

# Winnisquam Echo

THURSDAY, OCTOBER 11, 2018

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FREE

## Fall Festival kicks off Belmont's 150th anniversary celebration

BY DONNA RHODES

drhodes@salmonpress.news

**BELMONT** – As the Town of Belmont prepares to kick off their 150th Anniversary in 2019, a community fall festival helped kick things off with the unveiling of a special anniversary banner along with some outdoor fun for families to enjoy.

Present for the event were Town Administrator Jeanne Beaudin and Selectmen Jon Pike and Ruth Mooney, who welcomed everyone to the event.

Mooney said that the area was originally part of the Town of Gilmanston, formally known in 1859 as Upper Gilmanston. Ten years later in 1869 an act by the New Hampshire Legislature separated it from Gilmanston and gave it the new name of Belmont.

She said the town now encompasses 30-square miles of land

and has a current population of roughly 7,300 people.

Recently, the town has undergone some major changes and she was proud of what Belmont has accomplished thus far in the time leading up to its anniversary year.

“A great deal of time and effort has gone into the revitalization of the village area with the restoration of the Victorian bandstand, construction of the Tioga Pavilion, paved walkways and the recent addition of two covered bridges over the Tioga River,” she said.

Another addition to the town has been the development of the Winni Trail, allowing people the opportunity to walk and bike along scenic Lake Winnisquam where they can even connect to the

SEE FESTIVAL, PAGE A10



There were several fun activities for children at Belmont's Kickoff Event for their upcoming 150th Anniversary, including old-time sack racing, which Kali, Hunter and Jaden decided to try last weekend.

DONNA RHODES



Rebecca Bellerose tries her hand in the FFA Pulp Toss competition at the Deerfield Fair.

COURTESY

## Winnisquam FFA members put skills to the test at Deerfield Fair

**TILTON** — Twenty-four members of the Winnisquam FFA Chapter tested their skills at

the Deerfield Fair on Friday, Sept. 28. Each year, more than 300 agricultural education

students from around New Hampshire converge on the fairgrounds to compete in horticultural,

dairy, forestry and tractor driving. Winnisquam fielded teams

SEE FFA, PAGE A10

## Tilton police officer recognized for service during McDonald's fundraiser

**TILTON** – On Oct. 3, McDonald's Restaurants hosted a statewide fundraiser at 54 of their locations across the state to benefit the New Hampshire Chiefs of Police Association as they also paid tribute to law enforcement officers who go above and beyond in serving their communities.

New Hampshire McDonald's Owner/Operator Peter Napoli said, “As business owners, we see the positive impact the police have on our communities and residents, protecting us day in and day out, and we're proud to raise funds so they can operate at their highest level.”

At the McDonald's in Tilton last Wednesday afternoon, a por-

tion of all sales from 4-7 p.m. benefitted NHCOP, while outside on the patio people gathered to thank Officer Elizabeth Murray of the Tilton Police Department for her outstanding service.

Chief Robert Cormier said he nominated Murray for a Community Policing Award for several reasons.

“She came to us (in 2015) full of energy to be a great officer and a big part of the community. Since that time she's taken part in the Winni Dip fundraising for Special Olympics and got the attention of the people at Special Olympics New Hampshire when she exceeded the amount to be raised,” said Cormier.

He went on to say SEE MCDONALD'S, PAGE A10

## Local beautification projects get a helping hand from DOC work program

BY DONNA RHODES

drhodes@salmonpress.news

**TILTON** – Thanks to Officer Dana Johnson and his co-workers from the New Hampshire Department of Corrections Road Work Crew, a lot of much needed work has been completed this summer that saved taxpayers thousands of dollars and benefitted the communities they have served thus far.

Katherine Dawson, a selectman in the Town of Tilton, said that when she heard the DOC's transitional work crew program, which had been discontinued for a period of time, was reinstated, she contact-



COURTESY

Officer Dana Johnson (far right), the director of the New Hampshire Corrections Transitional Work Center, spent the summer supervising his crew for a number of requested projects in the Town of Tilton and surrounding communities.

ed Officer Johnson with a “wish list” of work in her town.

“We had bricks that were sticking up on the walkways at Riverfront Park, invasive species

SEE DOC, PAGE A11

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# LRGH breaks ground on emergency department renovations

LACONIA — LRG-Healthcare recently held a ceremonial groundbreaking for construction that has started on their Emergency Care ReimaginED renovation at Lakes Region General Hospital in Laconia. Hospital Trustees, management, providers, architects/builders, and community members attended the celebration.

Completely funded with personal donations from community members, this \$7.5 million project will serve to renovate the Emergency Department at LRGH to current standards while reorganizing the department to streamline patient flow, resulting in increased efficiency and an even better patient care experience.

“One of the busiest in the State of New Hampshire, the Emergency Department in Laconia handles around 25,000 patients a year and does a really great job,” states LRGHealthcare Executive Director of Philanthropy, Brian Winslow. “Very generous donors stepped up to fund this effort because they know how important the Emergency Department is to LRGHealthcare and to our community.”

Referring to it as the “True Front Door to LRGHealthcare” President & CEO, Kevin Donovan thanked our generous donors and discussed the emergency department renovations and how they were “bringing the facility on par with the level of quality, compassionate care provided.” The renovation to the Emergency Department has already launched with upgrades

to the behavioral health patient area.

Key benefits of the overall renovation will include:

- Better Patient Flow ... when entering the ED, patients will immediately access an open, more welcoming registration and triage area where staff will quickly determine the necessary level of care. Patients will then progress through the ED to appropriate functional areas based on their needs.

- Increased Capacity for Faster, Flexible Care. The ED will host 21 private treatment spaces updated to contemporary standards and designed for maximum versatility and utilization to create greater efficiencies. Traditional treatment rooms will be universally designed — consistent in size, configuration and equipment — to accommodate the needs of most patients. These rooms are geographically zoned into what we refer to as “pods.” There are three pods, each with their own nurse’s station and waiting room. Each pod has a purpose. The green pod contains registration and triage for the entire ED. The blue pod is available to handle increased volume in the ED. On the other side of the green pod is the “Rapid Treatment Unit.” This pod is designated to handle the less serious cases and is designed to help

prevent long wait times for individuals who can be treated quickly.

- Greater Security for Patients and Staff: Currently, the ED is generally open to most foot traffic in and out of the ED area. In its current state, individuals who are in the ED could make their way to anywhere in the hospital whether that is to patient rooms or support staff offices. Public foot traffic can also cause hallway congestion presenting challenges for ED staff to get their patients where they need to go in a private man-



COURTESY

LRGHealthcare Board of Trustees, management, providers, project partners and community members gathered on Sept. 27 to mark the groundbreaking for LRGHealthcare’s ReimaginED renovation of the Emergency Department at Lakes Region General Hospital. Pictured (left to right): DiGiorgio Associates Inc./Monitor Builders Inc., LiRo Group Companies representatives Paul Young and Steve Kovacs; LRGHealthcare Executive Director of Philanthropy Brian Winslow; LRGHealthcare Chief Nursing Officer Theresa Champagne, RN, DNP, CNOR; LRGHealthcare Vice President of Clinical Services Marge Kerns; LRGHealthcare General Counsel Mitchell Jean, Esq.; LRGHealthcare Chief Medical Officer Fred Jones, MD; Bank of New Hampshire President & CEO Paul Falvey; LRGHealthcare Board of Trustees Member & Recovery Clinic provider Paul Racicot, MD; Barbara Daniell; LRGHealthcare President & CEO Kevin Donovan; and Lakes Region General Hospital Auxiliary President Nancy Paterno.

ner. The new ED will be set up to reroute foot traffic and build a perimeter that can be secured.

- Improved Infection Control Standards: LRGHealthcare already receives high marks in the state of NH for infection control standards, but we can and should always improve. The new ED will see the addition of a negative pressure room and bring the number of single patient exam rooms up to twenty-one. It will also include an update to our decontamination room to conform to current

standards.

The Emergency Department staff at LRGHealthcare has been very involved in the planning of this renovation, working closely with the architects/builders to ensure patient and staff needs will be met. They have been very thoughtful in mapping out the phases of this project, and are working hard to make sure interruption to patient care is kept to a minimum during construction which is projected to be complete in 2020.

If you are interested in learning more about the Emergency Care ReimaginED project, you may contact the LRGHealthcare Philanthropy Department at 737-1042.

LRGHealthcare is a not-for-profit healthcare charitable trust representing Lakes Region General Hospital, Franklin Regional Hospital, and affiliated medical providers. LRGHealthcare’s mission is to provide quality, compassionate care and to strengthen the well-being of our community.

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## Local Marines & veterans invited to 20th Annual gathering

LACONIA — The Lakes Region Detachment of the Marine Corps League will celebrate the 20th Annual

“Gathering of Marines” on Saturday, Nov. 10 at the Laconia Country Club, 607 Elm St., Laconia.

The annual event was announced by Robert Patenaude, Commandant of the Lakes Region Detachment # 506 to commemorate the 243rd birthday of the founding of the United States Marine Corps at Tun Tavern in Philadelphia, Pa. on Nov. 10, 1775.

Each year, Marines old and new from WWII to those now on active duty throughout the world celebrate the occasion, which is unique among all the branches of the military services. At 7 p.m., a presentation of the Colors occurs, including the National Anthem, and a salute to all branches of the services is conducted. The “Commandant’s Birthday Letter” is read and the traditional “cake cutting” ceremony in which the first and second pieces are given to the youngest and the oldest Marines in attendance. Recognition is also rendered to any

special attendee who has been awarded honors for his or her service to the Marine Corps.

This year’s special guest of honor will be Gen. Peter Pace (Ret.), who served as the 16th Chairman of the Joint Chiefs of Staff from 2005 to 2007. Prior to becoming Chairman, he served as Vice Chairman of the Joint Chiefs. Gen. Pace holds the distinction of being the first Marine to have served in either of these positions. Gen. Pace retired in 2007 after more than 40 years of active service in the United States Marine Corps.

During his distinguished career, Gen. Pace held command at virtually every level, beginning as a Rifle Platoon Leader in Vietnam. He also served in Europe, Japan, Thailand, South Korea and Somalia.

Born in Brooklyn, N.Y. and raised in Tenack, N.J. Gen. Pace is a graduate of the US Naval Academy and the National War College. He holds a Master’s degree in Administration from George Washington University.

In 2008, Gen. Pace was awarded the Presidential Medal of Freedom, the highest civilian honor a President can bestow.

He is currently serving on the Board of Directors of several corporate entities involved in management consulting, private equity, and cyber security. He

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# Ladies Golf League supports veterans

TILTON — The Lochmere Ladies League hosts an annual Ladies Invitational Tournament with all proceeds donated to a non-profit charity.

For the past eight years, the Ladies Invitational Tournament has supported several different charities as part of the League's philosophy of helping those in need in our communities. Each member brings her ideas to a pre-tournament meeting and the group discusses which charity should receive the donated funds. League member Faith Bartlett had heard a presentation on the work of the veterans support group, Camp Resilience, and brought their cause to the attention of the League membership. The League then selected Camp Resilience as the non-profit to receive the proceeds of this year's Invitational Tournament. Previous recipients have included the New Hampshire Humane Society, Wounded Warriors Project, Belknap House and the St. Vincent dePaul Food Pantry.

The Ladies Invitational Tournament generated almost \$750 for Camp Re-

silience which the board of the Lochmere Ladies Golf League, under the leadership of President, Sherry Osgood, then voted to match with an additional \$750 from their treasury. Ms. Osgood and League Treasurer, Jeanie Haas, recently made a presentation to Sharon Hilson, a golfer who had participated in the tourney and who is a long-time volunteer with Camp Resilience.

"I always knew that golfers were a generous group of people," said Hilson, "and this tremendous donation from the community-minded Lochmere Ladies Golf League underscores that point and will enable several veterans to attend Camp Resilience."

To learn more about Camp Resilience, please visit [www.prli.us](http://www.prli.us).

A total of 108 ladies participated in this year's Invitational Tournament. In addition to the tournament, the Lochmere Ladies League hosted a luncheon featuring several tables of raffle prizes and golf-associated product drawings for the attendees.



COURTESY Lochmere Ladies League President Sherry Osgood presented a donation check of \$1,500 for Camp Resilience to tournament golfer Sharon Hilson, a volunteer staff member for Camp Resilience. League Treasurer, Jeanie Haas (left) and Lochmere Golf Pro Vic Stanfield added their congratulations.



COURTESY Lochmere Ladies League President Sherry Osgood (center right) presented a donation check for \$1,500 to Sharon Hilson, a volunteer with Camp Resilience and a golfer in the recent charity tournament. Looking on are (left) Don Morrissey of Camp Resilience and Jeanie Haas, Treasurer of the Lochmere Ladies League.

## Explore NH's one-room schools with Northfield Historical Society

NORTHFIELD — The Northfield Historical Society invites you to join us for the program "New Hampshire's One-Room Rural Schools: The Romance and the Reality" Monday, Oct. 15 at 7 p.m.

at the Northfield Town Hall, 21 Summer St., Northfield.

Presenter Steve Taylor explores the lasting legacies of the one-room school. Mr. Taylor is an independent schol-

ar, farmer, journalist, and longtime public official. With his sons, he operates a dairy, maple syrup, and cheese making enterprise in Meriden Village. He has been a newspaper reporter and editor, and served for 25 years as New Hampshire's Commissioner of Agriculture. He was the founding executive director of the New Hampshire Humanities Council and is a lifelong student

of the state's rural culture.

The program is free and open to the public. Parking is at the rear of the building. For more information on this program or the Northfield Historical Society, call 455-5341.

