



Second and first grade classes from Union Sanborn School posed for a group photo after working on a joint project with Southwick School students to create a mural in downtown Tilton. Helping them celebrate their artistic talents last week were USS Principal Jessica Welch, teachers Kelsey Doyle (second grade) and Summer Capra (first grade) along with art teacher Julie Swain who headed up the project.

DONNA RHODES

## Student mural celebrates Tilton’s 150th

BY DONNA RHODES  
drhodes@salmonpress.news

TILTON – As Tilton continues to celebrate its 150th Anniversary, local students have been asked to leave their mark on the town and last week work began on one of four murals they are creating to pay tribute to the community.

The murals will be located on a large concrete square that houses a pump station for the Winnepesaukee River Basin Program. Situated in the public parking lot beside the Tilton House of Pizza on Main Street, a traffic island there is already full of beautiful flowers each spring

and the back of the lot overlooks the river. The concrete box in the middle though has been somewhat of an eyesore over the years, but that will no longer be the case once the art project is complete.

To prepare the structure for the children’s artwork, members of the WRBP in Laconia first gave it a coat of gray paint as the base. Southwick School students

were called upon first to help design one wall of the pump station then Union Sanborn students were asked to paint it as Phase One of the project got underway last week.

Julie Swain is the art teacher for both of the elementary schools and said the Southwick students submitted drawings for several ideas, which she then put together to create the mural. Asked to include

landmarks and other symbols of the community, their finished design includes the Tilton Arch, the railroad station, farms, children playing, and people fishing and kayaking on the Winnepesaukee River.

“We also talked about love and kindness and helping your community so they came up with drawings of hands around hearts that look like sunflowers,” Swain

explained.

Armed with paints and brushes donated by Lowe’s in Tilton, the first and second graders from Union Sanborn School walked to the site over the course of five days where each class spent a half hour daily working on the project.

Paired up with partners, they took turns either holding a cup of paint for their partners  
SEE MURAL, PAGE A8

## Two people extricated from Franklin crash

BY DONNA RHODES  
drhodes@salmonpress.news

FRANKLIN – A two-vehicle accident on Old North Main Street in Franklin at approximately 9 a.m. last Wednesday morning resulted in two people being injured, each of whom needed to be extracted from their vehicles with serious but non-life threatening injuries, Franklin Fire Department reported last week.

The accident occurred on Old North Main near the South Main Street intersection and, due to the serious nature of the call, the on-duty shift captain immediately requested additional assistance, Deputy Chief David Hall reported.

The names of the victims were not released, but in his press release Hall said that because of limited manpower and equipment, the extrication process for each of the individuals was prolonged. Both were then transported by FFD ambulances to the emergency room at Concord Hospital where they were treated for their injuries.

Hall said there were no other injuries or road hazards resulting from the collision, and the scene was cleared once Franklin Police Department concluded their investigation.

## “Caring” across the region Volunteers give time for Day of Caring projects

BY DONNA RHODES  
drhodes@salmonpress.news

REGION – On Wed., Sept. 25, volunteers from all walks of life took part in the annual Granite United Way Day of Caring, when local nonprofit organizations submit requests for things they need done to help keep their services in operation and people rise up to make their wishes a reality.

This year students from New Hampton School were among the largest of the groups taking part in the Day of Caring, signing up for many projects from Tilton to Plymouth.

And while several of them spent the morning hours walking miles of roadways in their own



DONNA RHODES

A group of students from New Hampton School took part in the Granite United Way Day of Caring on Sept. 25 by helping decorate the pavilion at the New Hampshire Veterans’ Home for this week’s Fall Family Festival, which is open to the public.

## Fiddle Music for Belmont's Fall Celebration

BELMONT – As summer temperatures end and we settle into fall weather in the Lakes Region, Belmont is continuing to celebrate 150 years of history. On Sunday, Oct. 6, the Jordan Tirrell-Wysocki Trio will be playing an outdoor concert at 2 p.m. With the Belmont Mill as a back drop and the beautiful fall foliage starting, it's a perfect time to relax and enjoy the amazing musical sounds of fiddle, stand up bass, and guitar. The Village Spur Rail Trail runs along the Tioga River next to the mill building, and holds a lot

of historical importance to the village and old mill operations. Come enjoy uplifting melodies, and take a stroll on the Rail Trail that includes two small covered bridges. Prizes will be distributed to encourage attendees to take a stroll and see what this quiet recreation trail has to offer. Refreshments will be available while they last.

If you have any questions, please contact Gretta Olson-Wilder, Special Events Coordinator, at 603-998-3525. Check out the band at <https://www.jordantirrellmusic.com/>.



COURTESY PHOTO

On Sunday, Oct. 6, the Jordan Tirrell-Wysocki Trio will be playing an outdoor concert.

community to pick up trash, others set out for good deeds at other destinations.

One crew travelled to New Hampshire Veterans’ Home in Tilton where there was a punch list of things that needed to be done for not just the building and residents

SEE CARING, PAGE A8

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HALL MEMORIAL LIBRARY

**Tilton/Northfield**

**Monday, October 7**  
Chess Club, 2-5 p.m.  
Crochet Corner, 4 p.m.  
Trustees Meeting, 5 p.m.

**Tuesday, October 8**  
Spanish Club, 10 a.m.  
Tech Tuesday, 2-4 p.m.

**Wednesday, October 9**  
Storytime, 10:30 a.m.  
For preschoolers and a caregiver. Stories, rhymes, crafts, and fun with Miss Julie.  
Scrabble in the Afternoon, 12 p.m.  
A great way to spend a day... friends and a leisurely game. Adults Only.  
Teen Craft: Yarn Pumpkins, 3:00 p.m.

Learn to make yarn pumpkins with Brittaney. Grades 6+.

Reading with Jelly-roll, 4:30 to 5:30 p.m.

Come read to Jelly-roll, one of our lovely HML doggo visitors! Drop in and sign up for a 10 minute slot.

**Thursday, October 10**  
Rolled & Told Part 2, 4 p.m.  
A tabletop gaming adventure - Bring your dice and your imagination and step into a new adventure! All skill levels of gaming are welcome. Grades 6+  
Teddy Bear Sleepover, 6 p.m.

Teddy bears and other stuffed friends are invited to spend the night at the library. Storytime/craft at 6pm on Thursday and bear pick-up/slideshow at 10am on Friday.

