

# Tilton's Reinartz honored for 20 years of service

BY DONNA RHODES  
drhodes@salmonpress.news

TILTON – During their regular weekly meeting last Thursday, Tilton's Board of Selectmen took time out from their agenda to congratulate Town Clerk/Tax Collector Cynthia (Cindy) Reinartz for 20 years

of service to the town with a reception that included not only town officials but friends and family, too. Reinartz began her service to Tilton when she moved to the town in 1998. She started as an assistant for Town Clerk Gayle Twombly



DONNA RHODES  
(Left) Tilton's Town Clerk/Tax Collector, Cynthia (Cindy) Reinartz (center), was congratulated by town officials, family and friends last week for her 20 years of service to the community.

and when Twombly moved on to the finance department, Reinartz was asked to fill in for her until the next March election. She ultimately decided to run for the official position in 1999 and SEE REINHARTZ, PAGE A11

## Accident slows traffic on Route 106

BY DONNA RHODES  
drhodes@salmonpress.news

BELMONT – Once again, a two-vehicle accident on Route 106 in Belmont slowed traffic to a crawl on the busy highway Monday afternoon as first responders tended to the drivers and passengers then worked to clear the roadway. Belmont Police Department said the accident this time occurred just south of Plummer Hill Road at 5:21 p.m. and motorists who witnessed the crash advised 911 dispatchers that both vehicles were unable to pull off the road, blocking travel-time traffic. Medics from Belmont Fire Department arrived on the scene where they found a child, secured in a car seat, was among those involved in the crash. After determining that the youngster was okay, they gave credit for SEE ACCIDENT, PAGE A10

## Local police take part in "Beards for Bucks" fundraising campaign

BY DONNA RHODES  
drhodes@salmonpress.news

REGION – People in several towns may have begun noticing a new look to their typically clean-shaved police officers. Those officers assure all, however, that there is no change in their grooming requirements. They are all just "Razorless for a Reason" this month in an effort to raise money for local Child Advocacy Centers throughout the state. Among the many departments taking part in the 2020 "Beards for Bucks" fundraising



COURTESY  
Sanbornton Police Chief Stephen Hankard and Lt. Kevin McIntosh had fun showing off the facial hair they are growing for October's Beards For Bucks fundraiser to help raise money for the Greater Lakes Child Advocacy Center in Laconia.

campaign are officers from Sanbornton and Belmont police departments. During the month of October each year, law enforcement officers from participating departments are given a special exemption to grow facial hair. The unusual look, they said, draws the public into conversations where the people can not only learn the reason for the beards, but find out all that Child Advocacy programs do and discover how important their work with law enforcement agencies can be. Belmont Police Department said, "Your Belmont officers feel this is a great cause and want to do everything they can to help out the local CAC centers. We are proud to help child victims of physical and sexual abuse and their families with this fund raising effort." In Sanbornton, Chief Stephen Hankard and his officers are also proud to be participating in their efforts to raise money for the Greater

Lakes Child Advocacy Center in Laconia. SEE BEARDS, PAGE A11

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DONNA RHODES  
During Belmont's Fall Celebration in honor of the town's 150th Anniversary, the Jordan Tirrell-Wysocki Trio pulled put their fiddles, bass, and guitar for an old-fashioned, toe-tapping fun time outdoors in the village last Sunday afternoon.

## Belmont celebrates the arrival of Fall

BY DONNA RHODES  
drhodes@salmonpress.news

BELMONT – As the 150th Anniversary celebrations continue in Belmont, people gathered on the lawn between the Belmont Mill and

Slippery Rock Covered Bridge last Sunday afternoon for their Fall Celebration that included live music from the Jordan Tirrell-Wysocki Trio and the chance for a leisurely stroll along SEE BELMONT, PAGE A10

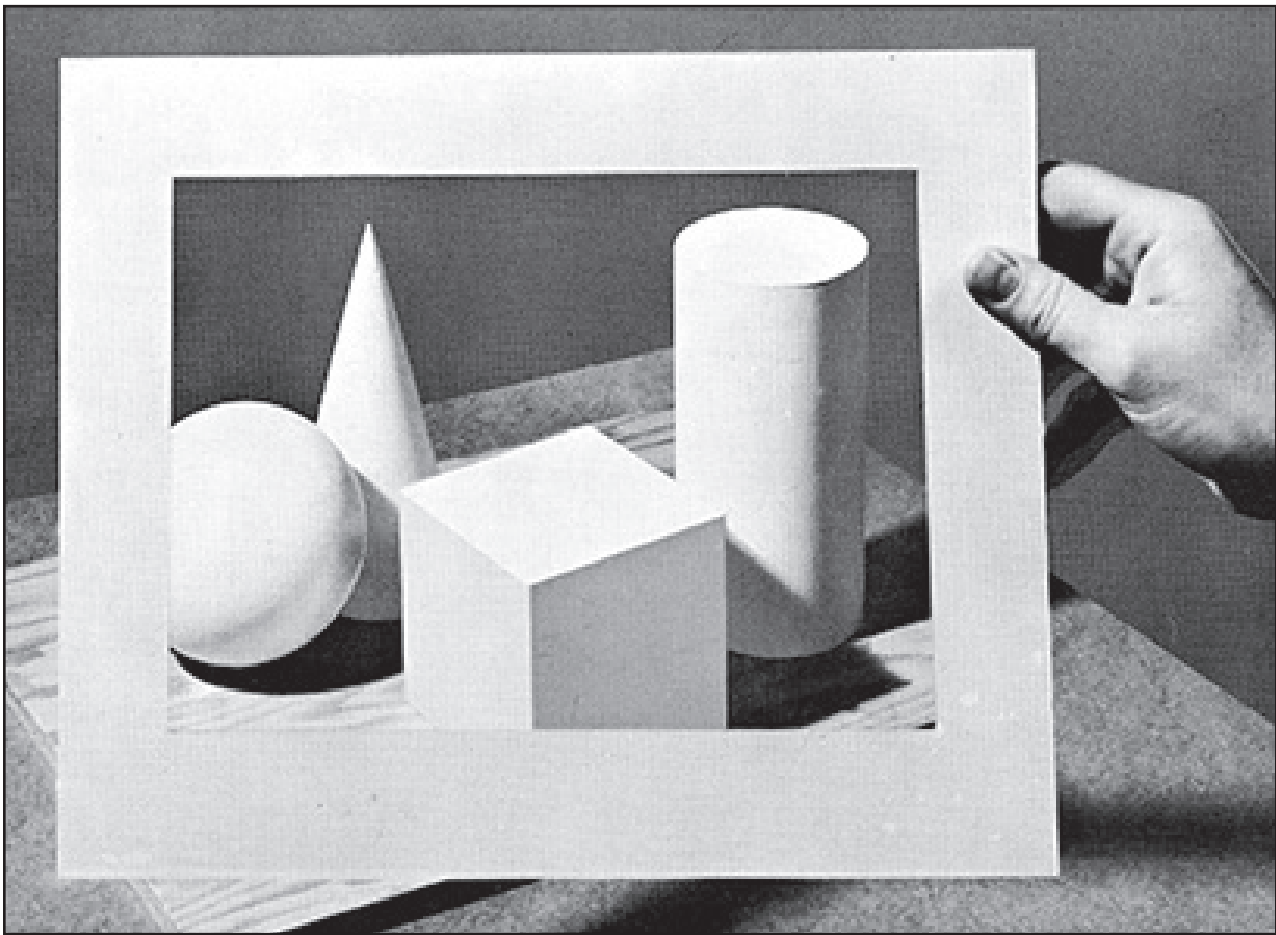


# Art Association offers drawing classes

TILTON — “The first step to becoming an artist is learning how to draw.” Those are the words of advice by artist, graphic designer and painter, Tom Hitchcock, who’ll be conducting six sessions of drawing classes beginning Oct. 12 to Nov. 16 at the Lakes Region Art Association/Gallery.

Hitchcock’s career as an artist ranges from Madison Ave, N.Y. producing graphics and illustrations seen around the world to Pittsfield, where, now semi-retired, his focus is on painting, drawing and teaching art.

“It’s inspiring for me to see people who never thought they could draw, take my class and then produce a finished piece of art far better than they imagined,” says Hitchcock.



Artist and art instructor, Tom Hitchcock, a member of the Lakes Region Art Association, will conduct six drawing classes starting Oct. 12 to Nov. 16 at the LRAA Gallery, Tanger Outlet Mall, suite 132, 120 Laconia Rd., Tilton.

Hitchcock’s two-hour workshops will focus on the fundamentals of drawing, group discussions and critiques.

“Don’t worry about making mistakes, because mistakes are the best teacher. I will teach you how to avoid them and discover your hidden talents too,” he added.

The Lakes Region Art Association/Gallery is located at the Tanger Outlet Mall, suite 132, 120 Laconia Rd., Tilton. The Gallery is open Thursday-Sunday, 10 a.m. to 6 p.m. The LRAA/Gallery includes hundreds of paintings and photographs by LRAA members including fine art paintings and photos by Tom Hitchcock. To register for Hitchcock’s drawing classes, visit the gallery or contact him at (603) 496-6768.

## BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests during the week of Sept. 27 to Oct. 4.

Seth C. Conkey, age 34, of Meredith was arrested on Sept. 27 for Driving After Revocation or Suspension.

Jesse Tarr, age 26, of Sanbornton was arrested on Sept. 27 for Reckless

Operation.

Julia A. MacDonald, age 18, of Acton, Maine was arrested on Sept. 27 for Unlawful Possession of Alcohol.

Christina Marie McFarland, age 33, of Pittsfield was arrested on Sept. 27 for violating Driver’s License Prohibitions, Driving After Revocation or Suspension,

a Suspended Registration (Operating-Misdemeanor), Possession of Drugs, Possession of Controlled/Narcotic Drugs, Transporting Alcoholic Beverages, and Misuse of or Failure to Display Plates.

Derrick M. Tremblay, age 20, of Laconia was arrested on Sept. 28 for Racing on Highways.

Cedric E. Gatanti, age 40, of Laconia was arrested on Sept. 28 or Operating After Suspension.

William B. Jenkins, age 37, of Concord was arrested on Sept. 29 for Driving After Revocation or Suspension.

Sarah M. Shaner, age 30, of Laconia was arrested on Sept. 30 for Violation of Probation or Parole.

Christopher D. Bickford, age 42, of Franklin was arrested on Sept. 30 for Violation of Probation or Parole.

Angela DeLucca, age 50, of Belmont was arrested on Sept. 30 in connection with a bench warrant issued by Concord District Court.

Skyla M. Mooney, age 22, of Sanbornton was arrested on Oct. 1 for Driving After Revocation or Suspension.

Jonathon James Monty, age 19, of New Hampton; Julia M. MacDonald, age 18, of Meredith; and Gregory Gilson, age 19, of Belmont were arrested on Oct. 1 for Unlawful Possession of Alcohol.

Charity L. Eddy, age 43, of Belmont was arrested on Oct. 3 in connection with two bench warrants issued by Laconia District Court. Crystal M. Merchant, age 36, of Laconia was arrested during the same motor vehicle stop for Driving After Revocation or Suspension, and William E. Fort, age 56, of Laconia was arrested for Possession of Controlled/Narcotic Drugs and Falsifying Physical Evidence.

Paige Fuller, age 27, of Laconia was arrested on Oct. 3 in connection with a warrant issued by the Tilton Police Department.

Michael Harzmovitch, age 33, of Goffstown was arrested on Oct. 3 for Possession of Controlled/Narcotic Drugs. Karen R. Mekelsen-Weeks, age 35, of Franklin was arrested during the same incident for Possession of Controlled/Narcotic Drugs and a separate count of Possession of Drugs.

Gordon D. Walker, age 69, of Belmont was arrested on Oct. 3 for Criminal Threatening (Use of a Deadly Weapon).

## NORTHFIELD POLICE LOG

NORTHFIELD — During the time frame of Sept. 23 – 29, the Northfield Police Department had 392 calls for service, some to include:

Abandoned Motor Vehicle, Domestic Disturbance, Child Abuse, Civil Matters, Criminal Mischief, Harassment,

Neighbor Disputes, Parking Violations, Road Hazard, Scams, Suspicious Persons, Sexual Assaults, Reckless Conduct, Violation of Protective Order, Simple Assaults, Wanted Subject, Welfare Checks, Unwanted Subject, Trespass Orders, Thefts, Suspicious Vehicles, Motor Vehicle Stops and Complaints.