Funding is provided by New Hampshire Humanities. Learn more about New Hampshire Humanities and its work at [www.nhuhumanities.org](http://www.nhuhumanities.org).

## Sanbornton Library hosting Doo Wop show

SANBORNTON — Our fall community event includes music with The Bel Airs on Friday, Oct. 19 at 7 p.m. hosted by Sanbornton Public Library. The Bel Airs are an award winning five-member vocal doo wop group.

The show includes music of '50's and '60's ballads and dance tunes, a little bit of history and

a whole lot of free, family fun.

And to make it a little SEE DOO WOP, PAGE A10

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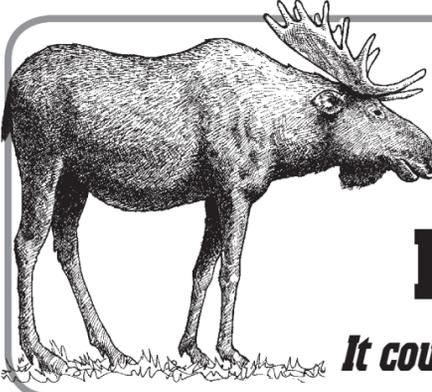
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# Opinion

A4 Thursday, October 11, 2018

WINNISQUAM ECHO

## STRATEGIES FOR LIVING

### *This day will live in infamy*

BY LARRY SCOTT

This day will live in infamy ... and I am not referring to Dec. 7, 1941. Sept. 27 will go down as the day America lost its respectability and sacrificed the reputation of a good man for the sake of political expediency. Respectable men and women stooped to dishonesty and surrendered their integrity to destroy an honorable man.

Judge Brett Kavanaugh is a conservative, appointed by President Trump to be the next Supreme Court Judge, replacing Justice Anthony Kennedy. Following confirmation hearings, and purposely released at the last hour, a letter came to light in which Dr. Christine Blasey Ford alleged Brett Kavanaugh guilty of sexual harassment while they were yet in high school. With that disclosure, the nomination was been put on hold, pending an FBI investigation.

There is, obviously, much that I could say about the entire debacle, but I would highlight two significant issues.

First of all, a foundational principle of American jurisprudence has been sacrificed in the interest of partisan politics. It is a cardinal right in every American court of law: a man is innocent until proven guilty. No matter how guilty a man may seem to be, he is innocent until demonstrated otherwise. In this case, however, even before the spectacle of Sept. 27, those opposed to this nomination declared they believed Dr. Ford's accusations, judged Brett Kavanaugh guilty, and called for the confirmation process to be suspended.

Secondly, I am dismayed by the sheer dishonesty of the entire conversation. Let no one believe that what we have here involves an interest in justice or a search for truth. Judge Kavanaugh and Dr. Ford are but pawns in a massive effort to thwart an appointment that has left the liberals scared to death. Sen. Chuck Schumer wrote that President Trump's selection "has put reproductive rights and freedoms and health care protection for millions of Americans on the judicial chopping block." That is the issue.

In the words of Senator Lindsay Graham, as stated during the Sept. 27 hearings, "If you wanted our FBI to investigate you could have come to us. What you wanted to do is destroy this guys life, hold the seat open, and hope you win in 2020. You've said it! Not I! Boy, you want power; God, I hope you never get it. I hope the American people can see through this sham: that you knew about it, you held it! You had no intention of protecting Dr. Ford. None! She's as much a victim as you are."

Frankly, I am convinced the current investigation being carried out by the FBI – at the request of Sen. Jeff Flake – will settle nothing.

Connecticut Sen. Chris Murphy tweeted Friday, "Whatever they find doesn't change the fact that Kavanaugh, especially after his performance yesterday, is the most dangerous Supreme Court pick of our lifetime."

As of this writing none of us has a clue how the Brett Kavanaugh debacle is going to play out. What we do know is that America has been polarized, and I am certain there will be a massive push to delay confirmation until after mid-term elections.

Sept. 27 was a day of infamy that will long be remembered as the day America was put to shame. This is a great country; we are a better people than this. It is high time we begin acting like it!

You want to comment or talk about it? Hit me up at [rlarryscott@gmail.com](mailto:rlarryscott@gmail.com).

## PET OF THE WEEK

## CANDY

Almost always nestled behind a pillow in our small social room, you can find a beautiful sleek black feline named Candy. Being one of our more reserved and shy cats, most who come to visit the shelter pass right by her without even knowing it. When Candy first arrived at the shelter this past winter, she let her fear show through aggression towards our staff. But she worked with our staff members for months in our Shy and Fearful

program until she finally built up the courage to be around people she doesn't know. Over a half a year after arriving at the shelter, Candy is a completely different cat. She has learned to enjoy affection from humans, and even gets a little jealous at times when her feline friends steal attention away from her. The next time you visit, come spend some time with Candy, she is truly as sweet as her name suggests.



## LETTERS TO THE EDITOR

### Kathy Rago has the integrity to follow through on her word

To the Editor:

I would like to share my thoughts regarding Kathy Rago, who is running for state rep for Northfield and Franklin, Ward 3.

I have known Kathy for 22 years, and have watched her in many situations such as raising her children, balancing work and family life, representing our state, involvement in local organizations and as a friend. She is one of the most level-headed, dependable and stable people I know. She has always been there to support me at various times in my life and even encouraged me to take a gun class, even

though I was afraid to, and she took it alongside me!

I have found her not only easy to talk to, but always willing to listen to both sides of an issue even if she doesn't agree with you. She cares and will be a great representative for our state. Because of her integrity to do what she says she will do and to stand up for what she believes, I highly recommend Kathy Rago for state representative and ask you to vote for her on Nov. 6.

Karen Turner  
Franklin

### Thank you for getting involved

To the Editor:

Dear citizens of Franklin, Ward 2,  
Thank you for entrusting me to represent you on the City Council. It is not easy to keep up with the odd voting schedule, yet you waded through the rains and cast your vote. You understand that the battles are won by the troops, i.e. you the voters. Thank you for taking the time to be involved.

While there is a recount in the future, I am confident that all will go well. I look forward to serving you. If you have comments or concerns, you may send me an e-mail at [karen@sanbornhall.net](mailto:karen@sanbornhall.net).

Sincerely,  
Karen Testerman  
Franklin

## MARK ON THE MARKETS

### Risk and you



BY MARK PATTERSON

Any financial advisor, broker or investment advisor will typically try to assess the amount of risk that their client is willing to accept. There are of variety of methods and questionnaires used to attempt to accomplish the risk assessment as accurately as possible. Over time I have found that what the client tells me in the calm of my office and how they feel during difficult markets can be very different. The typical negative reaction is two a half times greater in a bad or declining market than client's feelings in good, or

up market. Current research states that up to 80% of people that have investment accounts carry far more risk than their true risk tolerance levels.

Ever since March 9, 2009, the fear levels of investors have been very low which drives complacency. The benchmark S&P 500 index is used to determine "BETA" in a stock, mutual fund or exchange

traded fund that primarily hold stocks. If a stock or fund has a number higher than one, it is more volatile than the benchmark S&P 500 index. If the number is lower than one it is less volatile, simple as that. Advisors like myself that designed portfolios typically using stocks, ETF's, bonds and options will try to match the objectives of the portfolio with the cli-

ent's risk tolerance and needs. One of the most common curiosities that I see the portfolio, typically of mutual funds, is that a client needing income from their investments is in an accumulation vehicle such as a growth stock mutual fund.

There are all kinds of risk involved with investing money. Market risk, credit risk, liquidity risk, etc. SEE MARK, PAGE A6

## EDITORIAL

### Grave perspective

Graveyards in our area hold a special fascination for many, particularly during the changeable, tricky season of autumn. As we saw this past week, a day that's humid, near 80 degrees and feels like summer can quickly give way to a night sky

of racing clouds, moonlight and a damp chill creeping across the yard, yielding perfect graveyard-at-Halloween vibes.

One season passes into the next, and the plants and flowers so tenderly planted and cared for in the spring diminish and die back. Autumn colors seem to pay tribute to this loss – celebrating, rather than mourning – because after all, in six months, the cycle will begin again.

Graveyards in any season remind us of this same truth: life begins, ends, begins again, ends again. And with each new generation, problems arise, are struggled with, sometimes resolved, and replaced with new problems. As pessimistic as that may sound,

it's also oddly comforting; there is indeed nothing new under the sun.

In our corner of the world, seasons and generations have passed into history for centuries. Those tranquil, ancient graveyards preserve the memories of residents who, like us, worried about weather and politics and the economy and their children and the future. Like us, they had great days when things just seemed to "work." They had other days when nothing went right. But life continued on...they continued on.

Perhaps one lesson learned from wandering among the graves is that what connects us as people – past and present – are the things we care about. SEE EDITORIAL, PAGE A6

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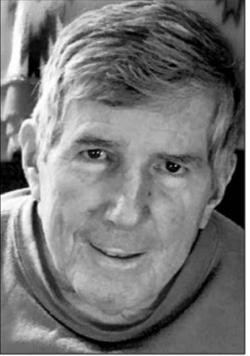
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## North Country Notebook

## Hummingbirds arrive on the scene, as dandelions pay heed to the winds



By JOHN HARRIGAN  
COLUMNIST

*Editor's note: Mr. Harrigan was unable to submit a new North Country Notebook column in time to meet our press deadline for this week's edition. The following column was originally published earlier this year.*

There are lots of neat things about hummingbirds, but one I really like is the way people take ownership. It's not "The hummingbirds showed up last weekend," it's "OUR hummingbirds are back."

It's the kind of personal identification that many a habitat and wildlife organization would die for. It's called, in conservation organization and government parlance, "Being a stakeholder." In other words, the people who make and enforce the laws and do what's right for land and water want you to think you have some skin in the game. Which, of course, we all do.

This, among other things, is apt to make you feel more like donating to this or that habitat or wildlife organization. And when the chips are down on some key piece of legislation, this kind of citizen involvement--which often has nothing to do with party lines--offers a great way to call out the troops for a crucial vote, and carry the day.

On a more local note, Virginia Carr, who for years has written community news for the News and Sentinel in Colebrook, would always let readers know when "Our" hummingbirds are back. The birds are so punctual that some stakeholders can practically predict the day they'll show up.

I am not as punctual, but I am observant. Ergo, my hummingbirds showed up Tuesday, June 29. Well, okay, I did sort of expect them, I just didn't quite know when.

So I scrambled around that evening to make sure the feeders

were clean, and mixed up enough sweetened water to get me by for a while. And the very next morning, there they were, my hummingbirds (it says here), zipping and zooming around my reading chair on the front porch, sometimes stopping to hover inches from my face, perhaps checking to make sure it's the same grizzled French-Irish mug they saw last fall.

+++++

If hummingbirds are the Brave Hearts of the bird world, dandelions are the skunk at the picnic.

Dandelion greens are more than edible, and in my book are a delicacy if dug at just the right time, cleaned oh-so-thoroughly, and cooked with no distractions, meaning "Don't go off and forage them."

In settlement times, dandelions were among the first greens available after people had spent the long winter eating increasingly unappetizing vegetables from the root cellar or, as the technology improved, vegetables put by through canning. Other spring treats included fiddleheads, hearts of

## LRPA airs a double feature of terror this weekend

LACONIA— It's baaaaaack! Throughout October, join Lakes Region Public Access Television each Friday and Saturday night at 10:30 p.m. for LRPA After Dark's Third Annual "Shocktoberfest," a scary celebration of vintage horror films. This weekend (Oct. 12 & 13), we serve up a horror double-feature. First, enjoy the 1953 short "The Tell-Tale Heart," an animated adaptation of Edgar Allan Poe's classic story, chillingly narrated by James Mason. This short was produced by United Productions of America, better known to cartoon aficionados as UPA Studios. "The Tell-Tale Heart" received an Oscar nomination for 1953's Best Animated Short Film. In 1994, the film was selected as #24 of the 50 Greatest Cartoons. Tune in and see why!

We then move on to hipster-style horror, with 1959's darkly comic film "A Bucket of Blood," directed by Roger Corman and starring Dick Miller, Barboura Morris and Antony Carbone. Walter Paisley (Miller) is a busboy at San Francisco's Yellow Door Café, the hangout for a crowd



JOHN HARRIGAN

Dandelions in the front pasture almost look like a planned, planted crop, having gone to seed in a week's time, almost all at once.

cattail, and watercress. People watched carefully for just the right dandelion digging time, because if you get them just right the roots have barely begun to form.

And I'm not kidding about the washing part. So tenaciously do dandelions cling to Mother Earth that most people wash them in a tub, dumping the water (and a lot of dirt) after the first three or four washings, and drawing a fresh batch of water for the rinsing (and there is still some dirt in the water).

As for the cooking, my way is steaming, and not for very long. Served up with butter, salt and pepper and a dash of vinegar, dandelion greens are a treat that transcends the seasons.

And the skunk at the picnic? In parts of Suburbia where some homeowners seek the holy grail of the Perfect Lawn, dandelions are definitely persona non grata. People actually dig them not to eat them, but to get rid of them. And for people who hire lawn-care experts, the herbicide sprayer is

of beatnik poets, artists and musicians. It also attracts a pair of undercover police officers, looking to make a drug bust. Walter is naive and talentless, but is filled with blind admiration for this group and wants desperately to belong. He particularly wants to impress Carla (Morris), an artist on whom he's developed an unrequited crush. No one, including Carla, thinks he has any creative gift. They treat him with open disdain, but that doesn't change Walter's mind. One night, he goes home and works on a sculpture, only to be frustrated with his lack of success. He accidentally kills his landlady's cat, which, after he recovers from his shock and disgust, gives him a morbidly wicked idea. The next day, he brings his newest work of art into the café -- an incredibly lifelike sculpture of a cat! Leonard De Santis (Carbone), the café's owner, proudly displays this piece of art, which earns Walter the respect and praise that he was so eager to receive. One night, after receiving a suspicious gift from an admirer, an undercover detective follows Walter home, with

tragic(!) results. What's an up-and-coming artist to do?

