

## Belmont girls play their way to Final Four

BY JOSHUA SPAULDING  
Sports Editor

**BELMONT** — The Belmont soccer girls played their way through soggy conditions to pick up a 3-0 win over Berlin in the Division III tournament on Thursday, Oct. 29.

Sierra Bourque started things off, finishing off a nice cross from Rebecca Fleming and Jada Edgren at the 12-minute mark.

Four minutes later, the Raiders struck again, this time with Kaily Gerbig making a nice feed ahead to Fleming, who got behind the defense and finished to the low corner for the 2-0 lead.

The final goal was scored by Gerbig in the 25th minute, giving Belmont a 3-0 lead at half-time and they held on through the rain to de-

feat the Mountaineers by that score.

“Scoring early was key as the weather conditions never stopped,” said coach Mark Dawalga. “Give Berlin credit, they never quit.”

The Belmont coach praised the work of Morgan Hall, Courtney Burke, Deanna Bourque and Quinn Jewell on defense while Emma Cochran and Maddie Lima

combined for the shut-out in net.

“Overall, a very good team win,” Dawalga said. “It is always good when everyone contributes for the win.”

Belmont moved on to play Gilford on Sunday in the Division III quarterfinals. And that one needed overtime.

Darci Stone got the

SEE **BELMONT**, PAGE A6

## Historic District Commission to present Sanbornton Square update



COURTESY

**The Sanbornton Historic District Commission will hold a public meeting via Zoom on Tuesday, Nov. 10, where Mae Williams, Architectural Historian/ Preservation Consult will provide a summary on the completion of her report “Update to Sanbornton Squarer\ Historic District Survey.”**

**SANBORNTON** — The Sanbornton Historic District Commission will hold a public meeting via Zoom on Tuesday, Nov. 10, where Mae Williams, Architectural Historian/ Preservation Consult will provide a summary on the completion of her report “Update to Sanbornton Square Historic District Survey.”

This project was financed in part with federal funds from the National Park Service, Department of the Interior, through the New Hampshire Division of Historical Resources. The grant for this work was awarded in 2019 and the final report was recently completed. The purpose of the survey is to provide up-to-date information on each of the ninety-four parcels within the current historic district and to formalize the district boundaries.

Since the Town of Sanbornton was established in 1770, the village of Sanbornton Square has served as the heart of the town. The Sanbornton Historic District (HDC) was established by vote of the town in 1964 and was listed on the Register of Historic Places in 1980. Sanbornton became a Certified Local Government in 1987. This latest project will enhance the resources available to the HDC in identifying significant contributing and non-contributing historical properties in the district. In addition, a major component of the work will be used to provide home and property owners with outreach and education. Especially for newer residents of the District, this presentation should improve their appreciation of their property’s role in Sanbornton’s history. Following her presentation, Ms. Williams will take questions. Completion of the survey project coincides with the 250th anniversary of the Town of Sanbornton,

A copy of the completed report will be available for viewing at the Town Office, the Sanbornton Public Library and kept as a as a referenced source for the Historic District Commission. A link to the report will be available through the HDC page on the Town’s website: [sanborntonnh.org](http://sanborntonnh.org) To join the Zoom meeting on Nov. 10 at 7 p.m. sign onto to ZOOM and enter meeting ID 880 9819 5211.

## Robert qualifies for Meet of Champions



JOSHUA SPAULDING

**Dylan Robert qualified for the Meet of Champions with his finish in the Division III State Meet.**

BY JOSHUA SPAULDING  
Sports Editor

**MANCHESTER** — The Winnisquam cross country team wrapped up the season on Saturday at the Division III State Meet at Derryfield Park in Manchester.

The Winnisquam boys finished in ninth place overall while the girls did not record a team score. Monadnock won the boys’ championship and Hopkinton took



**Faith Gosselin makes the final turn in Saturday’s Division III State Meet.**

the girls’ title.

For the boys, Dylan Robert led the way for Winnisquam with a time of 18:00 for 12th place overall. This qualified him for the Meet of Champions, which will be held on Saturday in Nashua.

Riley Mann was next for the Bears, finishing in a time of 18:52 for 32nd place and Evan Griffin finished in a time of 19:39 for 52nd place.



**Riley Mann runs during Saturday’s Division III State Meet in Manchester.**

Joey Damato was 60th overall with a time of 19:58 and Nathan Lavoie rounded out the scoring for Winnisquam with a time of 23:44 for 124th place.

Sheamus Dunn finished in 125th place in 23:55 to round out the field of Bears.

Faith Gosselin led the way for the Winnisquam girls, finishing in 19th place overall with a time of 21:47.



**Marguerite Parker runs for the Bears during Saturday’s State Meet at Derryfield Park.**

Marguerite Parker ran to 92nd place in a time of 31:12.

Robert will run in the Meet of Champions, which takes place on Saturday, Nov. 7, at Nashua South High School. The girls will run at 2:30 p.m. and the boys will follow.

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

## Prospect Mountain volleyball sweeps past Winnisquam

BY BOB MARTIN  
Contributing Writer

**ALTON** – The Prospect Mountain Timber Wolves took on the Winnisquam volleyball team in the preliminary round of the Division 2 state tournament last week, and while the Bears were able to stay in the match, Prospect Mountain walked away with a 3-0 win.

The Bears were coming off a three-set victory over Laconia in the first round and the Timber Wolves were the top seed in the tournament region with a record of 7-3. While the Bears were only 5-6 in the regular season, Winnisquam has been known to win in big situations as the team was a perennial powerhouse squad in Division 3 for about a decade. Both teams battled hard throughout the match, but the Timber Wolves were able to hold on for the victory to take on another perennial contend-



BOB MARTIN

**JIANA KENERSON of Prospect Mountain goes up for a block against Delaney Skourtis of Winnisquam in action last week.**

er in Gilford.

The first set was very even to start with the teams tied up 5-5 before the Timber Wolves went on a four-point run to go up 9-5. Prospect Mountain was able to keep the Bears at bay the rest of the way through and despite a late surge by

Winnisquam, was able to come away with a 25-21 win.

The second set was back and forth between both teams, and it could have been anyone’s game to win. The Bears and Timber Wolves were tied at 18-18 and 20-20, but down the line Prospect

Mountain was able to put things away thanks to strong play by senior Julia Leavitt, who was commanding with her spike kills all night. The Timber Wolves came away with a 25-21 second set victory.

SEE **VOLLEYBALL**, PAGE A6



# Gunstock announces Belknap County Days

GILFORD — Gunstock Mountain Resort has announced its Belknap County Days for the Winter 2020-21 Season. Belknap County Days give residents added perks and discounts when they bring proof of Belknap County residency to the mountain.

For the 2020-21 ski season, Belknap County Days will be Oct. 30 & 31, Nov. 28, Dec. 13, Jan. 10, Feb. 27 and ending with March 11 & 12.

On Saturday, Nov. 28, Ski & Sport is open for “Black Friday Discounts” with 10 percent off for Belknap County residents with proof of residency. We are also offering a tour of Children’s Learning Center so residents can ask questions to the staff. Residents can also check out our Snowcat and enter a raffle to ride a snowcat during the winter.

As the season progresses, we will be announcing additional Belknap County days and special offers.



COURTESY

## Bank of New Hampshire welcomes Daniel Brown as Chief Financial Officer

LACONIA — Bank of New Hampshire is pleased to announce that Daniel Brown has joined the Executive Management Team as Executive Vice President - Chief Financial Officer.

In addition to decades of experience in the financial industry, Brown brings 18 years of executive management expertise and a highly anticipated perspective that

will serve Bank of New Hampshire well. He has had countless successes with streamlining operations and improving workflows. His involvement with strategic transformations and

initiatives through innovative solutions will be especially utilized as the bank embarks on a new decade.