The following arrests were made:

Taylor Fletcher, 28, Belmont for Simple Assault.

Herman Dixon, 45, Concord for Driving after Revocation/Suspension.

## SANBORNTON POLICE LOG

SANBORNTON — The Sanbornton Police Department responded to 41 calls for service and made the following arrests during the week ending Oct. 5.

Sonja Carmichael, age 51, of Alexandria was arrested on Oct. 3 in connection with a warrant. She is scheduled to appear in Franklin District Court on Nov. 18.

The breakdown of the remaining calls was as follows: 17 motor vehicle warnings, four motor vehicle summonses, one motor vehicle accident, one report of reckless operation, one neighborhood dispute, two requests for police information, one report of a suspicious vehicle or activity, one road hazard complaint, three house checks, one request to assist another department, three animal complaints, one money relay, two alarms, and three thefts.

2019 Salmon Press

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**PRESIDENT & PUBLISHER**  
FRANK G. CHILINSKI  
(603) 677-9083  
frank@salmonpress.news

**BUSINESS MANAGER**  
RYAN CORNEAU  
(603) 677-9082  
ryan@salmonpress.news

**OPERATIONS DIRECTOR**  
JIM DINICOLA  
(508) 764-4325

**EDITOR**  
BRENDAN BERUBE  
(603) 677-9081  
brendan@salmonpress.news

**DISTRIBUTION MANAGER**  
JIM HINCKLEY  
(603) 279-4516

**PRODUCTION MANAGER**  
JULIE CLARKE  
(603) 677-9092  
julie@salmonpress.news

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Mon.-Thurs.: 1:00, 4:00, 7:00 PM

**ABOMINABLE** PG  
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Mon.-Thurs.: 12:30, 2:45, 5:00, 7:15 PM

**Join us for the advance screening of MALEFICENT: MISTRESS OF EVIL**  
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Find us online at: BarnZs.com



# Pat Edsall's 'Floating Garden' aids Alzheimer's Association

TILTON — When is a hand-painted flower more than just a work of art? It's when artist, and member of the Lakes Region Art Association, Pat Edsall, gives one to you for your support in finding cures for dementia and Alzheimer's disease. Edsall's creative and beautiful 'Floating Garden' display, a gazebo with a large number of her hand-painted life-sized flowers suspended inside, was the focal point at her closing exhibit, Sept. 27 at the LRAA Gallery.

"My objective was, and is, to recognize the beauty of the human mind and what a tragic loss for it to slowly fade away, like a wilting flower. It can be, and for far too many of us will be an issue effecting our families. Dealing with ALZ is emotionally draining, expensive and a very sad experience to go through. That's why I put this display together as a way to raise funds to help find a



cure for these dreaded diseases," she added. For everyone one who made a donation, Edsall 'cut-down' one of her flowers and gave it to them in appreciation. To contribute go to: <http://act.alz.org/>

goto/dancersmakeadifference. Pat Edsall also had displayed a number of watercolor and ink paintings using only the color blue. The title for this exhibit was 'Out of the Blue.' More than 100 people attended her exhibits

held at the LRAA Gallery, Tanger Mall, Suite 132, 120 Lacomia Rd., Tilton. The gallery is open Thursday-Sunday 10 a.m. – 6 p.m. There, hundreds of LRAA members' original art and photography are on display. Inquire within membership for

play. Inquire within membership for

## Local resident graduates from Wentworth Institute of Technology

BOSTON, Mass. — The following local student recently graduated from Wentworth Institute of Technology in Boston, Mass.

\* Rachel Willcutt of Tilton  
The university held its summer commencement on Aug. 18.

*Founded in 1904, Wentworth Institute of Technology stresses project-based, hands-on learning, with an emphasis on cooperative education and careers, community enrichment, and contributing to the economic vitality of the Greater Boston region. The nationally ranked school is recognized as a leader in engineering, technology, design and science.*

*Wentworth has some 19 bachelor's degree programs in areas such as architecture; construction management; mechanical, biomedical and civil engineering; and computer science. It offers master's degrees in applied computer science, architecture, civil engineering, construction management, facility management, and technology management.*

## ClearChoiceMD to offer no-cost flu shots

BELMONT — The Autumn season is syn-

onymous with many things, such as cooler

nights, turning back the clocks and pumpkin spice. Last, but certainly not least, autumn means the flu season is quickly approaching. Be prepared this season by getting your flu shot. ClearChoiceMD Urgent Care, located at 24 Homestead Place in Alton and 96 Daniel Webster Highway in Belmont, will be offering flu shots at no cost to the patient throughout the entire month of October.

It's important to get your flu vaccination before winter begins so your body has enough time to develop the antibodies that

protect against influenza. Receiving the flu shot not only helps you protect yourself, but it also prevents the flu from spreading throughout the community. We want the community to know that we are a resource for them at any time, especially during flu season.

The No Cost Flu Shot Month allows all patients to get vaccinated, regardless of insurance coverage. Vaccinations are available for ages four years and older, while supplies last. No appointments are needed, just walk in from 8 a.m. – 8 p.m. Patients are asked to bring a photo ID and insurance card (if available). For those with healthcare insurance, the urgent care center will bill the carrier and cover any remaining out of pocket cost. For those without insurance, ClearChoiceMD will cover the cost.


### TILTON POLICE LOG

TILTON — The Tilton Police Department responded to 378 calls for service and made the following arrests during the week Sept. 30 to Oct. 6.

Arrested during this time period were John Laplante (in connection with a warrant), Laura Hazelton (for Possession of Drugs), Joshua Atwood (for Driving After Suspension), Rachel Coffey (for Willful Concealment), Kelsey Noroian (for Willful Concealment), Stephen Patten (in connection with a warrant), Ariana Espinola (in connection with a warrant), Farrah Munn (in connection with a warrant), Nicho-

las McKenney (for Driving After Suspension), Charyl Foote (for Driving After Suspension), Sara Zareas (in connection with a warrant), Cody Chamberlain (for Reckless Operation), Issaiah Mills (for Driving After Suspension, a Suspended Registration, and Possession of Drugs), Kenenth Marshall (for Theft), Debra Lapierre (for Willful Concealment), and Darlene Lehilali (in connection with a warrant).

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# Opinion

A4 Thursday, October 10, 2019

WINNISQUAM ECHO

## STRATEGIES FOR LIVING

### *The day the sun stood still*

BY LARRY SCOTT

Questions about the Bible's infallibility and truth come to a head in the Old Testament book of Joshua. During a battle with the Amorites, we are told that "the sun stood still, and the moon stopped, until the nation took vengeance on their enemies." Come again? The sun stood still?

The issue is serious and must not be taken lightly. To those of us who believe the Bible to be God's Word, and that it is without error, it cannot be dismissed without a credible answer.

Reports that NASA has postulated a "long day" are bogus. There is no scientific proof that the sun "stood still and the moon stopped" in the Valley of Ajalon in answer to Joshua's prayer. And reports in the annals of Peru and China of a "long day" are unverified.

All we are told is that there was sufficient daylight for Joshua and his army to complete the battle. And there is no way of getting around the clear statement in Joshua 10:13: "The sun stopped in the middle of the sky and delayed going down about a full day."

Easy answers do not always come for some of Scripture's "miracle moments." I cannot explain how Jonah survived "three days and three nights" after being swallowed by a "great fish." (Jonah 1:17). Nor do I know how the Apostle Peter "walked on water." (Matthew 14:29).

What I do know is that the greatest miracle recorded in Scripture for which there is undeniable proof is the resurrection of Jesus Christ. This is the one miracle that does not require blind faith; it is provable beyond doubt to anyone who will evaluate the evidence honestly.

In a day when there is so much uncertainty, it is good to know there is one source of truth that is unerring and effective. In Jesus' words, "You will know the truth and the truth will set you free." Yes, the Bible record sometimes demands faith in the providence of God – as in the case of the day the sun stood still – but when one has settled on the mother of all miracles – the resurrection of Jesus Christ – everything else falls into place.

From its inception, the Christian faith has been honored with circumstances for which there is no logical, intelligent explanation – outside of divine intervention. You may believe we are naïve in trusting in a God capable of making the sun stand still. But if your God can't do the impossible, your God is too small.

I operate on the premise that God has a plan for each of our lives. Your station in life, everything that makes you the unique person that you are, has been carefully crafted by the God of heaven. The divine design with which you were created has equipped you to fulfill a role that can be accomplished by no one else.

Your days may be dark, your dreams unfulfilled, and you may have little hope that change can come to your life. But the same God Who stopped the sun for Joshua and raised Jesus from the dead is available to do something special for you too.

This may be your day to discover what God can do for those prepared to honor Him. He is ready and eager to revolutionize your life, but He does only by invitation. Your turn!

For further thought, follow me at [indefenseof-truth.net](http://indefenseof-truth.net).

## *Send your letters!*

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Please include your name, address  
and phone number.



COURTESY

Please join us in supporting the Tilton Senior Center by attending the Pancake Breakfast Fundraiser Saturday, Oct. 19 at Applebee's Grill & Bar, 75 Laconia Road, Tilton from 8 to 10 a.m. Breakfast includes pancakes, eggs, bacon, juice and coffee for \$10. Tickets may be bought at the center, 11 Grange Rd., Tilton or at the door. The Tilton Senior Center is open to all seniors Monday through Thursday, 9 a.m. to 2 p.m., offering lunch at 11:30 a.m., Monday, Tuesday, and Thursday, provided by Community Action Program Belknap-Merrimack Counties, Inc. for a suggested \$2 donation. There are several other offerings at the center such as a Bone Builders exercise class, VNA health clinics, informational speakers, entertainment, book club, and many social activities. If you would like more information, please call Cindy at 527-8291.

## LETTERS TO THE EDITOR

### Carpet bombing in Concord

To the Editor:

In December of 1972, I flew B-52 missions over Hanoi, North Vietnam. You are wondering what this had to do with being a Representative in Concord. It parallels with the veto votes we made recently. We've gone through a long period of legislative "victories" passed by the opposition party like the devastation by the North to the South Vietnamese villagers who opposed them. You could either cooperate with the North or you and your family suffered.

For years, we used restrictive tactics in our bombing that prolonged rather than prevented the North's advance. We treated the problem solution with one incremental move after another. We limited the areas we could bomb. We limited the days (never on Christmas). Our POW numbers just kept growing and the South kept suffering. We knew that large scale bombing by the B-52's would bring about a solution, but wouldn't employ them for a myriad of reasons. This is similar to what recently happened in Concord. A large pile of legislation was passed that would be devastating to the citizens of New Hampshire on issues like guns, energy, education, and even an income tax. That legislation was put on the Governor's desk. Finally, he reached the limit of watching the North (I mean the Democrats) trash pile up. He used his red pen to veto

more than 50 bills and we, Republicans, sustained all but one. We had enough minority votes to prevent the required 2/3's to override. It was like that over Hanoi...I was told to expect losses near one third, but we kept our losses to less than 5 percent. After 11 days, the North capitulated and our POW's, my friends came home.

Next year, we will be treated to the same bat guano legislation again. (The same vetoed legislation was filed the day after we voted to sustain the vetoes.) Thankfully the Governor has the plenty of ink remaining in his veto pen. We Republicans will use these successes and the ones next year to regain the majority in the House. Sure, the North finally kicked the USA out in 1975 because we refused to learn the lesson that a negotiated peace and incremental tactics don't work. I am not sure Republicans will learn this fact either. However, I did. I flew 300 missions in Viet Nam so I will hang in for a few more over Concord.

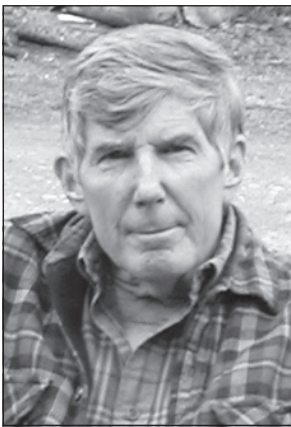
If you want to talk or just have coffee call me at 320-9524 or email me at [dave@sanbornhall.net](mailto:dave@sanbornhall.net). Hopefully, my missives aren't boring.

Cheers!