"A Bucket of Blood" is one of director Roger Corman's most beloved movies, and has rightly earned its place among classic B horror films. Not only does it satirize the sometimes stuffy, pretentious world of art, it also has been hailed as Corman's sly commentary on the film world. He made this movie in five days on an almost non-existent budget. Many critics, especially those in Europe, hailed the film as a marvel, and began to recognize Corman as a truly important filmmaker. The irony is delicious, and so are the high-camp horror hijinks. It's not to be missed! So grab your candy corn and join LRPA after dark for this double feature horror fest from the past.

Mark your calendars for these coming Halloween treats:

Oct. 19 & 20: 1968's "Night of the Living Dead"

Oct. 26 & 27: 1964's "Spider Baby"

You can't find television like this anywhere but LRPA TV, Atlantic Broadband Channel 25. Not a sub-



JOHN HARRIGAN

For the benefit of those who like to know the disparities in growing seasons, my lilacs came out right around the first day in June.



JOHN HARRIGAN

The first gust of wind that hits this clump of dandelions out behind the sheep barn will scatter their seeds all over creation.

sure to go straight for the hapless dandelion.

But they'd better be quick. This year, at my house at least, the dandelions were up, blossomed, and gone to seed, seeds blowing in the wind, before we even had a chance to mow the lawn.

(This column runs in a dozen newspapers covering the northern two-thirds of New Hampshire and parts of Maine and Vermont. Letters, with town and telephone numbers in case of questions, are welcome via [campguyhooligan@gmail.com](mailto:campguyhooligan@gmail.com) or Box 39, Colebrook, NH 03576.)

scriber? Then log onto Live Stream through our Web site ([www.lrpa.org](http://www.lrpa.org)) where you can catch all the fun.

About Lakes Region Public Access Television (LRPA)

Lakes Region Public Access Television (LRPA) is a nonprofit, noncommercial 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 nearly 11,000 viewers 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

SEE LRPA, PAGE A6

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**ARTISTIC ROOTS**

# Gathering Time Folk Trio to perform fundraising concert Oct. 27

MEREDITH — We Care of Temple B'nai Israel will conclude its fifth year and tenth benefit concert on Oct. 27 when it brings back to the area one of the country's best folk-rock trios, Gathering Time (gathering-time.com). Enjoy an evening of memorable music from the '60's and '70's as well as complimentary snacks and desserts at the Inter-Lakes Community Auditorium in Meredith. (Inter-Lakes High School, 1 Laker Lane.) Doors open at 7 p.m. and the concert begins at 7:45 p.m. Purchase tickets online at [tbinh.org](http://tbinh.org). Arrive early for best seats and great refreshments.

The beneficiary of the net proceeds and the contributions of the event sponsors is Central New Hampshire VNA & Hospice. This agency provides at home services from birth to bereavement, and they have served Lakes Region communities since 1918. Central New Hampshire VNA & Hospice is a not-for-profit, Medicare-certified provider and is licensed by the State of New Hampshire. The agency is governed by

a volunteer Board of Trustees from both the Wolfeboro and Laconia regions and is supported by private and corporate donations. For more information visit [centralvna.org](http://centralvna.org) or call 1-800-244-8549.

The saying goes "it takes a village" and TBI is fortunate to have tremendous support from more than 100 Lakes Region businesses through the Temple B'nai Israel Sponsor Book, as well as event sponsors for 2018, Meredith Village Savings Bank, Miracle Farms Landscaping Services and Golden View Health Care. These community minded businesses are working hand-in-hand with We Care to help improve the lives of their neighbors.

Temple B'nai Israel of Laconia, a small 70 family congregation, is the heart of Jewish activity in the Lakes Region and all of Central New Hampshire. Who would have thought that such a small group could make such a difference in the local community? Almost five years ago, TBI hatched a really unique concept of raising money and then giving it

away to worthy local charities. TBI named the program We Care and through nine different musical events over four and a half years, they have raised, and given away to seven different local nonprofits, (some more than once) nearly \$60,000. The We Care initiative was launched to expand the temple's commitment to core Jewish values - "to heal the world" (tikkun olam) and "a moral obligation for charitable giving" (tzedakah). We Care is the largest charitable program under the TBI umbrella. These concerts, held twice a year in the spring and fall, have supported families, veterans, domestic abuse victims, children and the homeless.

As this year draws to a close, We Care is already planning for 2019. We Care seeks to partner with small local Lakes Region nonprofits that would benefit from a team of experienced fundraisers to supplement their fundraising efforts. Requests for consideration can be submitted to [info@tbinh.org](mailto:info@tbinh.org).



COURTESY

We Care of Temple B'nai Israel will conclude its fifth year and tenth benefit concert on Oct. 27 when it brings back to the area one of the country's best folk-rock trios, Gathering Time ([gathering-time.com](http://gathering-time.com)).

## EDITORIAL

CONTINUED FROM PAGE A4

Here in the Winnisquam region, we care about local schools, our community parks and rec centers, our businesses and organizations and our neighborhoods.

We care about the

price of fuel, getting our seasonal decorations up, finding deals at the grocery stores and the upkeep of our properties. We care about our neighbors and co-workers, our friends and family. We care about making an impact; we

also care about preserving history. We hope for change and also embrace our traditions.

The same can likely be said for the names of those in those graveyards, the many who came and went before us. Life goes on.

## LRPA

CONTINUED FROM PAGE A5

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 communi-

ties 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).

## MARK

CONTINUED FROM PAGE A4

ty risk, interest rate risk and the risk that is really not discussed as much as it should be which is; sequence of returns risk. Sequence of returns risk is critical for those approaching retirement. Market performance is key when you start subtracting assets as income from those assets if they are not designed for sustainability. What used to be the 4 percent rule, in other words taking out 4 percent of your

assets per year to live on has now become the 1.6 percent rule partly because of the low interest rate environment.

As stated earlier, most people carry much more investment risk than they were aware of. Finding that true risk tolerance and matching it up to a portfolio that fits the needs of the client's is paramount. But you as the client also must realize that if you have your advisor set up your portfolio for lim-

ited risk, that will typically come with limited growth conversely a lot of potential growth may come with a lot of risk.

For an honest and maybe enlightening risk assessment go to my Web site, [www.MHP-asset.com](http://www.MHP-asset.com), go to tools and then risk analysis. The software "Riskalyze" will give you a risk number between one and 99, one being the least amount of risk that you're willing to accept, 99 being the most. It asks about real dollar numbers versus percentages. You may be surprised what your true risk tolerance is versus how you are invested.

Mark Patterson is an advisor with MHP asset management and can be reached at 447-1979 or [Mark@MHP-asset.com](mailto:Mark@MHP-asset.com).

NORTHFIELD — John A. Colby, 64, a longtime resident of Northfield, passed away at his home on Monday, Oct. 8, 2018 after a long illness.

John was born in Laconia Sept. 15, 1954, son of the late, Sherwood S. and Mary (Baker) Colby. John grew up in Tilton and was a graduate of the Winnisquam Regional High School, class of 1973. He later moved to Northfield with his wife Lori in 1987. John worked for Bergen Patterson in Laconia for 14 years. He went on to work for Mike and Skip with Shumway Construction Company for 25 years. He enjoyed his time working with Shumway at St. Paul School in Concord with Paul. An outdoorsman, John enjoyed hunting, fishing, camping and hiking. He was a parishioner of St. Mary of the

## OBITUARY

### John A. Colby, 64



Assumption Church of St. Gabriel Parish in Tilton. In addition to his parents, John was predeceased by his wife of 25 years, Lori (McPherson) Colby who died in 2008. He was also predeceased by a sister, Judi M. Colby and brother Steven L. Colby.

John leaves his brother, Thomas Colby, Sr. of Northfield; nephews Chris Colby, Tom Colby, Jr., and Randy Skillin; niece Melody Mammino; cousins and generational grand and great-grand nieces and nephews.

John would like to thank his medical providers, Dr. Hillary Conkling and staff, Dr. Kamen Rangelov and Staff, Dr. Charles Catcher and staff, and Heide Loring, RN.

Following through with John's wishes, there are no calling hours or public services planned. John will be placed in the family crypt with his wife Lori in Park Cemetery in Tilton.

Assisting with arrangements is the William F. Smart Sr. Memorial Home of Tilton.

John requested, should on wish, that contributions in his name be made to the Central New Hampshire VNA and Hospice, 780 North Main St., Laconia, NH 03246

For more information, go to [www.smartfuneralhome.com](http://www.smartfuneralhome.com).



## How to Submit Obituaries & Announcements To Salmon Press Publications

**Obituaries and Announcements** of special events such as weddings, engagements, and anniversaries are published **FREE OF CHARGE** in any/all Salmon Press newspapers.

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Wedding, engagement, and anniversary announcements are welcome at: [weddings@salmonpress.com](mailto:weddings@salmonpress.com)

*Photos are also welcome, but must be submitted in jpeg format.*

Please contact Executive Editor  
Brendan Berube at (603) 279-4516, ext. 111  
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## HALL MEMORIAL LIBRARY

### Tilton/Northfield Monday, Oct. 15

Library Llama at WRMS during lunchtime... Stop in at the Llama and check out some books.

Chess Club, 3-5 p.m.

Trauma, Addiction and Release: A Presentation/Workshop, 6 p.m.

Trauma Coach Christine Merriman will speak about how trauma and addiction are deeply entwined and how to find release from their devastating results. Having had a traumatic childhood, Ms. Merriman speaks from experiences that happened 50 years ago when no one would even talk with her about them, except her father. His wise words helped her in unique ways that she hasn't seen anywhere else until today. "With Brain Science exploding only within the past ten years, today we can see that at the core of our problems lies how we think and how we believe what we think. Let me show you how you can change all that to save a loved one, a family, or a community. I use what is called the 'Three Principles', a health realization meth-

od for recovery from life's most difficult situations such as trauma, drug and alcohol addiction, suicide, and the daily stressors that can put us over the edge."

Ms. Merriman actually prefers to be called a Transformational Trauma Angel. She is in training to become a CSRW, a state-certified recovery coach and a certified teacher of the Three Principles.

### Tuesday, Oct. 16

Spanish Club, 10 a.m.  
Tech Tuesday, 2-4 p.m.

Teen Time, 3 p.m.  
Sewing Club with Miss Britt

### Wednesday, Oct. 17

Story Time, 10:30 a.m.  
This week's theme - Ghosts!

Library Llama at Southwick School during lunchtime... Stop in at the Llama and check out some books.

### Thursday, Oct. 18

Rock & Read - Every Thursday in October, 10 A.M.-8 p.m.

For every half-hour you spend reading one of our books while in the library you'll receive one buck... that is a

"Hall Memorial Library Buck." Library Bucks can be used to pay down your fines, send a fax, make photocopies or buy books from our book sale. Before you begin, let the librarian at the main desk know you're participating in the Rock & Read program. Double your time... Every 15 minutes spent reading to a child will earn the child one Library Buck. Only physical books please... no devices.

Teen Time, 3 p.m.

Let's Make Stuff with Miss Britt

### Friday, Oct. 19

Sit and Knit, 2-5 p.m.

### Saturday, Oct. 20

Let's Go Lego, 10 a.m.

### New Items

"The 7 1/2 Death of Evelyn Hardcastle" by Stuart Turton

"Transcription" by Kate Atkinson

"In His Father's Footsteps" by Danielle Steel

"The Tattooist of Auschwitz" by Heather Morris

"When the Lights Go Out" by Mary Kubica

"My Real Name is Hannah" by Tara Lynn Masih



Rev. Tobias Nyatsambo, Hospice Chaplain, and Elaine Cartier, Hospice Director.

## Franklin VNA & Hospice holds Fall Grief Group

FRANKLIN — Starting Wednesdays Oct. 10 through Nov. 14, Franklin VNA & Hospice is beginning its Fall Grief Support Group in partnership with the Peabody Home. The facilitated sessions will focus on not only the trauma of the death of a loved one, but how to start to move past that and back into living again. The group is set in a caring environment with other people who are in the grieving process and is facilitated by Franklin VNA & Hospice Chaplain Tobias Nyatsambo and Hospice Volunteer, Beatrice Gove. Different from the Drop-In Grief Support Group they host the second Monday of every month at 2 p.m., the Fall and Spring Grief Groups are a more focused journey through the grieving process and so require pre-registration.

Rev. Tobias Nyatsambo notes, "What many people who've lost someone they love want, is the opportunity to be able to talk about their loved one without the uncomfortable grimace of friends and family. For the grieving person, once their loved one's services have been concluded their grief doesn't just

shut off. We are here to provide support for those people to help them heal."

After all, grieving people are already thinking about the loved one they have lost. How could they not be? This grief group will provide a space where they can safely share what they are going through with people who have had a similar loss in an environment structured to help them navigate the grieving process.

To register for the Fall Grief Group contact April at the Franklin VNA & Hospice at 934-3454.

Franklin VNA & Hospice is an independent, non-profit organization established in 1945 to serve the Home Health care needs of the community. They provide home care, Hospice, clinic and community education services to Andover, Belmont, Boscawen, Canterbury, Franklin, Hill, Northfield, Sanbornton, Salisbury, Tilton, Webster and surrounding towns, as requested. For more information on the grief group or other services call Franklin VNA & Hospice at 934-3454 or visit [www.FranklinVNA.org](http://www.FranklinVNA.org).