Brown received a Bachelor of Science degree in Statistics from the

University of Western Ontario, London, Ontario. He is both a Chartered Accountant and a Certified Public Accountant, both designations being received at the Institute of Chartered Accountants of Ontario. Brown is also a graduate of the Advanced Management College at Stanford University. He is also an engaged community member, having involvements with United Way, Youth Hockey Associations, the Canadian Cancer Society, and tax clinics.

At Bank of New Hampshire, Dan will be responsible for the bank’s financial plans and policies, overseeing the functions of accounting, budgeting and tax treasury, as well as the bank’s investment portfolio, accounting, and financial management functions. He will report directly to the bank’s Chief Operating Officer, Christopher Logan.

“Dan is going to be an incredible asset to the bank,” Logan said. “We are thrilled to bring him on board and look forward to seeing how his unique experiences will enhance Bank of New Hampshire as a whole. I’m eager to see the successes that come from adding his skillset to an already outstanding



Daniel Brown

executive management team.”

Dan will work out of the Laconia office at 62 Pleasant St. He can be reached at brown@banknh.com.

Bank of New Hampshire, founded in 1831, provides deposit, lending and wealth management products and services to families and businesses throughout New Hampshire and southern Maine. With 23 banking offices throughout New Hampshire and assets of nearly \$2 billion, Bank of New Hampshire is the oldest and one of the largest independent banks in the state. Bank of New Hampshire is a mutual organization, focused on the success of the bank’s customers, communities and employees, rather than stockholders. For more information, call 1-800-832-0912 or visit [www.BankNH.com](http://www.BankNH.com).

COURTESY

## Hear the Silver Bells ringing at Tanger craft fair



Don’t miss the Silver Bells Arts & Crafts Fair on Nov. 7-8 at Tanger Outlets, 120 Laconia Rd., Tilton. Do your holiday shopping early with American artists & crafters! There will be more than 80 fabulous arts & crafts exhibitors including cedar wood creations, aerial Lakes Region photography, sheepskin handmade products, handpainted

stemware, nuts & bolts art creations, leather jewelry, handpoured soaps, soy candles, hand-knitted items, various jewelry styles, home decor, resin window art, children’s items, pandemic masks, handcrafted wooden spoons, kettle corn, recycled wool mittens/scarves, towels & quillows, specialty coffees, gourmet honey, handcrafted pocketbooks, & lots more!!! Rain or Shine Outside Under Canopies! Please social distance! Mask Required! Friendly, Leashed Pets Welcome! Outside Under Canopies. Rain or Shine. For more information, call Joyce at 528-4014. Take I-93 Exit 20 & Go Left at Lights - See you there!



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**Salmon press**



# Martin & Lewis declare war on LRPA this weekend

LACONIA — Join Lakes Region Public Access Television at 10 p.m. this Friday and Saturday night (Nov. 6 & 7) for our LRPA After Dark presentation of 1951's musical comedy "At War With the Army," starring the classic comedy team of Dean Martin and Jerry Lewis.

Sergeant Victor Puccinelli (Martin) and Private First Class Alvin Korwin (Lewis) serve in the U.S. Army during WWII. Before enlisting, they were best friends and partners in a nightclub song-and-dance act. Since enlisting and serving on the same base, they tend to get on each other's nerves. Puccinelli, a suave ladies' man, is good at his boring, paper-pushing desk job, but dreams of being transferred to active duty overseas. His CO has no intentions of letting him leave, planning instead to commission him as the company's Warrant Officer. Korwin is a lovable goofball who works in the mess hall but can't do anything right. Everything he touches turns to disaster. He's on K.P. duty as a result of his incompetence. Korwin begs for a weekend pass to visit his wife, but can't seem to catch a break. Things are further complicated by Puccinelli's love life, which is in a constant whirlwind, plus the fact that Korwin wants his old partner to rehearse for a USO show and also to record a song they have co-written and, much to Puccinelli's chagrin. Will Puccinelli get to see active duty? Will Korwin get to see his wife back home? Most importantly, will the guys get together and put on the show?

Dean Martin and Jerry Lewis made 16 movies together over the span of their careers. "At War With the Army" was their third movie, but their first starring vehicle. Their roles in this film, as in all of their movies, follow typecasting: Martin as the handsome Romeo, Lewis as the luckless jokester. "At War With the Army" has everything that you'd expect from a Martin and Lewis movie: loads of wonderful slapstick moments, as well as songs, shtick, crazy mix-ups and zany antics, and even a spoof of Bing Crosby and Barry Fitzgerald in "Going My Way." This was vintage Martin and Lewis, before egos and jealousy broke up their legendary act. If it sounds like fun, then grab your popcorn and meet us after dark for this wacky sendup of Army bureaucracy.

You can't find television like this it anywhere but LRPA TV, Atlantic Broadband Channel 25. Not a subscriber? Then watch us online at live.lrpa.org to catch all the fun.

About Lakes Region Public Access Television (LRPA)

Lakes Region Public Access Television (LRPA) is a nonprofit, non-commercial public access TV station and community media center located on the Laconia High School campus in Laconia, NH. LRPA cablecasts locally on Atlantic Broadband Channel 24 (educational programming and public bulletin board), Channel 25 (information and entertainment) and Channel 26 (government meetings) to more than 12,000 homes in our member communities of Belmont, Gilford, Laconia, Meredith and Northwood. Programming is produced by and for the people of the greater Lakes Region. LRPA's mission is to empower our community members to produce content that fosters free speech and the open exchange of ideas, encourages artistic and creative expression, promotes a well-informed public through governmental transparency, and unites our communities through the power of media and technology. LRPA's slogan: Community empowered by media. Visit us on the Web at [www.lrpa.org](http://www.lrpa.org).

# Independence Financial Advisors elevates Pam Hannan to Senior Vice President



Pam Hannan

FRANKLIN — Independence Financial Advisors is pleased to announce the promotion

of Pamela L. Hannan to Senior Vice President.

Hannan joined IFA in 2002 and has over 18 years of experience assisting clients with developing financial plans along with managing their investment needs. Located at our corporate office in Franklin, she holds multiple licenses and certifications to include Series 6, 63 and 65, as well as a life and health insurance license.

"Pam joined IFA when

Franklin Savings Bank acquired the company in 2002," commented Mike Ventura, IFA President & CEO. "Her passion and commitment to assisting our clients with developing and managing their investment portfolios along with cultivating new client relationships is truly remarkable. The IFA team extends our congratulations to Pam on this well-deserved recognition."

Hannan resides in Bristol with her hus-

band. She also has two daughters and four grandchildren. Locally, she is a member of Franklin Business & Professional Women (BPW), Franklin Regional Hospital Women's Auxiliary, Franklin Cemetery Association, and is a member of the Board of Directors of Peabody Home. In 2010, Hannan was honored with a "Woman of Achievement" award from Franklin BPW.

Since 1995, Inde-

pendence Financial Advisors, LLC has assisted clients with developing and managing their wealth management strategies. A wholly-owned subsidiary of Franklin Savings Bank, IFA's advisory team has over 200 years of combined experience helping individuals, families, businesses and non-profit organizations achieve their financial goals. In addition, we have formed partnerships with recognized experts in tax law, estate law, ac-

counting, insurance and investment resources, offering an unbeatable team of highly qualified professionals to provide guidance and assistance throughout all stages of life. IFA has offices in Bedford, Boscawen, Bristol, Franklin, Gilford, Goffstown, Merrimack, and Rochester.

To learn more about Independence Financial Advisors, visit [www.ifa-nh.com](http://www.ifa-nh.com) or call 1-800-821-1776.

# Farm to School program welcomes new intern

LACONIA — Farm to School in the Lakes Region is pleased to welcome Sara Murphy, a University of New Hampshire (UNH) Dietetic Intern, to the program as part of her New Hampshire Farm to School community nutrition experience.