*Dave Testerman*  
*State Representative*  
*Hill and Franklin*

## NORTH COUNTRY NOTEBOOK

### *On a last trip to Labrador, big changes in the winds*



By **JOHN HARRIGAN**  
COLUMNIST

Today, I cleaned house—not in the normal sense, but in the world of computers, meaning my desktop. I like to leave a photo or two hanging around to remind me to write something or other, and pretty quick my screen is a crowded mess.

It's a bad habit, because before long, you have a screen full of weird stuff you can scarcely remember. And a computer with a lot of stuff on its screen borders on the agonizing to boot up.

Done with the duster, I decided to leave one photo up there because it was both beautiful and poignant, and so directly and compellingly connected



COURTESY

Climbers and trekkers in the world's highest places are faced with drastic changes in their normal routes, and where to make their camps.

to things that are happening right where I live, in a wonderful piece of land that the glaciers sliced and diced and dropped between New Hampshire's White Mountains and Lower Quebec.

+++++

A few years ago, I made what I knew would be my last trip to Labrador. Literally, this harsh land's name means laborer; or farmer; or even, by inference, a place of hard

work, hard to even be there, and it's oh so true.

In fact, I consider it a minor miracle that I and we (the size of our groups ranged from four to thirteen) managed to make 14 trips to this rugged land without a major mishap. There's no sense in tempting fate. I'm not going back.

+++++

That summer, it was so hot in the Far North in

early September that the fish congregated in the very coldest places--the confluences of major rivers (especially those emanating from lands toward the Arctic Circle), springholes, and heavily shaded pools. And they were "off their feed," meaning that they didn't follow their usual feeding patterns and you couldn't be sure that the flies and lures you'd always used at this time of year would be any good.

SEE **NOTEBOOK**, PAGE A11



# Art Association unveils 'Paint a Square' work of art

**TILTON** — Twenty-four artists who participated in the Lakes Region Art Association's 'Paint a Square' contest celebrated the results of their collective efforts which resulted in a masterful and creative work of art.

'The Great Reveal' of the finished art, was held Sept. 27, at the LRAA Gallery. Each participating artist received a portion from an photograph of a rock/flower garden. The image was donated by professional photographer and LRAA member Nancy Rand. The 24-by-36-inch reproduced photo was then divided into 24 separate six-by-



COURTESY  
On Sept. 27, a group of 24 artists gathered to celebrate the results of their, 'One for all, all for One, Paint a Square' contest. It's now on display at the Lakes Region Art Association Gallery, located at Tanger Outlets Suite #132, Tilton.

six-inch squares. Entrants in the contest selected, by a blind-draw, a square to 'paint.' Each artist used the mediums of their choosing to 'paint' their square; watercolor, oil, pastel, pencil, beads, acrylic, or a photo.

The 'One for All, All for One' finished artwork is on public display at the Lakes Region Art Association Gallery, Thursday-Sunday 10 a.m.-6 p.m., Tanger Outlet Mall, suite 132, 120 Laconia Rd., Tilton. The public is invited to vote for their favorite square. On Nov. 1, the votes will be counted and the square

receiving the greatest number of votes will be declared the winner and the artist who 'painted' it, awarded the finished 'Paint a Square' artwork.

## Belmont student receives Red Sox Service Scholarship

**BOSTON, Mass.** — Griffin Embree of Belmont High School was recognized as a recipient of the Red Sox Service Scholarship during a pregame ceremony

at Fenway Park before the Red Sox-Tampa Bay Rays game on July 30. The program awarded students from public high schools across New England with \$1,000

scholarships towards their college education based on academic performance, financial aid eligibility, and demonstrated community service.

A total of 210 public high school graduates from Vermont, Rhode Island, New Hampshire, Maine, and Connecticut have been awarded scholarships this year, and nearly all of the recipients were on hand before the game to be recognized on the field.

Before their recognition on the field at Fenway Park, the awardees participated in a community service project in collaboration with Mayor Walsh's office and the Boston Parks and Recreation Department. The group will conduct a #Trashtag Challenge to pick up trash in five different public parks and spaces throughout Boston.

*The service scholarship program was introduced in 2010 by then-New Hampshire Governor John Lynch, and Red Sox Principal Owner John W. Henry and Red Sox Foundation*

*Board Member Linda Pizzuti Henry, the New England Red Sox Service Scholarships Program has grown to include more than 200 high schools throughout New Hampshire, Maine, Connecticut, Rhode Island, and Vermont.*

## Franklin City Council and SAU 18 host Manufacturing Night

**FRANKLIN** — The Franklin City Council and SAU 18 have partnered with local manufacturers to present Manufacturing Night, Friday, Oct. 25 from 5:30-8:30 p.m. at the Elks Lodge, 125 S. Main St., Franklin.

Representatives from Watts Water Technologies, VITEX Aluminum Extrusion, EPTAM Precision Manufacturing Solutions, Sealite USA, LLC and Graphicast, Inc will be on hand to share with Franklin students, their parents/guardians and the general public some of their products and talk about how they impact their respective industries worldwide.

The evening will be hosted by Zenagui Brahim, President of the New Hampshire Manufacturing Extension Partnership, an organization which has worked extensively with schools throughout the state to showcase manufacturing as a very viable and excit-

ing career option.

The evening will begin at 5:30 p.m. with a light supper to allow all attendees to meet with the manufacturers and get a hands-on look at some of the products

that they produce. This will be followed by a brief presentation from each of the companies and a question and answer period.

This event is free and open to the public.

**23<sup>rd</sup> Annual Lincoln Fall**

## Craft Festival

Village Shops and Town Green  
**Main Street, Lincoln, NH**  
Columbus Day Weekend

<b>Saturday</b> <b>Oct. 12</b> <i>10am-5pm</i>	<b>Sunday</b> <b>Oct. 13</b> <i>10am-5pm</i>	<b>Monday</b> <b>Oct. 14</b> <i>10am-4pm</i>
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*Directions from Route 93 take Exit 32*

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

## NOTICE RESIDENTS OF THE TOWN OF TILTON

FOR THE PURPOSE OF VOTER REGISTRATION  
FOR THE UPCOMING  
PRESIDENTIAL PRIMARY

RSA 654:27, 32

The Supervisors of the Checklist will be meeting on  
Friday, October 25, 2019 from 7:00 pm to 7:30 pm  
Town Hall, 257 Main Street, Tilton

Purpose of this session:

- Last time registered voter may change party affiliation for upcoming Presidential Primary
- To make corrections to the checklist
- Voter registration

Supervisors: Bernard Chapman, Judy Tilton, Kathi Mitchell

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**Giant Patio Mums &  
Hanging Mums \$22**

**4" Mums,  
Cabbage &  
Kale \$3.95**

**Cornstalks  
\$3.50 each  
or 3/\$10**

**Hay \$4.50 each  
or two for \$8.00**



## TOWN OF TILTON ZOMBIE WALK

150 Zombies 150 Years

Join the ranks of the Living Dead!

**SATURDAY / OCT 26**

Rising @ 6:15 PM Corner of Prospect & Academy Streets

Creeping @ 6:30 PM Prospect St., left on Main St. to Tilton-Northfield Island Park for a "Thriller" of a finale!

In a Halloween celebration of Tilton's 150th Anniversary, we're in search of 150 zombies to walk the streets of downtown Tilton. Decrepit costumes and gorey makeup are appreciated and encouraged.

Zombies will be entered in a drawing at end of the walk with multiple chances to win. (MUST be present to win.)

Refreshments plus music provided by DJ Zomb Gorier (aka Bob Cormier). All zombies invited to end the night by dancing to Michael Jackson's "Thriller."

For more info call Jeanie @ 286-4521 X 101



Robert E. Gebo, 65

BELMONT — Robert E. Gebo, 65, a longtime resident of Belmont, died on Saturday, Sept. 28, 2019 at Pine Rock Manor in Warner after a long illness.

Robert was born in Franklin on Nov. 3, 1953, the son of the late Henry W. and Corena M. (Moody) Gebo. Robert attended Belmont High School. He was employed as a machinist at Arwoods, now PCC Structural in Tilton and up until his illness was working for Conti-



mental Machine Shop in Andover. When his two boys were younger he served as a Cub Scout Den Leader and

later as an assistant Scoutmaster. Robert enjoyed NASCAR until the death of Dale Earnhardt and loved to tinker around outside and fixing things. He also like to eat blackberries that grew by the thousands along his driveway. He was predeceased by his parents and a sister, Carol LaBraney.

His family includes his wife of 43 years, Judith (Evangelo) Gebo of Belmont; his two sons, Christian and his wife Brittany

Gebo of Belmont and Jason and his wife Toy Gebo of Gilmanton; his grandchildren, Justin Gebo of Tilton, Nicholas Gebo of South Carolina, and Jazmine of Belmont and Alicia Gebo of Jacksonville, N.C.; his first great grandson, Hunter Paul Young of Belmont, just born a week prior; his sisters, Linda Huffer of Belmont, Diane and her husband Paul Hatch of Belmont; his brothers, Wayne Sr. and his wife Dottie Gebo of Belmont and

Richard and his wife Tina Gebo of Sacramento, Calif.; and numerous nieces and nephews.

According to Robert's wishes, there were no callings hours held. A graveside service was held in South Road Cemetery in Belmont on Saturday, Oct. 5, 2019 at 11 a.m.

The family would like to give a special thank you to his sister in law, Barbara Kimball for all that she did for him and the care she provided.

Memorial donations

in memory of Robert, may be made to Compassionate Care Hospice of New Hampshire, 18 Orchard View Dr., Londonderry, NH 03053.

Toy Anne Gebo has set up a GoFundMe page for donations to help with funeral costs as well.

The William F. Smart Sr. Memorial Home in Tilton is assisting the family with arrangements.

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

Franklin Animal Shelter breaks ground on expansion

FRANKLIN — The Franklin Animal Shelter (FAS) has put shovel to ground and has begun the process of enhancing its operating facility. The mission of FAS has been to shelter, care for, and advocate for the abused, neglected and abandoned cats and dogs of the communities we serve by taking steps to control overpopulation and providing healthy animals that will be adopted into loving 'forever' homes and this step begins to fulfill our mission.

As one might imagine, the current facility has been barely adequate for providing the most basic care and support for animals that are lost or abandoned in the City of Franklin. We thank those who have contributed toward this effort by donating to the Capital Campaign and look forward to our new home for our furry friends.

The Franklin Animal Shelter is operated by the Granite State Animal League under contract with the City of Franklin. The Shelter is a tax-exempt organization. Tax deductible Capital Campaign contributions may be made through the website, [www.franklinanimalshelter.com](http://www.franklinanimalshelter.com), or mailed to PO Box 265, Franklin, NH 03235

For more information, please contact Christine Dzujna, 603-934-7163, [dzujna@metrocass.net](mailto:dzujna@metrocass.net).



Front Row: Beverly Brewer – Past Director, Jeff Brewer – Project Manager (behind Beverly), Charlotte Rice – Franklin Animal Shelter Manager, Mayor Tony Giunta – Franklin, Tom Seymour – Board President, Lisa Seymour – Board Treasurer (behind Tom), Christine Dzujna – Director, Sharon Trudell – Director, Councilor George J. Dzujna – Franklin. Back Row: Jim Jones – Construction Manager and Derek Danforth – BC Builders.

NHTI announces summer dean's list

CONCORD—The following students have been named to the Dean's List at NHTI-Concord's Community College in recognition of their academic achievement during the Summer 2019 term. In order to qualify for Dean's List a student must be considered full time (registered for 12 credits or more) and have a term GPA of 3.3 or higher.