## SANBORNTON POLICE LOG

SANBORNTON — The Sanbornton Police Department responded to 45 calls for service and made the following arrests during the weeks ending Sept. 22 and Sept. 29. Please note that the names of juveniles, and those of individuals taken into protective custody but not formally charged with a crime, have been withheld from publication.

Michael L. Johnson, age 33, of Sanbornton was arrested on Sept. 20 in connection with an outstanding bench warrant.

Phillip Ouellette, age 63, of Nashua was arrested on Sept. 23 for Driving While Intoxicated. He was scheduled to appear in Franklin District Court on Oct. 1 at 8 a.m.

Richard Ricardo Glover, age 48, of Campton was arrested on Sept. 25 in connection with an outstanding bench warrant. He is scheduled to appear in Franklin District Court on Nov. 16 at 8 a.m.

A 50-year-old female from Sanbornton was taken into protective custody for intoxication on Sept. 28.

The breakdown of the remaining calls was as follows: one abandoned 911 call, three alarms, one fire call, two reports of fraud, two animal complaints/dog bites, one request to assist another department, one report of criminal mischief, one report of criminal trespassing, two directed patrols, two house checks, five medical calls, two money relays, two requests for motorist assis-

tance, one motor vehicle accident, one motor vehicle warning, one request for police information, three road hazard com-

plaints, two sex offender registrations, one report of a suspicious vehicle or activity, one theft, and two V.I.N. verifications.

## LRMHC kicks off annual online auction fundraising event

LACONIA — On Oct. 3, Lakes Region Mental Health Center launched its 7th annual fundraising and mental health awareness auction.

"This is one of our biggest fundraising events of the year. Our goal is to raise at least \$16,000 to support mental health programs and services for more than 4,000 Lakes Region residents," said Ann Nichols, Director of Development & Public Relations. "Auction items will be on display at LRMHC's annual meeting which will be held on Oct. 23 at the Common Man Inn & Spa in Plymouth and mobile bidding will be available for on-site bids. We are

grateful for the support and generosity of our many donors and bidders. This event is not possible without our sponsors, including our Champion Sponsor, Meredith Village Savings Bank and sponsors 98.3 LNH, 104.9 The Hawk, Genoa Healthcare, Irwin Automotive Group, Well Sense Healthplan and Boston Medical Center HealthNET Plan."

The auction runs online 24/7 and ends on Oct. 24 at 10 a.m. To view the items, make a bid or cash donation, sign up for email updates or refer a friend, visit [www.biddingforgood.com/genesisbh](http://www.biddingforgood.com/genesisbh).

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 nearly 4,000 children, families, adults and older adults each year. LRMHC provides Emergency Services 24 hours a day, seven 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 ther-

apy, 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](http://www.lrmhc.org). Find the Lakes Region Mental Health Center on Facebook and follow us on Twitter for updates and information.



### Laconia-Gilford Lions Club Electronic Waste Collection Day

Saturday, October 13, 2018

8:30AM to 12:30PM

Cinemas 8 Parking Lot

9 Old Lakeshore Road, Gilford

Fundraiser to benefit Laconia-Gilford Lions Club

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4% Manufacturing



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# Meredith Village Savings Bank Fund grant applications due Oct. 15

MEREDITH — Meredith Village Savings Bank (MVSb) is reminding non-profits that applications for the Meredith Village Savings Bank Fund are due on Oct. 15.

Established in 1997, under the leadership of John Starrett, then President and CEO of the Bank, the MVSb Fund makes grant-based contributions to non-profit organizations that enrich and improve the quality of life for residents living in the Bank's service areas. Since its inception, 351 grants totaling \$1,410,867 have been awarded to a wide range of environmental, social, educational and historic projects throughout the Greater Lakes Region, Plymouth and New Hampshire Seacoast areas.

The Fund has supported literacy programs, after-school programs, environmental monitoring, as well as education and restoration of historic structures, organizations that provide support for individuals and families in challenging circumstances and equipment that helps save lives. While not focused on a particular category, Fund administrators are mindful of the receiving organization and its contribution to the quality of life in the communities that are served.

To qualify for an award, the following criteria should be met:

- Organizations are recognized as tax-exempt under section 501(c)(3) of the Internal Revenue Code and public agencies are eligible

to apply.

- Organizations and public agencies should have their primary base of operations in the Lakes Region, Plymouth area or Seacoast of New Hampshire.

- Grants generally range from \$1,000 to \$15,000. The majority are for less than \$10,000.

- Proposals are sought from organizations which:

- Represent a high internal priority for the applicant organization and are related to its mission and development

- Include a clear, practical plan with objectives for services, participation and results

- Leverage other funding or voluntary support
- Offer evidence that project objectives will be accomplished within the grant period, or that other funding will be secured to continue the activity in the future

- Demonstrate cooperation or collaboration among organizations for greater impact

Grants are generally not awarded for the following purposes:

- Operating support or funding for ongoing or annual programs
- Replacement of public funding, or for purposes that are a public responsibility
- Sectarian or religious purposes
- Deficit reduction or to support activity which has already been completed
- Support of academic research
- Out-of-state travel expenses for students, youth groups or by individuals for academic or professional purposes

For more information about the Meredith Village Savings Bank Fund or to download an application, visit [www.mvsb.com](http://www.mvsb.com). Applications are also available at any MVSb office.

For nearly 150 years, Meredith Village Savings Bank (MVSb), has been serving the people, businesses, non-profits and municipalities of Central NH. MVSb and

its employees are guided by the values of accountability, mutuality, excellence, respect, integrity, teamwork and stewardship. To learn more, visit any of the local branch offices located in Alton,

Ashland, Center Harbor, Gilford, Laconia, Melvin Village, Meredith, Moultonborough, Plymouth, Portsmouth or Wolfeboro, call 800-922-6872 or visit [mvsb.com](http://mvsb.com).



Elektrik Market



Delfeayo Marsalis

## Acclaimed keyboardist Steve Hunt brings new power trio to Pitman's

LACONIA — Pitman's Freight Room on New Salem Street in Laconia is excited to announce the following shows scheduled for this weekend.

Thursday, Oct. 11, at 8 p.m.: Elektrik Market featuring Ervin Dhimo

Internationally acclaimed keyboardist Steve Hunt (Allan Holdsworth, Stanley Clarke, Virgil Donati) has teamed up with Albanian born powerhouse bassist Ervin Dhimo and virtuoso drummer Steve Michuad to create a new energetic and exciting power-trio called "Elektrik Market."

These highly proficient and talented musicians have been electrifying their audiences with high-energy captivating performances blending creative expressions of sound scaping and grooves with mesmerizing improvisational interplay. This group brings the listener

with them on a thrilling psychedelic musical journey with their harmonious arrangements full of soaring dynamic textures and colors all laid upon a foundation of funk and groove. The show without a doubt leaves the spectators craving for more.

"As a band and individual artist, we draw on the influences and inspiration from the past 50 years of contemporary jazz, funk and fusion music and blend that with our own original concepts" - Elektrik Market. Admission \$20..doors open at 7 p.m....Pitman's is a BYO venue. Call for reservations at 527-0043.

Delfeayo Marsalis with the Tall Granite Big Band Friday, Oct. 12th at 8 p.m.

The Tall Granite Big Band is proud to be performing once again in concert with New Orleans trombonist Delfeayo Marsalis, a 2011 NEA Jazz Master, who

will return with us to Pitman's Freight Room on Friday, Oct. 12. Marsalis is one of the top trombonists, composers, educators, and producers in jazz today. He's a graduate of the Berklee College of Music and has toured internationally with jazz legends Art Blakey, Abdullah Ibrahim, Elvin Jones, Slide Hampton, Max Roach, and his own ensembles. His 2014 CD "The Last Southern Gentlemen," also featured his father,

the renowned pianist Ellis Marsalis Jr. He has also produced over 75 major-label recordings, with several Grammy awards and nominations, for artists including Harry Connick Jr., Marcus Roberts, Spike Lee, and his father Ellis and brothers Branford and Wynton. Tickets will be \$25 at the door and \$20 with advance reservation. Space is limited. Call Pitman's at 527-0043 for reservations or information!

## Local residents make Dean's List at Wentworth Institute of Technology

BOSTON, Mass. — The following local student made the Dean's List at Wentworth Institute of Technology for the school's summer 2018 semester.

\* Rachel Attie Willcutt of Tilton  
Founded in 1904, Wentworth Institute of Technology is a nationally ranked university offering career-focused education through 17 bachelor's degree programs in areas such as engineering, architecture, computer science, applied mathematics, business management, computer networking, construction management, and design. The

Institute also offers master's degrees in applied computer science, architecture, civil engineering, construction management, facility management, and technology management. A leader in engineering, design, management and sciences education, Wentworth is known for its emphasis on career preparation for students through leading co-op programs and alignment with 21st-century workforce needs.

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Salmon press

# Franklin VNA & Hospice holds Drop-In Group

FRANKLIN — Are you grieving or know someone who is? Will this holiday season be emotionally difficult for you because of the death of a loved one? Franklin VNA & Hospice Chaplain Tobias Nyatsambo invites you to attend the Franklin VNA & Hospice's Drop - In Grief Support Group. The group is free, and open to all.

It is hosted at their 75 Chestnut St., Franklin office on the second Monday of every month at 2 p.m. and requires no pre-registration. "Grieving people need a space where they can safely share what they are going through with people who have had a similar loss," says Nyatsambo. This safe space is exactly what he aims to

provide when he facilitates the grief group. He notes, "For the grieving person, once their loved one's services have been concluded their grief doesn't just shut off. We are here to provide support for those people to help them heal." As we enter the holiday season, emotions and grief we thought were long dealt with

can push back into our lives. Whether your grief is fresh or has resurfaced, a grief group can help provide a sense of perspective as each grieving person shares how they are moving through grief, help you see you are not alone on this difficult journey and provide hope that, while no two grief experiences are the same, you can

find your way to feeling joy again. For more information, call April at the Franklin VNA & Hospice at 934-3454. Franklin VNA & Hospice is an independent, non-profit organization established in 1945 to serve the Home Health care needs of the community. They provide home care, Hospice, clinic and

community education services to Andover, Belmont, Boscawen, Canterbury, Franklin, Hill, Northfield, Sanbornton, Salisbury, Tilton, Webster and surrounding towns, as requested. For more information on the grief group or other services call Franklin VNA & Hospice at 934-3454 or visit [www.FranklinVNA.org](http://www.FranklinVNA.org).

# Redimix teams up with LRCD to build playground

TILTON — Redimix Companies provided the boost that Lakes Region Community Developers (LRCD) needed to build a playground at their Lochmere Meadows affordable housing development in Tilton. LRCD raised \$38,000 over 18 months, which was enough to pay for the playground equipment and the wood chips required for surfacing. LRCD did not have enough to pay for the site work and concrete footings needed to hold the structures in place. Redimix Companies GM Tim Vaughn and his team jumped at the chance to help.

"We are dedicated to giving back to our communities throughout New Hampshire. Giving local kids the opportunity to get active and have fun safely and close to home is an ideal project for us," said Vaughn.

ProQuip also donated equipment to safely complete the dirt work and spread woodchips.

Forty-seven families, with 50 children under the age of 12, live at Lochmere Meadows, which is just off Route 3 near the Lochmere Country Club. The playground provides a safe and convenient place for



COURTESY

Redimix Companies provided the boost that Lakes Region Community Developers (LRCD) needed to build a playground at their Lochmere Meadows affordable housing development in Tilton.

the kids to play and get exercise. It also serves as a gathering place where parents can get to know each other.

"We are so grateful to Redimix for stepping in to help us build this amazing play space and

community gathering spot. Without the Redimix team, we would not have been able to get this done," said Carmen Lorentz, Executive Director of LRCD.

Lakes Region Community Developers

(LRCD) is a non-profit organization whose mission is "to create opportunities for the Lakes Region to thrive by building healthy homes, creating vibrant community assets, and engaging residents."

LRCD provides healthy housing to 365 families throughout the region so they can live in safe, affordable, energy efficient homes that provide a healthy foundation for success in work, school, and community.

Redimix Companies is the leading supplier of ready-mixed concrete in New England - three generations and more than 60 years strong with seven locations throughout New Hampshire.

# Spaulding Youth Center to host Foster and Adoptive Care Essentials (FACES)

NORTHFIELD — Spaulding Youth Center will be hosting the Foster and Adoption Care Essentials (FACES) series on their Northfield campus beginning Oct. 18. Offered by the Granite State College Education & Training Partnership, the series is free and open to the public. Anyone who may be interested in becoming a foster or adoptive parent can pre-register online for one module or the whole series by visiting <http://etp.granite.edu/schedule/faces>.

FACES Fall Series Schedule  
Please note, each module can be attended individually.  
Thursday, Oct. 18  
**Orientation**  
5:30-8:30 p.m.

Thursday, Oct. 25  
**Regulations**  
5:30-8:30 p.m.  
Saturday, Nov. 3  
**The Developing Child**  
9 a.m.-noon  
Saturday, Nov. 3  
**The Effects of Childhood Trauma**  
12:30-3:30 p.m.  
Saturday, Nov. 10  
**Experiencing Grief & Loss**  
9 a.m.-noon  
Saturday, Nov. 10  
**Promoting Positive Behavior**  
12:30-3:30 p.m.  
Thursday, Nov. 15  
**Lifelong Connections**  
5:30-8:30 p.m.  
For questions or more information, please contact Carol Sanborn, 286-8901, ext. 203 or [carolsanborn@spauldingyouthcenter.org](mailto:carolsanborn@spauldingyouthcenter.org).