**Friday, October 11**  
Sit and Knit, 2-5 p.m.

**Saturday, October 12**  
Babytime, 10:30 a.m.  
Join us for fun and giggles as we move, sing, and explore through music and movement! No

registration required for this free group class for ages 0-2 with a caregiver. We will enjoy early literacy development through stories, songs, and rhymes and your little ones will experience the world through

sound, dance, and bonding with you.

**New Items**  
The Dutch House: A Novel by Ann Patchett  
Chances Are . . . : A Novel by Richard Russo  
A Single Thread: A

Novel by Tracy Chevalier  
Sins of the Fathers: A J.P. Beaumont Novel by J.A. Jance  
How to Raise a Reader by Pamela Paul

Belmont Parks & Rec. Boston Theatre and Celtics Trip

BELMONT – Belmont Parks & Recreation annual Boston Shopping and Theatre Trip is Saturday, Dec. 21 with two wonderful holiday shows to choose from.

Irving Berlin’s “White Christmas” tells the story of a song-and-dance team putting on a show in a magical Vermont inn and falling for a stunning sister act in the process. Full of dancing, laughter, and some of the greatest songs ever written! Give everyone the gift they’re dreaming of with this merry and bright holiday musical. Anthony William’s “Urban Nutcracker,” the modern Boston-centric holiday classic, will showcase winter scenes set in present-day downtown Boston, blending the rhythms of Duke Ellington with the classical music of Tchaikovsky. Anchored by classical ballet, the

performances also include a broad range of dance forms such as tap, hip hop, flamenco, and jazz, accompanied throughout the performance by a small live orchestra, a first for “Urban Nutcracker.” Our day of shopping starts at the Prudential Center Shops, next stop the Theater District for shows or shopping at Downtown Crossing, ending the day at Faneuil Hall Marketplace. We will travel to Boston via a luxury motor coach with restroom facilities. This is an active trip and does require walking from a central drop off points to the various venues. Space is limited, full payment and registration form are required at time of booking. No refund for cancelled reservations unless your space can be resold.

Or design your own day shopping, sightsee-

ing, visiting museums or taking in one of the many matinee performances available at theaters and venues throughout Boston.

Our trip departs from the Belmont Tioga Pavilion at 8:30 a.m. and returns at 9:15 p.m. The trip includes time to shop, sightsee, and dine on your own. Please note this is an active trip and requires walking from central drop off points to the various venues. Visit our website to view pricing information for your choice of seating and a detailed itinerary.

This year’s Boston Celtics team is looking to bounce back and make a run in the Eastern Conference, as Kemba Walker joins Jayson Tatum, Jaylen Brown and Gordon Hayward. Join on Wednesday, March 18 for a 7:30 p.m. game at the Boston TD Garden as they take on the rebuilding Knicks led by Julius Randle and rookie, RJ Barrett in this exciting

match-up. Our trip will depart from the Belmont Tioga Pavilion at 5 p.m. Sit back and relax in our fully equipped motor coach. Our seats are in the balcony corner section #311. We will depart Boston following the game and anticipate arriving back in Belmont around 11:45 p.m.

For more information on either of these trips please visit our website at [www.belmontnh.org](http://www.belmontnh.org) or call the recreation office at (603) 267-1865.

of Northfield was arrested and charged with Driving after Revocation/Suspension, Suspension of Vehicle Registration and Operating without Valid License.

Paula Currier 33, of Franklin was arrested and charged with Theft by Unauthorized Taking.

Joanna Greenlay 31, of Laconia was arrested and charged with Willful Concealment.

NORTHFIELD POLICE LOG

**Northfield Police blotter, Sept. 16-22**  
NORTHFIELD – During the time frame of Sept. 16– Sept. 22 the Northfield Police Department had 326 calls for service some to include:

Abandoned Motor Vehicle, Burglar Alarm Activations, Assault, Civil Matters, Domestic Disturbances, Fraud, Sexual Assault, Criminal Trespass, Endan-

gering Welfare of Child, Harassment, Juvenile Complaints, Motor Vehicle Lockouts, Noise Complaints, Motor Vehicle stops, Open Door, Neighbor Dispute, Road Hazard, Motor Vehicle Checks, Scams, Suspicious Person, Thefts from Building, Unwanted Subject, and Welfare Checks.

The following arrests were made:

Robert Kenneson 55,

ty), Nicholas Daudelin (for Driving After Suspension), Kelsey Titara (for Willful Concealment and Criminal Liability), Jocelyn Crate (on a Warrant), Danielle McHugh (for Simple Assault), Lucia Gillen (on a Warrant), Amanda McIntosh (for Possession of Drugs), and Matthew Grady (for Resisting arrest).

TILTON POLICE LOG

TILTON – The Tilton Police Department responded to 483 Calls For Service during the dates of Sept. 16-22. During that time the department made nine arrests. The Names of Juvenile Detentions and Protective Custody(Alcoholism) arrests are not included.

Arrested and charged: Christopher Nemitz (for Receiving Stolen Proper-

ty), Nicholas Daudelin (for Driving After Suspension), Kelsey Titara (for Willful Concealment and Criminal Liability), Jocelyn Crate (on a Warrant), Danielle McHugh (for Simple Assault), Lucia Gillen (on a Warrant), Amanda McIntosh (for Possession of Drugs), and Matthew Grady (for Resisting arrest).

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Published Thursday, November 28<sup>th</sup>

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# 2019 Making Strides Against Breast Cancer walk

LACONIA – The American Cancer Society Making Strides Against Breast Cancer® walk to fight breast cancer is just around the corner. The Community is invited to pull together friends, family members, co-workers, and others to participate in Making Strides in The Greater Lakes Region on Sunday, Oct. 6, at Opechee Park. Individual walkers are also welcome! Registration will open at 9:30 a.m., Opening ceremonies will start at 10:30 a.m. and the walk will follow.

This is the 27th annual Making Strides walk. The event will unite the community to honor and celebrate breast cancer survivors, educate women about the importance of prevention and early detection, raise funds for the fight to end breast cancer, and commemorate 27 years of making a difference in the fight to end breast cancer. There is no fee to register but all walkers are encouraged to raise \$100 in order to receive a long-sleeve Making Strides t-shirt.