Murphy will be providing in-class education at Holy Trinity School in Laconia, utilizing the New Hampshire Harvest of the Month program as well as offering professional development to teachers on the use of school gardens as classrooms. At the Southwick School in Northfield, she will be

working with educator Brian Winslow and food service director Rob Cohen to help plan for greenhouse food production and connect with farmers to bring more local foods into their school meal programs.

The Farm to School program is designed to create opportunities to bring locally grown foods into the school environment coupled with a student friendly exposure to the connections bridging farming/gardening, nutrition, and making healthy food choices. Farm to School in the Lakes Region is coordinated by Lisa Morin of the Belknap Coun-

ty Conservation District in partnership with several local organizations and agencies. If you are interested in learning more about Farm to School in the Lakes Region or want to get involved, please contact Lisa Morin at [lisa.morin@nh.nacdn.net](mailto:lisa.morin@nh.nacdn.net) or telephone 527-5880.

For more information on the Farm to School program at Holy Trinity School, visit their Web site,

<https://www.holytrinitynh.com/index.php/about-us/farm-to-school-program>.



COURTESY

Sara Murphy, UNH intern working with Farm to School in the Lakes Region, is intrigued by the hydroponic experiment to grow lettuce at Southwick School, Northfield.

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“There are many kinds of strength”

On Nov. 22, 1963, President John F. Kennedy was en route to give a speech in Dallas, Texas. He was assassinated before reaching his destination. Already written, was a speech he was to deliver at the event.

Here we are 57 years later, reading his words that call for unity and peace. We have taken portions of out due to space, however our hope is that this decades old speech will translate into 2020.

The speech reads as follows:

“This Nation’s strength and security are not easily or cheaply obtained, nor are they quickly and simply explained. There are many kinds of strength and no one kind will suffice.

“Ignorance and misinformation can handicap the progress of a city or a company, but they can, if allowed to prevail in foreign policy, handicap this country’s security. In a world of complex and continuing problems, in a world full of frustrations and irritations, America’s leadership must be guided by the lights of learning and reason — or else those who confuse rhetoric with reality and the plausible with the possible will gain the popular ascendancy with their seemingly swift and simple solutions to every world problem.

“There will always be dissident voices heard in the land, expressing opposition without alternative, finding fault but never favor, perceiving gloom on every side and seeking influence without responsibility. Those voices are inevitable. But today other voices are heard in the land — voices preaching doctrines wholly unrelated to reality, wholly unsuited to the sixties, doctrines which apparently assume that words will suffice without weapons, that vituperation is as good as victory and that peace is a sign of weakness.

“We cannot expect that everyone, to use the phrase of a decade ago, will ‘talk sense to the American people.’ But we can hope that fewer people will listen to nonsense. And the notion that this Nation is headed for defeat through deficit, or that strength is but a matter of slogans, is nothing but just plain nonsense.

“Above all, words alone are not enough. The United States is a peaceful nation. And where our strength and determination are clear, our words need merely to convey conviction, not belligerence. If we are strong, our strength will speak for itself. If we are weak, words will be of no help.

“I have spoken of strength largely in terms of the deterrence and resistance of aggression and attack. But in today’s world, freedom can be lost without a shot being fired, by ballots as well as bullets. The success of our leadership is dependent upon respect for our mission in the world as well as our missiles — on a clearer recognition of the virtues of freedom as well as the evils of tyranny.

“Finally, it should be clear by now that a nation can be no stronger abroad than she is at home. Only an America which practices what it preaches about equal rights and social justice will be respected by those whose choice affects our future. Only an America which has fully educated its citizens is fully capable of tackling the complex problems and perceiving the hidden dangers of the world in which we live. And only an America which is growing and prospering economically can sustain the worldwide defenses of freedom, while demonstrating to all concerned the opportunities of our system and society.

“My friends and fellow citizens: I cite these facts and figures to make it clear that America today is stronger than ever before. Our adversaries have not abandoned their ambitions, our dangers have not diminished, our vigilance cannot be relaxed. But now we have the military, the scientific, and the economic strength to do whatever must be done for preservation and promotion of freedom.

“The strength will never be used in pursuit of aggressive ambitions — it will always be used in pursuit of peace. It will never be used to promote provocations — it will always be used to promote the peaceful settlement of disputes.

“We, in this country, in this generation, are — by destiny rather than by choice — the watchmen on the walls of world freedom. We ask, therefore, that we may be worthy of our power and responsibility, that we may exercise our strength with wisdom and restraint, and that we may achieve in our time and for all time the ancient vision of ‘peace on earth, good will toward men.’ That must always be our goal, and the righteousness of our cause must always underlie our strength. For as was written long ago: ‘except the Lord keep the city, the watchmen waketh but in vain.’”



RC GREENWOOD

Playoff win

The Winnisquam volleyball team took on Laconia in the opening round of the Division II tournament and came through with the victory. The Bears moved on to play Prospect Mountain. See the separate story.

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 sixties’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 have voted on Nov. 3. In doing so I was voting for an Amer-

ica 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!

LETTERS TO THE EDITOR

Granny D’s wisdom is still pertinent

To the Editor:

Just had a journey down memory-lane, reading a new book’s draft - Doris “Granny D” Haddock’s speeches given as she walked 3,000-plus miles from CA to D.C. speaking for campaign finance reform when she was 89 and 90 (1999-2000). My draft is by way of group-sharing the editing task. I had assigned pages. I loved hearingGrannyDagain.

Sentences speak to me during our election-time now: “Fairness and leadership are everything to the life of democracy”

(p. 46) “Where are our leaders and our representatives at this critical moment, when the shape of our economy and our jobs are in the balance, and when the health of our environment is in the balance, and when everything to do with fairness and equality that Dr. King and so many others lived and died for are in the balance? ...They are sold and gone, I fear. Sold and gone. The lobbyists in Washington spend millions per month for their attention, and you know where that leaves you and me, don’t you?” (p. 47) “The biggest

problem with the current campaign finance system is that we can no longer trust our elected leaders. We don’t know if they are making decisions for the right reasons, or for corrupt reasons. We have our suspicions, and suspicions alone are deadly to a democracy.” (p. 49)

From her speech collection’s last pages that I like: “We could, after all, stop illegal immigration by improving economic conditions in Latin America....” (p. 158) I lately read travel writer Paul Theroux’s “On the Plain of Snakes,”

about his recent road-trip along both sides of our Mexican border. He clarifies that it was our NAFTA that changed so drastically the economies of Mexico and Central America, driving small farm families into poverty and changing everything. Forcing families to have to leave and head north avoiding exploitation and money-incentivized gangs along the way. USA leadership strong on foresight (and humanity) is what we really need.

Sincerely,  
LYNN RUDMIN CHONG  
SANBORNTON



# Belmont runners wrap up season in Manchester

**BY JOSHUA SPAULDING**  
Sports Editor

**M**ANCHESTER — The Belmont cross country team ran with the best of Division III during Saturday's state championships at Derryfield Park in Manchester.

The Belmont boys finished in 16th place overall while the Raider girls did not have enough runners to record a team score. Monadnock won the boys' title and Hopkinton took the girls' championship.

Jared Whitcomb led the way for the Belmont boys, finishing in a time of 19:52 for 57th place.

Micah Edgren was next, finishing in a time of 20:18 for 68th place and Chris Pare finished in a tie of 20:46 for 81st place overall.

Baidyn Lewis finished in a time of 21:16 for 87th place and Evan Christensen rounded out the scoring for Belmont with a time of 21:42 for 92nd place.