Spaulding Youth Center is a leading provider of services for children and youth with neurological, emotional, behavioral, learning and/or developmental challenges, including Autism Spectrum Disorder and those who have experienced significant trauma, abuse or neglect. Services include academic, behavioral health, residential, foster care, health and wellness and family support. Spaulding Youth Center is a tax-exempt 501(c)(3) nonprofit. For information about Spaulding Youth Center, visit [www.spauldingyouthcenter.org](http://www.spauldingyouthcenter.org).

## Shaker Regional School District

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### CHILDFIND CLINIC

Are you concerned about your child's development? Do you suspect that your child may have a disability? We will be holding a "Child Find Clinic" on Tuesday, October 16, 2018 at Belmont Elementary School from 1:00 – 3:00 pm for children age birth through 6 years old. Certified staff will screen students for possible learning disabilities, speech and language disabilities, motor skills, and overall developmental functioning. The clinic is open to any resident of Belmont or Canterbury, but **APPOINTMENTS ARE REQUIRED**. Please contact the SAU office at 267-9223 ext. 5306 for additional information or to make an appointment.



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The Bel Airs

DOO WOP

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tle easier after your busy Friday, the Library Trustees are offering chili and corn bread for a light supper at 6:30 p.m., with donations going towards the art restoration project.

Poodle skirts and saddle shoes are optional, but be sure to take a selfie in the photo booth.

We anticipate needing space to move, so we will hold this event in the Old Town Hall, located at 19 Meeting-

house Hill Rd. The concert is free, thanks to a generous donation from the Salatello Family Trust. For information call the library at 286-8288 or visit our Web site at splnh.com.

MCDONALD'S

CONTINUED FROM PAGE A1

Murray has also been a key factor in this year's Movies in the Park, Coffee with a Cop, the Law Enforcement Against Drugs program for local school children, Operation Safety Cone as well as events for the Make a Wish Foundation and more.

"I think it's important to recognize officers who are not only out doing their daily duties as law enforcement but making the community a better place, too,"

Cormier said. "Liz is the kind of person who would step up to help anyone in need. She's a superstar and we knew that when we hired her!" Murray said she was not only humbled by the recognition but a bit surprised, too.

"I didn't do any of this to get an award. I signed up for them because it's all something I enjoy doing," she commented.

McDonald's District Manager Larry Johnston said their last NHCOPA fundraiser held raised \$52,000 for

the organization and anticipated to either meet or exceed that amount this year.

Murray was grateful for the distinction and said she hopes to see many families this Friday, Oct. 12, on the lawn at Riverfront Park when the Movies in the Park series will wrap up for 2018 with a showing of "Coco." The movie is free and there will also be free face painting and a piñata filled with candy for boys and girls to enjoy. Gates open at 5:30 p.m.

FFA

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in the dairy cattle judging, tractor driving and woodsmen's events this year.

The judging competition, results of which are yet to be released, included multiple classes of dairy cows. Each class, consisting of four animals, was of a different breed and students were expected to rank the animals from best to worst. More than 100 students from seven FFA chapters participated.

The tractor driving contest is a two-person team event, with Laura-may Swain and Ellyssa Manning forming Winnisquam's team and placing second overall. Skills exhibited included steering through an obstacle course and using a mini excavator, among other abilities.

The woodsmen's competition was made up of a series of challenges including two-man cross-cut, log rolling, tree identification, pulp toss and bow. Seven schools and over 100 students competed for trophies in the timed contests. Winnisquam FFA'ers scored ribbons in four of the woodsmen events.

All 24 Winnisquam participants are enrolled in high school agricultural science classes and are members of the FFA, a national youth leadership organization for students of agriculture. Pupils from the following area high schools take ag classes at Winnisquam: Laconia, Gilford, Belmont, Interlakes, Franklin and Merrimack Valley.

The FFA (formerly Future Farmers of

America) is a national organization of more than 665,000 members preparing for leadership and careers in the science, business and technology of agriculture. The organization has 8,630 chapters located throughout the United States, Puerto Rico and the Virgin Islands. FFA's mission is to make a positive difference in the lives of students by developing their potential for premier leadership, personal growth and career success through agricultural education. Local, state and national activities and award programs provide opportunities for students to apply knowledge and skills learned in the classroom. Visit www.nhffa.org for more information.



DONNA RHODES

Tilton Police Chief Robert Cormier looks on as Officer Elizabeth Murray of TPD received a Community Policing Award from McDonald's District Manager Larry Johnstone last week.

FESTIVAL

CONTINUED FROM PAGE A1

WOW Trail, which runs through Laconia.

"As we look to 2019 and our 150th year as the Town of Belmont, there are events planned throughout the year. Please take time to offer suggestions and help us to reach our goal of 150 Ways to Celebrate Belmont," Mooney said.

Forms were available at last Sunday's Kick Off event for people to make suggestions on ways the community could celebrate, as well as another questionnaire asking for suggestions on items to be placed in a time capsule next year. But in the meantime, everyone also enjoyed the

day's activities.

There was a corn hole game set out on the grass between the Tioga Pavilion and Belmont Mill, a large inflatable challenge course that kids all enjoyed, as well as face painting and hula-hoops. Loose bales of hay found both children and parents alike relaxing or romping through the hay while others tried out some old-time sack racing.

A Scavenger Hunt also took place where participants could win prizes for identifying features of some of the landmarks in the village, and the Friends of Belmont Library held a raffle to raise funds

for future programs at the library. Paintings of historic buildings by Belmont resident Polly Murphy were also on display. Adding to the liveliness of the day was music by the band, "Stolen Thunder" and free ice cream from Jordan's Ice Creamery.

Families who attended the event were pleased to have activities and entertainment over the long holiday weekend.

"We live in Belmont, and love coming to all the community events," said Brooke, the mom of three little ones. "If there's anything fun going on in town, we're here!"



DONNA RHODES

The Town of Belmont was pleased to reveal a banner celebrating their 150th Anniversary in 2019. On hand at a special Kick Off Event last Sunday were Selectman Jon Pike, Town Administrator Jeanne Beaudin, Special Events Coordinator Gretta Olson-Wilder and Selectman Ruth Mooney.

The 150th Anniversary is also almost here and those willing to make it a community celebration that people will remember for years to come are asked to

contact Belmont's Special Events Coordinator Gretta Olson-Wilder with suggestions or a willingness to volunteer for any of the 2019 anniversary events.



DONNA RHODES

Two-year-old Julian, big brother Connor, age six, and their four-year-old sister Aubrey showed off their face paint during a fall Kickoff Event for Belmont's 150th Anniversary in 2019 last Sunday afternoon.

Olson-Wilder can be reached at dbwilder@metrocast.com or by calling 998-3525.

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Edward Jones: Financial Focus

When Should You See a Financial Professional?

It can be challenging to achieve your financial objectives. Fortunately, you don't have to go it alone - but when should you seek help?

Here are some of the key life events in which you might be able to benefit from the services of a financial professional:

First professional job - Eventually, you will land that first job, which will offer benefits and a 401(k) or similar employer-sponsored retirement plan. Since you may not have any experience with a 401(k), you may have several questions:

How much should I contribute? What sorts of investments should I choose? When should I change my investment selections? A financial professional can help you review your plan and explain the aspects that may affect your investment choices.

Marriage - When you get married, you and your spouse may decide to merge your finances, including your investments. But if each of you brings similar investments to the table, you might create some redundancies. A financial professional can look at your respective portfolios and recommend

ways to diversify. Generally, the more diversified you are, the greater your protection against market downturns that primarily hit one type of asset class. (However, while diversification can help reduce the impact of market volatility, it can't guarantee profits or protect against all losses.)

Children - Once you have children, you'll have new responsibilities - and you'll have some new financial issues that should be addressed. If something happened to you, could your children still have the same lifestyle and education-

al opportunities? Would they even be able to stay in the same home? To help ensure your children's security, you may need to add more life and disability insurance.

While life insurance could help pay for your children's education, you also should prepare for education costs as if you will be around. So you may want to consider an education savings investment such as a 529 plan. A financial professional can help you with your insurance and education-funding needs.

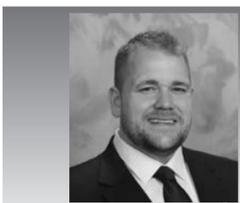
Retirement - Once you retire, you will face a variety of finan-

cial decisions, but here's one of the most important ones: How much money should you withdraw each year from your retirement accounts? To choose an annual withdrawal rate that's appropriate for your needs, you should consider several factors: how much you have in your retirement accounts, how much Social Security you'll receive, what other sources of income (such as part-time work or consulting) you might have, your age at retirement, your spouse's projected retirement assets, your retirement lifestyle, and so on. It might not be easy for you to con-

sider all these elements and then arrive at a suitable withdrawal rate, but a financial professional has the experience, training and technology to help determine a figure that could work for you.

These aren't all the life events that may lead you to contact a financial professional, but they should give you a pretty good idea of the type of assistance you could expect over time. So, consider reaching out for the help you need, when you need it. Doing so could help make your life easier as you move toward your financial goals.

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



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DONNA RHODES

Among the many projects for municipalities and nonprofit organizations that crews from the N.H. Department of Corrections Transitional Work Center performed this summer was to build a pergola on the back lawn of the Tilton Senior Center.

DOC

CONTINUED FROM PAGE A1

that needed to be removed and other work that needed to be done. Officer Johnson told me, 'Okay, we can do that,'" Dawson said.

Over the summer months, the crews came to check things off on Dawson's list for the Parks Commission. They leveled the brick walkways, cleared brush along the park and performed various other maintenance chores to the buildings and grounds. The crew didn't stop there though they went on to do much more in Tilton and the surrounding communities as word spread about the program.

The Tilton Senior Center had purchased a kit to build a wood pergola behind the center where seniors could relax, enjoy a meal, play cards and enjoy the fresh air. The problem was that they needed someone to build the structure, and Officer Johnson's crew came to the rescue.

"It was really a good job for them. They put it all together, and it came out great," Johnson said.

Selectman Pat Consentino was excited about the completion of that project, saying it will provide a lot of benefit to those who attend the center's lunches and other events.

"Next year, we'll plant wisteria or some other climbing vine beside it, but it really already adds a lot to the center and gives people more outside opportunities there," she said.

Another request came from the Tilton-Northfield Fire Department. Siding on the Park Street station needed work, a fire escape at Central Street station needed some maintenance, and

power washing of the buildings was also part of their lengthy list.

"They came here and did everything we asked for, and saved us a lot of time and money by getting those things done," said TNFD Fire Chief Michael Sitar. "In fact, they noticed a few things that had been done wrong in the past that weren't even on the list and corrected those for us, too. They did a great job."

In Northfield, those approved to work without a supervising officer have assisted the road crew in ditching and other road maintenance projects. Supervised crews also helped with maintenance at the Belmont Elementary School playground and worked on cleanup chores along the Winni Trail.

Officer Johnson said their efforts have saved taxpayers a lot of money in labor costs and as a result he is very proud of his work crew and what they have been able to accomplish.

Not everyone at the New Hampshire State Prison can participate, though. In order to take part in the program, members of the crew have to have been sent to the prison for low-level crimes such as simple assault, DWI, fraud or other lesser offenses, then must be fully vetted by the Department of Corrections. The men have to apply for the work crew, much like any other job, have their files reviewed then take part in an interview process before Johnson or his other crew leaders will accept them.

"It's really a good opportunity for them to use their skills, learn new skills and get out and be a part of society again. They take a lot of pride in

what they do and they're all very respectful to any members of the public they encounter," he said.

And after all of that, their only reward, for now, is the satisfaction of a job well done and a state-paid stipend of \$3 per day.

While the program is a big success with both the inmates and the communities they serve, Johnson himself has become a success of his own as their mentor.

"A lot of guys come up and tell me they want to be part of my crew and that really makes me feel good. I feel like I'm making a difference in their lives and that's what this is all about. We want them to leave here and be productive members of society," he said.

It's not fun and games with Johnson, though. The men are expected to work hard, follow directions and be respectful in the course of their day's job.

"If they do something wrong or have a 'dirty' drug test, they're off the crew until I can trust in them again," Johnson said.

Dawson, Consentino and Sitar are just a few who have seen the benefits of this program and are glad they did.

"They've done a lot of hard work and saved us a lot of money," said Dawson. "We're lucky to have them available to get things done at no cost to the taxpayers and they deserve a lot of credit. It's all greatly appreciated."

Along with municipalities, nonprofit organizations interested in submitting a request for projects for the crews are asked to contact the New Hampshire Corrections Transitional Work Center in Concord at 271-1924 for details.

GATHERING

CONTINUED FROM PAGE A2

and his wife, Lynne, are associated with a number of charities focused on supporting the troops and their families. Again, a delicious buffet will be served which includes prime rib beef with au jus or chicken piccata with all the fixings, with dessert and cake. Cocktail hour will be held from 6 to 7 p.m., and dancing will be available to all throughout the evening to music of our well known DJ, Rick Hopper of WLNH, who will play a variety of music to please all ages. Those who wish to attend this year's Gathering with spouses and guests are encouraged to contact Commandant Bob Patenaude at 455-0636 or via e-mail at rppatenaude@aol.com as soon as possible to ensure reservations. Cost is \$35 per person. Mail checks to Lakes Region Det., MCL, P.O. Box 764, Center Harbor, NH 03226. No tickets will be sold at the door.