Making Strides Against Breast Cancer is a noncompetitive, three-mile walk that unites hundreds of women, men, and children in the community to raise funds and awareness to fight breast cancer while offering hope to all people facing the disease.

Walkers can also enjoy any community sponsored entertainment like a special tent for survivors, group photos in a Harvest of Hope, a Warm up with Body Design by Joy, the PSU dance team, and an obstacle course for children by the Downtown Gym. Nazy Entertainment will be our event

emcee.

Funds raised will help the Society provide free resources and support to the one in two women newly diagnosed with breast cancer who turn to the Society for help and support. Dollars raised also fund groundbreaking research to find, prevent, treat and cure breast cancer, as well as help the Society ensure access to mammograms for women who need them.

The American Cancer Society invests more in research to find, prevent, treat, and cure cancer than any other nongovernmental organization. The Society has played a role in nearly every major breast cancer research breakthrough in recent history, including establishing mammography as the screening standard, discovering lifesaving treatments, and better understanding factors that can reduce our risk of getting breast cancer.

This year Avon joins Making Strides as the first ever National Presenting Sponsor. Additional sponsorship opportunities are also available.

To join Making Strides Against Breast Cancer, visit [makingstrideswalk.org/great-lakesNH](http://makingstrideswalk.org/great-lakesNH) or call Kathy Metz at 512-490-8787 for more information. Help the Society make strides toward a world without breast cancer. For more information about breast cancer, contact the American Cancer Society at 1-800-227-2345 or visit [cancer.org](http://cancer.org).



## Tanger Outlets to make a big “Pink” impact with Pinkstyle

TILTON — Tanger Outlets Tilton is supporting ongoing efforts to end breast cancer this October with their annual PinkStyle campaign. As part of the campaign, Tanger Outlets will offer UNLIMITED USE Shop Pink cards for shoppers to receive 25 percent off any item beginning on Sept. 25, and throughout the month of October.

Since 1993, Tanger Outlets has been proudly involved in the fight against breast cancer.

“We are excited to continue working with the Breast Cancer Research Foundation and local organizations to support the fight against breast cancer,” said Steven B. Tanger, CEO of Tanger Outlets. “We are committed to supporting the research that will one day lead to a cure for this disease that has impacted so many families.”

Proceeds from the Tilton campaign will support LRGHealthcare's Breast Health Initiatives as well as the Breast Cancer Research Foundation (BCRF), the nation's highest-rated breast cancer organization according to Charity Watch and Charity Navigator.

**About Tanger Factory Outlet Centers, Inc.**

*Tanger Factory Outlet Centers, Inc. is a publicly-traded REIT headquartered in Greensboro, North Carolina that presently operates and owns, or has an ownership interest in, a portfolio of 39 upscale outlet shopping centers. Tanger's operating properties are located in 20 states coast to coast and in Canada, totaling approximately 14.3 million square feet, leased to over 2,800 stores which are operated by more than 500 different brand name companies. The Company has more than 38 years of experience in the outlet industry. Tanger Outlet Centers continue to attract more than 181 million shoppers annually. For more information on Tanger Outlet Centers, call 1-800-4TANGER or visit the Company's Web site at [www.tangeroutlets.com](http://www.tangeroutlets.com).*

## Taste of the Trails returns Oct. 10

FRANKLIN — The Winnepesaukee River Trail will hold their Taste of the Trails on Thursday, Oct. 10 at the Elks Lodge in West Franklin. Food sampling prepared and served by local restaurants and a wide range of silent and live auction items donated by local businesses are part of this fun-filled event.

Come socialize with your friends and neighbors and/or meet other people who support the Winnepesaukee River Trail. All proceeds go toward maintaining the Winnepesaukee River Trail as well as supporting future expansion efforts. To learn more about the trail or trail association, visit us on Facebook or go to [www.winnirivertrail.org](http://www.winnirivertrail.org).

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## Franklin VNA & Hospice Presents: Meet Your Local Providers

**Karen McDonald**

COURTESY PHOTO

years and have had the honor of working with providers who are dedicated to their patients and enjoy helping others. I was very fortunate to have worked with dedicated mentors and want to also give back in the community I live in.

**Q:** If people are looking for a new primary care provider, what kinds of questions should they be asking the provider to see if she or he is the right provider for them?

**A:** Patients may want to inquire about the providers past experiences, style of care, and passions in medicine.

**Q:** What are you particularly passionate about for patient care needs?

**A:** I am passionate about shared decision making between Providers and patients as well as providing individualized care. Each patient is unique in their goals of care.

**Q:** Tell us about your thoughts on the partnership of home health care and hospice with primary care in the community.

**A:** I have eight years experience as a Hospice Nurse and am a strong advocate for end of life care. Everyone deserves to have their needs met at end of life in whatever terms that means to them.

**Q:** What is an unmet care need for this part of the state that you are hoping to have a positive impact on?

**A:** I am hoping to be able to provide high quality individualized Primary Care and foster a strong patient /provider relationship.

**Q:** Any last thoughts that you would like to leave us with?

**A:** I consider it a privilege to practice in this area and look forward to caring for patients in this community as well as working with supportive agencies such as Franklin VNA & Hospice.

Thank you again, for your time and thoughts! As with any interview, all compliments should go to the interviewee and any errors or omissions are my own.

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For more information, call Franklin VNA & Hospice at (603) 934-3454 or visit [www.FranklinVNA.org](http://www.FranklinVNA.org).

**Laconia-Gilford Lions Club**

**Electronic Waste Collection Day**

**Saturday, October 5, 2019**

**8:30AM to 12:30PM**

**Cinemas 8 Parking Lot**

**9 Old Lakeshore Road, Gilford**

Fundraiser to benefit Laconia-Gilford Lions Club

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## STRATEGIES FOR LIVING

### *An Interview with God*

BY LARRY SCOTT

If you were given an interview with God and He promised to give you anything for which you asked, what would it be? What is there about your life you wish you could change? If it were guaranteed, if you knew it would happen, what is the one thing you believe would change your world?

Would you ask for good health? A new spouse? Or, perhaps, a dose of sanity for the U. S. Congress? If you are typical, my presumption is you would ask for wealth.

This is not an idle question. Your priorities, your fondest dreams, the drives that influence your life, say much about you. The thing that motivates you, that which excites your imagination, that which you would do if you could, indicate the kind of person you are.

