouth; he turns on Jesus with inexplicable rage. Mark tells us he "hurled insults at him." There is no sympathy here. "Aren't you the Messiah? Save yourself and us!" He surely knows Jesus is innocent, but all he wants is to be released from the consequences of his wretched, ungodly life.

And then you have the other man, well aware he was there by his own hand. He was a thief, and he knew it. "We are punished justly, for we are getting what our deeds deserve." He had lived as he pleased, sacrificed his integrity to subsidize his pleasures, and now there would be hell to pay.

Except that this man had the foresight to look to Jesus, even in the final moments of his life. He was not a follower of Jesus; he had no claim to Jesus' favor. If he had the opportunity in his earlier life to meet Jesus, he had ignored Him; self-will and freedom to do as he pleased allowed no place for God. He was a self-made man; and he self-destructed. Sin is an awesome taskmaster and for him, it was almost too late to recover.

Almost! He may have been a thief, but he learned from his mistakes. "Jesus, remember me when you come

into your kingdom." He admitted to his sin, he turned to Jesus for forgiveness, and he was promised, "Truly I tell you, today you will be with me in paradise." He had lived a wretched life, he had defrauded others, he had embarrassed his family, he left a legacy no one wanted to follow. He had, however, met the Master, and that changed everything.

It is the tale of two thieves, but it's also the story of your life and mine.

There are those of you who have lived your life in the fast lane. But you've won the respect of your peers and have every reason to be proud of your record. God, however, has had no place in your thinking, and you seem to have done well without Him. It isn't that you don't believe in God; He simply has not been an active force in your life.

And then there are

those of us who have acknowledged our sin and turned to Jesus for forgiveness. We were honest enough to recognize we all deserve "death by crucifixion." But a merciful God gave us a chance to welcome Jesus as the Lord of our lives, and we took Him up on the offer. And although still far from perfect, we are making progress, and now live in anticipation of the day God calls us home. Paradise awaits!

Which brings us to the most important question you will ever face. It is not, "Have you lived a good life? Have you been respectable and responsible?" If so, you are to be admired, but that is still not the question. THE question is, "What have you done with Jesus Christ?"

You want to talk about it? Hit me up at [rlarry-scott@gmail.com](mailto:rlarry-scott@gmail.com).

## Update your emergency kits for a safer season

Emergency kits are a bit like our wardrobe. They should change with the season, and although you may not replace everything in them each season, or each year, you should give them a good looking over as the seasons change to see if something needs to be replaced, swapped out, or upgraded. Since we are entering that finest of seasons, Autumn, it's a good time to check your kit or build one if you haven't had the chance to yet.

The first part of your emergency kit should be your plan, and given the huge changes we've all made in social distancing, mask wearing, and our behaviors to keep ourselves and each other safe, it's a good bet that your evacuation plan may need updating. We all want to stay in our homes, and the emergency kit can help with that, but having a solid

written plan with all the phone numbers, addresses or other contact information will ensure that if you do need to leave your home you have a safe place to go - family or friends who are already in your social cohort are a good choice. Think about places that have an independent means of heat, are on a different electrical grid than you, or have a generator, especially if you need electricity to power an oxygen concentrator, nebulizer, or other medical device.

If your plan does include a shelter, keep in mind that you will want to be able to wear your mask, have easy access to hand sanitizer, and grab your mini "go-kit" to take with you. Because of the COVID-19 pandemic, your local shelter location might have changed, so it's a good idea to check, in case the shelter you would nor-

mally go to is closed.

Now, build your kits. You'll have a mini "go-kit" to grab quickly when you need to evacuate, an in-home kit for sheltering in place, and a car kit to keep you safe when traveling. When you build your kits store the items in airtight plastic bags and put everything in something easy to carry, like a duffel bag or backpack.

For each member of your family, your mini "go-kit" should be packed with a small supply of prescription medications, including inhalers, syringes, and glucose test strips, if you need any of those for your medical condition, and an epi pen if you have severe allergies. Include a set of hearing aid batteries, a spare set of glasses if you can, hand sanitizer, sanitizing wipes, a few pairs of non-latex gloves and a spare face mask.

If you have diabetes or other problems with low blood sugar, tuck in a few non-perishable snacks. This is also a good idea if you have dietary restrictions or severe food allergies or sensitivities that may make it difficult to find food easily. Keep an extra cell phone charger or portable charger in this kit as well. Make sure to keep a photocopy of important documents here, like insurance policies or ID cards, if you don't have an electronic copy saved securely somewhere you can access if your home computer is not accessible.

Your mini "go-kit" can be kept with your in-home kit, which should have a larger supply of some of the above, like the hand sanitizer, non-perishable food and water to last three days, which is a gallon of water per person, per day. Also include some way to hear emergency

alerts from the National Weather Service, NOAA, or other emergency alert service such as a cell phone or emergency radio. Other items include a whistle, extra masks, heavy duty plastic sheets and duct tape, a manual can opener, and a good first aid kit. Make sure there's extra batteries here too, garbage bags, soap, feminine hygiene products and moist towelettes for personal sanitation. A fire extinguisher completes your kit, and should be on each level of your home anyway.

Make sure your car has its own kit stocked with a shovel, windshield scraper, flashlight with extra batteries, a small first aid kit, spare tire or emergency tire repair, jumper cables, sand or cat litter to help tires get traction, emergency reflectors, waterproof matches and a can to melt snow for water,

extra hats, mittens and a blanket.

The CDC has a great website with printable shopping lists to help build your kits, and we hope you have the chance to get your kits together and make your emergency plan as well. We can't prevent every disaster, but with a little prepping we can make them easier to get through together.

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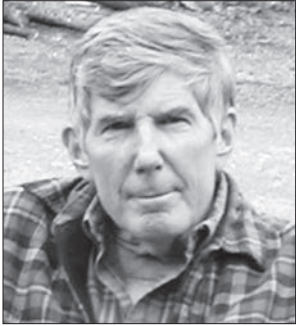
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North Country Notebook

Soaking wet and freezing, they brought the drive down



By JOHN HARRIGAN  
COLUMNIST

I have a soft spot for old glass-plate negatives, especially ones showing men at work, specifically men getting the logs or pulpwood out of the woods and down the river to the mills.

Fortunately, I have the Brown Company collection in reach, curated by Plymouth State

University, a wealth of such images. The Brown family spent some money to document its time of ascent in a head-spinning era of one dazzling invention after another, in the pursuit of logging as in all others. Life was changing faster than ever before, before everyone’s eyes.