Gen. Peter Pace

Town of Northfield Zoning Board of Adjustments Northfield Town Hall Monday, October 22, 2018 7:00 p.m.

AGENDA

1. Approval of Minutes of September 24, 2018
  2. Approval of Minutes of October 8, 2018 Site Walk of Steven Partridge property located at 53 Sargent Street, in reference to the Application for Variance.
  3. Continuation of Application for Variance submitted by Steven Partridge at 53 Sargent Street (Map U02, Lot 1) requesting relief from Article 7, Section 7.1 of the Zoning Ordinance, for the purpose of building a 400 site campground between the Winnepesaukee River and the Winnepesaukee River Trail on 8.4 acres of land in the C/I Zone.
  4. Other Business
- Respectfully Submitted,  
Kent Finmore, Chairman



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# Breast Cancer Awareness 2018



## Breast cancer survival rates soar

A breast cancer diagnosis can be a devastating blow. Upon receiving such a diagnosis, people may begin to ask questions about treatment and the impact cancer may have on their personal lives. Many people who are diagnosed with cancer also begin to wonder about their mortality.

An estimated 266,120 new cases of invasive breast cancer and 63,960 new cases of non-invasive, or in situ, breast cancer are expected to be diagnosed among women in the United States this year, according to Breastcancer.org. According to the latest statistics presented by the Canadian Breast Cancer foundation, 26,300 women and 230 men had been diagnosed with breast cancer in Canada in 2017.

The good news is that breast cancer incidence rates began decreasing in 2000 after increasing for the previous two decades. In addition, death rates from breast cancer have been decreasing steadily since 1989.

The National Cancer Institute says that the change in age-adjusted mortality rates are an indi-



Early detection and better treatment options are improving the chances of surviving breast cancer.

cator of the progress being made in the fight against breast cancer. The most recent SEER Cancer Statistics Review released in April 2018 indicates cancer death rates among women decreased by 1.4 percent per year between the years of 2006 and 2015. The American Cancer

Society says that decreasing death rates among major cancer types, including prostate, colorectal, lung, and breast cancers, are driving the overall shift in survival. The ACS says breast cancer death rates among women declined by 39 percent from 1989 to 2015. That progress is attributed

to improvements in early detection and treatment protocols. For anyone doing the math, over the last 25 years or so, 322,000 lives have been saved from breast cancer.

A similar scenario has unfolded in Canada. Breast cancer mortality rates in Canada recently decreased to 21.4

percent, down from 21.8 percent in 2011, states data from the Canadian Cancer Society. Currently, the five-year survival rate for breast cancer among Canadians is 87 percent, and the five-year net survival in the United States is 85 percent.

Increased knowledge about breast cancer, early detection through examinations and mammography and improved treatments are helping to drive up the survival rates of breast cancer. Although this does not make diagnosis any less scary, it does offer hope to those recently diagnosed.

### Did You Know?

While the vast majority of breast cancer diagnoses involve women, men are not immune to the disease. According to the American Cancer Society, the lifetime risk of getting breast cancer is about one in 1,000 among men in the United States. By comparison, the risk for women in the United States is one in eight. While a man's risk for breast cancer is considerably lower than a woman's, the ACS still estimates that roughly 480 men will die from breast cancer in 2018, when more than 2,500 new cases of invasive breast cancer will be diagnosed in men. In addition, the ACS notes that black men diagnosed with breast cancer tend to have a worse prognosis than white men. Though breast cancer may be a disease widely associated with women, men should not hesitate to report any discomfort to their physicians, as the National Cancer Institute notes that men are often diagnosed with breast cancer at a later stage than women. The ACS suggests that men may be less likely to report symptoms, thereby leading to delays in diagnosis. The more advanced the cancer is at the time of diagnosis, the lower the patient's survival rate. Men are urged to report any discomfort or abnormalities in their chests to their physicians immediately.



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# Breast Cancer Awareness 2018

## Speare Memorial Hospital Expands Breast Health Services

(Plymouth, NH, October 1, 2018) — Speare Memorial Hospital is now working with Southern New Hampshire Radiology Consultants (SNHRC) to provide more breast health services to the women of Central New Hampshire. Chief of radiology at Speare, Dr. Kevin Rivera, is leading the expansion of services. Technological updates will be completed by the end of the month.

In addition to state-of-the-art 3D screening mammography, services include:

### BREAST BIOPSY PROCEDURES

1. Ultrasound guided breast biopsy uses sound waves to help locate a lump or abnormality and remove a tissue sample for examination under a microscope.
2. Ultrasound guided cyst aspiration to identify if a lump is a fluid-filled cyst or a



### Facts and figures about cancer

A global concern in every way, cancer affects people from all walks of life. But as prevalent as cancer is, some facts and figures may still surprise you.

- 8.8 million: The number of people, according to the World Health Organization, who died from cancer in 2015, making it the second leading cause of death across the globe.

- 70: Percentage of cancer deaths that occur in low- and middle-income countries. (Source: WHO)

- 22: Percentage of cancer deaths across the globe that can be traced to tobacco use. (Source: Global Burden of Disease Study 2015)

- 90: Percentage of high-income countries in which treatment services are available to citizens afflicted with cancer. (Source: WHO)

- <30: Percentage of low-income countries in which treatment services are available to citizens afflicted with cancer. (Source: WHO)

- 25: Percentage of cancer cases in low- and middle-income countries caused by infections such as hepatitis and the human papilloma virus, or HPV. (Source: WHO).

- 12: Percentage of cancers worldwide linked to

viruses. (Source: National Toxicology Program, National Institute of Environmental Health Sciences)

- 1.69 million: The number of deaths attributed to lung cancer across the globe in 2015, making it the most deadly cancer in the world.
- Liver cancer (788,00 deaths), colorectal cancer (774,000), stomach cancer (754,000), and breast cancer (571,000) were the other most common causes of cancer deaths in 2015. (Source: WHO)

- 1.16 trillion: Economic cost, in American dollars, of cancer in 2010. (Source: International Agency for Research on Cancer)

- 33: Percentage of cancer deaths that can be linked to five leading behavioral and dietary risks: high body mass index, low fruit and vegetable intake, lack of physical activity, tobacco use, and alcohol consumption. (Source: WHO)



solid lump. If it is fluid, the aspiration will remove the fluid from inside the lump.

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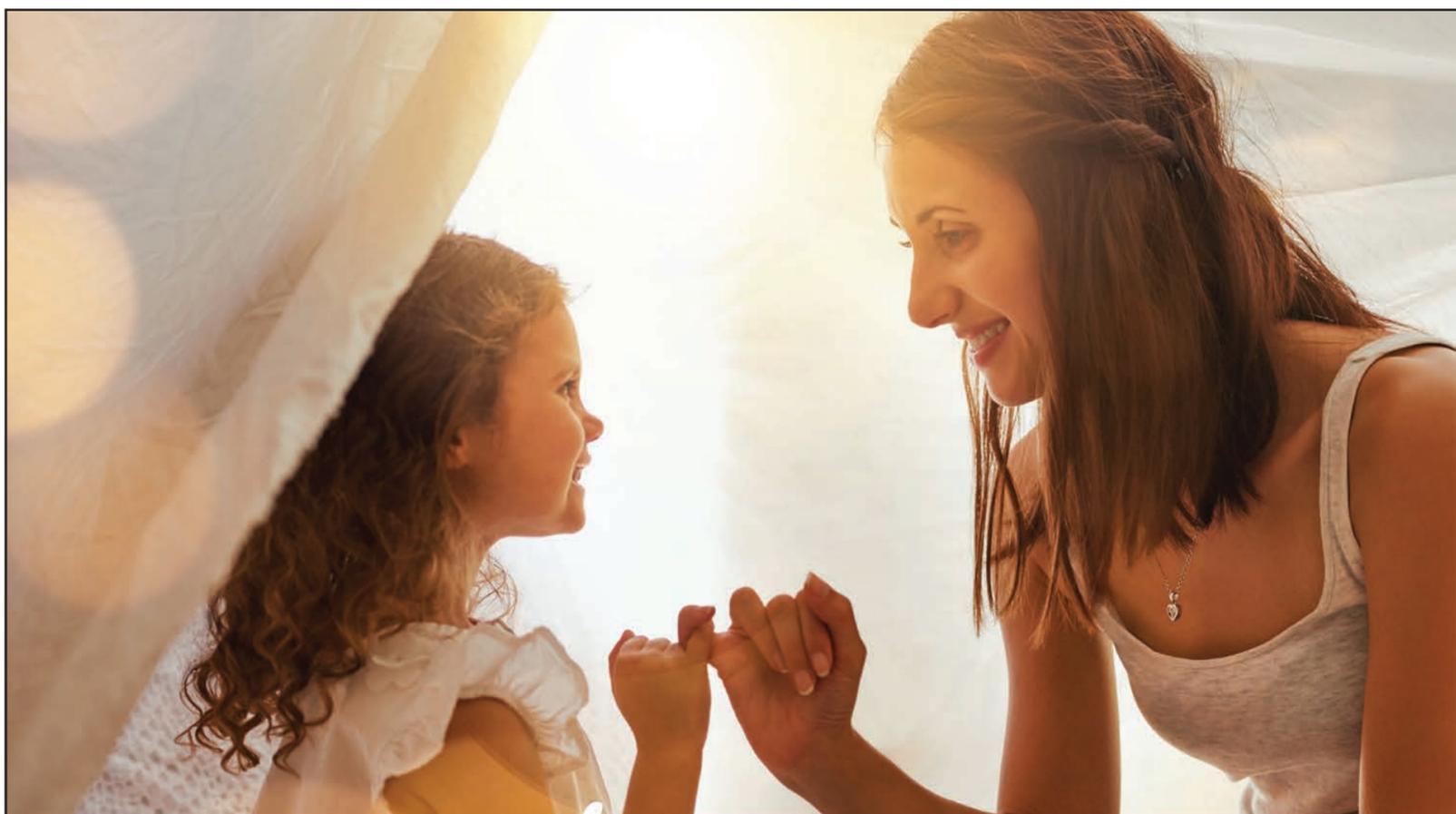
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## Q&A with Jessica Ryan, MD

Medical Director and Breast Surgeon at the CMC Breast Care Center



*CMC, a member of GraniteOne Health, is pleased to welcome Jessica Ryan, MD, the new medical director and breast surgeon at the CMC Breast Care Center. Dr. Ryan is a board-certified, fellowship-trained surgeon with special interests in nipple-sparing mastectomy, breast conservation, and oncoplastic surgery. CMC is excited for you to get to know Dr. Ryan and asked her a few questions to get the conversation started.*

**What are some of the misconceptions you hear from women about breast screening and/or breast cancer?**

One of the most confusing aspects of breast health today is the debate surrounding mammogram screening guidelines. The disagreements over recommendations can be frustrating to women and providers alike. I remain confidently in-line with the ACR, ACS and ASBrS in recommending an annual mammogram, for most women, beginning at age 40. With the use of 3D tomosynthesis mammography, we are able to evaluate dense breasts even more thoroughly, leading to a decrease in false positive findings and call-backs.

**Other common misconceptions?**

Underwire bras do not cause cancer (wear whatever fits comfortably), but alcohol intake can increase cancer risk. I advise my patients have fewer than 7 alcoholic drinks per week. We have good evidence showing that, in addition to smoking and obesity, there is an association between excessive alcohol consumption and breast cancer.

**How would you describe your approach to patient care, especially when giving a tough diagnosis?**

Receiving a cancer diagnosis is an emotionally traumatic experience. One of my first steps with a woman is to provide support and education in order to help her understand her diagnosis rather than fear it. My goal is to guide her in making decisions that are uniquely her own. Just as each woman is unique, so too is her cancer. This first step helps develop a plan that is right for her – both in the throes of the initial diagnosis and in years to come.

The next step is to encourage a woman to make herself the most important person in her life. This may sound simple, but a woman will almost always name many others (children, spouses, partners) before ever considering herself. In order to survive treatments and thrive as a healthy woman afterwards, she has to make herself her first priority. This helps her gain control of therapy and provides the motivation needed to get through it all.

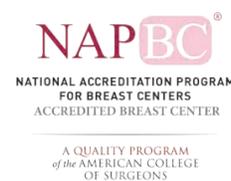
**What breast health technologies are you most excited about?**

One of the largest changes in the treatment of breast cancer is oncoplastic breast conservation. Oncoplasty refers to the use of plastic surgery techniques to allow the surgeon to remove the tumor more completely and reshape the breast to create a superior cosmetic outcome. We have growing evidence suggesting breast conservation, when feasible, is the most ideal pathway for a woman. This allows her to return to her daily life more quickly, while feeling more comfortable and confident with her body image.

3D tomosynthesis mammography is still relatively new and is becoming the standard of care in breast screening because our radiologists can evaluate the breast tissue more thoroughly, finding very early cancers, and providing women with added peace of mind.

Targeted chemotherapy is also making a positive impact on patient care, as is the emerging treatment of intraoperative radiation therapy. I'm hopeful that this will prove to be a very beneficial tool for some women.

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BOB MARTIN

Molly Sottak handles a ball for Belmont against St. Thomas Aquinas in a 1-0 win.



BOB MARTIN

Julianna Estremera continues to be one of the top goal scorers in Division 3.

# Red Raiders post pair of shutouts

BY BOB MARTIN

Bob@salmonpress.news

BELMONT — The Belmont girls' soccer team followed up a difficult Homecoming loss to Gilford High School with two straight wins last week.