And it is a decision that must be taken carefully. Privilege seldom comes without sacrifice. If you wish to be successful, and that is true for even the most righteous among us, there will be a price to pay. So what will it be?

We often envy the wealthy, the powerful, and the popular. But those who have been so honored often discover their achievements aren't what they hoped. The grass is not always greener on the other side of the fence. All too often people discover the dream is far more exciting than reality.

But history records one exception: King Solomon of Israel. He is the only man I know of who had that chance, and for him, the change was revolutionary.

"At Gibeon, the Lord appeared to Solomon, during the night in a dream, and God said, 'Ask for whatever you want me to give you.' Solomon answered... "Your servant is here among the people you have chosen, a great people, too numerous to count or number. So give your servant a discerning heart to govern your people and to distinguish between right and wrong." I Kings 3:5-9.

Solomon was aware that, like each of us, God had a plan for his life. He knew that if he were to fulfill the divine mandate, he needed God's help. And God honored his prayer; he was soon known as the wisest man on earth.

What was true of Solomon is true for you and me. God is more than able to take us where we are, as we are, and make us into something that, without Him, we could never be.

And what if I were granted an interview with God?

I think I would ask for reassurance that I am where He wants me to be, doing the things He wants me to do. It would seem to be an impossible dream, certainly beyond my capability without divine intervention. But, as per the Apostle Paul, "I can do all things through Christ who strengthens me."

And I am not being self-righteous here. Wealth and something to pamper my ego are as attractive to me as to anyone else. But I am realistic enough to know that, for me, that is a dead-end street. I am convinced it is only as I live out His plan for my life that I will find the fulfillment and happiness He created me to enjoy.

Again I invite you to join me in this journey of faith. God is real and He is good. He wants to do something special in your life and mine. Let's give Him that opportunity.

## Send your letters!

Winnisquam Echo  
P.O. Box 729  
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Our fax number is 279-3331.  
Or, you can e-mail us at [echo@salmonpress.news](mailto:echo@salmonpress.news)  
Please include your name, address  
and phone number.



COURTESY PHOTO

Learn the art of negative painting  
Wednesday, Oct. 16, 1-3 p.m. at  
Lakes Region Art Gallery

### Watercolor Workshop Oct. 16

TILTON – Learn the art of negative painting Wednesday, Oct. 16, 1-3 p.m. at Lakes Region Art Gallery - Tanger Outlets, 120 Laconia Road, Suite #132, Tilton.

Whether you have painted before or never picked up a brush, Pat Edsall will lead you through the process with easy instructions.

All supplies are included. Subject is sketched and ready for you to paint. You must pre-register to reserve your seat.

For information and registration call Pat Edsall – 603-472-3733.

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## LETTERS TO THE EDITOR

### The urgent importance of impeachment

To the Editor:

We escaped King George-rule through Revolutionary War. We adopted rule-by-law for best justice. Surely 20 moral and far-sighted Republican senators will understand the importance of being rid of the sorry mistake that is Donald J. Trump in our White House - else too much good U.S. progress suffers deep damage. They will join Democrats in impeachment.

Our planet doesn't have time for dithering on this. Our country doesn't have time for careless economic decisions, those costly Trump tariffs. Our states suffer neglected infrastructure needs this late in Trump's one term. Our families didn't get any tax cut unless they are among the 1% - so

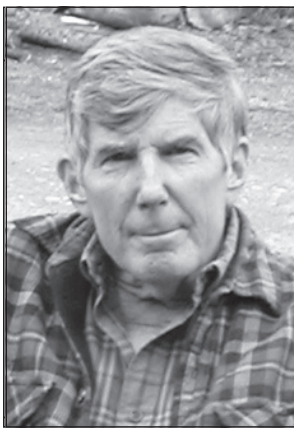
increased poverty looms as the new norm. Again the murder of journalist Kashogi is raised, and he represents Trump's disdain for the fourth estate, the public press, our idea since 1752 - because successful democracy depends on a public informed of the truth. Donald J. Trump's preparation to be president is so lacking he doesn't understand the role of the media. He's got to go, damage-control making that now, not later.

For goodness' sake - impeachment proceedings will uncover Trump's crimes.

Lynn Rudmin Chong  
Sanbornton

## NORTH COUNTRY NOTEBOOK

### *Was there war (even squabble) when they bobtailed the "ugh"?*



By JOHN HARRIGAN  
COLUMNIST

Because this column is syndicated in more than a dozen weekly papers covering two-thirds of New Hampshire's land mass, I get mail from all over the place. Sandwich gets the prize for seeming to write the most letters per capita. What is it with those Sandwich people? Something in the water, maybe. But it's a town of readers and writers, for sure.

Wolfeboro (ugh) also generates a lot of mail. It is one of my favorite towns, partly because of its spirit and get-it-done attitude, partly because it's at the crossroads of old trails, roads, steamboat routes and railroads, and partly because it gives me a chance to poke fun at several Lakes Region towns for sending the "ugh" that used to end



"You live where?" they ask, incredulous. "Where Vermont and Maine pinch northern New Hampshire into an oblong." (Courtesy PasarelaPr.com)

their names to the Geographic Gulag. This is why I often put the (ugh) at the end of "Wolfeboro" when I write back to readers. The post office crew delivers them nonetheless (Yay, post office crew).

This seems to have taken place when bob-tailing the lexicon was all the rage. It was all about shortening the spelling, and creating new words if required. It gave us new words with the half-life of a nanosecond, words we desperately wanted to give back, words we'd rather be on display naked in the middle of town than ever

use. Moultonborough, I think, is among the few places that resisted this sea-change of alleged progress and modernity, and told the name-bobbers to go pound sand.

(I wonder how they did the name-bobbing, anyway. Did someone from the Federal Department of Double-Speak get up on a ladder in the dead of night to remove three bronze letters on the Post Office building? Or, um, hmm, clearing throat here, did they put a tight little elastic band around the "ugh" and just wait for it to fall off? This worked well, for example, with lambs

that would otherwise turn into rams, whether we liked it or not and no matter what the weather, so we turned them into wethers.)

(I apologize, sort of, for that last sentence, which was the epitome of self-indulgence and occurred after a long wait for the chance.)

I wasn't in the Lakes Region for any local uprising when the "They" that's somehow always in a story like this issued the name-docking edict. Who was that, anyway?