In the old photos, some of them taken almost two centuries ago, the men stand still for a moment in a fast-paced job. They are obeying instructions--shouted as virtual commands--by the photographer and co-workers, because the film of the times was too slow to tolerate movement. Anything that moved much tended

to come out blurred. Set-pieces of furniture for portraits had iron-rod head-brackets so customers could avoid shakes.

+++++

Wars tend to be well-springs of inventions that wind up benefiting civilization in myriad ways--witness untold medical advances during the First World War, and the caterpillar tread. Photography’s great benefactor was the Civil War. Film and print solutions simply had to get faster, and they did.

Post-war films could capture at least some motion, and silver solutions for print-paper kept

pace. Suddenly, practically overnight, we could see river hogs riding logs down through the rapids, and most of the time you could read the name on a boat. In staged scenes, everyone was crisp and clear, and anyone who moved was only slightly blurred.

The photographer still had to throw a big black cloth over his head and brush the silver nitrate solution onto the glass plate before sliding it into the camera and making his exposure, a dramatic flair of the trade that would not be surmounted by technology until the turn of the century.

In post-Civil War



COURTESY

This old glass-plate photo, sent in by a reader, shows men “tending out” on a river drive at what appears to be Hell’s Gate Gorge, in the Dartmouth College Grants. Many images of this kind have come from the Brown Company collection.

years, when life in the logging camps began to improve, company photographers often made the rounds of the camps toward the end of winter, just before spring breakup.

They worked long hours--daylight to sunset--often up to their hips in numbing-cold water, amid logs that could crush a man flat.

Plenty of men were looking for work after mustering out from the Civil War, and even deep in the woods labor was plentiful and cheap. Logging on a wider scale, more centralized and organized, emerged at the right time to take advantage of the labor pool.

The demographics of New Hampshire, meanwhile, were enriched by an influx of workers and their families from Ireland, Scotland, Russia, the Scandinavian countries, and many more. They got here by hook or crook, working temporary jobs, anything to hold on. Many of them liked the lifestyle and the lay of the

SEE NOTEBOOK PAGE A9

LETTERS TO THE EDITOR

Democrats’ platform raises questions

To the Editor:

I have some perplexing questions about the Democrats’ platform that have me scratching my head.

Democrats are openly and brazenly espousing socialism. Where does that fit in with a capitalistic economy and society? Do people understand what socialism entails and the freedoms Biden/Harris want to take away from us? Mr. Biden stated that if he doesn’t win, there will be more violence and riots. Ms. Harris stated the same and added that the riots would even get worse. WHY would anyone in their right mind vote for these threats and the people who make them? If they are threatening us now, what will happen if they win?

Democrats want abortions performed up till the moment of birth. Ms. Harris even espouses the killing (aborting?) of a baby who is 3 days old. And they are trying to tell us that this is “health care!” Whose health does this care for? Since when is murder “health care?”

Biden has promised to raise taxes to the tune of \$3 trillion. Ms. Harris thinks this is not enough. She has estimated \$10 trillion would be a better option. Ms. Harris even thought having a 50 percent tax rate on all Americans would be just fine. Why should we vote for someone who wants to take half of the money we worked so hard for?

Democrats want open borders. They also think illegal aliens – “undocumented persons” – should be able to get free health care, free income, free housing, food stamps, etc. just for the act of violating the laws of our country. Why should we have to pay for criminal actions? Why should illegal aliens get paid to get the things we citizens labored to obtain? Is that what the increased taxes will be going for? Welcome to Biden/Harris’ America where criminals reap what honest people worked for!

Biden/Harris and their Democratic Party also want to take away our 2nd Amendment rights. They will have the guns, so we won’t have to be bothered to maintain them. Should we disagree with them, will they have a comfortable paid for prison cell waiting for us as well? Is that what the FEMA camps will be used for?

Free speech is off the table for anyone unless we agree with the “ruling” class of Democrats. “Big Brother” will be watching us. The Democrats don’t like being told facts or the truth. Isn’t it interesting that the Democrats accuse their opponents of what they are guilty of themselves?

Because most of the younger generation are ignorant of history, the Democrats think they can get away with taking pages out of the Communist Manifesto and the Nazi “textbooks” and try to do what they did in Germany and Russia to take over this country. Do the Democrats really think the American people are that stupid? Or are they hoping they have brainwashed the people enough so they can fulfill their wicked agenda?

It shouldn’t come as a surprise to any of us the reason the Democrats have left God out of their platform. They even had Satan’s insignia on the wall during their convention. So, why am I shaking my head when they are living out what they believe? And flaunting their sins as in the days of Sodom and Gomorrah?

MARIANNE PLENGE  
TILTON

PUBLIC NOTICE

ATTENTION WRSD SPECIAL EDUCATION STUDENTS BORN IN 1993

The Winnisquam Regional School District is required by law to keep your records until your twenty-sixth (26th) birthday. If you were born in 1993, your records are no longer needed, and will be destroyed after October 1, 2020.

If you would like to obtain your Special Education records, please contact the Special Education Department at (603) 286-4116 ext 8100 before October 1, 2020.

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Edward Jones: Financial Focus

Financial Moves for Widows and Widowers

If you’ve recently become a widow or widower, you’re obviously dealing with an enormous emotional burden, and coping with your grief can seem like a full-time struggle. Unfortunately, the business of life must go on – and the financial moves you make at this time can have a big impact on your life.

So, as you attend to your affairs, consider the following suggestions:

- Don’t make hasty decisions. Even though you will need to make some moves in the near future, don’t feel rushed into decisions that may prove to be ill-advised. For example, don’t immediately sell your home or liquidate all your stocks.
- Consult with your estate planning professional. If you and your spouse created an estate plan involving a will, living trust or other documents, you’ll want to consult with your estate planning professional to determine what

steps should be taken to implement these arrangements.