**Aurora Coutu led the way for the Belmont girls in Saturday's Division III State Meet.**

Brandon Robichaud finished in 97th place with a tie of 21:58 and Cody Annis rounded out the field of Raiders with



**Jared Whitcomb runs with the pack in action at Derryfield Park in Manchester on Saturday.**

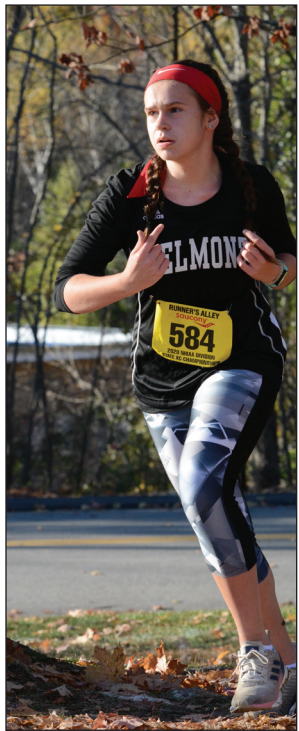
a time of 24:03 for 126th place.

Aurora Coutu led the way for the Belmont girls, finishing in 26th



**Chris Pare makes the final turn in Saturday's Division III State Meet.**

DeFrancesco finished in a time of 27:02 for 74th place to round out the field of Raiders.



**Emilie DeFrancesco heads for home during the Division III State Meet Saturday.**

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

## Newfound pushes past Belmont in playoff opener

**BY JOSHUA SPAULDING**  
Sports Editor

**B**RISTOL — This most unusual of volleyball seasons started with Belmont and Newfound meeting up back in mid-September in Belmont.

More than a month later, the Division III post-season started with the same two teams meeting again, this time in Bristol.

Belmont made the trek to take on Newfound on Monday, Oct. 26, and the host Bears took care of business, finishing with a 3-0 win, 25-13, 25-8, 25-12, to advance in the Division III tournament.

"We knew they'd be a better team than they were the first game," said Newfound coach Amy Fairbank. "It was a strong win for us back then, but we wanted to make sure our heads were in it today."

"We don't have the depth to fill in for an injury," said Belmont coach Polly Camire. "They girls played hard and we got great leadership from our seniors."

Malina Bohlmann got the first set started with a kill for Newfound and Belmont came back and tied the set at one and again at two. A Bailey Fairbank tip gave Newfound a 3-2 lead and they didn't look back.

to a 6-0 lead in the second set, with Bohlmann tipping the ball over for the first point and Huckins contributing a service ace. Belmont got on the board with a point but the Bears got the next three points, including two hits from Bohlmann to put the lead to 9-1.

After another Belmont point, Ruiter had a point and then added a service ace for an 11-2 lead. Davies answered with a hit for the Raiders. O'Connell also added a hit and a service ace, cutting the lead to 13-7.

Fairbank and Huckins added hits for the Bears as they increased the lead out to 20-8 and then Fairbank helped close out the 25-8 win with a service ace.

Bohlmann had an early hit for Newfound but Belmont got out to a 3-2 lead in the third set. Fairbank tied the set at three and then Newfound took the lead and didn't look back. Bohlmann added a service ace and Huckins added a hit as the Bears pushed the lead to 12-4. Davies answered with a hit for the Raiders but Ruiter and Huckins came back with kills for the hosts. Bohlmann drilled another point for the Bears and then Madeline Johnson answered with a hit for the Raiders to make it 20-7.

Newfound was able to pull away and finish out the 25-12 win and the 3-0 victory.

"Belmont covered the court well, we had to move the ball around to score," said Fairbank. "Emalie had a really solid game."

The Bears were moving on to play Moultonborough, who they saw just a week earlier.

"We just saw them, it was a pretty solid match for us and we're looking to do the same thing," Fairbank continued. "We might change some things up if we go further, but for now, it's working."

"The whole schedule we had was tough all year," Camire said. "I am happy they got a season, happy they got to play. Just wish it could've ended better."

"It was good for the younger players to get that experience," the Raider coach added.



**Belmont's Lilly Carter goes to the net against Madison Perry of Newfound in playoff action last Monday.**



**Mikayla Ulwick of Newfound goes up to put a ball over the net against the pressure of Isabella McDonald.**

Belmont followed with a couple of aces and Newfound stretched the lead to 7-2 before a hit from Kat Davies got Belmont back on the board. The Bears were able to open the lead up to 12-5 and added a couple more points, including a kill from Bohlmann, pushing the lead to 14-7.

Belmont got a hit from Alyzabeth O'Connell but Bohlmann answered with another hit. Belmont closed the gap to 15-11 before a nice tip at the net from Madison Perry got Newfound back on track.

Paulina Huckins added a kill and Fairbank followed, with Shyann Seymour chipping in a service ace as the Bears opened the lead to 22-12. Fairbank and Emalie Ruiter closed out the set with a couple of hits and Newfound took the 25-13 victory.

Newfound jumped out

Newfound moved on to play Moultonborough and picked up a 3-0 win over the Panthers, 25-17, 25-11, 25-19.

"The girls played very fluidly and we tried some new things in our rotation to keep moving forward," Fairbank said. "It was a good look at ways to make us stronger."

Fairbank had 17 kills and Bohlmann chipped in with six, while also adding two blocks and two service aces. Ruiter had 26 digs to lead the team.

Newfound then went on to beat Franklin in the quarterfinals to earn a trip to the Division III semifinals.

The semifinals were Monday, Nov. 2 and the finals are Saturday, Nov. 7.

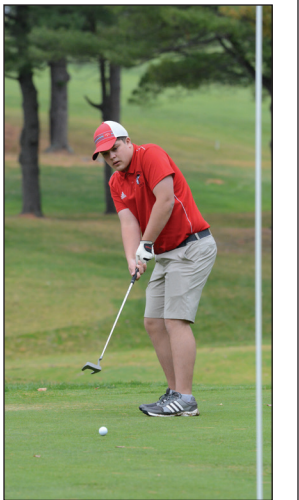
### Raider golfers




**Jackson Ruelke led the way for the Belmont golf team in the Division III State Meet on Oct. 20.**



**Eamonn Kelly was second amongst Belmont golfers on Oct. 20 at Derryfield Country Club.**



**Miles Miller was Belmont's third golfer at the Division III State Meet at Derryfield Country Club on Oct. 20.**



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**Edward Jones: Financial Focus**

**Protect Your Family from Long-term Care Costs**

Like everyone, you want to remain physically and financially independent throughout your life. But if you lose some of this freedom, the last thing you'd want is to become a burden on your family. How can you keep this from happening?

First of all, you need to be aware of the risk. Someone turning 65 today has almost a 70 percent chance of eventually needing some type of long-term care, according to the U.S. Department of Health and Human Services. Of course, this doesn't necessarily mean that you face that 70 percent likelihood. In reality, you have either a zero percent chance of requiring long-term care (you'll never need it) or a 100 percent chance (you'll definitely need it). Nonetheless, if you think you've got that zero percent chance, you're taking a gamble – and it could be a big one, because long-term care is expensive. The median annual cost for a private room in a nursing home is over \$102,000, according to Genworth, an insurance company. Other long-term care services, such as those provided by a home health care aide, also don't come cheaply. Furthermore, you can't count on Medicare paying all these costs – in fact, it would probably only cover a small portion of a nursing home stay and provide limited assistance for home health care. So, if you were financially unprepared for the expense of long-term care, the burden might fall on your loved ones. This could be a big financial challenge, in two ways. First, if a family member had to become your caregiver, this individual might have to abandon a career, or at least substantially reduce their working hours. Not only would this result in a loss of income, but it could also lower the amounts that could be contributed to a 401(k) or similar employer-sponsored retirement plan.

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Second, if your family members couldn't leave their jobs or cut back on their hours, or they were simply unable to provide the type of long-term care you need, they might be forced to pay for a nursing home stay or home health care worker out of pocket.