Northfield  
Sarah Marcoux

Sanbornton  
Theresa Laliberte

NHTI is a dynamic public institution of higher learning providing accessible, rigorous education, serving students, busi-

nesses and the community by creating pathways for lifelong learning, career advancement and civic engagement NHTI-Concord's Community College offers more than 90 academic

programs to more than 4,600 students annually. Graduates can transfer to 4-year colleges and universities, or enter directly into the workforce. NHTI is a member of the Community College System

of New Hampshire, and has been accredited by the New England Commission of Higher Education, a nongovernmental, nationally recognized accrediting agency, since 1969. [www.nhti.edu](http://www.nhti.edu)

NHTI announces summer graduates

CONCORD—The following students graduated from NHTI-Concord's Community College, during the Summer 2019 term:

Belmont  
Jody Auclair

Sanbornton  
Leah Lambert, Sydney Chapman

NHTI is a dynamic public institution of higher learning providing accessible, rigorous education, serving stu-

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Auditions for “A Seussified Christmas Carol”

Streetcar Kids Youth Theatre (SKYT) is holding open auditions for young actors between the ages of 8-18 for “A Seussified Christmas Carol” on Sunday, October 6th

@ 6pm at the Gilmanton Community Church (497 Province Rd). This show is a whimsical reinvention of Dickens' most beloved Christmas story in wacky rhymed couplets. With zoot fruited juices and binka bird geese, from Bed-Headed Fred to Timmy Loo Hoo, this tale of glorious holiday cheer is similar to something Dr. Seuss might have come up with -- if he ever had his way with the story.

The Directors are ask-

ing that you please prepare a part of your favorite Dr. Seuss book for the audition. You can either memorize or read it. Feel free to act it out, sing it, be silly, be serious, but most of all have fun with it! Rehearsals will be begin on Thursday, October 10th at the Gilmanton Community Church. The Show will run December 6-8th at the Laconia High School Theater. If you have any questions regarding auditions or the show, please email [streetcar.company@gmail.com](mailto:streetcar.company@gmail.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. 101 with any questions regarding the submission process.*

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# Ben & Jerry's Supports the New Hampshire Humane Society

MEREDITH – Ben & Jerry's of Meredith has donated over \$350 to the New Hampshire Humane Society (NHHS) in Laconia. A portion of the proceeds of each "Doggie Delight," a special ice cream treat for dogs, goes to NHHS.

"The New Hampshire Humane Society is grateful for the long-standing partnership with Ben & Jerry's of Meredith," stated Brooke Pearsall, NHHS Director of Development. "We encourage dog owners to bring their dogs down to Ben & Jerry's at Mill Falls Marketplace so they can enjoy a Doggie Delight and support NHHS at the same time."

Dogs are delighted with this special ice cream treat created just for them. A scoop of delicious Ben & Jerry's vanilla ice cream is topped with two dog biscuits to make this dog loving treat. Creation of this ice cream treat is an example of an innovative way to improve the quality of life locally, nationally and internally which Ben & Jerry's holds as part of its mission.

"Ben & Jerry's believes in giving back to the community," stated Ms. Breton. "We are happy to share our delicious and popular ice cream to support worthy local causes, such as the NH Humane Society."

Ms. Breton went on to state that they also donate ice cream for nonprofits' fundraisers and other events. In addition to NHHS, examples of causes that Ben & Jerry's-Meredith supports include Interlakes Community Caregivers, The Loon Preservation Society, and the Make a Wish Foundation

## International Film Series, "The King of Masks" – Oct. 7.

LACONIA – The Laconia Human Relations Committee in cooperation with the Laconia Public Library offers the film, "The King of Masks" as the October selection for the International Film Series. It will be shown at 6:15 p.m. on Oct. 7. This series offers a monthly selection of international films shown from September through June at the Laconia Public Library.

Wang is an aging street performer known as the "King of Masks." He is a master performer of the street art of Sichuan Change Art. Though poor, he lives a life of honor and dedication to his art. Thirty years ago his wife left him with an infant son who fell ill and died at the age of 10. He would very much like to have a son who would carry on his performance art. Because so many parents in this Chinese community are too poor to feed their children, they are looking for someone to buy them. One child, on its own, actually becomes attached to Wang who finally agrees to the arrangement.

This is a story of child and father living on a river boat bonding together through many lighthearted, exuberant times, as well as many difficult and troublesome ones. Wang finally has a child who adapts as a street performer through many surprises, as he struggles to stay with a secretive, but very popular art form.

This 1996 film is timeless in its story.

Please check the many films available on the International Film shelf at the library that have been shown over the past six years. The Laconia Human Relations Committee is a committee of the mayor of Laconia dedicated to expanding our horizons for the appreciation of the diversity found among us and in the wider world. For more information, contact Len Campbell at Lsoup03@gmail.com.

## "Activate Your Superpowers" presentation packs the house at Central New Hampshire VNA & Hospice Annual Meeting

LACONIA – Addressing an overflow crowd on Wednesday evening, Emily Clement entertained and inspired attendees with her stories peppered with life lessons and wisdom. "Activate your superpowers and you will move in a powerful direction."

During the Annual Meeting program, Central New Hampshire VNA & Hospice staff recognized individuals that have gone above and beyond the expected this past year in their service to Central New Hampshire VNA & Hospice, to our communities and throughout the State of New Hampshire.

Named after one of the agency's founders and longtime healthcare advocate, Alida Millham, the Millham Leadership Award was given to Dr. Vercin Ephrem, President of the Medical Staff at LRGHealthcare for his continued leadership in providing high quality healthcare to New Hampshire's Lakes Region.

The Shirley Bentley Outstanding Clinician Award is given each year to clinicians that embody the values of longtime friend of the agency Shirley Bentley, this year the award was given to Sarah Magee in recognition of Sarah's continued caring, com-

passion and professionalism in her position, as well as her enthusiasm for learning.

The Leavitt/Knight Volunteer of the Year Award, named after agency founders Charlotte Leavitt and Doreen Knight who both valued and understood the importance of volunteers in an agency like ours

was given to volunteer and retiring President of the Board Gina Finocchiaro in recognition of Gina's commitment to the care and well-being of our community, both as a Trustee and as a Volunteer.

Central New Hampshire VNA & Hospice continues to be a leader

SEE MEETING, PAGE A10



COURTESY

**Winnisquam graduate completes basic training**

U.S. Air Force Airman 1st Class Maria S. Daneault graduated from basic military training at Joint Base San Antonio-Lackland, San Antonio, Texas. The airman completed an intensive, eight-week program that included training in military discipline and studies, Air Force core values, physical fitness, and basic warfare principles and skills. Airmen who complete basic training also earn four credits toward an associate in applied science degree through the Community College of the Air Force. Daneault is the daughter of Jill Daneault of Alton and Andrew Daneault of Laconia. She is a 2014 graduate of Winnisquam Regional High School, Tilton. She earned a Bachelor's degree in 2019 from University of New Hampshire, Manchester.

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Lakes Region Community Services recently hosted their 2019 Direct Support Professional (DSP) Staff Retreat at the Barn on the Pemi.

COURTESY PHOTO

# Lakes Region Community Services Hosts DSP Retreat

LACONIA – Lakes Region Community Services recently hosted their 2019 Direct Support Professional (DSP) Staff Retreat at the Barn on the Pemi. The purpose of the two-day retreat was to provide continuing education to DSPs and present them with tools to succeed in their roles. Each day started with an inspirational message from well-known motivational speaker, author, and entrepreneur, Ed Gerity. John Raffaele and Dan Hermreck from the National Alliance for Direct Support Professionals (NADSP) provided the staff with in depth, hands on training that focused on enhancing the quality of support they provide daily.

DSPs are the front-line employees supporting individuals with developmental disabilities and acquired brain disorders by providing encouragement, creating meaningful relationships, assisting with life skills, and helping those they serve inte-

grate into the community. The retreat offered DSPs an opportunity to learn new skills, while celebrating their impact and daily contributions. “Attending this retreat made me feel respected and valued in my role,” said DSP Olyvia Phillips. “I was able to talk with my colleagues and get new ideas on how to improve my individual work performance.”

“We want our employees to know they are vital to the success of our Agency,” said President and CEO Rebecca Bryant. “Thanks to the Lakes Region Community Services Foundation, we were able to provide this educational retreat which allowed our staff to re-fresh their batteries, relax, and gain knowledge to enhance the quality of support they offer to the individuals and families served by LRCS.”

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## LRGHealthcare and Concord Hospital Increase Partnership on Prenatal, Labor and Delivery Services

Laconia, NH – Beginning in October, prenatal services for LRGHealthcare’s Caring for Women patients who plan to deliver at Concord Hospital will be provided locally through Concord Hospital Family Place Prenatal Care.

Concord Hospital Medical Group obstetricians, Drs. David Stevenson, Linda Haller and Annick Westbrook, together with LRGHealthcare obstetrician, Dr. William Tovell, Lucy Wil-

son, APRN-CNM, will staff the service and start seeing patients in Laconia on October 21.

“We are pleased to be able to provide integrated prenatal care and labor and delivery services for the women of the Lakes Region,” said Robert P. Steigmeyer, Concord Hospital President and Chief Executive Officer.

“Concord Hospital has had a long standing, collaborative relationship with LRGHealthcare for decades. This addition continues our efforts to collaborate in the best interest of patients in the Lakes Region.”

“LRGHealthcare and Concord Hospital have worked closely since May 2018 provid-

ing coordinated, comprehensive obstetrical care,” said Kevin W. Donovan, President and Chief Executive Officer of LRGHealthcare. “New, locally provided services by the Family Place Prenatal Care service will offer expecting mothers and families the opportunity to become acquainted with Con-

cord Hospital providers prior to delivery at The Family Place.”

Concord Hospital Family Place Prenatal Care will be co-located with Caring for Women, which will continue to provide a variety of non-obstetrical women’s health services. Caring for Women is located at 734 N. Main Street in Laconia, NH.



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## LRMHC Kicks Off Annual Online Auction Fundraising Event

LACONIA – On Oct. 1, Lakes Region Mental Health Center will launch its eighth 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 \$15,000 to support mental health programs and services for over 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. 22 at the Contigiani’s Event & Conference Center in Gilford. We have at least 100 items to bid on including beautiful gift baskets, vacation trips, artwork,

gift cards to local businesses and much more. 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 104.9 The Hawk, Genoa Healthcare, Irwin Automotive Group, and Well Sense Healthplan,”

said Maggie Pritchard, Chief Executive Officer at Lakes Region Mental Health Center.

The auction runs online 24/7 and ends on Oct. 23 at 12 p.m. Beginning Oct. 1, you may view the items, make a bid, make a cash donation, sign up for email updates or refer a friend, visit [www.lrmhc.org](http://www.lrmhc.org) and click on the “Auction” link.

## PET OF THE WEEK TZARINA (AKA FIONA)

This sweet girl was originally brought to the NHHS from the New Hampton hoarding case back in 2018 with the name Tzarina. She was adopted, and spent nearly a year at a home, and with the name Fiona. She was returned a few months ago due to no fault of her own, it just wasn’t the right fit. She knows sit, down, stay and paw. She is so smart and ready to put her knowledge to the test! This sweetheart can be a lot of fun for an active family with teens or older, and potentially another doggy friend, but no cats. Come meet Tzarina/Fiona, the dog with two names, today!



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Emily Clement, Speaker and Coach

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Liz Lajoie, MBA, Zen Money Strategist and CFO

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Stacey Nachajski, Social Media Mentor, Strategist, and Speaker

COURTESY PHOTO

# JMG Marketing announces live event for business owners and entrepreneurs

Jodie Gallant, Owner, CEO, and Business Strategist/Coach of JMG Marketing, is thrilled to announce

JMG’s first ever live event, “CEO Live”, taking place Friday, Oct. 25, at the Belknap Mill in Laconia. Tickets are

on sale now at [jmg-marketing.com](http://jmg-marketing.com). The Lakes Region’s only one-day professional development event is tailored

to business owners, entrepreneurs and business leaders who are looking to take their business to the

next level. CEO Live promises to be high energy and fun and will include presentations and workshops cover-

ing the topics of: money and your business; your business and life goals; marketing and sales strategy; taking the fear out of social media and more. It will be a great opportunity to put business goals into action as well as gather, network, meet and collaborate with other local, brilliant, like-minded business leaders. JMG is especially excited about the lineup of speakers for the event including: Liz Lajoie, MBA, Zen Money Strategist and CFO; Emily Clement, Speaker and Coach; and Stacey Nachajski, Social Media Mentor, Strategist, and Speaker. These are speakers you don’t want to miss. Jodie has been in the business branding, marketing, and community leadership game for over 15 years and with that experience, hunkered into her passion to help local business owners go from good to great. It is with this foundation, that she is so excited to bring Lakes Region business leaders into a new realm of expansion, mindset development, coaching, support and strategy to build their business and brand their way. Jodie has worked with more than 65 Lakes Region businesses since 2012. For more details, or to register for CEO Live, visit [jmg-marketing.com](http://jmg-marketing.com).