- Address life insurance issues. If your spouse had a life insurance policy, you’ll want to contact your insurance agent for help in navigating the paperwork necessary to receive the death benefit. Of course, some financial advisors also sell life insurance within the context of your overall financial strategy, so, if this is your situation, you’ll want to speak with your advisor about how to handle the insurance proceeds.
- Apply for Social Security benefits. If you are 60 or older, you may be entitled to Social Security survivor benefits, along with a one-time death benefit. Contact your local Social Security office to stop the benefits your spouse received and apply for the new ones for yourself.
- Change the name on financial accounts. If you and your spouse had

jointly held accounts with “right of survivorship,” the assets will typically pass automatically to you, the surviving spouse. However, for legal purposes, it’s still a good idea to retitle these assets in your name. This usually only requires filling out some simple documents, which are available from your financial institutions – bank, credit union, investment firm, etc. But you also may need to change the beneficiary designations on accounts held only in your name, such as your 401(k). These designations are powerful and can even supersede instructions in your will or living trust.- Go over bills and debts. Review all your bills, automatic payments and outstanding loans. If they are in your spouse’s name, or in both your names, contact the merchant or financial services provider to change all correspondence and account information to your name only. For any outstand-

ing accounts in your spouse’s name, you may need to notify the business that all payments will be handled by your spouse’s estate, if you choose to go that route. You may need to provide these businesses with the contact information of your estate planning professional.- Plan for your future. Once you’ve handled the immediate financial needs described above, you’ll want to think about your own future. This means you may have to update your estate plans and insurance policies. You’ll also want to consult with your financial advisor to see what changes, if any, you might need to make to your investment portfolio. Only time can ease the pain of losing a spouse. But by taking care of the mundane matters of daily living, you can at least alleviate the feelings of being overwhelmed – and that, in itself, has value.



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# Robert Soloway named Executive Vice President at New Hampshire Mutual Bancorp



Robert Soloway

MEREDITH — Robert Soloway has been appointed Executive Vice President at New Hampshire Mutual Bancorp (NHMB). As Executive Vice President, Soloway will be a part of the NHMB Executive Leadership Team, continuing as Chief Technology Of-

ficer (CTO). Soloway has greatly impacted NHMB's evolving technology since joining the company in September 2019. As CTO, Soloway leads and oversees technological strategy and implementation for Merrimack County Savings Bank (the Merrimack), Meredith Village Savings Bank (MVS), Savings Bank of Walpole (SBW) and NHTrust. In March, the oversight of information security, enterprise project management and imaging for NHMB and sister organizations was added to his area of responsibility.

"Excellent technology is essential to ensuring we meet the security, ease of use, service and product expectations for customers of the community banks we serve," said Gregg Tewksbury, President and CEO of New Hampshire Mutual Bancorp. "Rob's impressive contributions to our technological improvements as well as his broad background in operations and strategic information technology leadership has enhanced the capabilities of our banks and wealth management firm. He has the foresight to address the future, and is adept

at managing current opportunities at the same time. Rob has already proven he's an excellent and important member of our leadership team."

Prior to joining NHMB, Soloway was the Chief Information Officer for Municipal Credit Union in New York. He has also held top leadership roles within banking, insurance and shared service environments.

Already familiar with New Hampshire, Soloway began his career in the state as a computer programmer following graduation from what is now Southern New

Hampshire University. He holds a degree in Management Information Systems and Finance.

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 MVS 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](http://nhmutual.com).

# Virtual choir brightens Unitarian Universalist Zoom services

LACONIA — Autumn is often a time of new beginnings. So it is at the Unitarian Universalist Society of Laconia. The new church "year" begins in September and formal services will be held each Sunday through June at 10 a.m. via Zoom. You can see what our church is all about on the Unitarian Universalist Society of Laconia Facebook page. To attend one of our zoom services, email [uuslooffice@gmail.com](mailto:uuslooffice@gmail.com) for a zoom link. You are encouraged to join at least 10 minutes prior to the start of the service to ensure your microphone and video connection are working.

Thanks to Noelle Beaudin, the Music Director, the UUSL Choir has found a way to sing together using technology. The choir meets every Wednesday to get assignments for the upcoming weeks.

The goal is to have a full folder of hymns by the choir so guest ministers can choose some to insert in their zoom service. Church members enjoy the personal touch of having their choir performing the hymns. Choir members love it because they can sing in the safety of their own homes, but produce a

finished piece with a full choir.

"We aren't using Zoom to sing, because with Zoom there's too much latency, it just doesn't work" says Noelle Beaudin, Music Director at the UUSL. "Drive-in choirs are a great concept, but they don't work well either; plus a car idling for such a long time causes other issues that aren't good. Singing with masks, well, it can be done, but it's also problematic. I came up with a different solution."

"First, I created a shared drive where all choir members can access instructions on what to do. Next I taught them how to use a certain app that is great for recording. I record all my accompaniments, or their parts, upload them to the drive and then instruct them on how to sing to the piece. Once that is done, I lay it all out in my studio software for a finished product.

"Yes," she says, "It's a lot of work, but at the end of the day, we have choir pieces that sound like choir pieces should."

"More importantly,



"she continues, "the choir is learning important things you miss in rehearsal singing together. They are hearing their own voices, they are learning about rhythm and reading, listening and focus. But most of all, we have pieces that they can listen to over and over again, share with their family and friends. And in this moment in time - that

is the most important thing, we as Music educators and directors, can do for people."

The choir has become so successful in a short amount of time that others from around the area are joining in.

"I've even had a choral conductor and composer contact me to have us perform one of his

pieces for Easter," says Beaudin. "It's really amazing how well this is going for everyone. It's finally an outlet for people who just want to be able to sing."

Noelle will share her strategies and tools for the Virtual Choir on Oct. 17 from 1-2:30 p.m. via a Zoom class. The cost for the class is \$75 and goes directly towards

the fundraising efforts of the UUSL. To register for the class, or for more information on joining our virtual choir, please email Noelle at [uuslmusicdirector@gmail.com](mailto:uuslmusicdirector@gmail.com)

# Marine Corps Gathering canceled

LACONIA — The Lakes Region Detachment of the Marine Corps League respectfully announces that its

22nd Annual Gathering of Marines, scheduled for Nov. 7 to celebrate the 245th birthday of the United States Marine Corps, has been cancelled for this year.

It has been tentatively re-scheduled for Nov. 13 at the Laconia Country Club.

We regret any inconvenience this situation has caused.

# Landowners invited to conservation plan Webinar series

REGION — Belknap County Conservation District invites landowners to join in a series of virtual workshops on Conservation Planning. The programs are designed for both new and long-time landowners.

The webinars will address how to better define goals for protecting the environment; identify key soil, water, and other natural resources; define conservation practices to consider as management options; and turn best management practices into actionable steps.