To avoid these outcomes, you have a couple of options:

- Self-insure – You could conceivably "self-insure" against the costs of long-term care by devoting a portion of your investment portfolio specifically to this purpose. However, if at some point you require admission to a nursing home, it may require a significant commitment of your resources.
- Purchase protection – Over the past decade or so, there's been an increase in the types of long-term care protection vehicles available. These instruments vary widely in cost and in what they cover, but by choosing a protection option, you may greatly lower the financial risk you might face. By consulting with a financial professional, you should be able to find an arrangement that's appropriate for your situation. Preserving your financial independence and helping protect that of your family should be a key financial goal. And you can make progress toward accomplishing this by recognizing the potential cost of long-term care and taking steps to deal with it.

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North Country Notebook

What would we do if carcajou was part of the scene today?



By JOHN HARRIGAN  
COLUMNIST

Every now and then, wolverines appear at the table. Well, not actually, just in conversation. Someone says, “So what about wolverines?” and we’re off.

The thing is, nobody seems sure just who or what else was living here when there might have been wolverines around. The first Europeans were lousy at differentiating among species, and tended to call all things large and threatening “wildcats.”

Well, all right, the French were better at noticing differences, or at least listening to the local Abenaki. “What is it that you call that outrageous animal over there?” a nobleman might have asked, holding hanky to nose. “That...creature.”

“Carcajou,” came the reply, perhaps with disgust. The French, being French, searched for just

the right word, “glutón.” It almost sounds what it means, “glutton.” The wolverine is known for eating all it can, and spraying the rest.

Scientists say the most recent glaciers ground their way south around 15,000 years ago, and then melted back north. It was perhaps a two-thousand-year process. So much of Earth’s water was locked up in ice that sea levels dropped, exposing a land bridge between Asia and North America.

All sorts of northern and glacial-fringe species were cavorting around the landscape during the advance and retreat of the glaciers, including wolves and caribou. We most certainly had the wolf and the caribou here. It’s not a wild stretch to imagine the wolverine too.

The problem with oral tradition of the Abenaki who lived (and still live) where the sun rises, the People of the Dawn Land, is that oral tradition is often not specific to a region. This is no surprise, with such a far-reaching nation and dialect as the Abenaki.

Then there are the Jesuits, who were sending missionaries south into

the headwaters of our rivers before we even knew what was north of our settlements. If they had missions in the upper reaches and even main stems of other northern New England rivers, why not the Connecticut too? Robert Rogers was said to have built Fort Wentworth on the ruins of an old mission. Is there anything solid to that?

So we don’t even know what was lost. There may have been a strong oral tradition. There may have been a mission. There may have been mention of carcajou in the Jesuit Relations, which would give it a where and when. If so, it all had to survive what happened to archeological evidence and to the first people after first contact---dislocation, fragmentation, disease, clash of cultures and religions, blending of tribes, harsh climate and acidic soils.

If carcajou was really here, on the fringe of the ice and beyond, part of our wildlife mix for centuries, history has so far hidden the truth.

Absent a strong oral tradition, the proof would be a claw, a tooth, a bit of paw or fur, accompanying reliably



COURTESY

Did wolverines once prowl New Hampshire’s landscape? Only slowly revealed evidence from the past (bones, claws, teeth, or oral history) will tell. (Courtesy Canadian Wildlife)

dated material. In the Northeast, that usually means charcoal found undisturbed, in reliably dated strata. What are the odds?

Well, wait a minute--I told myself the same thing about Lewis and Clark. But whenever I finished the latest book incorporating the latest finds of journals or fire-pits or post-holes or bones, some other new discovery would surface and become the news of the day--an old diary found in an attic trunk, a bit of bone beside a fire kindled long ago.

If you’re looking for flights of fancy on wolverines, don’t look to He-

lenette Silver, who wrote and compiled the landmark book “History of New Hampshire Game and Furbearers” (1957). This book is long out of print, by the way. If you bump into one, scarf it up.

Now, of course, I wish I’d asked Helenette Silver about wolverines. But the arrival of coyotes and the ongoing mystery of the Ghost Cat (mountain lion, cougar, catamount, puma) were the camp and kitchen table talk of the times.

Helenette’s no-nonsense mention of the wolverine would suffice today. She pored over dozens upon dozens of

individual town and regional histories during her research, and talked with farmers, loggers, game wardens, and trappers.

“The panther, Felix concolor, is a beast of many names...sometimes known locally as ‘Indian Devil’ or ‘carcajou,’ she wrote, adding that “under such appellations it is confused with the wolverine, which may have never existed in the state.”

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

VOLLEYBALL

CONTINUED FROM PAGE A1

Winnisquam stumbled out of the gate in the third set, dropping the first five points and giving Prospect Mountain a key advantage. Winnisquam managed to turn things around and tighten up the match late, with the Bears down by only one point at 19-18, but Prospect Mountain cruised the rest of the way to take a 25-19 victory and take the victory.

Prospect Mountain was led by Leavitt, who has continued her strong play with a game high 17 kills to go with four aces. Setter Allie Stockman had 31 assists on the night and eight digs.

Prospect Mountain coach Scott Hutchins was happy with the way the team played, and said he is confident in the team to be able to make a major push toward a championship this season. He knows that the path goes through Gilford, which is a team that has constantly been in the mix for the state title, but Hutchins hopes the momentum can push



PROSPECT’S Sophia Bean tries to block a hit by Kayla Briere of Winnisquam.

the team forward.

“Julia had a fantastic game and Allie is so steady,” said Hutchins. “Another who kept us in the game was Lindsey McCullough, who made some nice digs and plays. They were spot on tonight. They made some plays in critical points.”

Hutchins said the

team is ready for Gilford and hopes the team can build off what it learned from its loss earlier in the season.

“They are a phenomenal program,” Hutchins said. “Are we the underdogs? Sure. But, I think we can definitely win.”

Winnisquam was led by Delaney Skour-

tis with eight kills and Emma Richardson with seven kills. Richardson also had 17 digs in a nice defensive effort. Ariana Williams had 17 assists on the night.

Winnisquam coach Kevin Archibald, who just wrapped up his first season as the helm for the Bears, was proud of

the way his team played despite the loss.

“We were right there the whole and I liked to see us put pressure on them, but unfortunately it wasn’t our night,” Archibald said.

Prospect went on to fall to Gilford in the quarterfinals by a 3-0

score. In that match, Leavitt had 12 kills and 13 digs while Stockman had 20 assists and seven digs. Ella Misiaszek had two service aces and seven digs while Sophie Sarano added 10 digs.

BELMONT

CONTINUED FROM PAGE A1

scoring started in the first two minutes but Gilford came back and tied the game early in the second half. From there, the two teams went back and forth, with both squads getting chances to take the lead but neither team could find the back of the net.

The Raiders were able to score two minutes into overtime as senior Morgan Hall scored on an assist from Molly Sottak on a corner for the 2-1 win.

“Gilford is a very well-coached team and it came down to overtime, where we were able to make one more play today for the win,” Dawalga said. “Very happy with the team effort overall today. It really too everyone and to the kids’ credit, they were able to get it done.”

Cochran and Lima combined for the win in net. Belmont will be playing at Hopkinton in the Division III semifinals today, Nov. 5, at 3 p.m.

The Belmont boys also faced Gilford in the quarterfinals and dropped a 1-0 decision to the Golden Eagles on Saturday.

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

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# Gunstock announces winter operation plans

GILFORD — In a letter on the Gunstock Web site, Tom Day, President and GM of Gunstock Mountain Resort, addresses skiers and riders with the changes they will see when arriving to the resort during the 2020-21 ski season.