# LRPA After Dark celebrates Halloween with its fourth annual “Shocktoberfest,” a month of scary cinema

LACONIA — Be very afraid! It’s October on LRPA After Dark, and that means we’re celebrating the Scary Season with our 4th Annual “Shocktoberfest,” a month devoted to vintage horror films. This weekend (Oct. 4 and 5 at 10:30 p.m.), we get the ball rolling with 1963’s horror-thriller “The Terror,” starring a very young Jack Nicholson and a very seasoned Boris Karloff.

Lieutenant Andre Duvalier (Nicholson) becomes separated from his regiment. Wander-

ing alone on a beach, he comes across a beautiful young woman named Helene (Sandra Knight, Nicholson’s wife). Helene walks into the sea and Duvalier tries to save her, only to be attacked by a large bird. He awakes in the house of an old woman, and when he asks her about Helene, she claims not to know her. Duvalier leaves the woman’s home and once again sees Helene. He follows her and again is put in mortal danger. Duvalier learns that the only way he can find Helene is to go to the cas-

tle of Baron Von Leppe (Karloff). Von Leppe is hesitant to let Duvalier in. When he does, the lieutenant sees a picture of Helene on the Baron’s wall – but the Baron tells Duvalier that the picture is of his late wife Ilsa, who has been dead for 20 years! Duvalier is convinced that Helene is alive and somewhere in the castle. Will he uncover the truth about Baron Von Leppe, or will he succumb to the terror within the castle?

The Terror was directed by Roger Corman, prolific and influential

producer of hundreds of “B movies,” all of which were shot and produced quickly and inexpensively. Corman is well known for his eye for talent, as he mentored many of Hollywood’s top directors and actors, including Francis Ford Coppola (an uncredited second director on this film), Martin Scorsese, James Cameron, Ron Howard, Robert DeNiro, ... the list goes on and on. “The Terror” is a polarizing film; some viewers love it, while others – not so much. It has variously been described as “a legendary mess” by writer Michael Weldon and “engaging chiller nonsense” by critic Leonard Maltin. More than anything, “The Terror” is a fascinating study of the disparate acting styles of a young Jack Nicholson, who plays his role with flat affectation and cynicism, and Boris Karloff, whose warmth and charming menace is a delight. Nicholson

himself, who claimed that he nearly drowned while making this film, called “The Terror,” “A lot of separate components pasted together with Band-Aids.” Why not judge for yourself? Grab your popcorn and join LRPA After Dark for this Gothic tale.

Mark your calendars for Shocktoberfest’s Halloween treats:

Oct. 4 and 5: 1963’s “The Terror”

Oct. 11 and 12: 1965’s “Planet of the Vampires”

Oct. 18 and 19: 1962’s “The Brain That Wouldn’t Die”

Oct. 25 and 26: 1962’s “Carnival of Souls”

You can’t find television like this it anywhere but LRPA TV, Atlantic Broadband Channel 25. Not a subscriber? Then log onto Live Stream through our website ([www.lrpa.org](http://www.lrpa.org)) or at [live.lrpa.org](http://live.lrpa.org) where you can catch all the fun.

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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 15, 2019 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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BELMONT

CONTINUED FROM PAGE A1  
the Tioga River on a new walking trail.

Before the musicians began the show however, Woody Fogg of American Legion Post 58 and Ron Mitchell, who headed up the construction of the Winnisquam Scenic Trail along the lake and was instrumental in the development of the Village Spur Rail Trail, welcomed everyone and spoke about the creation of the new village trail.

Fogg said plans were laid out for the trail to follow the bed of the old Boston and Maine Railroad tracks that once brought visitors, workers and supplies to the mill. With the river running beside it, a bridge once crossed over to the mill but there was no longer any access to the village. Some years ago, however, the town learned of a covered bridge for sale in Dover and was able to purchase it for just \$1.

“We got our money back though because while we were working on the bridge we found \$1.38 stuck in it,” he laughed.

That covered bridge was actually cut in two when it reached Belmont. One half of it was placed across the Tioga River from the town green, and the other, now located further down the trail, crosses the river once again where the trail then turns north toward the Coca-Cola plant on Route 140. From there people can hike, bike, snowshoe or cross-country ski to the Winnepesaukee River Trail, which begins behind McDonald’s in Tilton and continues on in to Franklin. Parking for the trail is available not only at the town green, but off Route 140, just before the intersection with



DONNA RHODES

While people were enjoying the Town of Belmont’s 150th anniversary with a Fall Celebration last weekend, volunteers Woody Fogg and Ronald Mitchell also encouraged people to take a walk along the new Village Spur Rail Trail that includes two scenic covered bridges over the Tioga River.

Main Street.

For the past few years the members of AL Post 58, along with a number of other volunteers, have been clearing brush and downed trees from the river banking, which has resulted in a very scenic look at the Tioga River.

Besides the beauty and easy traverse, Mitchell said it’s also a great place to enjoy New Hampshire’s wildlife.

“It’s real country out there on the trail. You can see owls and all kinds of birds, deer, maybe even coyote and fishers out there,” he said.

There are also wild flowers and other vegetation to discover and enjoy along the way.

The first bridge was named Slippery Rock Bridge after an old fish-

ing hole on the river, but the second bridge, located behind Great Brook Village, has yet to be named. Besides cider and Special Events Coordinator Gretta Olson-Wilder had an entry box for people to submit their ideas last weekend. Some had specific people in mind that helped make the trail possible, while others considered the area and the 150th anniversary of the town in their suggestions. The official name will be announced at a later date.

People were also encouraged to walk the trail that day. Elizabeth Foster and other volunteers were stationed along the way with prizes for people who made it to their posts along the first two miles. They hoped to en-

courage people to consider the trail as part of a healthy living regime for the future.

“We actually had a dozen or more people out there walking this afternoon some even brought their dogs. It was great to see,” Foster said.

Wilder said that even though it wasn’t the bright sunny fall day organizers had hoped for, the foliage was still a beautiful backdrop and a lot of people attended the event.

“I was pleasantly surprised to see it wasn’t just Belmont residents. We had quite a few visitors from other towns like Alton today, which I thought was really terrific,” she said.

As the anniversary year draws to a close,

on Nov. 2 from 6-10:30 p.m. there will be an “adults-only” dinner/dance at the Belknap Mill in Laconia, another historic building with plenty of room for people to enjoy themselves. Contigiani’s Catering will host the buffet dinner for the evening, featuring Chicken Francaise and New England Pot Roast as the main course, along with side dishes, rolls and salad. Entertainment will be provided by the live band

“Connipion Fits,” which was voted Best Rock Trio by New Hampshire Magazine. They pride themselves in being a group that “gets people on their feet” and hope to see many Belmont residents join them for a great night out.

Advance tickets of \$25 per person are required. To reserve your tickets or learn more information about this special event, please contact Gretta Olson-Wilder at 998-3525.

MEETING

CONTINUED FROM PAGE A9

in providing quality care to those in need throughout the Lakes Region. The Annual Meeting also included the election of new Trustees voted onto the Board which

included Kristin Snow and Robin Michaud. Officers elected included President: Kristin Gardiner, Vice President: David Huot, Treasurer: Susan Houghton and Secretary: Mark Edelstein.

ACCIDENT

CONTINUED FROM PAGE A1

a properly installed child safety seat.

Drivers of the two-vehicles were identified as 28-year-old Courtney Waterman of Belmont, driving a 2008 Toyota Highlander, and 30-year-old Ashley Beck of Gilford, who was operating a 2018 Chevrolet Equinox. No injuries to either of the women were reported.

Capt. Richard Mann said that visibility at the time of the accident was poor due to heavy rain and the onset of darkness. Officers investigating the incident were able to rule out speed and alcohol as factors in the crash



COURTESY

Both a Toyota Highlander and a Chevy Equinox sustained heavy damage and had to be towed from the scene of an accident that occurred on Route 106 in Belmont on Monday. No injuries to either of the drivers, nor a child passenger in one of the vehicles, were reported as a result of the collision.

and said the cause could be attributed to a U-turn over double

yellow lines made by Beck. She told officers that she did not see

Waterman’s vehicle approaching as she made that turn.

Traffic in the area was limited to one lane for approximately 25

minutes as both vehicles had to be towed from the scene.

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### Edward Jones: Financial Focus

**Consider Some Year-end Investment Tax Moves**

It may be hard to believe, but we’re getting close to wrapping up 2019. And if you have a year-end to-do list, here’s one more item you might want to add: Lower your investment-related taxes. To help meet this goal, consider these moves you could make before year-end:

- **Increase your 401(k) contributions.** If your employer allows it, add some money to your 401(k) before the year is out. (You can put up to \$19,000 in your 401(k) or similar plan for 2019, or \$25,000 if you’re 50 or older). If you fund your 401(k) with pre-tax dollars, the more you put in, the lower your taxable income. After-tax contributions, such as those for a Roth 401(k), won’t result in tax savings for 2019 (but should reduce taxes in future years).
- **Add to your IRA.** You’ve got until the April tax filing deadline to contribute

to your IRA for 2019, but why wait until the last minute? You can put up to \$6,000 in your IRA for the year, or \$7,000 if you’re 50 or older. With a traditional IRA, your contributions may be deductible, depending on your income; with a Roth IRA, contributions aren’t deductible, but your earnings can grow tax-free, provided you meet certain conditions.

- **Donate some investments.** Recent tax law changes have resulted in far fewer people itemizing their deductions. However, if itemizing still makes sense in your situation, you might want to consider donating an investment that has gained value since you purchased it to one of the charitable groups you support. You will generally be able to deduct the fair market value of the investment, and you can avoid paying capital gains taxes on the appreciation.

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.

**Devon Sullivan**  
Financial Advisor  
164 NH RTE 25  
Suite 1A  
Merridith NH 03253  
603-279-3284  
Fax 844-644-4469  
devon.sullivan@edwardjones.com

**Jacqueline Taylor**  
Financial Advisor  
3 Mill Street  
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NOTEBOOK

CONTINUED FROM PAGE A4

Typically, we waded out into rivers as far as we could to position ourselves upstream where we knew the fishing had always been good, and where, for those of us throwing flies instead of metal, there was enough room for back-casts. This is why, for example, we often see people who’ve waded far out into the Connecticut or Androscoggin rivers to fish. Fly-fishing often gets fish when nothing else is working, but it requires more room.

+++++

Two of the friends who made that trip are now gone, the first time death has kissed our long-running and inexplicably diverse group. People from all over the country have come along on our trips to Labrador. Many said that the experience in some ways changed their outlook or their lives. The knowledge that there will be no more such adven-

tures does not diminish the memories a bit. During that trip, warmth records were broken all across the Far North. We constantly wiped sweat off our brows. Simple chores required a lot of effort. Light clothing, of which we traditionally packed little, was derigueur for the daytime wear. Guides who kept our “keepers” cleaned and frozen for the trip home were anxious about our ability to get them there. Far more than usual, camp talk dwelled on the weather. We all knew about melting glaciers and the rise of the seas. But 75F in northern Labrador, at the end of August? Was this the new normal?

+++++

All over northern Vermont, New Hampshire, and Maine, ponds that in all their known history had weeds only in small sunlit shallows are now nearly choked with them, making trolling impossible and even

casting almost unmanageable. It is the most visible of the many stages of a process called “eutrophication”—a natural process in which sun-seeking vegetation turns a pond into a swamp.

There’s nothing in-

herently wrong with that, of course—it’s the why of it that’s the killer.

+++++

I look all around, at a way of life we take not just as a convenience, but almost as an inalienable right. If ever

there was whistling in the dark, this is it, and Mother Nature, in all her vagaries and power, is calling the tune.

And more and more, I’m finding myself saying what so many friends and compatriots are saying, as they see one fac-

et of life after another begin to crumble, which is that I’m damned glad I saw it the way it was.

(Please address mail, including phone numbers, to [campguyhooligan@gmail.com](mailto:campguyhooligan@gmail.com) or 386 South Hill Road, Colebrook, NH 03576.)