Whether landowners are interested in protecting open space, wildlife habitat, improving forest land, or a farm, conservation plans can help them meet their goals for the future. Session topics include:

- introduction to conservation for landowners
- agriculture
- land trust and estate planning
- forestland and watershed protection

The workshops feature interaction with conservation experts, practical tips, and information.

The free workshops will take place on online Tuesdays in October (6th, 13th, 20th, and 27th) from 7-8 p.m. For more information or to register, visit <https://prescottfarm.wufoo.com/forms/qae-14g20tfs0yb/>.



## REQUEST FOR PROPOSAL FOR SALE OF TOWN PROPERTY

The Tilton Board of Selectmen is accepting sealed bids from a licensed real estate broker interested in entering into an exclusive listing agreement with the town to sell its property located at 179 East Main Street, the Tilton Police Department. Please visit [www.tiltonnh.org](http://www.tiltonnh.org) for required proposal information. Sealed bids must be submitted to the Selectmen's Office, 257 Main Street, Tilton, NH 03276 no later than 4:00 p.m. on Thursday, October 8th. The bids will be publicly opened at the Tilton Town Hall, upstairs meeting room, during the regularly scheduled Selectmen's meeting.

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Fresh air, and a fresh start, for Scholarship Foundation board

Recently, the Lakes Region Scholarship Foundation Board of Trustees met in their office parking lot at the DeCamp Financial Center for their first face-to-face (or mask to mask) meeting since January of 2020. The Board has met fully, or partially, over the past months via Zoom. They have also communicated via email but they have not had the chance to meet in person. The meeting was facilitated by LRSF Board President, Lori Fasshauer and LRSF Executive Director, Karen Switzer. Also in attendance was the new LRSF Pumpkin Figure mascot “Brad the Grad” who is seen watching over the group. Among the matters discussed, Executive Director Switzer reported that due to the generosity of their 276 donors this year, the Foundation was able to award over \$460,000 in scholarship awards this year to 295 recipients. She also mentioned that the Foundation was looking forward to hosting the First Annual Pumpkin Figure Contest in October.

COURTESY



Actions you can take to help someone who may need it

REGION — September is National Suicide Prevention Month. We'd like to make people aware that suicide is preventable by taking the following actions recommended by Suicide Prevention Lifeline if you are concerned that someone is considering suicide:

Ask. Research shows acknowledging and talking about suicide with people who are considering it actually helps reduce the threat of suicide and suicidal ideation. Ask how they feel, if they are considering self-harm or suicide.

Be there. People are more likely to feel less depressed, less suicidal, and more hopeful when they know someone is there to listen without passing judgment.

Keep them safe. Studies have shown that when access to lethal means is removed, suicide rates by that method, and overall, decline.

Help them stay connected. Helping someone at risk to develop a network of resources and caring people can help reduce feelings of hope-

lessness.

Follow up. Brief, low-cost and ongoing, supportive intervention is an important part of suicide prevention, especially after someone is discharged from a hospital or care service.

As a nonprofit community behavioral health center, we provide adults, children and families with access to mental health and substance use disorder treatment. Our vision is to eliminate the stigma surrounding these illnesses, so that everyone who needs treatment will ask for it when they need it most. To the extent you can participate in a conversation with someone who is feeling down, depressed or hopeless, you will be part of the solution this month, and every month.

The Lakes Region Mental Health Center's 24/7 emergency crisis line is available and free at 528-0305. Our clinicians are compassionate people with experience handling many types of crisis situations.

You can “#BeThe1To” take any of the above suggested actions. In so

doing, you'll be part of the solution we strive to achieve every day.

The Lakes Region Mental Health Center, Inc. is designated by the State of New Hampshire as the community mental health center serving Belknap and southern Grafton Counties. A private, non-profit corporation, LRMHC has two campuses, in Laconia and Plymouth that serves over 4,000 children, families, adults and older adults each year. LRMHC provides Emergency Services 24 hours a day, 7 days a week, to anyone in the community experiencing a mental health crisis, regardless of their ability to pay. Additionally, LRMHC provides individual, group and family therapy; mobile crisis teams in the event a tragic event occurs that impacts a community at large, psychiatry; nursing; community support programs for people with severe and persistent mental illness; care management; community-based supports; housing; supported employment; substance use disorder treatment; and

specialty services and evidence-based practices for children and their families, including trauma-focused therapy, art therapy and play therapy. Child Impact seminars are offered in Laconia and Plymouth for divorcing families.

For more information or to schedule an appointment, call 524-1100 or visit the Web site at www.lrmhc.org. Find the Lakes Region Mental Health Center on Facebook and follow us on Twitter for updates and information.



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Making Strides to hold Rolling Pink Rally this October



LACONIA — This October may look different, but breast cancer hasn't stopped and neither has the American Cancer Society and its dedicated group of volunteers with the Making Strides Against Breast Cancer of the Greater Lakes movement.

Join the first ever Making Strides Against Breast Cancer of the Greater Lakes Rolling Pink Rally on Sunday, Oct. 4 from 10 to 11 a.m. The route will start and end at the Laconia Middle School and take a festive tour around Lake Opechee. In keeping with safety guidelines and socially distant protocols, the Society asks that participants do not get out of their car prior, during, or after the rally.

Participants, survivors, and the community are encouraged to deco-

rate their vehicles with past or present team banners and all things pink. T-shirts, signs, window paint, balloons, and more are encouraged to show your pink spirit and your commitment to the fight against breast cancer.

We need your help more than ever as the American Cancer Society has been impacted by COVID-19. Our ability to fund cancer research has been reduced in 2020 — our lowest investment this century if current trends continue. We can't allow progress to be put on hold because of the pandemic.

Funds raised through the Making Strides Against Breast Cancer movement enables the American Cancer Society to help cancer patients, a population vulnerable to COVID-19, to navigate their cancer

journey during a pandemic. The Society offers advice on coping with cancer treatment side effects, answers questions about health insurance and so much more. Donations fund a round-the-clock toll-free helpline, 800-227-2345, and live chat at cancer.org; support research into cancer's causes, cures and treatments; and promote education to reduce the risk of a diagnosis and to detect cancer as early as possible.

Register your team or donate today at www.MakingStridesWalk.org/GreaterLakesNH and follow us on Facebook for event updates at www.Facebook.com/GreaterLakesMSABC. For more information or to RSVP to the Rolling Pink Rally reach out to GreaterLakesNHStrides@cancer.org.