Since the abrupt ending of our winter season last March, the world has been turned upside down by the COVID-19 pandemic. Our daily lives have changed in ways we never could have expected. These last few months have given us better insight into how this virus spreads and how it can be managed. As we look ahead to the 2020-21 winter season, you can expect to see many changes throughout the operation that will protect you from the risks of the COVID-19 virus during your visit to Gunstock. The one thing we hope won't change is the excitement and pure joy people feel when they are here.

This week, we announced exciting improvements to the ski/ride experience including an expanded Tubing Park, improved Rental facilities, touchless payments, a new reservation and online ordering system for food services, and other facility improvements. What you will also see are the snowmaking guns and groomers laying down some fresh corduroy for your shredding pleasure. With expanded operating hours on weekends and Christmas we hope you get even more time on the slopes with us this season.

Now more than ever, we all need a place to recreate outdoors safely and responsibly. Gunstock has taken a proactive and comprehensive approach to protecting our guests and employees during this pandemic. When we open our mountain on December 4 guests will experience a myriad of changes put in place to enhance our safety protocols, which we have outlined for you below.

## Lift tickets

All tickets must be purchased in advance and online to allow us to manage daily capacity and minimize in-person transactions. Your RFID card is direct to lift access. At times, we may be required to limit ticket sales due to state requirements but our hope is that you are able to ski/ride whenever you'd like - we have a lot of options to choose from. All ticket sales are final. You may adjust your ticket date up to 48 hours before your original arrival date. No date adjustments will be allowed less than 48 hours in advance. We've expanded weekend hours (opening at 8 a.m.) and will now be open Christmas Day. We also offer the best night skiing in New England so we encourage you to try a new routine to avoid the crowds.

## Season passholders

Our season passholders always hold a special place in our hearts and they will continue to enjoy unlimited access to the mountain during operating hours.

## Parking & shuttles

Gunstock is delighted to offer direct-to-lift ticketing so you can go straight from your car to the lifts! Please be mindful of the physical distancing requirements when loading and unloading your car and wear a face covering. When you arrive at the resort, tune into Gunstock Radio for important arrival information and special updates for your visit. Shuttle service will operate with capacity limits to allow for physical distancing inside the shuttles. Family members and parties arriving together will be allowed to sit together or in an adjacent seat.

## Lodges

Without a doubt, the biggest impact of COVID will be felt inside the lodge areas. Each public space has established capacity limits to allow for physical distancing, traffic control, and minimal exposure to staff and other guests. Family members and related parties are allowed closer than 6 feet to each other. We have also modified indoor traffic patterns to manage guest flow.

These restrictions have required an entirely new approach to creating a comfortable and welcoming lodge experience. As a result, we will be introducing a new Lodge Reservation system that will allow us to manage indoor capacity and help you to better plan for your visit. Reservations will be required to enter

the Stockade Lodge and the Main Lodge, including Cobble Mountain Food Court, the Powder Keg Pub, and the Pistol Pub.

## Storage

Storage for personal items will not be available in any of the lodges this season. Basket Check, Ski Check and paid lockers will also be closed to the public, so you will need to plan ahead before your arrival. We recommend that guests boot up in their vehicles and think of it as "basecamp," and leave all personal items there. Brown bags, coolers, and other food storage containers are not allowed in the lodges, so if guests bring their lunch we encourage them to enjoy it in their vehicle or at one of our outdoor dining areas. A limited number of seasonal lockers are available, simply email [services@gunstock.com](mailto:services@gunstock.com) for availability and rental information.

Restaurants and food service

As mentioned, reservations will be required this season for indoor dining in the Stockade Lodge and Main Lodge. Physical distancing and face coverings will be required at all times, except when eating and drinking. We will also be expanding our outdoor dining food options with take-out windows and food trucks. More information about our new reservation system is coming soon so check

back for updates!

## Restrooms

Indoor restrooms will be open to the public, subject to capacity limits. We have also expanded restroom services with additional portable toilets available throughout the parking lots and base area.

## Lifts

Lift lines will be managed to allow for physical distancing in the loading zones. Face coverings worn over the nose and mouth will be required in all lift lines and while loading, riding, and unloading the lift. To maintain physical distance on chairlifts we will only seat arriving family members and parties who have traveled together within six feet of each other on a chair.

## Lessons & rentals

Advanced online reservations will be required for all ski and snowboard lessons and equipment rentals this winter. Gunstock is proud to offer adult, children, private, group and seasonal lesson programs this winter. Physical distancing and face coverings will be required at all times during the lesson. We've expanded our Rental Shop to allow for capacity restraints and all equipment will be thoroughly disinfected between each rental.

Tubing and Mountain Coaster

The Tubing Park and Mountain Coaster will open this winter. Face

coverings are required, and you must be physically distant while participating in these activities. All tickets must be purchased in advance, online, prior to arrival. We may need to reduce the number of tickets available to allow for physical distancing.

Protect yourself and others at all times

Face coverings must be worn at all times over the nose and mouth when not eating, drinking, or actively skiing or riding. This includes lift lines, parking lots, restrooms and any other area where six foot physical distancing cannot be maintained. Maintain at least six feet distance between yourself and others who are not in your party. Wash your hands frequently and vigorously. Gunstock will make hand sanitizer available to all guests in the lodge areas and restaurants. If you are sick or experiencing any new or unexplained symptoms of COVID-19, please contact your health care provider before you leave home.

We follow New Hampshire's Universal Guidelines for safe operation this ski season and hope you find this information to be helpful and encouraging. The COVID landscape is constantly changing so we will continuously monitor our local area for developments and evaluate these operating plans as needed.

We look forward to sharing a healthy and fun 2020-21 ski season with you!

## What's new at Gunstock this year

*UPGRADES TO TUBING HILL, OPEN ON CHRISTMAS DAY, NEW STAFF*

GILFORD — Chairlifts will start spinning at 8 a.m. on weekends and the resort will open on Christmas Day for the first time in its history this year. These are just a few of the exciting things to come this ski season at Gunstock Mountain Resort.

Construction has started on the Tubing Hill expansion, which will add more lanes and a new Sunkid conveyor belt or moving carpet, so guests will enjoy a leisurely and more comfortable ride to the top of the hill. A new tubing-specific grooming machine has been added to Gunstock's grooming fleet, which will provide a flawless tubing surface. Guests will also notice an enhanced sense of arrival at the Welcome Center, with a covered porch to keep them out of the elements as they arrive.

To improve the overall guest experience, the ski and snowboard rental area has been moved to a snow level building, allowing easier access to lifts. The resort has also added a new set of exterior stairs to make the trip to the new rental space easier and safer. Additionally, Gunstock added touchless payment technology at all points of sale and added stored value to their RFID season passes and daily tickets. This

will allow guests to load money onto those products to spend in retail and restaurants while minimizing contact with others.

To help guests better understand the new operating parameters, Gunstock will now broadcast a radio program each morning. The program will run on a loop during operating hours to assist guests and communicate vital information. On Gunstock Radio guests will learn about booting up in their car, buying tickets online, how to purchase food resort-wide, and other tips and tricks to make the skiing and riding experience fun and memorable.

Gunstock has added several new faces to the Senior Management Team going into the 2020-21 winter season, providing the county-owned resort with a more dynamic and diversely skilled group at the helm.

"We've had a lot of changes on the management team this summer and can't wait for you to meet them," said Tom Day, GM and President of Gunstock.

In the past, the direction of both Sales and Marketing fell into one role. This year, the role was split to dedicate resources equally to both efforts. Jim Mamos is the Director of Sales, who will drive growth through corporate part-

nerships and sponsorships. He will explore new and exciting sales and event initiatives for groups and outreach for year-round operations, which has limitless possibilities. Jim has spent his career in enterprise sales, most recently as the Senior Enterprise Sales Director for CloudSense. His extensive knowledge of CRM platforms and capabilities will help Gunstock forge ahead on its strategic sales initiatives.