On Oct. 3, the Red Raiders hosted St. Thomas Aquinas and came away with a 1-0 victory. This was a well-contested match on both sides. While

St. Thomas controlled the ball much of the first half, both teams didn't have many close scoring opportunities. Emma Cochran stopped several shots on goal by St. Thomas to keep things close.

With less than two minutes left in the first half, Julianna Estremera had a close shot that was cut off by the St. Thomas goalie to keep the score tied 0-0.

In the second half, Belmont made adjustments that coach Mark Dawalga felt led to the win. In the 75th minute, Katie Gagnon had a corner kick that Kailley Gerbig finished for a goal to take the lead.

"We made a couple of adjustments in the second half, which really payed off," said Dawalga. "St Thomas really played well it took a total team effort

to get the win."

Rebecca Fleming made her first start on defense and played well for Belmont. Dawalga said the team has been struggling with injuries and Fleming stepped up. Freshman Courtney Burke made her first varsity appearance in the wake of another Belmont injury, and she played well for the Red Raiders in the win.

"We were getting down on numbers due to injuries and I called

up a couple of our JV players and Courtney was one of them," said Dawalga. "She did a great job along with Sana Syed and Morgan Rule. Great team win against a very good St. Thomas team."

On Oct. 4, the Red Raiders took the long bus ride to Berlin and won 5-0, which was the second shutout of the season against Berlin. Estremera and Gagnon each had two goals in the game. Madison Lima scored her first

varsity goal.

"Nice way to finish the week being able to get everyone in the game," said Dawalga. "We still have a lot of things to work on. As with all teams, this time of year injuries and sickness hit and you learn a lot about your team. Very Proud of the teams overall effort."

Next up for Belmont is Bishop Brady at home at 3:30 p.m. on Oct. 12.

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Gabby Isabelle goes up for a slam for the Bears in a win over Inter-Lakes.

BOB MARTIN



Shannon Goodwin has had another great year for the Bears, and she shows her skills here against Inter-Lakes with a kill.

BOB MARTIN

# Bears win another championship rematch

BY BOB MARTIN

Bob@Salmonpress.news

TILTON — The Winnisquam volleyball team continued its title defense in epic fashion with big wins over Campbell and last year's runner up Inter-Lakes to remain undefeated this season.

On Oct. 2, the Bears beat Campbell by a score of 3-1 with set scores of 25-10, 25-18, 23-25 and 25-15.

Coach Mike Livernois said he was very happy with the way the team started the match by jumping out to a big lead in set one and dominating on its way to a 25-10 win.

"Our serving was strong and our offense was very effective," said Livernois.

The team was able to carry momentum into the second set for the win, but the team let up a bit in the third set. Campbell also picked up its intensity and played much better overall. The fourth set was tied 7-7 before Winnisquam pulled away for a comfortable win.

Shannon Goodwin had an incredible game with 20 kills and 20 digs, as well as three aces. Gabby Isabelle had 14 kills, 15 digs and five aces. Setter Olivia Dill had a fantastic game with 42 assists in the win. Sarah Seymour had four kills and 16 digs, while Aubrey St. Onge had 17 digs and two aces. Alli Foster had six digs, one block and two digs.

On Friday, Winnisquam hosted Inter-Lakes for the second time this season. While it was a 3-0 sweep for Winnisquam, that did not tell the whole story. It was a tightly contested match the whole way through with scores of 25-18, 26-24 and 26-24.

The first set was extremely close until the 17th point when Winnisquam pulled away. The game was tied 17-17 but Winnisquam went on a 7-0 run on the way to victory.

The second set was close throughout, but Winnisquam sealed the victory when Sarah Seymour blocked Emma Wheeler to win the match. The third set was back and forth the whole way before the Bears took the win.

"I was very pleased with the way my team stayed focused and didn't panic," said Livernois. "The match went back and forth throughout, but we maintained our composure and didn't panic when we fell behind. The game definitely had a tourna-

ment atmosphere."

Livernois said this was a game where it could have gone any way, but he said his team is lucky to have two hitters like Goodwin and Isabelle. He said that if a team finds a way to beat Goodwin,

there is nobody there to match Isabelle. This has been the case all season and was the case against the Lakers. He said with those two along with Seymour, it is tough to find a better attack in volleyball.

Goodwin had 13 kills,

20 digs and two aces while Isabelle recorded 12 kills, 11 digs and two blocks. He said that that having these two power hitters on the team not only helps in matches, but also helps the rest of the team prepare each week.

"My girls have to endure that every practice from them," said Livernois. "It's definitely good for preparation."

Other top performers were Dill with 29 assists, St. Onge with 14 digs, Seymour with nine digs, five aces, a

block and a kill and Becca Persson with six digs.

Winnisquam faced undefeated Farmington, as well as Nute, after deadline. Next for Winnisquam is an away game against Franklin on Oct. 12 at 6:30 p.m.

# Hanover pulls away late for win over Gilford/Belmont

BY BOB MARTIN

Bob@Salmonpress.news

GILFORD — The Gilford/Belmont football team suffered a tough loss to Hanover last Saturday by a score of 26-6, although it was anyone's game at the half.

The Golden Eagles were down 7-0 at half-time and in the second half Gilford/Belmont kicked off and forced a fumble to start the half. The Golden Eagles put together a drive, as quarterback Alex Cheek connected with tight end Patrick Carr for a five-yard touchdown pass to bring the score to 7-6.

This score remained until Hanover scored late in the third quarter to go up 13-6. While Gilford/Belmont was in the game for much of the time, Hanover scored two late touchdowns in the fourth quarter to secure the win.

Cheek had 148 yards and a touchdown with 12 completions in the game. Carr continued his strong season receiving the ball with five catches for 47 yards and a touchdown. Brandon Gallagher had three catches for 42 yards in the game.

Rushing was limited in the game but Cheek led the way with 25 yards, while Blake Descoteaux had 19 yards on the ground.

John Mitchell continued to be a force on defense with 24 tackles in the game. Zach Cobis had eight tackles and pressured the quarterback well with 1.5 sacks. Jackson Ruelke had 10 tackles and a pass deflection.

Coach Josh Marzahl was happy that the team had no penalties through four quarters, which he said is a sign that the team is growing and improving on the little things. He said as much as they would have loved to have won, this game showed growth in the program

"I was very happy with our kids' effort today," said Marzahl. "They battled through-



Blake Descoteaux takes a handoff from quarterback Alex Cheek.

BOB MARTIN

out four quarters and should hold their heads high after this one. They were able to compete with one of the best teams in division II and

today they showed they were capable of competing with teams like Hanover. I'm excited to see us build off of this game."

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<p><b>CENTER HARBOR</b>                  32 Whittier Hwy                  603-253-4345                  CenterHarbor.NH@NEMoves.com</p>	<p><b>LACONIA</b>                  348 Court Street                  603-524-2255                  LakesRegionInfo@NEMoves.com</p>
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<p><b>Belmont \$800,000</b>                  Special mountaintop home with amazing panoramic views to the west, and the most amazing sunsets. MLS# 4694071  <b>Ellen Mulligan</b>                  603-387-0369</p>	<p><b>Moultonborough \$529,000</b>                  Direct waterfront on Lake Winnepesaukee at a water access price! The frontage is sandy with dock. MLS# 4676709  <b>Bill Richards</b>                  603-998-7845</p>
<p><b>Meredith \$380,000</b>                  Gentleman's farm with 30 acres, stables, barns and more. MLS# 4721787  <b>Samantha Blackard</b>                  252-531-2051</p>	<p><b>Alton \$375,000</b>                  Cute camp in a protected area on Rattlesnake Island, a great location on the south side of the peninsula. MLS# 4689749  <b>Ellen Mulligan</b>                  603-387-0369</p>
<p><b>Gilford \$339,900</b>                  Water view cottage at Lake Shore Park! MLS# 4721636  <b>Rose Cook</b>                  603-393-5854</p>	<p><b>Moultonborough \$60,500</b>                  Here is a nice level 51-acre parcel in Balmoral! This property abuts the Buckingham common land. MLS# 4711994  <b>Kay Huston</b>                  603-387-3483</p>

[www.ColdwellBankerHomes.com](http://www.ColdwellBankerHomes.com)

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<p><b>MOULTONBOROUGH:</b> Sited on the grounds of Bald Peak Colony Club, this home enjoys fantastic views of the 14th green &amp; fairway and maintains a classic style with fireplace, 3-season porch &amp; more.  <b>VIEW DRIVE \$1,350,000</b></p>	<p><b>WOLFEBORO:</b> Recently reduced! A must see on Lake Winnepesaukee, the 4BR/3.5 BA home offers a beautiful kitchen and master bedroom with waterside deck. Amazing entertaining spaces to enjoy inside and outside!  <b>WYANOKE GATE LANE \$1,395,000</b></p>
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**LAND**

**TUFTONBORO**  
 This spectacular, half-acre waterfront land on The Basin offers road and water frontage. Electric is at the street. This is an excellent opportunity to build your dream waterfront home!  
**Basin Drive.....\$195,000**

**WOLFEBORO**  
 A 1.2 acre lot with privacy at the end of the road. Close to town and a short walk from the beach.  
**Applewood Drive.....\$59,000**

**WOLFEBORO**  
 Large parcel totaling 68 acres of wooded land with frontage on both York Road and Beach Pond Road.  
**York Road.....\$275,000**

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<p><b>WORLD CLASS TREAT!!</b> One-of-a-kind Moultonborough Lk Winnepesaukee WF w/710' of protected shoreline, over 280' of white sandy beach. Stunning, impeccably maintained &amp; unrivaled beauty. This property will take your breath away!  <b>\$5,500,000</b> (4718960) Call 569-3128</p>	<p><b>STUNNING</b> bedroom Custom Cape at Bald Peak C.C. in Moultonborough with lovely Winnepesaukee views, access to private beach and dock, gorgeous interiors, 1st floor MBR, 2.6 acres of lush landscaping.  <b>\$1,345,000</b> (4718796) Call 569-3128</p>	<p><b>MARVELOUS HOME</b> in Moultonborough for entertaining &amp; enjoying Lake Winnepesaukee! Contemporary styled 4BR on spectacular point of land offers beautiful views &amp; docking galore! Great Inv. w/solid rental history.  <b>\$1,060,000</b> (4686085) Call 253-9360</p>	<p><b>OUTSTANDING</b> Country Estate in Tamworth bordering the Lakes Region &amp; White Mountains of New Hampshire. Five bedroom colonial with stunning mountain views, guest house, post &amp; beam barn, all sited on 311 acres.  <b>\$949,900</b> (4706586) Call 253-9360</p>
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<p><b>MEREDITH</b> // Quality new construction ranch with walk out lower level in desirable Clover Ridge. Open concept, 3BR, 2.5BA, modern amenities for today's lifestyle of convenience.  <b>\$549,000</b> (4697497) Call 253-9360</p>	<p><b>GILFORD</b> // This 1254 sq. ft. Brookside Crossing Condo has an open concept floor plan with 3 bedrooms, 2 baths and attached 1 car garage. Many upgrades. Community pool.  <b>\$219,900</b> (4719871) Call 875-3128</p>	<p><b>GILMANTON // A SPECIAL COUNTRY HOME</b> on 2.34 acres. Nice yard with 20x16 outbuilding and attached dog kennel. Updated kitchen with pine cabinets and new wrap around deck.  <b>\$199,000</b> (4720450) Call 875-3128</p>	<p><b>HOLDERNESS</b> // Solid and Larger than it looks! On a nice lot across the street from the Squam Lakes Association, metal roof, 2 sheds - Kayak/canoe on Squam across the road!  <b>\$189,000</b> (4721009) Call 253-9360</p>	<p><b>RUMNEY</b> // This home has been lovingly restored with virtually minimal maintenance yet still maintains plenty of the original 1900 cottage charm. Close to the White Mountains &amp; Minutes to Plymouth.  <b>\$149,000</b> (4709801) Call 253-9360</p>
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**LAND and ACREAGE**

<p><b>CENTER HARBOR</b> // Exceptional 2.29 acre lot with incredible southerly view potential of lakes and mountains. Ideal location: Waukegan Golf Course nearby, only minutes to downtown Center Harbor &amp; Meredith.  <b>\$99,000</b> (4705879) Call 253-9360</p>	<p><b>NEW DURHAM</b> // Nice 5 acre building lot in a country setting located close to town and a great commuting location.  <b>\$45,000</b> (4458054) Call 875-3128</p>	<p><b>MOULTONBOROUGH</b> // Great Price!! Wonderful opportunity to buy a .51 acre level double lot in the sought after, private Suissevale Community on Lake Winnepesaukee. Less than .3 mile to a sandy beach.  <b>\$39,500</b> (4717925) Call 253-9360</p>	<p><b>BARNSTEAD</b> // Nice 3.3 acre building lot in quiet rural location. It is surrounded by old stone walls. A selective cut was done in 1995 to promote hardwood growth.  <b>\$37,000</b> (4692946) Call 875-3128</p>
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## FALL FOLIAGE AUCTION

Antiques, Vintage, Glass/Pottery, Iron, RR, Tools, Sterling  
Saturday, Oct. 13, 2018 • 9AM • 3247 Route 302, Lisbon, NH