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CHOOSE LOVE

CONTINUED FROM PAGE A1  
of love and compassion. The process aims to deliver life skills that lead to happiness and healthy relationships.

The Choose Love Movement was inspired by six-year-old Jesse Lewis, a victim of the Sandy Hook Elementary School shooting who saved nine of his classmates. His mother, Scar-

lett Lewis, began this initiative in 2013 to foster thoughtful responses to daily challenges. The Choose Love Formula™ is Courage + Gratitude + Forgiveness + Compassion in Action = Choosing Love. The program is no cost to schools, and is applicable to children and adults alike. To date, two million people across 95 countries – including 3,830 schools – have participated in the Choose Love Movement.

Spaulding Academy & Family Services kicked off the program in July. Each of the four elements within the Choose Love Formula has an

associated eight-week curriculum. Spaulding Academy students have already completed the eight-week Courage unit and are now focused on the Gratitude module (Forgiveness and Compassion in Action will follow). The program is structured by grade level and flexibly designed, allowing for instructors to accommodate the various needs of students within Spaulding Academy’s special education, residential, and behavioral health departments.

The Choose Love Movement emphasizes open discussions, rein-

forcement through activities, and celebrating successes, and the organization is dedicated to incorporating the SEL program campus wide. While implementation may differ across the Spaulding Academy & Family Services campus, all children grades K-12 work toward an end goal. Beyond campus, families receive support to integrate the practices into their home lives when their child attends Spaulding Academy or receives community based services through Spaulding Family Services.

“The Choose Love

Movement is a powerful character education program that promotes emotional management through positive reinforcement,” explained Pat Seaward-Salvati, Admissions Director, Spaulding Academy & Family Services. “It nurtures intentional thoughtfulness and emotional intelligence, and will surely prove impactful to our students while they’re on campus – and throughout their lives.”

For more information about the Choose Love Movement, please visit [chooselovemovement.org](http://chooselovemovement.org).

FOOTBALL

CONTINUED FROM PAGE A1

receiver and corner back, Nate Beaumeister as a linebacker and Cooper Brown as a lineman on both sides of the ball.

Additionally, the squad is eager to welcome Isaiah Reese as a wide receiver in the new season.

“We have a great group of seniors returning who have started for three years and are eager to get back out on the field,” Marzahl said. “We are fast and athletic on the outside and look forward to using that to our advantage.

“Our linemen have been working extremely

hard this offseason and are becoming one of the strongest points on our team,” the Gilford-Belmont coach added. “We look forward to the challenges this season will bring and can’t wait to get started.”

The Golden Eagles will play games against St. Thomas, Kingswood, Kennett, Winnisquam and Plymouth in the shortened season.

The season officially begins on Saturday, Sept. 26, as Gilford-Belmont hosts St. Thomas at 2 p.m.

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

BEARS

CONTINUED FROM PAGE A1

you can’t define a season by the scoreboard,” said Belmont coach Adam Edgren. “In a way, I don’t mind losing early in the season, I think we can learn more from a loss than from a win.”

Malina Bohlmann got Newfound started in the first game, as the Bears got out to a 3-0 lead behind a solid hit from the sophomore. After the Raiders got on the board, she added another hit and the lead stretched to 5-1. A nice block from Belmont’s Isabella McDonald helped her team get within two at 5-3 but Newfound answered with a service ace from Emalie Ruiter and the Bears went up 7-3.

Belmont rallied to get within two but Newfound got the lead back to five and then stretched it to eight before McDonald made another nice play at the net for the

Raiders to get them back on the board.

A Bailey Fairbank ace pushed Newfound’s lead to 10 and they opened it up to 11 on a couple of occasions but a couple of nice hits from Belmont’s Kat Davies allowed the Raiders to stay alive. Ruiter and Alyzabeth O’Connell exchanged points at the net but a Bohlmann tip and two aces from Mikayla Ulwick gave the Bears the 25-12 win in game one.

O’Connell helped the Raiders early on with a hit but a pair of aces from Ruiter helped propel Newfound to a 5-1 lead. Bohlman had a hit and then added a service ace as the Bears opened the lead to 10-2. The Raiders got a couple more points but an ace from Danielle Walker and a hit from Fairbank continued to stretch the Newfound lead.

Mady Cryans had a nice hit for the Raiders and then Madeline John-

son added a service ace for the hosts, cutting the lead to 17-7. Fairbank helped the Bears continue to pull away with a hit and a service ace. Bohlmann sealed the victory with a big hit and Newfound had the 25-9 win and a 2-0 lead.

The third game saw Belmont get on the board first thanks to a nice dig from Lilly Carter and a hit from Davies kept Belmont in the lead. Bohlmann had a block for the Bears and Belmont’s 4-2 lead disappeared with a pair of Bohlmann aces. Fairbank found a nice spot for a hit and Bohlmann added another hit as Newfound stretched the lead out to 9-5.

Walker added an ace for the Bears and Paulina Huckins found a nice spot down the sideline. Fairbank chipped in a block and the lead went to 12-5. McDonald answered with an ace for the Raiders and Davies had a big kill as well.

Fairbank had a nice dig and Huckins added a pair of aces to help Newfound open the lead up to 18-8. O’Connell found a nice spot for a hit but Bohlmann had a hit and a nice tip and then Ulwick added an ace to seal a 25-9 win and the 3-0 victory for the Bears.

“This team gets along beautifully, they’re all super athletic, they all have a positive attitude and they’re all willing to do what it takes,” Fairbank said. “I just want to get through the season safe and healthy for them.”

While the Bears were

not required to wear masks, Fairbank told them that she recommended they wear them in the front line and she said that did take some getting used to for some of the girls, but they adjusted well.

“They’re having fun,” she said. “That’s a huge thing for me.”

“It’s great to be in the gym, they’re ecstatic to be on the floor,” said Edgren, who had his team practicing outside during the preseason. “They were better late in the match than early and they were gaining more confidence.

“It’s a challenge for any of us to be consistently confident when the scoreboard tells you you’re being beaten,” he continued. “But they’re still learning the system and the offense.”

Belmont will be back in action today, Thursday, Sept. 24, at Laconia at 5:45 p.m., will be hosting Plymouth on Monday, Sept. 28, at 6:15 p.m. and will be at Plymouth on Wednesday, Sept. 30, at 5:45 p.m.