Kristen Lodge will be directing marketing efforts and brings a wealth of knowledge in the digital marketing space, as well as a contagious enthusiasm and love for creativity in marketing. As the Marketing Director, she will increase

brand recognition in the marketplace and continue to build strong relationships with the community. Her immediate goals are to increase season pass sales, day ticket sales, and snowsport reservations through thoughtful and targeted campaigns.

In September, Day hired Peter Weber as the Director of Snowsports. Weber's first priority is to help increase the visibility of the Snowsports School and revamp the Intro to Ski & Ride program with an emphasis in adult instruction, in addition to their great children's program. Weber has spent his entire career in the ski industry, with more than 20 years logged as Ski School Director at re-

sorts in New Hampshire and Pennsylvania.

"Webbie has a vast knowledge of the Snowsports industry. I have great faith in his ability to attract and hire great personnel to come to Gunstock," said Day. "As a PSIA Examiner, his passion for Snowsports is unparalleled."

"I'm really pumped that these team members will bring a new sense of energy to the great team already in place," he said. "They will help us be even stronger in a competitive marketplace as we enter a new era in the ski industry and attack the challenges that COVID brings with an enthusiastic and positive attitude."

About Gunstock Mountain Resort

Gunstock is a four-season mountain resort that offers authentic eastern mountain skiing and riding with 227 skiable acres and 48 trails. In summer our campground is your basecamp for activities in our Adventure Park that include ziplining, e-bike tours, Segway tours and more. Located in the heart of New Hampshire's Lakes Region with breathtaking views of Lake Winnepesaukee at the summit of Gunstock Mountain, Gunstock Mountain Resort is the perfect getaway for families, couples and outdoor adventurers. We are New Hampshire's Family Friendly Resort.

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MARK ON THE MARKETS

401(k) wants



BY MARK PATTERSON

Research and studies regarding 401(k) plans and their participation or lack thereof is a topic year after year. But reading some material from KRC research has confirmed information that anyone who is involved with managing 401(k) plans in the field probably already knows. On occasions clients will ask me to help them with their 401(k) allocations with their current plan that their employer have provided for them. Because I'm a fiduciary advisor, in other words I work for my clients, I will do this for them to help them maximize their 401(k) plans at work, even though the plan should have an advisor to help plan participants. KRC research found that 80% of respondents believed that having a 401(k) at work made it a more valuable

place to be employed. So, we know from the employer's perspective it is beneficial to offer a solid retirement plan to their employees, it is only good business. But the plans that I see in place often are not maximized by the employees because of primarily two reasons that are related. The first and most basic deficiency is that the participants get very little, or sometimes no help in choosing the funds that should be designed for their objectives. The obvious fix for this is to have an advisor available to meet with the plan participants, individually if necessary to sit down and explain their choices and help them allocate their money into these plans that make it valuable to the plan participant. Over 70 percent of plan participants say that they don't ever see anyone therefore they do not participate to the maximum, or they keep far too much money in a fixed account or money market with minimal growth potential. Plan participants also want an uncomplicated plan with fund choices that are easy to understand, low-cost and represent multiple low correlated asset classes. Employers need to be

conscious of the broker or advisor managing the plan. Is the advisor acting as a fiduciary? Is the advisor really a broker that is using mutual funds with 12b1 fees attached? The Department of Labor legislation that in part went into effect the middle of April this year has something to say about those issues. While I don't want to get into the technicalities of those issues in this article, is extremely important for the employer or fiduciary of the plan to understand the changes that they may have to implement regarding this DOL legislation. It is my observation that large 401(k) plans managed by the behemoths i.e. Fidelity, typically are structured very well, and while they may not offer that much personal help to participants, there is usually a good electronic means of communication and ability to change the plan attached to some good planning tools. It is also my observation some of the small to medium-size businesses that may have a broker sold plan platform, may need changes. The Department of Labor legislation is a good reason to review your 401(k) plan if you

are the employer or participant and get ahead of the proposed changes sooner than later. It is also the right thing to do for your valued employees. Mark Patterson is an advisor with MHP asset management and can be reached at 447-1979 or Mark@MHP-asset.com.

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 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

also the right thing to do for your valued employees. Mark Patterson is an advisor with MHP asset management and can be reached at 447-1979 or Mark@MHP-asset.com.

In loving memory of  
Tup Goodhue



COURTESY

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

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>.

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# VETERANS DAY

HONORING ALL WHO SERVED

## A day to honor all veterans

The month of November is a special time for the nation's veterans. While Memorial Day honors fallen soldiers and service people, Veteran's Day, which takes place each November, is an opportunity to commemorate the efforts of all who have been in the armed forces, with a special emphasis on living veterans. While people are encouraged to thank veterans throughout the year, Veteran's Day is a particularly poignant time to show your appreciation for the men and women of the military.

Veteran's Day takes place on November 11 and marks an important moment in history. On November 11, 1918, World War I, known at the time as "The Great War," unofficially end-

ed when an armistice, or temporary cessation of hostilities, took place between Germany and the Allied nations on the eleventh hour of the eleventh day of the eleventh month. World War I ended on paper when the Treaty of Versailles was signed on June 28, 1919. In November 1919, President Woodrow Wilson proclaimed November 11 as the first commemoration of Armistice Day, according to the U.S. Department of Veterans Affairs.

Armistice Day became a federal holiday in the United States in 1938. However, after subsequent wars, including World War II and the Korean War, veterans' service organizations lobbied for Armistice Day to be revised so it

would be more inclusive of all veterans. On June 1, 1954, President Dwight D. Eisenhower signed legislation to strike the word "Armistice" from the holiday's name in favor of "Veterans." Since then, November 11 has been known as "Veterans Day" and has honored veterans of all wars.

Veterans Day was moved to the fourth Monday in October for roughly seven years under the Uniform Monday Holiday Act, which sought to ensure three-day weekends for federal employees by celebrating certain national holidays on Mondays. But since November 11 bore such significance, many states disapproved and continued to observe the holiday on November 11.



In 1975, President Gerald Ford signed legislation to return the observance of Veterans Day to November 11 beginning in 1978. Should the day fall on a Saturday or Sunday, the federal government observes the

holiday on the previous Friday or following Monday, respectively, according to History.com.

The United States isn't the only country to celebrate its veterans. Canada, Great Britain, Australia, and France

also commemorate the veterans of World War I and II on or near November 11 as Remembrance Day or Remembrance Sunday.

**Thank you, Veterans, for your Sacrifices in Protecting our Freedom!**



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Note: Lot Lines are approximate

All three parcels are located along Raccoon Hill Road and will be offered separately. The lots are in current use.

- 463 Raccoon Hill Road Tax Map: 235, **Lot 8** is 3.3 acres with 599' of frontage.
- 0 Raccoon Hill Road Tax Map: 235, **Lot 16.1** is 3.9 acres with 300' of frontage.
- 0 Raccoon Hill Road Tax Map: 235, **Lot 11** is 4.80 acres with 320' of frontage and has a barn on the property.

**INSPECTION:** One hour prior to auction, if permitted.

The sale of Lots 8 and 16.1 will take place on Lot 8 and the sale of Lot 11 will take place on Lot 11. Buyer(s) will be responsible for any current use tax penalty incurred from the sale.




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# 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 LR-

GHealthcare 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 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

sustainable for the long term, and minor fixes will not get us where we need to be,” said Donovan. “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

quisition and bankruptcy process, visit [www.lrgh.org/our-future](http://www.lrgh.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.lrgh.org/community-forum](http://www.lrgh.org/community-forum).