REINARTZ

CONTINUED FROM PAGE A1

has been Tilton’s Town Clerk ever since. Board Chair Jon Scanlon invited Reinartz into the meeting where Selectman Joe Jesseman then presented her with a Certificate of Appreciation, thanking her for her “devoted service to the Town of Tilton and its residents,” he said. Twombly was among those on hand for the reception and Reinartz laughed when she saw her and said, “I owe all

of this to Gayle. Twenty-three years. How did you do it?” Following in her footsteps though, Reinartz has held the office, which in 2008 was combined with the role of Tax Collector, for nearly as long as her predecessor. As TC/TC, she has a vast array of responsibilities. Among many things, the now dual position includes sending out and collecting on town tax bills, providing notification of tax liens, registering motor

vehicles, overseeing dog licensing, issuing marriage licenses, handling voter registration, as well as the tabulation and reporting of election results to the state. In addition to that, the office also requires that she preserve and archive all town contracts, agreements, ordinances, public records and the minutes of all meetings. The town clerk is also responsible for the swearing in of any new town officials and/or appointees. Selectman Pat Con-

sentino said she, as well as her fellow board members, are very grateful for Reinartz’s two decades of dedicated service to the Town of Tilton. “Cindy’s brought innovation and creativity to her office,” Consentino said. “She’s been very proactive in her job and has stayed up to date on all laws and changes to her position. Most of all, she provides great customer service and we’re very proud to have her as a part of the Tilton community.”

Several members of the Belmont Police Department are sporting a new look this month as they help raise money for the “Beards for Bucks” campaign, which supports local Child Advocacy programs in the state.

BEARDS

CONTINUED FROM PAGE A1

“The C.A.C. is an amazing group of people that provide crucial assistance to this agency, and all others in the area, in any investigations involving children. Their work with families is outstanding and we are proud to be able to assist with this fundraiser,” the officers said.

While many other town police departments are also a part of this fund raising event, contributions to Sanborn’s efforts may be made through the Web link <http://beardsforbucks.org/Sanborn-tonPD> or for Belmont at <http://beardsforbucks.org/belmontpd>. Donations may also be dropped off at any local police station during regular business hours.



COURTESY

It's Our Most Spooktacular

# Halloween Coloring Contest

Color it boo-tiful and you could WIN!

**Grand Prize:**  
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**Coloring Contest Rules**

1. Color the picture using crayons, markers or poster paint.
2. All entries must be received at our office by October 28th at 4 p.m.
3. Winners will be chosen on artistic merit. Decision of judges is final.
4. Winners will be announced in this newspaper on October 31, 2019. All entries become property of this newspaper and can be printed accordingly.
5. Entries may be mailed or dropped off to the following address:

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## Halloween Coloring Contest

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# Think Pink

Join these local businesses in supporting breast cancer awareness this October!

## Exploring the different types of breast cancer.

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If you have a project or idea that requires a design and printing solution, Newfound Impressions is your answer. Located at 20 Lake Street in Bristol, NH. Call today (603) 217-0050 to learn more or visit [www.newfoundimpressions.com](http://www.newfoundimpressions.com).

Breast cancer is a universal term to describe several different cancers that form in and around the breasts. Breast cancer types are generally categorized based on where the illness begins, most often in the ducts or lobules, the parts of the female anatomy responsible for producing breast milk.

About 226,870 new cases of invasive breast cancer in American women will be diagnosed in 2012, while more than 22,000 Canadian women will be diagnosed with breast cancer over that same time period.

The National Breast Cancer Foundation lists seven different types of breast cancer. Here's a look at them.

- Ductal carcinoma in-situ (DCIS): This is an early form of breast cancer that refers

to the presence of abnormal cells inside a milk duct in the breast. This type of cancer is generally found during mammograms and is considered non-invasive. This means it hasn't spread yet. This makes treatment for DCIS easier than for other forms of breast cancer.

- Infiltrating ductal carcinoma (IDC): Also known as invasive ductal carcinoma, this is the most common type of breast cancer. According to BreastCancer.org, roughly 80 percent of all breast cancer cases are IDC. This cancer starts in the ducts, but "infiltrating" means that it spreads to the surrounding breast tissue. Over time, IDC can spread to the lymph nodes and possibly to other areas of the body.
- Medullary carcinoma: This is a less common form of breast cancer. It is a type of IDC, but it gets its name

from the color of the tumors, which are close to the color of brain tissue, or medulla. Medullary carcinoma is quite visible during mammograms because the cancer cells are large and form a barrier between healthy tissue and tumors.

- Infiltrating lobular carcinoma (ILC): The American Cancer Society says that 1 in 10 women will be diagnosed with ILC, which originates in the milk-producing glands of the breast. In ILC, abnormal cells inside the lobule begin to divide and break through the wall of the lobule to invade the surrounding connecting tissues.
- Tubular carcinoma: This is a common cancer for women ages 50 and older. When viewed under the microscope, tubular carcinoma cells have a distinctive tubular structure. There is a 95 percent survival rate for tubular

carcinoma.

- Mucinous carcinoma (Colloid): This is a rare condition in which the breast cancer cells within the breast produce mucus. The mucus and the cancer cells join together to form a jelly-like tumor. The tumors may feel like bumpy water balloons, but some are too small to detect with the fingers.
- Inflammatory breast cancer (IBC): This is a rare and very aggressive type of breast cancer that causes the lymph vessels in the skin around the breast to become blocked. The cancer gets its name from the appearance of a swollen, red and inflamed breast.
- Women are advised to get a baseline mammogram in their mid-30s and then annual mammograms starting at age 40. Early detection is generally vital for any form of cancer and is especially so for breast cancer.

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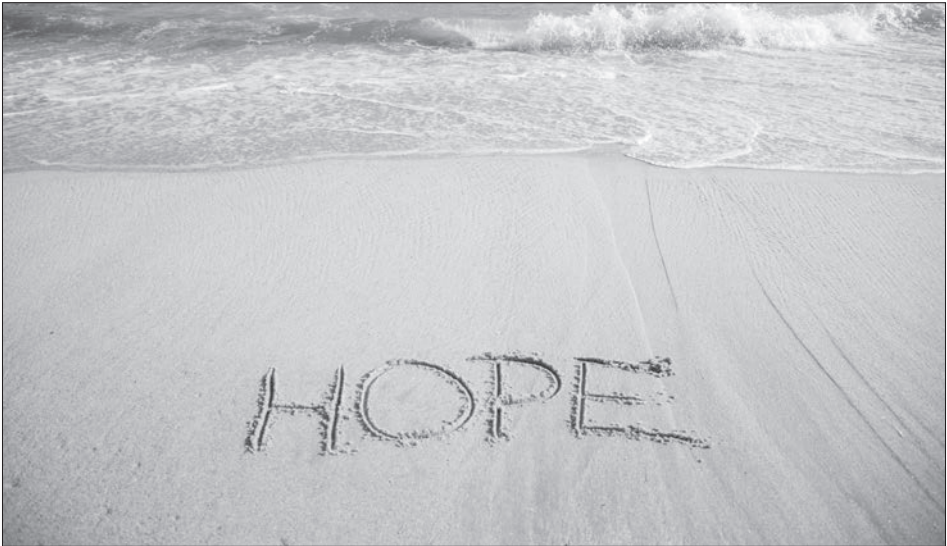
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# Think Pink

Join these local businesses in supporting breast cancer awareness this October!



## Foods that may help fight breast cancer

People concerned about their cancer risk may find that switching their diets can do a world of good. Certain foods may reduce cancer risk, according to various cancer experts, including the MD Anderson Cancer Center. In addition, some foods might increase a person's risk of developing cancer. Knowing what to put on the table come breakfast, lunch and dinner can go a long way toward reducing one's cancer risk.

Some foods show cancer-fighting properties, although it is impossible to currently say one food or another can actually stop cancer from developing. Studies have shown that diets filled with colorful fruits and vegetables can reduce the risk of developing cancer, heart disease and diabetes. Cancer Research UK points out that some foods, such as red meat and salt-preserved foods, can increase a person's risk of developing some cancers, while vegetables, fruits and foods high in fiber have the opposite effect.

A comprehensive review of thousands of studies on physical activity, diet and weight conducted

for the World Cancer Research Fund and the American Institute for Cancer Research found that plant-based foods are the best at fighting cancer. Broccoli, berries and garlic showed some of the strongest tendencies to prevent cancer. According to research associates at Johns Hopkins University School of Medicine, a variety of chemicals from plants known as phytochemicals protect cells from harmful compounds in food and in the environment. Phytochemicals prevent cell damage and mutations.

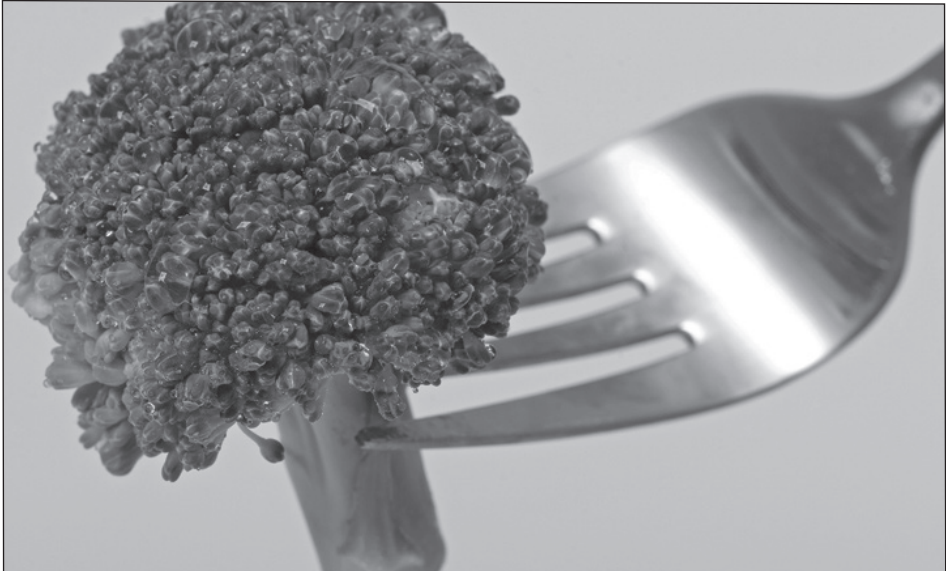
When making their grocery lists, people who want to eat healthy and lower their cancer risk can include as many of these foods as possible.

- Garlic: Studies suggest that garlic can reduce the incidence of stomach cancer by attacking bacteria associated with some ulcers and belly cancers. Sulfur compounds in the food may stimulate the immune system's natural defenses against cancer and could reduce inflammation and tumor growth.
- Broccoli: Broccoli



and other cruciferous vegetables like cauliflower, cabbage and kale contain glucosinolates. These are phytochemicals that produce protective enzymes that activate in the intestines. One particular compound, sulforaphane, is strongest and found in broccoli. Protective properties are highest in raw or steamed broccoli.


- Blueberries: Blueberries are loaded with antioxidants. Antioxidants neutralize the unstable compounds, called free radicals, that can damage cells and lead to cancer.
- Tomatoes: The red, rich coloring of tomatoes comes from lycopene. In laboratory tests, lycopene has stopped cancer cells,




including breast, lung, and endometrial cancers, from growing. Researchers speculate that lycopene protects cells from damage that could lead to cancer by boosting the immune system.

### Screening Saves Lives


Early detection is often the key to surviving breast cancer. Protect yourself and your loved ones by scheduling a mammogram during Breast Cancer Awareness Month.





**As a survivor, I know the costs to families. Let's fight breast cancer.**

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# Community Wellness Center: It's not just about physical health

LACONIA – Community Wellness Center is more than just a place to physically better your life; it's a place that also betters your mental health too. While the Wellness Center is there for health and fitness, it is also a place to feel at home and know that people care about you and your general well-being.

Community Wellness Center in Laconia is a self-supporting department of LRG-Healthcare available to serve the health and fitness needs of everyone. It's not just a gym; it's a place where folks

can go for a workout that's safe and supervised by a medical health professional. Those looking to start an exercise program, no matter their stage in life, can feel comfortable knowing there is medical staff on site to monitor the clients. CWC is staffed by AE-

MT's (Advanced Emergency Medical Technicians) 6 a.m. to 6 p.m., Monday, Wednesday and Fridays. An Exercise Specialist is also available to help you create an individual customized exercise program.

What started as a maintenance program for cardio and pulmonary rehabilitation is now a full exercise center with most of the equipment one would find at a typical fitness center, but with the

added benefits of medical supervision and exercise supervision. What's even more special about the Wellness Center are the friendships made. Members genuinely care about each other and are always so welcoming to new members.