Newfound will be in action today, Sept. 24, at home against Inter-Lakes, then has back-to-back games with Franklin, at home on Tuesday, Sept. 29, and on the road on Thursday, Oct. 1, with all matches scheduled for 6:15 p.m.

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

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# MARK ON THE MARKETS

## Realistic expectations



BY MARK PATTERSON

Whenever we invest our money in any kind of investment vehicle such as, stocks, bonds, real estate, or commodities, we typically have an expected return plugged into our brains based typically on past performance. I can relate to you about my early years as a stockbroker in the middle '90s. If I

had municipal bonds to offer, the yield to maturity was often between 4 and 6 percent tax-free to the client. Depending on the client's tax bracket, that could equate to a tax equivalent yield of eight or 10 percent. As a new broker I would call the fixed income desk at my firm and try to get new issue municipal bonds held aside for me to garner new clients. The municipal bond buyers were typically wealthier or mature clients compared to the typical equity or stock investors. When I did open an account with that equity or stock client, I would discuss expectations for returns in the market. Often times clients would tell me that the expected return was some-

where between 10 and 20 percent. Certainly, the 20 percent expectation was high, but the 10% return expectation was a minimum expectation for those equity(stock) clients.

Typically, the investor is using a benchmark of returns from the past to form their expectations of returns in the future. This is quite often unrealistic given interest rates and market returns over the last 15 years. Instead of benchmarks based on past market returns maybe we should think about the necessary return needed, that is reasonable in today's interest rate environment, that we require for our future income.

Between 1984 and 1999 the S&P 500 returned

nearly 18 percent per year including dividends. So my client back in 1995 who expected up to 20 percent was really just conditioned by what the markets were actually returning. The next 15 years, 2000 through 2015 the S&P 500 returned a little over 4 percent, including dividends. Today, the yield on the 10-year note is about seven tenths of a percent. In 1995, the yield on the 10 year note was about 6.5 percent.

If you are investing money today, just think about real returns in this interest rate environment and understand that equities or stocks are vulnerable to market volatility based on the fact that many investors and their advisors have

chased yield and have taken, in my opinion, too much risk for that reward.

An investment grade corporate bond portfolio may offer a yield and coupon of between 2 and 4 percent, depending on effective duration. If structured properly your advisor should be able to immunize the portfolio against interest rate risk compared to a bond fund, that is perpetual (no maturity date). I am not anti-common stock or equities; my intentions are to maximize returns and minimize risk and to structure a portfolio with purpose. The bond market reward vs risk ratio is not appealing now, so what do we do to create income and that return over and above

the expected return, known as "alpha?" I get it, stocks are much more exciting than bonds, so consider using some equity option strategies for income if you have the risk tolerance and understand the strategy, it is not for everyone! If you want information on this strategy, please contact my office.

Sharpe selloffs or elongated bear markets deplete our monetary and emotional capital. We potentially have some high volatility in our future as investors, so let us be mindful and alert to what is happening in our world!

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

# Comfort Keepers

## Signs of alcohol abuse in seniors

### Living with arthritis

BY MARTHA SWATS  
Owner/Administrator

#### Comfort Keepers

One in five adults suffer from arthritis, and the majority of these are seniors.

For those that live with arthritis every day, the symptoms can be a barrier to doing the hobbies they love. But with management strategies and lifestyle changes, many seniors find that they can continue the activities that bring them hope, purpose and joy.

For older adults to understand the stages of living with arthritis, it's helpful to talk about how the disease is identified, diagnosed and managed.

#### Signs and symptoms:

Generally, symptoms of arthritis can include any of the following: joint redness, swelling,

pain, stiffness, warmth, or difficulty with movement. Many people are familiar with arthritis of the hands and feet, but they don't always realize that it can affect any joint in the body. Anyone experiencing these symptoms should visit their physician.

#### Diagnosis:

When diagnosing arthritis, medical professionals will typically conduct a physical exam, and gather medical history and genetics information to help identify the type of arthritis. Blood tests and imaging may be necessary as well. While arthritis cannot be cured, it can be managed to limit the impact it has on seniors.

#### Strategies for arthritis management:

A physician can recommend arthritis man-

agement strategies and approve all plans to change or increase physical activity.

Lifestyle changes: Seniors with arthritis may need to stop performing certain activities, or limit them. Depending on the area of the body affected, some hobbies may become more difficult. However, planning ahead can be helpful – for example, having a stool to sit on in the kitchen can help seniors that want to cook but have difficulty standing for long periods of time due to arthritis pain.

Movement: For some types of arthritis, sitting or working in one position for too long can cause the condition to worsen. Moving, walking and stretching every 15 minutes can be helpful. For some, setting

an alarm as a reminder to prompt movement can be helpful. A doctor should be consulted before seniors begin any exercise regimen.

Weight – Maintaining a healthy weight can be helpful in managing arthritis. Excess weight can cause strain on joints, worsening the condition. Anyone concerned about this should consult their physician for exercise and diet recommendations.

Education and awareness are critical – seniors that may have arthritis, or have already been diagnosed, should engage their care team to develop management strategies.

Comfort Keepers®

#### Can Help

A care plan for arthritis can minimize the impact of the disease on a senior's life, and Comfort Keepers can provide support for a management program. Our caregivers remind clients to take medication, provide transportation to scheduled appointments, and support physician-prescribed exercise regimens and diets. As part of an individualized care plan, caregivers can also help with activities like cooking, cleaning and physical care. Our goal is to see that clients have the means to find the joy and happiness in each day, regardless of age or acuity.

To learn more about our in-home care ser-

vices, contact your local Comfort Keepers location today.

About Comfort 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.

## And the winners are...

TILTON — "In the 80 years of our existence, this year's Annual Members Show, was by far our best ever; we had a great number of artists and photographers participate and a big turnout by the public," said Pat Edsall, chairperson for the event.

"And, our special thanks to Erwin Motors for sponsoring this great event," she added.

There are first place winners in each of eight different mediums. Winners were selected by three professional judges. First Place, and Best of Show winner is Duane Hammond for his pastel painting; 'Drivers on the Storm'. First place in acrylics and winning 2nd Place in Best of Show – Robert Emory- 'Northwest of Mohegan' and 3rd place, Best of Show-Alison N. Smith-'Siamese'. First place in Digital Art awarded to Gerry Fagan- 'Blue Twirl,' Thomas Hitchcock awarded first place for his drawing- 'Hummingbird. In the mixed media category, first place and a

winner a third time is: Robert Emory- 'Rock Walkers at Pemaquid Point, Maine.'