But imagine the lost identity of it all. People went to sleep thinking SEE **NOTEBOOK**, PAGE A7



# Hospice horror stories highlight issues but Hospice remains an underutilized service by which many are helped

FRANKLIN – This past July, the Office of Inspector General released a scathing report detailing stories of neglect and harm done to people receiving Hospice care in California, Missouri, South Caro-

lina, Texas, and other states. The tales were graphic and the abuse was terrible, but while the articles highlighted the poor performance of a few Hospice providers it didn't provide a balanced view of Hospice as

a whole. Sensational stories sell papers, or get clicks if digital is your platform of choice, but the papers who broke the story of the victims missed an opportunity to shine a light on some providers

of truly exceptional care, and the dignified and peaceful deaths the majority of Hospice agencies achieve for their patients. "Our Hospice team is small, but dedicated," says Elaine Cartier, Hos-

pice Administrator for Franklin VNA & Hospice, "This means that our results don't show up on the Home Hospice Compare sites, even though our survey results are phenomenal. I can't tell you how many family members have thanked me for the care we provided at the end of their loved one's life and told me that they wished they had known about Hospice sooner."

According to 2017 National Hospice and Palliative Care Organization figures for New Hampshire, the most recent figures available, only 47.5 percent of the people on Medicare who died here in 2017 were receiving Hospice care. Hospice advocates will point out that the focus of care for Hospice patients is on pain and symptom relief and meeting the goals the patient and patient caregivers have set, such as dying without pain or a last trip to the ocean, which begs the question why aren't more people with terminal illnesses on Hospice?

Perhaps Hospice is expensive? No. Only 2.7 percent of Hospice care is either self-pay or charity care, per Debt.org. The rest of the patients have Hospice covered by either Medicare, Medicaid, managed care, or private insurance. This means Hospice care covers medications for pain, nausea, and other unpleasant symptoms terminal illnesses can

cause; it covers equipment like hospital beds, low pressure mattresses or wheelchairs and even homemaking services, spiritual care and Hospice volunteers. So why aren't more people with terminal illnesses on Hospice?

"Stigma," says Cartier, "In our culture we don't talk about death, we don't want to see death. We want medical science to fix us. But at some point there isn't anything more medicine can do to cure us and we want to stop the blood draws and tests and treatments that aren't working any longer, and that's where Hospice comes in. When you are ready to focus on living the rest of your life, and a life-limiting illness has only given you six months or less to live it in."

On Oct. 12, as we observe World Hospice and Palliative Care Day, let's not let another opportunity pass us by. Let's overcome the stigma associated with Hospice care and recognize our ability to choose how we face the end of our life, and that in choosing Hospice we are choosing dignity and support.

You have a choice in your Homecare and Hospice provider.

Choose local. Choose Franklin VNA & Hospice.

For more information, call Franklin VNA & Hospice at (603) 934-3454 or visit [www.FranklinVNA.org](http://www.FranklinVNA.org).



Zach Pereira and Derek Wentzel from Belknap Landscape.

COURTESY PHOTO

## Belknap Landscape Helps Prep Belknap House for Re-Opening

LACONIA – With mowers whirring, trimmers buzzing, and mulch flying, a crew from Belknap Landscape spent the day donating time and services to whip the grounds back into shape at the Belknap House. In the coming weeks the Belknap House will once again be opening its doors to those in need in Laconia, and with a little support from the community they will be ready.

Over the spring and summer, the grounds at the Belknap House had overgrown. The Belknap house operated as a hostel in the warmer months, and as a cold weather emergency shelter for families in the winter. As homelessness persists and is a growing challenge in our area, the Belknap House has chosen to reorganize as a year-round shelter. During the time the property was closed, and with attention being paid to the reorganization, the grounds became overgrown.

With the impending reopening it was clear something needed to be done. The lawn, planting beds, and outdoor spaces needed maintenance so that families would feel welcome. As a support-

er of the Belknap House from its inception, Belknap Landscape was contacted for help.

"When the they reached out to us telling they could use some support to get their grounds ready to reopen, we were happy to help. Being involved in our community is a cornerstone of our values, and the work the Belknap House does

is something we believe in" Hayden McLaughlin, owner of Belknap Landscape explains. "To be able to help those who in turn help others in such a time of need it is what community is all about."

The Belknap House, a nonprofit organization, is an emergency shelter for families in need throughout Belknap County. Its purpose is to

give families a safe place to stay while assisting them to gather the ability and resources to become self-sufficient.

Those interesting in supporting the Belknap House can by calling 603-527-8097 for volunteering opportunities, donations may be made by mail to 200 Court St., Laconia NH 03246, or through the Belknap House website at [www.belknaphouse.org](http://www.belknaphouse.org).



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## PET OF THE WEEK



## KEISHA

Keisha is a 4 year old female Boxer mix. This sweet girl is a little shy at first but once she's comfortable, she is a very loving girl! Keisha would do best in a home with children 12 and up, she's working on building trust with new people. She has done well with other dogs in the past, however will need a home with no cats or small animals. She would love a home that can give her lots of patience and love! Come meet Keisha today!



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John “Sonny” Chase, 87

BELMONT – John “Sonny” Chase, 87, of Fellows Hill Road, formerly of Northfield, passed away on Monday, Sept. 23, 2019, at Lakes Region General Hospital with his wife by his side just two days before their 65th wedding anniversary.

Sonny was born on Jan. 10, 1932, in Meredith, the son of the late John and Ethelbert (Reinholtz) Chase. He proudly served his country in Army during the Korean War. After the military, Sonny met the love of his life, MaryJane and after six months decided to marry her. MaryJane and Sonny spent their marriage traveling and enjoying all life had to offer.

Sonny worked as a foreman for the Rex Forge Company in Southington, Conn., for 32 years until his



retirement. After retirement they moved back home to Laconia and started their own business. Sonny was a jack of all trades. He enjoyed fishing, gambling, playing cards, but most importantly time with his family.

Sonny is survived by his wife of nearly 65 years, MaryJane (Vaillancourt) Chase, two daughters, Rosemarie Chase and her husband, Vincent Boucher of Sanborn-ton and Carol Ryan and her husband,

Phil of Northfield; 10 grandchildren and 20 great grandchildren who he loved and was always teaching them something new; two sisters, a brother, aunts, uncles, nieces, nephews and cousins. In addition to his parents, he was predeceased by his beloved son and fishing buddy, Gary Chase, and a sister.