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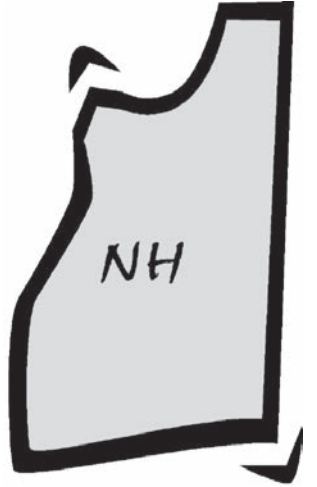
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# Gilford-Belmont falls to Kennett in Division II playoffs

BY JOE SOUZA  
Contributing Writer

**NORTH CONWAY** — With a dominating performance, the Kennett High School football team has earned a shot at redemption.

The Eagles won the battle in the trenches and scored in all three facets of the game en route to a convincing 46-10 victory over Gilford/Belmont in Division II playoff action at Gary Millen Stadium on Saturday afternoon. Kennett now gets another shot at traditional rival Plymouth, who rallied from a 20-7 deficit in the final quarter to hand the Eagles their only loss on the season (21-20) back on Oct. 3.

“This is a hungry group. They are looking forward to getting another chance to play Plymouth. We knew we had to come in here and take care of business to get that opportunity and we did that,” said Kennett head coach Vaughn Beckwith after watching his Eagles find the end zone on offense, special teams and defense in improving to 5-1 on the season.

For the Golden Eagles, it was a disappointing end to a rough season. Gilford/Belmont, who entered the season with a lot of high hopes and

expectations, could not overcome a number of key injuries and little mistakes in finishing at 3-3.

“We had a lot of kids coming back (from last year) and we didn’t do what we wanted to coming into the season,” Gilford/Belmont head coach Josh Marzahl said. “We had a couple of unfortunate of breaks that were tough to overcome ... But our dudes still fought hard. They never gave up.”

The Golden Eagles did put up a fight, but they couldn’t overcome a focused and determined Kennett squad.

Kennett jumped out to a 14-0 lead just over six minutes into the contest. The Eagles took the ball first and marched 56 yards in 12 plays. Senior Kyle Perry scored his first of two touchdowns on the day, capping the opening drive by hauling in a 17-yard pass from classmate Parker Coleman. Evan Dascoulias kicked his first of four PATs on the day for a 7-0 edge with six minutes, 41 seconds on first quarter clock.

The Eagles added to their lead just 1:28 later. After a couple penalties and the Kennett defense

forced the Golden Eagles to punt in the shadows of their own end zone, Kennett’s Evan Koroski broke through and blocked Danny Cameron’s punt and Braden Santuccio jumped on the loose ball in the end zone for a special teams TD to make it 14-0.

“The only thing we could’ve done better is not fumble the ball,” Beckwith said, referring to three fumbles (two lost). “Other than that and giving up a first down on a fourth and 20 play, we played a pretty darn good football game. We controlled the line of scrimmage on both sides of the ball. We wanted to get pressure on their quarterback and make him uncomfortable back there, and we did that.”

“They played their most consistent game of the year and that’s what we needed,” added Beckwith.

Despite doing little offensively in two opportunities, Gilford/Belmont had a chance to get back into the contest when Brandon Gallagher jumped on one of those Kennett fumbles at the host’s 29.

After a loss of six yards and two incomplete passes, Gilford/Belmont quarterback Jack McLean connected with Isaiah Reese for 33 yards on fourth-and-16 to give the Golden Eagles a first down at the Kennett two.

Gilford/Belmont lost seven yards on first down before the Kennett defense made a big play. McLean’s pass in the end zone was tipped by Perry and picked off by Noah Barrows.

“They made some nice catches. They practice like we do and they have some talented players who are going to make



Gilford/Belmont’s Jacob Cress looks downfield after slipping around Kennett’s Evan Koroski (20) during Saturday’s Division II playoff contest in Conway.

plays. After those, we have to settle down and make the next play,” pointed out Beckwith. “Like Kyle had that fumble. A couple plays later, he comes back to tip the ball and we intercept it down there.”

That was the first of two missed opportunities the Golden Eagles had to get back in the game.

“We had a couple of opportunities,” Marzahl said. “We were down on the goal line early. We had a botched play on first down and we weren’t able to punch it in.”

Kennett would punch in two more touchdowns, extending its lead to 26-0. Junior back Tanner Bennett would score both, showing power in scoring from three yards out and speed in breaking off a 59-yard jaunt to paydirt.

As Marzahl pointed out, his Golden Eagles refused to roll over and looked poised to make it a game by scoring 10 points in the final 1:54 of the second quarter. Curtis Nelson caught a 12-yard touchdown pass from McLean. Gilford/Belmont would take advantage of another Kennett turnover, getting a 23-yard field goal from McLean on the last play of the half, cutting Kennett’s lead to 26-10 and the visitors were getting the ball to start the second half.

Gilford/Belmont took over at the 35 after the kick went out of bounds and worked it down to the Kennett 39, but that’s where it stalled out. Four incomplete passes were sandwiched between a false start penalty, and Kennett took over at its own 44.

“We felt we had the momentum at halftime, and we were getting the ball to start the second half,” said Marzahl. “We had a nice drive going there and then we had a couple of mistakes, a

false start. That’s where we have to be disciplined. “And that was a let down when we didn’t do anything with that drive,” the veteran coach added.

Kennett took command from there as Gilford/Belmont pressed to get back in the game.

The Eagles marched 56 yards in 11 plays, with the drive aided by a pass interference penalty on Gilford/Belmont. Coleman lofted a perfect pass to Atticus Fayle for a 12-yard touchdown and 33-10 lead.

Gilford/Belmont moved into Kennett territory again when Dascoulias stepped in front of a McLean pass and returned it the other way 59 yards, putting Kennett at the Gilford/Belmont 6. Two plays later, Koroski barreled his way into the endzone from two yards out, making it 39-10 with 2.2 seconds left in the third quarter.

Perry would add his second touchdown about midway through the fourth, adding a defensive touchdown to the Kennett showing when he returned an interception 33 yards for the final score.

“It was 11 guys working together,” Beckwith pointed out. “Parker is so smart out there. He’s a three-year starter. He sees the field well and makes good decisions on the field, adjusting the plays. Tanner was running hard. Once he gets going downhill, he’s hard to stop.”

And that tone was set early in the trenches by Bobby Graustein, Cody Eastman, Kyle Stearns, Santuccio, and Heath Woodward — all returning starters on the offensive line.

Bennett finished with 177 yards and two TDs on 22 carries to lead all rushers. Koroski, who also helped with his

blocking, had 12 yards and a touchdown on five attempts. Coleman completed five of nine passes for 84 yards and two touchdowns.

The loss ended a difficult season for the Golden Eagles, who entered the year with high hopes with 17 seniors back from a team that went 4-5 a year ago. Gilford/Belmont though was hit by injuries all season, playing Saturday’s playoff game without two-time All State performers in quarterback/safety Alex Cheek and linebacker/fullback Johnathon Mitchell.

“We lost two two-time All State players and great leaders on the field, and that hurt us,” said Marzahl. “We struggled to find our identity after the injuries but that’s not an excuse. No one backed down from the challenge and we had a lot of other guys step up.”

“I have a great group of dudes and we’ve worked hard together,” he added. “We spent the whole offseason hoping it would happen, and it did. We got to play. Today we had too many mistakes and those little mistakes hurt. Those are part of life, a life lesson. You need to overcome your mistakes.”

Blake Descoteaux was limited to just 22 yards rushing while McLean had 17 yards. McLean completed 8 of 31 passes for 161 yards, a touchdown and three interceptions. Nelson had three catches for 64 yards, including a TD.

Kennett now preps for the rematch it wanted against rival Plymouth, this Saturday in Plymouth.

“We just talked about it after the game about how these chances don’t come often,” Beckwith said.

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