First place winner in oil Painting is: Kathleen Miller-'Sentinel.' First place in photography-Sherwood Frazier-'Willing Workers Hall', and topping off the list of first place winners is a watercolor by Pat Edsall-'Magical Morning'. Cash prizes and ribbons were awarded to all winners.

President of the Lakes Region Art Association, Thomas Hitchcock, is proud to announce, "Not only do we have many other great works of art and photography on display along-side the winners, but the LRAA/ Gallery itself was selected as 'THE BEST' Gallery in the Lakes Region this year. "And that's just the beginning, we are growing with more new members, and providing instruction in drawing and painting as a teaching gallery too."

Anyone interested in learning how to draw, paint or how to become

a great photographer can come in and sign-up at the gallery during regular hours Thursday-Sunday 11 a.m. -7 p.m. For information on specific classes, call Tom Hitchcock for drawing classes 496-6768; call Pat Edsall for watercolor classes, 472-3733, and Acacia Rogers for acrylic painting classes, 965-5551. For information on membership, email: info@lraanh.org, or call the gallery: 998-0029.

Hitchcock concluded, "Future plans also include taking 'our show' on the road, set-up exhibits etc. at a wide variety of venues beginning in 2021."

The Lakes Region Art Association is a 501-C3 non-profit organization located in the Tanger Mall, 120 Laconia Rd., suite 132, Tilton. All art and photography is sold directly by the artist at wholesale pricing. There are no mark-ups or commissions included in the cost. All art is framed, ready to display.

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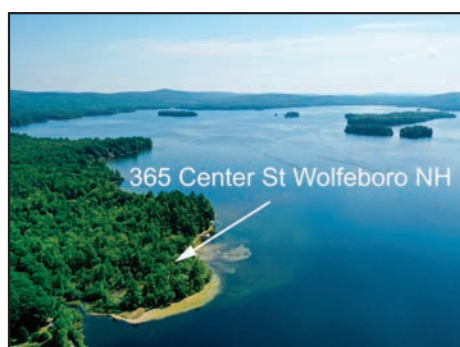
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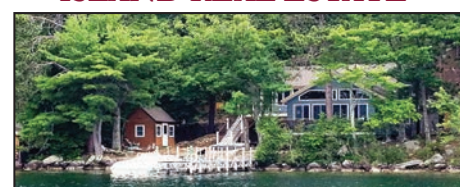
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All real estate advertising in this newspaper is subject to The Federal Fair Housing Law which makes it illegal to make, print, or published any notice, statement, or advertisement, with respect to the sale, or rental of a dwelling that indicates any preference, limitation, or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination.

(The Fair Housing Act of 1968 at 42 U.S.C. 3604(c))

This paper will not knowingly accept any advertising which is in violation of the law. Our readers are hereby informed, that all dwellings advertised in this newspaper are available on an equal opportunity basis.

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

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

You may also call The New Hampshire Commission for Human Rights at 603-271-2767 or write

The Commission at  
163 Loudon Road,  
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Civil Engineering company has a position open for an Engineering Technician with field experience and knowledge of land surveying. Licensed Land Surveyor or PE a plus. Must be well organized with attention to detail. On the job training during probationary period. Salary to commensurate with experience; attractive benefits package. Please email cover and resume to: [dsc@turnkey-homesolutions.com](mailto:dsc@turnkey-homesolutions.com)



### Precision Lumber Inc.

Immediate opening for full-time office personnel.

Applicants should have bookkeeping experience and knowledge of Microsoft Office. Applications available online at [www.lumbernh.com](http://www.lumbernh.com) or apply in person.



### Precision Lumber Inc.

576 BUFFALO ROAD, WENTWORTH NH 03282  
[WWW.LUMBERNH.COM](http://WWW.LUMBERNH.COM)  
 603-764-9450

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

**Buildings and Grounds Maintenance Workers**  
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**Front Desk Agents**

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



**WATERVILLE  
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### Town of Plymouth Recycling Center

#### Solid Waste Foreman Position Available

The Town of Plymouth Recycling Center is currently accepting applications for a motivated and flexible candidate who can perform semi-technical and heavy manual work associated with operation of solid waste and recycling.

This position consists of five, 8 hour days; supervising 3 Solid Waste Operators and managing day to day operations.

Wage: \$19 to \$22/hr. Based on experience and knowledge

Preferred five years of experience in Solid Waste Management and Recycling operations. Three years of managerial experience.

#### MINIMUM QUALIFICATIONS REQUIRED

Must be at least 18 years old. Experienced in the performance of heavy manual labor and equipment operation, regarding to Solid Waste. Must have a NH Solid Waste Facility Operator level 3 certification and NH weigh master license. Proof will be provided by applicant.

Please send resumes to the attention of Jessie Jennings, Solid Waste Manager, 6 Post Office Square, Plymouth, NH 03264, or drop it off at the Plymouth Recycling Center at 56 Beech Hill Road, Plymouth, NH 03264. Resumes can also be emailed to [recyclingmanager@plymouth-nh.org](mailto:recyclingmanager@plymouth-nh.org).

Position will remain open until filled.

## WHITE MOUNTAINS REGIONAL SCHOOL DISTRICT 2020-2021 School Year

*Professional & Support Staff*

### DISTRICT

**Human Resources/Payroll Manager**

**Registered Nurse** (Part Time 7 Hours daily, Mon/Tue/Thurs/Fri)

**Custodian** (3 positions- Part Time 20 Hours per week, may include Saturdays)

### LANCASTER ELEMENTARY SCHOOL

**Paraprofessional** (Part Time)

### WHITEFIELD ELEMENTARY SCHOOL

**Paraprofessional**

All applicants must apply on [SchoolsSpring.com](http://SchoolsSpring.com) *Paper applications will not be accepted.*

### ATHLETICS

**Athletic Trainer**

**Varsity Wrestling Coach (HS)**

**Varsity Boys Tennis Coach**

**Varsity Girls Basketball Coach**

*(positions are contingent upon COVID-19 status)*

(Contact Kerry Brady, AD, for application, etc. - 837-2528)

#### For further information, contact:

Stephanie Glidden, Adm. Assistant to the Superintendent of Scho  
 and to the Director of Student Services  
 White Mountains Regional School District  
 SAU #36  
 14 King Square  
 Whitefield, New Hampshire 03598  
 TEL.: 603-837-9363/FAX: 603-837-2326 Email: [sglidden@sau36.org](mailto:sglidden@sau36.org)

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# HELP WANTED

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

## MOULTONBOROUGH ACADEMY HELP WANTED

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



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## Cook Tri-County CAP Head Start Woodsville Area Program

Requires skills in cooking in quantity, the ability to manage food services, complete necessary records and work with young children and their families.