Calling hours were be held on Monday, Sept., 30, 2019, from 4-6 p.m. at the Wilkin-son-Beane-Simoneau-Paquette Funeral Home, 164 Pleasant Street, Laconia NH using the Carriage House entrance.

A Funeral Service followed the calling hours at 6 p.m. also at the Funeral Home.

Wilkinson-Beane-Simoneau-Paquette Funeral Home & Cre-mation Services, 164 Pleasant Street, Laconia, is assisting the family with the arrangements. For more information and to view an online memo-rial go to [www.wilkinsonbeane.com](http://www.wilkinsonbeane.com).

Beverly Ann Cullen, 8

NORTHFIELD – Mrs. Beverly Ann Cullen, 83, of Northfield, died at Lakes Region General Hospital on Sept. 22, 2019 following a sudden illness. She was currently a resident of Golden Crest in Franklin.

She was born in Concord on Feb. 12, 1936, the daughter of Leon and Ann (Pritchard) Fortune.

Beverly was raised in Penacook and graduated from Saint John’s High School in 1953.

She served in the US Navy from 1954-1955.

Beverly and her late husband, Roland T. “Tubby” Cullen, Sr. owned and operated Cullen Concrete Form Co., Inc. for many years. After they retired, they travelled throughout the United States with their motor home and were fortunate enough to travel to Spain and Italy.

She was an active parishioner of St. Mary of the Assumption Church in Tilton. Beverly served on several boards and committees in the church and organized the annual Strawberry Festival and thrift sale for many years. She also



served as a Eucharistic Minister.

She helped out at Bread and Roses for 17 years and helped establish the T-N-S Christmas Fund in 1987. Beverly was once awarded the Northfield Citizen of the Year for her years of giving to the community.

Family members include her children: Dawn Hebert of Sanborn-ton, Christine Raffaelly and husband John , Melinda Brown and husband Bruce , Roland T. Cullen, Jr. and wife Valerie, Michael Cullen and wife Diane, Douglas Cullen and wife Kim, all of Northfield, and Delana Cullen of Laconia, 21 grandchil-dren, 18 great grandchil-dren, and many nieces and nephews. She will

also be greatly missed by her many friends and the residents and staff of Golden Crest Assisted Living Facility.

She was predeceased by her husband, Roland T. “Tubby” Cullen, Sr., who died in 2009; a great grandchild, Adalyn Petty; and two sisters, Carmen Bolduc and June Page.

Visiting hours were held on Thursday, Sept. 26, 2019 from 6-8 p.m. at Paquette-Neun Funeral Home, 104 Park Street, Northfield. A Mass celebrating Beverly’s life was held at St. Mary of the Assumption Church, 16 Chestnut Street, Tilton at 11 a.m. on Friday, Sept. 27, 2019. Burial followed in St. John Cemetery, Tilton.

Instead of flowers, dona-tions are requested to St. Mary of the Assump-tion Church Food Pantry, c/o St. Gabriel Catholic Church, PO Box 490, Franklin, NH 03235 or to the T-N-S Christmas Fund, PO Box 599, Tilton, NH.

For directions and an online guestbook, please visit [www.neunfuneral-homes.com](http://www.neunfuneral-homes.com).

John Richard DeForge, 73

BELMONT – John Richard DeForge, 73, of Province Road, died on Saturday, Sept. 21, 2019, unexpectedly at home.

John was born on December 12, 1945, in Laconia, the son of the late Richard Arthur and Dora (Morin) DeForge. After graduating from Laconia High School in 1964, John proudly served in the U.S. Army for three years.

Family was very important to John. He always made sure to involve his grandchildren in doing what he enjoyed most, fishing, hunting and gardening, every free moment he had.

John is survived by his wife of 48 years, Noreen B. (Henderson) DeForge; a son, Jeff DeForge and his wife, Deanna Allain-DeForge of Laconia; a daughter, Jennifer Alger and her husband, Ben of Laco-nia; four grandchildren, Emily, David, Dakota, and Alexis; four great grandchildren, Mason, Liam, Charlotte, and Christopher; and a neph-

ew, Mike DeForge. In addition to his parents, John was predeceased by a son, Chris DeForge; a brother, Kenneth De-Forge; and a niece and two nephews.

There will be no call-ing hours.

A Memorial Service was held on Saturday, Sept. 28, 2019 at 2 p.m., at Gilford High School, 88 Alvah Wilson Road, Gil-ford, NH.

John loved the Lord and Church was very important to him. For those who wish, the family suggests that me-morial contributions in John’s name be made to the Lochmere Bap-tist Church, 17 Church Street, Lochmere, NH 03852.

Wilkinson-Beane-Simoneau-Paquette Fu-neral Home & Cremation Services, 164 Pleasant Street, Laconia NH is assisting the family with the arrangements. For more information and to view an online memori-al go to [www.wilkinsonbeane.com](http://www.wilkinsonbeane.com).

NORTHFIELD – Janis L. Manning, 72, a resident of Northfield for over 30 years died Wednesday, Sept. 25, 2019, at the St. Francis Rehab and Nursing Center in Laconia follow-ing a period of failing health.

She was born in Laco-nia, Jan. 14, 1947, daugh-ter of the late Robert and Marjorie (Seavey) Chamberlain. Over the years she spent time in Gilmanton, Laconia, and Belmont before moving to Northfield. She was a graduate of Belmont High School. Janis was a resident of the Golden Crest Com-munity in Franklin before her move to the St. Francis Home, fol-lowing her husband’s death. She worked for many years at Lewis and Saunders, Laco-nia Magnetics, Laco-nia Needle, and retired from Smith Tubular. A happy lady, you could always tell where Janis was, the sound of her laughter which brought smiles to others. Janis loved to go to craft fairs and spend time with her grandchildren.

She was predeceased by her husband, Harold “Chuck” G. Manning Jr in 2018. She was also predeceased by broth-ers, Randy, Bill, and Stanley Chamberlain;



and granddaughter, Ka-rie Marie Decormier

She leaves her sons Reverend Scott and his wife Reverend Toni Manning of Tilton and Dana Decormier and his wife Laurie of Tilton;

her daughter, Michelle Florio-Manning and her partner Heidi of Laco-nia; grandchildren, Jen-nifer, Sarah, Elyssa and Ian Manning, Olivia, Jack and Emily Decormier, Tyanne Martin, Mi-chael and Nathaniel Flo-rio; brothers, Stephen Chamberlain of Laco-nia, Jason Chamberlain of Ossipee; sister, Holly Chamberlain of Gilford; nieces and nephews,

According to fami-ly wishes, there are no call hours or public ser-vices. Burial will be in the family lot in Park Cemetery in Tilton.