Open House & Flu Shot Clinic!  
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Come Learn about the Great Benefits of Joining the CWC!  
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## Champs remain undefeated with big win over Mascoma

BY BOB MARTIN

Bob@Salmonpress.news

TILTON – Friday night football under the lights took place last week at Winnisquam Regional High School, when the undefeated Bears crushed Mascoma by a score of 44-6 to improve to 5-0.

Winnisquam came out firing and scored first on a touchdown pass from quarterback Phil Nichols to Garret Mango to go up 7-0 early. With about four minutes left in the first quarter, running back Andre Cormier continued his strong running attack with a touchdown to go up 13-0.

About three minutes later, Nolan Perrino did a little damage on the ground of his own to make it 19-0, and 21-0 with a completed two-



BOB MARTIN

Gunnar Horman had a great game offensively and defensively for the Bears.

point conversion.

At the beginning of the second quarter, the Bears had Mascoma at a third down and 15 at their own 32-yard line when Gunnar Horman picked off a pass to regain possession. While the ensuing series was a three-and-out for the Bears, Mascoma coughed up the ball and Winnisquam recovered the next series. With 5:35 left in the half, Horman grabbed a leaping touchdown pass to make it 28-0 with the kick being good.

With about two minutes left in the half, Mascoma had its only score of the day on a fumble return for a touchdown to make it 28-6. However, that momentum wouldn't last long as Nichols tossed a touchdown to Mango to make it 35-6. Nichols then picked off a pass as the time in the half wound down. The second half was all Bears, with Cooper French snagging a touchdown pass, and Winnisquam cruised to the win to remain undefeated.

Coach Derek Hunt was happy with the overall play of the Bears, and said he was especially pleased with the team defense, led by Kyler Boudreau, Chaz Hibbert and Mason Fellows.

"The defense played really good," said Hunt. "They let up no points. Their only score was on a fumble return for a touchdown. It was a good all-around day from the defense, offense and special teams. Very good effort. I'm happy with the way they played on a bye week this week, but we are getting ready for a very good Bishop Brady team in two weeks."

Cormier was the team's leading rusher with 70 yards and a touchdown, while Perrino had 56 yards and a touchdown, as well. Mango led the receivers with two touchdowns, followed by Horman and French with a touchdown each. Nichols had four touchdowns and an interception on 75 yards of passing.

Next up for the Bears is Bishop Brady on Oct. 19 at 1 p.m.

BY BOB MARTIN

Bob@Salmonpress.news

CANTERBURY – The Red Raider golf team wrapped up its season last week at Canterbury Woods, and while this season was difficult at times, Belmont finished strong with a second place showing.

Fall Mountain took the win with 51 points but Belmont wasn't far behind with 47 points. Prospect Mountain came in third with 44 points and John Stark had 34 points for fourth place.

Leading the way for Belmont was Will Robargea, who had a solid day with 18 points. Paige Irving had a great day on the course as well, with 16 points. Jon Phillips had seven points, Eamonn Kelley had six points and Oliver Mahoney had three points.

This is the second straight week Robarge and Irving have put up solid numbers in the mid to high teens. On Sept. 25, Kearsarge hosted a match and while Belmont came in third out of four teams, Irving had the third highest score of



BOB MARTIN

(Left) Will Robarge had a score of 18 in his final meet of the regular season. He will be heading to the Division 3 state match on Oct. 15.

Mahoney had nine points and Kelley had five points.

In Division 3 golf, schools use Stableford scoring during the regular season. This means that anything above double bogey is zero points, a double bogey is a point, bogey is a point, par is three points, birdie is four points, eagle is five points and double eagle is six points. Therefore the highest score wins, which differs from stroke play where the low score wins. Four athletes on each team contribute to the score.

Coach Kevin Charleston said he was happy to see Robarge and Irving progress and put together solid scores as the season came to a close. The two seniors will be heading to the Division 3 state match on Oct. 15, which begins at 9 a.m. at the Mount Washington Golf Club.

the day with 18 points. Robarge had 14 points,

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# Lakers play spoiler at Winnisquam Homecoming

BY BOB MARTIN  
Bob@Salmonpress.news

TILTON – Reigning Division 3 champion Winnisquam hosted the undefeated Inter-Lakes volleyball team for the Bears' Homecoming on Friday night, and the game was a thriller to the end but the Lakers came away on top 3-2.

The Lakers came out and won the first set 25-21, but the Bears followed up with a dominant second set and a 25-13 victory. The third set was a close 25-23 battle won by the Bears, but then things got interesting in the fourth set.

With the game tied 9-9, a great volley was going on between the Lakers and the Bears when the top outside hitter Gabby Isabelle went down with a lower leg injury. She was carried off the court and did not return to action, although she did watch from the bench with ice on her leg.

While the Bears rallied and held a 21-18 lead, the Lakers fought back and took a 26-24 win. The final set was even until Inter-Lakes pulled away to go up 10-5 and eventually a 15-11 victory.

“This was a back and forth match between two evenly matched teams,” said coach Mike Livernois. “I felt like we let up a little in the second game, allowing Inter-Lakes to build a comfortable lead, which we couldn’t overcome. I was pleased with the way we responded in game three, pulling out a close win. Gabby Isabelle had to come out of the fourth game with the score tied at nine when she suffered a leg injury. We battled back and held a lead at the end of game four but we couldn’t close it out. Inter-Lakes pulled out the



BOB MARTIN

Hanna Honeman readies for a serve against the Lakers.

fifth game with strong play by Emma Wheeler.”

Leading the way for the Bears, until her injury, was Isabelle with 12 kills and six digs. Emma Richardson had six kills, 15 digs and three aces in a good all-around performance. Chloe Colarusso had 27 assists and seven digs. Olivia Dill had 17 digs and a pair of aces. Leigha Brown had six digs.

Winnisquam also faced Mascenic last week and came away with a three set win by scores of 25-16, 25-11 and 25-16.

In the first set the Bears had a 21-12 lead and despite a late ral-

ly by Mascenic, Winnisquam was able to close out the win. Isabelle had eight of her 18 kills in that set. The second set had several good rallies but the Bears cruised to victory thanks to excellent serving and hitting. In

the third set Mascenic had a 6-1 lead but the Bears worked back into the game to get to 10-8, highlighted by Hanna Honeman's two aces. Winnisquam controlled the rest of the way for the win.

Isabelle had a fantas-

tic night with 16 digs to go with her 18 kills. Richardson had five kills and played very well defensively with 14 digs. Colarusso had 24 assists in the win, as well as three digs and two aces. O'Neil had nine digs and two

aces and Olivia Dill had nine digs. Honeman not only served well with her pair of aces, but she also had three kills and five digs.

Next up for Winnisquam is Farmington on Oct. 15 at home for a 6:15 p.m. start.

## Belmont boys edged by Golden Eagles

BY BOB MARTIN  
Bob@Salmonpress.news

GILFORD – The Gilford Golden Eagle boys' soccer team hosted Belmont for Homecoming last weekend and once again it was a close battle between the two rivals with Gilford winning 2-1 in front of the home crowd.

It was a scoreless game at halftime but at the 58-minute mark Sam Sawyer broke the ice with a 25-yard bullet to the top corner of the net on an assist from Cameron Rear-don. Just a minute later Belmont responded with a goal by Kyle Whitcomb, when he took a rebounded shot and knocked it home to tie things up.

At the 69-minute mark, Gilford took the lead on a goal from Ben Gardiner with assists from Colton Workman and Sawyer.

Belmont coach Mike Foley said the game was locked at



BOB MARTIN

Jacobb Bivens had a strong week in net for the Belmont soccer team.

0-0 thanks to goalie Jacobb Bivens, who made a series of great saves to keep the game scoreless.

“Excellent work by both teams to keep it interesting throughout

the game,” said Foley.

Last week the Red Raiders also played Derryfield on the road and came away with a 2-0 victory with goals by Nate Sottak and Lucas Mathieu. Sot-

tak had an assist on Mathieu's goal. Bivens had six saves in net for the shutout.

Belmont is at Hills-boro-Deering on Oct. 11 for a 4 p.m. match-up.

## Split week for Winnisquam soccer squad

BY BOB MARTIN  
Bob@Salmonpress.news

TILTON – The Winnisquam soccer team went 1-1 last week with a win over Somersworth and a tight loss to White Mountains at homecoming.

Winnisquam traveled to Somersworth on Oct. 3 and won 6-0. Coach Peter Steese said seniors Ashley Deshaies and Eric Young were big in the win, as well as freshman Ayden Cushing who turned in a solid offen-

sive performance. Jacob Young earned the shutout.

Less than 24 hours later, Winnisquam played White Mountains at home and after taking a 1-0 lead on an Ayden Cushing goal, White Mountains went on to score two more goals with the game winner coming with seven minutes left. Young and Deshaies again impressed coach Steese, who added that he was pleased with the play of Pat Goodwin.

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# Raiders tripped up at Gilford Homecoming

**BY BOB MARTIN**  
Bob@Salmonpress.news

**BELMONT** – The Belmont girls' soccer team traveled to rival Gilford on Saturday for the Golden Eagle Homecoming, and the game was once again a tight matchup, but this time with Gilford picking up a 1-0 victory.

Gilford had 10 shots while Belmont had 12, and the Red Raiders had the closest oppor-

tunity in the first half. However, Gilford goalie Jaylin Tully was a wizard in net and made a diving save to her left to keep the game locked at 0-0. Halfway through the second half, Shelby Cole knocked in a goal. Tully had nine saves and 12 touches, with many coming in the final minutes of the game to fend off a surging Belmont squad. Some of these saves



BOB MARTIN

Molly Sottak fights off a Gilford defender for a ball last weekend.



JOSHUA SPAULDING

Kat Davies goes to the net for a kill last week.

## Raider net girls knock off Kennett

**BY BOB MARTIN**  
Bob@Salmonpress.news

**BELMONT** – The Belmont High School volleyball team had an up and down week with a win over Kennett, but losses to Farmington and Newfound.

On Oct. 1, the Red Raiders started off the week against Newfound and while the first set was competitive, Belmont fell 25-23 to the Bears. Newfound then cruised to victory with wins of 25-9 and 25-10. Isabelle McDonald led the team with eight kills. Senior Bryhannah Pinard had 14 assists. Coach Polly Camire praised the play of McDonald and fellow junior Alyzabeth O'Connell, along with sophomore Madeline Johnson for being 100 percent serving.

The following night Belmont beat Kennett in three straight sets by scores of 25-14, 25-15 and 25-19. Pinard and Haley McGlynn were perfect from the service line, while Haley Treamer also had a big night going 17/19 serving.

"The offensive attack was spread out

evenly among Belmont's hitters, and Pinard and senior Becca Camire each had 10 assists," said coach Camire. "This was a great win for Belmont. The girls worked well together and had good communication."

On Oct. 4, Belmont fought hard against Farmington but lost in three sets. McDonald led the offense with five kills and O'Connell and Kat Davies had four and two kills respectively. Davies was also excellent defensively with a pair of blocks.

Treamer was praised for her play in the back row, as well as her passing. Pinard was 8/8 serving on the night, while McGlynn was 6/6. Camire had 19 assists and Mikaylah Stewart had two kills.

"This match was Belmont's best effort yet," said Coach Camire. "The girls played with heart and are really putting good stuff together."

The next match for Belmont is Oct. 11 at home against Fall Mountain starting at 6:15 p.m.

came on great shots by Belmont forwards from near and far, many of which were punches out of bounds or gobbled up by Tully.

"It was just one of those games where we had many chances and the ball just would not go in," said coach Mark Dawalga, who praised his team's defense noting that there was strong play by Sana Syed, Deanna Bourque and Courtney Burke. "Give Gilford credit, I really thought that their goalkeeper really played well. She made at least six very good saves down the stretch to keep us off the scoreboard."

Earlier in the week, on Oct. 1, the Red Raiders

had a big win over Prospect Mountain by a score of 8-2. Rebecca Fleming and Sierra Bourque continued to be major scoring threats in the win, with Fleming picking up four goals and an assist and Bourque adding a pair of goals. Lena Rodrigues had a goal and an assist as well. Picking up her first varsity goal was Ella Irving.