This is a full-time, 30.5 hrs./wk., but up to 40 wks./yr. position. Salary is \$ 10.92 /hr. Benefits package with paid school vacations and sick leave as accrued.

Interested candidates please apply with a letter of introduction, transcripts and resume post Resumes will be accepted until the position is filled.  
Tri-County Head Start, 610 Sullivan St., Berlin, NH 03570  
or email [sblanchette@tccap.org](mailto:sblanchette@tccap.org)

EOE



## Associate Teachers Tri- County CAP, Head Start 1 in Whitefield NH & 1 in Littleton NH

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

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

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

EOE

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

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

Shaker Regional School District is an equal opportunity employer.

## Framers and Laborers Wanted

Wallace Building Products is a successful and growing manufacturer of building products for the construction industry. We seek full-time Framers and Laborers to join our team in Danbury NH.

This position will work with other employees to build rough -framed walls for the construction industry in a shop environment. Framing experience is a plus, but we will train.

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

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### Yard Customer Service

This is a full time position in our Ashland Lumber yard. Duties include assisting customers and contractors locate and load materials, help receive incoming shipments and pick loads for delivery trucks. Fork lift experience preferred. Heavy lifting is required and excellent prior work history a must. Weekend hours required on a rotating schedule.

You may apply in person or download an application from our website. All applications should be submitted to:

Dan Uhlman, General Manager  
20 West Street, Ashland, NH 03217  
or you may email to [duhlman@belletetes.com](mailto:duhlman@belletetes.com).

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- Flexible Schedule
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• In this role, you are an integral part of our guest experience, on the front line interacting with our customers and vendors. We are looking for someone who has a helpful, positive attitude to be one of the friendly faces in our store. If you are motivated, on the ball, creative and comfortable working in a fast-paced environment please give us a call. We are holding a spot for you!

• Call Cindy at 603-253-9300, stop by and fill out an application or email your contact information to [cindy@greenescornermarket.com](mailto:cindy@greenescornermarket.com)

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### Lumber Counter

This is a full time position in our Ashland Lumber store. Duties include assisting customers and contractors with product selection and order entry. Minimum 2 years experience in the building industry. Basic computer skills required. Excellent customer service skills a must. Will be required to work some Saturdays and Sundays. Saturday hours 7:30 - 5:00 pm and Sunday 8:00 am to 2:00 pm.

You may apply in person or download an application from our website. All applications should be submitted to:

Dan Uhlman, General Manager  
20 West Street, Ashland, NH 03217  
or you may email to [duhlman@belletetes.com](mailto:duhlman@belletetes.com).

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to request us to email an application**



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**PART TIME WATCHMEN  
POSITIONS AVAILABLE**

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North Haverhill, NH 03774



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VACANCY**

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

**Qualifications:** Seeking applicants who hold Paraeducator II certification through the NH Department of Education (or eligible for certification). Must possess strong communication skills, have the ability to take direction and be able to understand and assist with instruction. The successful applicant must meet all required conditions of employment.

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**All applications should be submitted to:**  
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[ashley.dolloff@interlakes.org](mailto:ashley.dolloff@interlakes.org)  
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EOE

**PART TIME, ENTRY LEVEL / INTERNSHIP**

Civil Engineering company has a position open for an Engineering or Surveying Student. General knowledge of Land Surveying a plus. Must be well organized with attention to detail. On the job training during probationary period. Competitive salary or school credit. Send cover and resume to: [dsc@turnkey-homesolutions.com](mailto:dsc@turnkey-homesolutions.com)

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# Spaulding Academy & Family Services leases land to Tilton-Northfield Fire & EMS

**NORTHFIELD**—Spaulding Academy & Family Services (formerly Spaulding Youth Center) has leased 900 square feet of land to Tilton-Northfield Fire & EMS for the construction of a 120-foot tower to improve regional portable radio communication.

Located in Cutter-Wiggins Field in Northfield, the land was leased for one dollar. The lease is active for ten years with a 40- to 50-year extension option.

The newly installed and operational radio tower features a repeaterized system that re-

ceives and transmits radio signals between multiple antennas, allowing for transmittal at much longer distances. The system is expandable, and as weak areas are identified, additional receivers may be added to improve efficiencies.

“For years, we have struggled with dangerous gaps in radio communications due to terrain, technology, and radio frequency challenges,” explains Tilton-Northfield Fire & EMS Chief Michael Sitar, Jr. “This radio communications tower has greatly improved safety and responsivity for our residents and personnel. We are grateful to Spaulding Academy & Family Services, including its Board of Directors, for being such a generous community

partner.”

Previously, there were “dead” spots throughout the region, including within the public schools, when Tilton-Northfield Fire & EMS personnel used portable radios, which is the preferred communication device once they leave their vehicles. Unfortunately, radio signals from portable radios are not meant for communicating over longer distances and so can be ineffective. The repeater greatly increases the efficiency and effectiveness of the Tilton-Northfield Fire & EMS’ portable radio communications which provides significant positive impacts on overall communication in the field. Spaulding Academy & Family Services is centrally located in the Tilton-Northfield



Fire & EMS service area, and the land selected for the tower provides the elevation necessary to eliminate ineffective radio transmissions.

“We are pleased to support such an important community safety initiative,” shared Roger Bolduc, Support Services Director, Spaulding Academy & Family Services. “We invite other municipal agencies to access the location for their own radio communication needs, at no cost.”

The tower’s antennas are available for use by additional local law en-

forcement and municipal agencies that use radio communication, such as the Department of Public Works. These agencies may supply their equipment at the tower to improve their radio reception and are welcome to contact Bolduc at 286-8901 for details.

For more information about Spaulding Academy & Family Services and its comprehensive special education services, visit SpauldingServices.org. Tilton-Northfield Fire & EMS is online at [www.tnfd.org](http://www.tnfd.org).

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