The family would

like to thank the staff at Golden Crest in Frank-lin and the St. Francis Home in Laconia for the excellent and compas-sionate care shown to Janis.

Assisting the Decormier/Manning family is the William F. Smart Sr. Memorial Home of Tilton.

Those wishing may make a memorial dona-tion in Janis’ name to the St. Francis Home Re-hab and Nursing Center, 406 Court St. Laconia 03246.

For more informa-tion go to [www.smartfu-neralhome.com](http://www.smartfu-neralhome.com).

Potential candidate for Congress to address Belknap County Republicans

LACONIA – The next meeting of the Belknap County Republican Committee (BCRC) is scheduled for Wednesday, Oct. 9, at 6:30 p.m. at the Laconia VFW Post 1670, 143 Court Street, Laconia.


With the 2020 election fast approaching, the Committee has been hosting a variety of candidates for office at their monthly meetings. Currently, there are no announced Republicans running for Congress in the 1st District.

However, Eddie Edwards, the candidate for Congress in 2018, is considering running again in 2020. With that in mind, Edwards, a resident of Dover, will be the Committee’s guest speaker, sharing the details of his background and his reasons for considering a second run for the 1st District seat against incumbent Democrat Congressman Chris Pappas.

Belknap County GOP meetings are open to all Republicans and like-minded Independents.

The Committee again encourages its members to continue to bring non-perishable food items for donation to local food pantries.

For more information about the Committee, please check the Committee’s website at [www.BelknapCountyGOP.org](http://www.BelknapCountyGOP.org) or send an email to [alan.glassman@gmail.com](mailto:alan.glassman@gmail.com).



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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 Gerrity. 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 integrate 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.”

## NOTEBOOK

CONTINUED FROM PAGE A4

they would always live in Tuftonborough, and woke up in the morning to discover that their village had drifted into a new location between the towns of Oblivion and Sameness, and had been re-named “Tuftonboro.” (Query: Did anyone search the post office grounds for the missing “ugh”?)

Seriously, I was working far to the south at the “Nashua Telegraph” at the time, and missed all this. I’m truly curious as to whether there was any difference of opinion on renaming all these towns, just as I’m hoping that someday soon I’ll get the time to research whatever controversy erupted over building the Kancamagus Highway straight through the heart of the White Mountain National Forest.

So please, readers, tell me what happened when the They in “they”

proposed changing your town’s name. Did everyone go gently into that good night of all things new and modern? My address, as always, is below. In your replies, please include name, town and phone numbers (which I never include in print), in case I have questions.

+++++

My only access to Public Television comes out of the statewide network in Maine. And that’s all right, because it’s only one click from there to Maine’s CBS outlet, Channel 6, an aggressive little station with strong local programming. After the CBS evening news, it’s only one click back to Judy Woodruff and the PBS crew. It’s a great way to compare the two.

There’s an art to watching television, especially if your goal is well-rounded news, which it is. I picture various TV stations as akin to the channel-buoys in the Piscataqua River:

They show you the rocks and shoals, so you can keep the “USS News,” at least, in mid-river.

For my purposes, especially regarding national and world news, Fox is far to one side, MSNBC is far to the other, and CNN and CBS are somewhere in between. This is just for news, mind you, and has nothing to do with entertainment, and certainly not commentary, which I tend to regard as the leach-field of the medium.

In that category, and at risk of sounding like an old moss-back:

– The crawl-lines at the bottom of news screens are hastily written when stories break, and as a result are loaded with errors. If you’re a glutton for this kind of punishment, look for the likes of they’re and their, where and wear,

your and you’re, it’s and its, great and grate, and wait and weight (wait—who would be using “grate”?).

– I have Netflix and Amazon Prime, but even with those it’s hard to find movies I might like or haven’t seen a zillion times. Having grown up on directors and producers who paid close attention to movie sets, period history, and travel by stage and train, I have scant patience with the comparative sloppiness and cheapness of so many newer movies.

If, for instance, white or off-white smoke is coming out of a train locomotive’s stack, we should see firewood piled in the tender. If the smoke’s black, it’s burning coal. And those endless campfire scenes should have smoke and embers issuing up into the night sky. No?

They’re gas.

+++++

Because of where I am, I can use “alternative methods” (meaning rabbit ears) to receive Canadian television stations. But then too, try to use your cell phone in some places and you’re soon joined by an operator speaking French.

Sometimes, when I’m trying to explain where I live to someone who’s totally unfamiliar with a map, I say “It’s where Vermont and Maine pinch northern New Hampshire into an ob-long,” but only those who also learned “rectangle” seem to get it.

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

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Edward Jones: Financial Focus

How Can You Make Your Money Last During Retirement?

It's a fairly predictable pattern: When the stock market rises, more people invest, but after a large-scale drop, many of these same people head for the exits. But by staying out of the financial markets, and only putting their money in "safe" vehicles that offer few or no growth prospects, are they really helping themselves? Here's the bottom line: If you're going to make progress toward your long-term goals, you have to become a long-term investor. But how?

To begin with, you need to understand that long-term investing involves accepting inevitable short-term price swings. You may not like seeing those sharp price drops, but it will help your outlook greatly if you can keep them in perspective. Studies have shown that the longer you hold your investments, the less impact market volatility can have on them.

So, to reach that point where the market's ups and downs have less of a cumulative impact on your holdings, consider the following actions:

• Only invest money you won't need for a long time. If you can tell yourself that the money you are investing today is money you won't really need for 20 or 30 years, you'll be better prepared, psychologically, to get through the down periods of the financial markets. And as long as you aren't overextending yourself financially in other parts of your life, you really shouldn't need those investment dollars for a very long time. They should be earmarked for goals you hope to achieve far into the future, such as a comfortable retirement.

• Keep your focus on what is most important to you. If you can visualize your long-term goals, you'll find it easier to keep working toward them. For example, if you are hoping to travel extensively when you retire, keep thinking about what that might look like. You might even research the countries you plan to visit, even if these trips are far in the future. Ultimately, if you know where you're going and you're determined to get there, you'll get past the bumps in the road.