Dawalga praised Gagnon for her strong play in the middle, as well as Molly Sottak, who had an assist in the game. The defense was once again on point, led by Syed and Deanna Bourque. Emma Cochran had 10 saves in the game, in-

cluding a great one on a penalty kick to keep the game at 3-0, before making it 4-0 going into the half with Belmont cruising the rest of the way to victory.

Dawalga was pleased with the team's effort and adding a win to their record as the season starts to wind down.

"It was a day where we really were able to control play," said Dawalga. "It was nice to see everyone contribute to the win."

Also last week, the Red Raiders had a shutout win over Berlin. Sierra Bourque led the charge with two goals and two assists. Fleming had a goal and two assists. Kailey Gerbig

had a goal and two assists. Gagnon had a goal. Emma Winslow and Jada Edgren each had their first varsity goal. Deanna Bourque, who was commended by coach Dawalga for her defense, added an assist as well.

Playing well defensively to keep the Berlin squad scoreless was Morgan Hall, Burke and Syed.

Maddie Lima had two saves in her first shutout win in goal.

"Any time you get six different players to score is awesome," said Dawalga. "We really were able to possess the ball very well today. Very proud of the team's effort."



BOB MARTIN

Aurora Couto was the top runner for the Belmont High School girls' cross country team.



BOB MARTIN

Dylan Robert runs up the hill at the Jeri Blair Invitational.

## Raiders, Bears compete at Jeri Blair Invitational

**BY BOB MARTIN**  
Bob@Salmonpress.news

**BELMONT** – Belmont High School hosted the 38th annual Jeri Blair Cross Country Invitational and results for the Red Raiders and the Winnisquam Bears are as follows:

**Belmont**

The boys' cross country team was 12th overall and led by Jared Whitcomb who was 65th with a time of 20:28.1. Chris Pare was 71st with

a time of 20:41.8; Micah Edgren was 78th with a time of 21:04.5; Charlie Carrol Burr was 79th with a time of 21:06.2; Brandon Robichaud was 91st with a time of 21:32.7; Cody Annis was 130th with a time of 23:13; Tanner McKim was 139th with a time of 24:15; Nick Miles was 144th with a time of 24:51.7 and Brian Miles was 145th with a time of 24:52.6.

The girls' team was ninth out of 10 teams and was led by Aurora Couto with a 26th place

time of 22:48.6. Alyssa Edgren was 45th with a time of 24:36.2; Hannah Leclair was 97th with a time of 30:17.8; Amelia Cluett was 108th with a time of 31:46 and Isabella Lewis was 112th with a time of 38:46.

### Winnisquam

The boys' team was eight out of 16 teams and was led by Riley Mann, who placed eighth with a time of 18:07.6. Dylan Robert was 19th with a time of 18:37.6; Evan Griffin was 57th with a time of

20:02.1; Jack Richard was 83rd with a time of 21:10.1; Brennan Dunn was 98th with a time of 21:48.9 and Sheamus Dunn was 148th with a time of 25:31.

The girls' team didn't have enough runners to place but Faith Gosselin ran well with a ninth place time of 21:19.3. She was followed by Hannah Swain in 72nd with a time of 27:13.7; Marguerite Parker with a time of 29:17.7 for 88th place and Rosalie Slotta with a 92nd place time of 29:43.2.





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**LACONIA** // Spacious 4 bedroom home with many updates including windows, vinyl siding, new chimney, boiler and oil tank. Nicely landscaped and private yard. OWNER VERY MOTIVATED!  
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**BIG BARNDOR ISLAND - ALTON**  
 One of the best islands on the Big Lake, this property with a 3BR/1BA cottage is located on the western side and boasts a breakwater dock, walk-in sandy beach and sunsets!  
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**MEREDITH** // Build your dream home on this view lot located in sought after Lake Ridge Association, a lake access community with many amenities. Docks can be purchased separately.  
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**ALTON** // Improved 5+ acre lot in East Alton with a driveway in place and the electricity service extended to a cleared building.  
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**GILMANTON** // Nice wooded lot bound by stone walls on 3 sides. 11.8 acres of gently sloping woodland.  
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**MOULTONBOROUGH** // Affordable wooded level lot in the low tax town of Moultonborough. Close to main roads, restaurants, shopping and town beaches yet a nice quiet location off Moultonborough Neck Rd.  
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NFI North's Davenport Program Clinicians work as part of our clinical team. We have a Clinical Coordinator, two therapists and three clinical case managers that support the treatment component of our program. We specialize in a strength based approach using evidence based practices, multi systemic teams and have lots of fun doing serious work.

Our Clinicians provide clinical services and case management including intake/discharge, assessment and treatment planning, staff training and supervision, collateral contacts and coordination of treatment services with youth, family and service providers, crisis intervention and outreach services, counseling and on-call on a rotating basis.

Master's Degree in social work, psychology or related field required as well as have experience working with youth and families. NH license preferred. We assist those seeking licensure with supervision and training while employed with us.

This position provides in home services to youth and families participating in our Davenport School and array of community based services. This includes a flexible schedule with some weekends and evenings to conduct individual and family therapy. Reliable transportation needed for travel as indicated.

Annual Full Time Salary: \$47,000 or higher based on education, experience and credentials. Consideration given to part-time or full-time candidates.

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## General Help Wanted

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Personal care in home, including  
transfers, meals, light housekeeping,  
assistance with service dog,  
accompany in community. Male  
applicant preferred. Leave message,  
745-6245



**Plymouth State University** has the  
following positions available:

Public Safety Officer  
Director, Marketing &  
Communications  
Institutional Assessment Analyst  
Catering Coordinator  
Billing Manager

### FACULTY:

Tenure-Track Assistant Professor of  
British Literature

### FACILITIES:

Building Service Worker (Custodian)  
- All Shifts  
Lead Worker - Recycling  
Groundswoker  
HVAC/PM Mechanic

### ADJUNCT:

Shuttle Bus Driver

To view full descriptions of the  
positions and to apply, please visit  
<https://jobs.usnh.edu>

Plymouth State University is an  
Equal Opportunity/Equal Access/  
Affirmative Action institution.

**The Village of Loon Mountain**  
has the following open fulltime  
positions:

- \* Night Supervisor
- \* Front Desk Agent
- \* Housekeepers
- \* Houseman
- \* Laundry Attendant

Fulltime Benefits include but not  
limited to: Health and Dental  
Insurance after 90 days, holiday  
pay, sick days and 1-week paid  
vacation after 1 year of employ-  
ment. Discounted stays at other  
VRI properties and exclusive  
membership to onsite Health  
Club.

### How to Apply:

In person: 72 Loon Village Rd.  
Lincoln, NH 03251

## <None>TOWN ADMINISTRATOR

The Town of Freedom is seeking a  
full time Town Administrator. This is  
a 40 hour per week position that  
offers a competitive salary, IRA,  
benefits and holidays.

For a full job description, please  
call the Freedom Town office at  
603-539-6323 Monday-Thursday  
8-3 or email [office@townoffree-  
dom.net](mailto:office@townoffree-<br/>dom.net)  
Send resumes to: Town of  
Freedom, PO Box 227 Freedom,  
NH 03836 Attn: TA position.  
Please respond on or before  
10/10/19

## Part-Time Help Wanted

GSIL is seeking Personal Care  
Attendants! Duties include, but not  
limited to: bathing, showering,  
grooming, meals and housekeeping.  
Flexible hours and schedules are  
available. Must have transportation,  
be dependable and submit to a  
criminal background check. The  
hourly rate is \$10.25-\$10.75.  
Experience helpful but not required.  
Call Ashley 603-568-4930 for  
more information. GSIL is an Equal  
Opportunity Employer.

## Medical/Dental

**DENTAL OFFICE** seeks  
skilled caring Hygienist  
to be part of our quality  
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Please call 603-528-2471

## Home Improve-

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## Real Estate



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All real estate advertising in this  
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dwelling that indicates any prefer-  
ence, limitation, or discrimination  
based on race, color, religion, sex,  
handicap, familial status or national  
origin, or an intention to make any  
such preference, limitation or  
discrimination."

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

This paper will not knowingly accept  
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informed, that all dwellings advertised  
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at 603-271-2767

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Enclosed cab with AC, Stereo,  
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From the Lakes Region to  
the Great North Woods.

## START YOUR AD TODAY!







## Creative Coloring

Celebrate the fall.  
Color in this picture to create your own masterpiece.



## THIS DAY IN...



## HISTORY

- **1849:** POET AND WRITER EDGAR ALLEN POE DIES AT AGE 40.
- **1949:** THE GERMAN DEMOCRATIC REPUBLIC, COMMONLY REFERRED TO AS EAST GERMANY, IS FORMED.
- **1988:** THREE GRAY WHALES ARE FOUND TRAPPED UNDER THE ICE IN ALASKA, PROMPTING A MULTINATIONAL EFFORT TO FREE THEM.

# New Word

## HEMISPHERE

a half of the earth

# How they SAY that in...

**ENGLISH:** Autumn

**SPANISH:** Otoño

**ITALIAN:** Autunno

**FRENCH:** Automne

**GERMAN:** Herbst

Did you know?

A PUMPKIN IS A VARIETY OF SQUASH.  
THEY ARE HARVESTED  
IN THE FALL.



# GET THE PICTURE?



**Can you guess what the bigger picture is?**

ANSWER: ACORNS

◉ \*\* 📺 😊 ✂️ ~ 🌐 🌀 ✧ ✨ ✕ ✨ ✚ 🌊 ✨ ▲ 🌙 ✨ ♂ ✨ 🏹 🌀 ☮ ☯  
**A B C D E F G H I J K L M N O P Q R S T U V W X Y Z**

# CRYPTO FUN

☐ ☾ Ω ✱ ♂ ≍ ≈ ★ +  
Determine the code to reveal the answer!

Solve the code to discover words related to Halloween.  
Each number corresponds to a letter.  
(Hint: **10 = s**)

**A.     10   6   16   11   18**

Clue: *Frightening*

**B.    6   1   10   4   12   24   20**

Clue: Dress-up garb

**C.    21   20   26   23   1   12   10**

Clue: Uses underhanded tactics

**D.     14   16   12   15   4**

*Clue: Spirit visiting*

Answers: A. scary B. costume C. devious D. haunt

# SUDOKU

				1				5
6	7	2				9		
						4	3	
					8		6	4
1				2	7			
		7	4					9
			2					
5					1			6
8	1						4	

Level: Intermediate

### Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

4	3	8	7	1	9	6	2	5
6	7	2	5	4	3	9	8	1
9	5	1	6	8	2	4	3	7
2	9	5	1	3	8	7	6	4
1	4	6	9	2	7	8	5	3
3	8	7	4	6	5	2	1	9
7	6	3	2	5	4	1	9	8
5	2	4	8	9	1	3	7	6
8	1	9	3	7	6	5	4	2

**ANSWER:**



## Learn to curl on Sunday at Pop Whalen

WOLFEBORO — Lakes Region Curling Association will offer a free learn-to-curl clinic for the public on Sunday, Oct. 13, from 5 to 6:30 p.m. at Pop Whalen Ice and Arts Arena in Wolfeboro. Experienced curl-

ers will offer instruction in the basics of the sport as well as instruction in the art of stone delivery and sweeping.

All equipment is provided, and participants are asked to bring a pair of clean-

soled athletic shoes to put on at the rink.

For more information about the sport of curling and Lakes Region Curling Association in particular, visit the association's web site at [lakescurlingnh.org](http://lakescurlingnh.org).

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Chance to talk with premier  
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projects! Lakes Region Builders &  
Remodelers Association present: 11  
New & Renovated Homes To Tour!



Stop at Parade Information & Raffle Station at  
Pella Window's Showroom at 71 NH-25, Meredith

TOURING TIPS: What to know  
Before You Go.

- Download Interactive **Parade Craze "App"** to view homes and purchase tickets! Or you can go to the website
- Plan your route in advance for the weekend. Visit a few each day as you weave this event into your weekend plans.
- Where comfortable shoes - you will be walking a lot. Sox or Booties required as a courtesy to the homeowners.
- Give yourself enough time at each home to take notes & ask questions.
- Parade homes do NOT offer public bathrooms, plan accordingly.
- When you are done with your last home, be sure to vote for your favorite home which will reflect "The 2019 People's Choice Winner"!
- Ticket sale proceeds go directly back into the community helping to inspire the next generation of building trade professionals through scholarship, mentorships, and workforce development!.