Join us for a GREAT sale of antique, primitive & vintage furniture & collectibles from local homes. **Featuring—Furniture:** country baker's cabinet; enamel top Hoosier table; oak Hoosier cabinet; painted oak commode; 5-drawer pine chest; reclining chair w/stool; Empire mahog. dropleaf table; birdseye maple caned chairs; lift-top trunk; blood stone top table/bench; cherry full/queen sleigh bed; queen cannonball head board; mahog. Empire arm chair; walnut side chairs w/velvet & cane; Vict. needlepoint walnut arm chair; oak side table; Windsor arm chair; 3-drawer oak chest. **Pottery/Glass/China:** Five 1916 Roseville pitchers; Staffordshire figure; Rose Medallion; Lenox; Bristol, Vaseline & satin glass; ironstone butter-mold; Wedgewood; rice bowls; Buffalo diner cups; Jack O'Lantern votive holder; Willow grill plates; biscuit jars, general store containers; Stangl; ink bottle; redware; ink bottle; pink Depression; mixing bowls; Pyrex refrigerator set; kerosene lamps; glass string holder; straw dispenser; crocks & jugs; Shawnee teapot; Marigold Carnival; Delft coffee grinder; McCoy pig pitcher; Hampshire pottery. **Rugs:** Chinese floral dec, 17'11" X 11'10"; room size hooked; Chinese runner; sm. Bocara. **Equip & Tools:** Pellet stove fireplace insert; pellet furnace Eco Tech, 40,000 BTU; battery jump starter; grinder on base; Karcher pressure washer; acetylene torches w/tanks; Titan Quick Flo 1/2 HP paint sprayer; Craftsman leaf blower; cordless recip. saw; Jobsmart 125 psi air compressor; ratchet set w/sockets; tap & die set. **Misc:** Lionel trains; Marx train; Dressel signal light; Erie RR lantern; switch locks & keys; B&H andirons & stamp box; magic lantern slides; Sterling silver flatware & dishes; coin silver spoons; silver plate; cast iron pans incl. Wagner muffins & candy molds; tin/enamel ware; vintage kitchen accessories; egg basket; metal milk bottle carrier; 6 qt. butter churn; Kitchenaid, Sunbeam table top mixers w/glass bowls; cereal advertising; Chinese tile game; Lincoln portrait in log cabin frame; WWI US Navy binoculars; samurai sword; Masonic 6<sup>th</sup> & 7<sup>th</sup> degree certificates; leather camel figure stool/seat; Consuelo Bailey notary stamps; tea & spice display; kids record set; gingerbread shelf clock; Empire shelf clock; Silvertone electric slide guitar; Edison cylinder table top player w/cylinders; 24" Visio flatscreen TV; WiiFit; sm. grain dec. dome top trunk; table top Fairbanks scale; B&H Art Nouveau book holder; mortise machine; Bushnell Northstar telescope. **PREVIEW: Fri, 10/12: 3-6PM & Sat, 10/13: 8-9AM or by appointment. TERMS OF SALE: 13% BUYERS PREMIUM (10% w/cash or check with proper ID); all items sold AS IS; all sales final. Refreshments available.**

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**The Town of Bethlehem will sell Tax Deeded Property at PUBLIC AUCTION**  
**Friday • October 19<sup>th</sup> @ 11AM**  
**At the Bethlehem Town Hall**

**Main Street— Land**  
**Map/Lot:204-3 1.2 Acres**  
**100' x 521' ( of stone wall )**  
**Assessed Value: \$24,200**  
**Minimum Bid \$7,500**

**TERMS of SALE:** A deposit of \$5000 in cash or certified check will be required to bid. All buyers must be physically present at the auction to bid. The highest bidder over the reserve will be required to execute a Purchase and Sale agreement upon the conclusion of bidding and close in 20 days. There will be a 15% Buyers Premium to be paid at closing. Other terms may be announced at the sale. Bidders are responsible for determining the status of the property being offered. The property shall be sold "as is", "where is." The auctioneer does not warrant the condition of any feature described above. Additional terms and info can be found on the website:  
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**Tom McGlaufflin, Lic # 2928**  
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Research shows teens who regularly eat as a family (5-7 times per week) are **33 percent less likely to use alcohol.**

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William Van Bennekum, Principal  
Holderness Central School  
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The Town of Wentworth is currently seeking applications from qualified persons interested in providing support to the Office of Selectmen, as the Administrative Assistant. This is currently a 40 hour a week position. Salary is commensurate on experience. Insurance benefits included.

Candidates must have:

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- Proficiency in computer skills
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- AR/AP & Payroll
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This Position also includes:

- Preparation/collation of Annual Town Report
- DRA Financial reports
- Processing Welfare, Veteran, and Low-income applications
- Preparing quarterly & yearly taxes
- Processing Timber reports
- Coordination of Audit support services
- Use of Assessing Software
- Coordinating/scheduling Assessor's property reviews
- Ordering supplies
- Coordinating Town Office building repairs/services

\*Additional responsibilities can be discussed at time of interview or as Select Board feels the need to.

Applications can be obtained on the Town website at <http://www.wentworth-nh.org/index.html>, or at the Town Offices during regular business hours on Tuesday 1-5 pm, Wednesday & Thursday 9 am – 1 pm. Applications will be accepted until the position is filled. Wages are based upon qualifications & experience.

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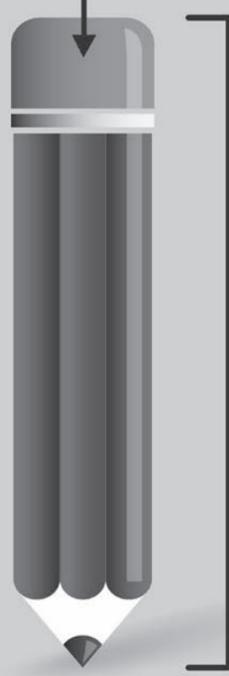
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**Public Notices**

On October 18, 2018 at 6:30 PM there will be a Candidates' Forum at the Campton Historical Society Hall at 529 US Route 175 in Campton. Candidates for State and county offices will there. This is not a debate but an opportunity for Campton voters to meet their candidates who will speak for themselves on their positions and ideas. Questions from the audience will be welcome after each presentation.

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 Phone: (603)388-4236  
[ucvh-hr@ucvh.org](mailto:ucvh-hr@ucvh.org)  
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Date: Thursday, October 18th  
 Time: 10a-2p  
 Place: Beane Conference Center, 35 Blueberry Lane, Laconia NH

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\*One Bedroom housing may be available to any applicants looking to relocate to the area\*

**All positions require weekends, most holidays and a valid driver's license required. Positions are year round and salary is based on experience. The Village Of Loon is managed by Vacation Resorts International. VRI is an amazing company for employee to grow and develop.**

The Village of Loon Mountain is an equal opportunity employer.

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Meredith family is seeking a patient, motivated and active support staff for a young woman within her community and home. This is a part time position about 20-29 hours per week. Flexibility is key, as schedule may vary based on the young woman's employment schedule. Responsibilities include; recreational and vocational support/guidance, transportation and other supports as needed.

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 FULL TIME/PART TIME - IMMEDIATE OPENINGS

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**Benefits include:**  
 Competitive Pay  
 Discounted and/or free skiing privileges at area mountains  
**Please apply in person**

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We are looking to add a self-motivated individual to join our sales team in our Service & Rental department. Candidates must be available on Weekends and Holidays, have a positive attitude and a positive approach to customer service. Duties include but are not limited to addressing customer needs and providing the necessary knowledgeable information on the products, ski mounting and tuning, rentals and light cleaning. One year rental/service experience and a passion for skiing/snowboarding a plus.

**Benefits include:**  
 Competitive Pay  
 Discounted and/or free skiing privileges at area mountains  
**Please apply in person**

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 U.S. Department of Health and Human Services  
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- Add warm clothes and blankets to emergency kit
- Keep gas tank full
- Take cash out (ATM's may not work)

**DURING**

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Who to Call → Where to Meet → What to Pack

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Salary commensurate with experience.

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Gilman School District  
SAU #79  
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Gilman, NH 03237

Deadline date: October 19, 2018

**AUG 2011**

23 

24 

25 

26 

27 

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north country healthcare

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North Country Home Health & Hospice Agency is an Equal Opportunity Employer

**UPPER VALLEY PRESS, INC.**

**Staff Accountant**

Upper Valley Press, Inc. a progressive, 100% employee owned company, is seeking an experienced and motivated individual to join our finance team. The position requires general ledger and cost accounting experience. An accounting degree is desired. Duties and responsibilities include GL, AR, AP, Payroll, FA and financial analysis. The ideal candidate will possess the ability to multi-task and work independently.

Specific job duties include:

- Maintains and balances a general ledger by inputting journal entries, reconciling accounts and verifying the accuracy of accounts.
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- Develops and implements accounting procedures by analyzing current procedures, recommending changes.
- Answers accounting and financial questions by researching and interpreting data.
- Provides accounting support by reviewing financial information, obtaining supplementary information for preparing financial statements.
- Processes payroll using ADP Workforce Now and prepares payroll reports.

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Interested candidates may send resume and salary requirements to:

**Upper Valley Press, Inc.**  
Attn: Human Resources  
446 Benton Road  
North Haverhill, NH 03774  
[charrington@uvpress.com](mailto:charrington@uvpress.com)

**NEWSPAPER**

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# Bears, Raiders run in Jeri Blair Invitational

## Riley sets new Belmont course record

By BOB MARTIN  
Bob@Salmonpress.  
news

**BELMONT** — The Belmont cross country team hosted the Jeri Blair Invitational on Oct. 5 and the team's top runner, Alice Riley, came in second and set a new school record on the course.

Riley had a time of 20:16.6, setting the school record, which will be listed on the record board in the school gymnasium. The time shattered a record set by Erin Phillips in 2007, when she ran the course in 20:31.

Mya Dube of Kearsarge took the win with a time of 19:26.6.

For the girls' team, Makayla Palmer had a time of 24:19.1 for 26th, Aurora Couto was 64th with a time of 28:13.7, Mercede McIntyre was 68th with a time of 28:26.9 and Hannah Leclair was 69th with a time of 28:31.1.

The boys' team was led by Jared Whitcomb who placed 70th with a time of 21:16.3. Micah Edgren was 75th with a time of 21:28, Chris Pare was 85th with a time of 21:43.9, Nick Miles was 98th with a time of 22:29.5, Jason Roberts was 141st with

a time of 25:09.2, Brian Miles was 155th with a time of 26:35, Michael Annis was 162nd with a time of 27:26 and Tom Mortell was 168th with a time of 28:22.6.

**Winnisquam**  
The Winnisquam girls' team placed sixth overall in the meet with Faith Gosselin placing seventh with a time of 21:43. Jasmine Piper was 17th with a time of 23:08.6, Daisy Burns was 45th with a time of 26:14.5, Marguerite Parker was 62nd with a time of 27:53.6 and Madison Knopka was 81st with a time of 33:04.7.

The boys' team placed fourth overall and was led by Kyle Mann, who was ninth with a time of 17:59.9. Rick Fournier was 11th with a time of 18:09.8, Dylan Robert was 21st with a time of 18:55, Riley Mann was 29th with a time of 19:20, Evan Griffin was 41st with a time of 19:39.8, Joey Damato was 81st with a time of 21:35.4, Jack Richard was 82nd with a time of 21:36.4, Brenna Dunn was 83rd with a time of 21:39 and Sheamus Dunn was 88th with a time of 21:56.4.



BOB MARTIN  
A group of Belmont boys' runners start up the Jeri Blair Invitational last week.



BOB MARTIN  
(Top Left) Kyle Mann placed seventh in the Jeri Blair Invitational last week.



BOB MARTIN  
(Top Right) Rick Fournier placed 11th at the Jeri Blair Invitational last week.



BOB MARTIN  
(Right) Alice Riley set a course record at the Jeri Blair Invitational last week, placing second.





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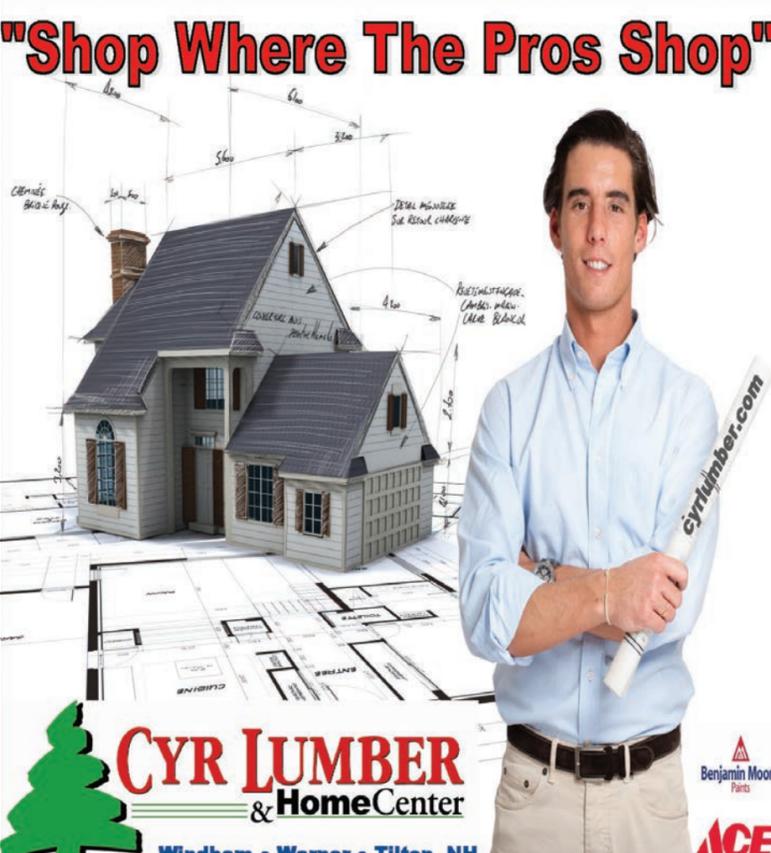
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