• Don't spend excessive time reviewing your investment statements. A bad month or two can cause some noticeably negative numbers on your investment statements. But if you can discipline yourself to avoid spending too much time dwelling on these figures, you may feel less stress about investing – and you may even be less tempted to make short-term moves that could have unfortunate long-term results. However, if you do want to study your investment statements, don't just stop at the most recent results. Instead, look for trends that might tell a different story. Has the number of shares you own in various investments increased significantly over time? And over the past five or 10 years, has your portfolio's overall performance been positive? By digging a little deeper into your statements, you might gain more confidence in the course you're following.

Short-term price drops are not pleasant to experience. However, you can help yourself become a better long-term investor by following the above suggestions, so put them to work soon – and stick with them.

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Member SIPC



MURAL

CONTINUED FROM PAGE A1  
or manning the brushes themselves. As they filled in each feature of the design teachers Kelsey Doyle and Summer Capra, along with Principal Jessica Welch, commended them for their great teamwork and a job well done.

Second grade student Madison was proud that she got to paint the train and said it was a lot of fun.

“I also liked all the different colors we got to paint with,” she said. Her classmates echoed her sentiment, agreeing that the bright yellow, orange, red, blue and green colors really made their mural very pretty.

Swain said that once the younger students

were done filling in all the features of the mural, another group of students from Southwick would come by to add a few more details that will complete their panel.

Next weekend students from Tilton School will work on a second side of the pump station and in the spring the remaining two panels will be painted by the middle school and high school.

“I love the idea that all the schools will have a part in this project,” said Swain. “I also think it’s really nice for kids to have this connection to the community and see that art is not just something done inside on a piece of paper. This has been a really positive experience for them.”



DONNA RHODES

Two second-graders from Union Sanborn Elementary School carefully painted part of a mural in downtown Tilton that they are working on in conjunction with first graders from their school as well as older students from Southwick Elementary School, who came up with the design.

CARING

CONTINUED FROM PAGE A1

but for their upcoming Fall Family Festival this weekend.

“They’re here to help and they’re being help-

ful,” said Jen, one of the staff members.

Once students arrived at the facility they split off into groups. Many helped wash windows while others took part in decorating for the fall

festival and there were plans for them to help sand and stain several flag cases, too.

NHS faculty member Ingrid Knowles said their participation in Day of Caring has become part of two Service Learning Days, which includes community service, held each year at the private school.

The students themselves were glad to be out taking part in good deeds for others. Courtney, who is a junior at NHS, said she thought it was great to actually see what NHVH provides for men and women who served the country and lend them a hand.

“It’s good to get out of the classroom once in a while to interact with the community and help people who need your help,” she said.

Her classmate Emma agreed, adding that she saw lots of opportunities that day where they could benefit their community.

Inside the facility, another crew took time to have some fun with the residents themselves. Gathered in the Town Hall of NHVH, the students intermingled with WWII, Korea, and Vietnam War veterans for a game of Noodle Hockey. Using foam swim noodles, they competitively batted a ball back and forth as each of two teams worked to get it in their opposing team’s goal.

Ford, who is also a junior, said it was his first time taking part in the Day of Caring through NHS and was having a great time.

“I would definitely do this again,” he said.

Classmate Lucas also said it was an interesting

day, something he, too, had never done before. Having lived previously in England and Canada, he found himself this year at school in New Hampshire where he was impressed to meet some real war heroes.

“These guys are a lot more active than I ever thought they would be,” he said before returning to the lively competition.

New Hampton School didn’t stop there though. Another crew of 18-year-old students were selected to work on a Pemi-Valley Habitat for Humanity build that is ongoing in Plymouth. Charlie, Louis, Cory, and Makato spent their morning building steps and adding floor supports to a new home being built for a single mom and her two children.

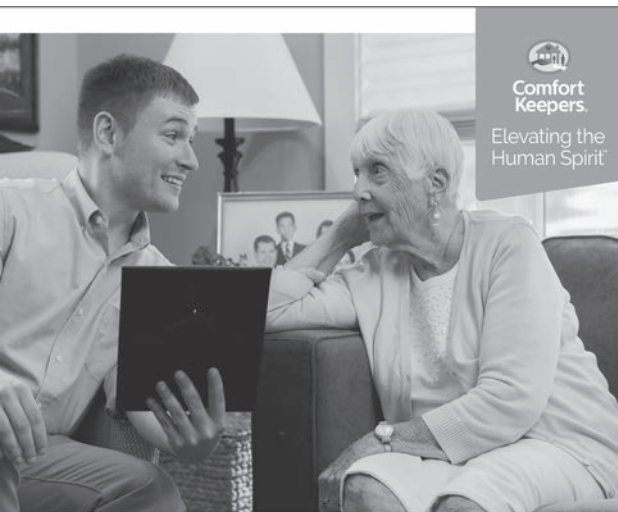
“These guys are hitting home runs here today,” said project leader Frank McClain of PVHH.

While some of the young men, hailing from as far away as Beijing, China, Montreal, and Tokyo, had construction experience through building sets for their school plays, Charlie, who comes from San Francisco, had led the group in experience when they headed to the build site.

“I went to the Florida Keys once [through Habitat for Humanity] to help restore houses after a hurricane,” he said.

Tilton School students were also committed to helping out that day. They sent a crew to the Boys and Girls Club of Central New Hampshire in Laconia where more than 70 students, including boys and girls from

SEE CARING, PAGE A12



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**TOWN OF HOLDERNESS**

Notice is hereby given that the Town of Holderness Planning Board will hold a Public Hearing for Site Plan Review at 6:30 p.m. on Tuesday, October 15, 2019 at Holderness Town Hall, 1089 US Rt. 3, Holderness, NH 03245. The applicant is Vertex Tower Assets, LLC for property located on Old Mountain Road, Tax Map 220-004-000 in the Rural Residential Zoning District, owned by The Peter W. Harris Revocable Trust, The Harriet R. Harris Revocable Trust and The Henry Pratt Upham Harris III Revocable Trust. The applicant wishes to construct a telecommunications facility including a 150 foot tall monopine style cell tower (146’ to top of highest appurtenance). If you have any questions concerning said application, please contact Francis D. Parisi, Esq., Parisi Law Associates, P.C., 38 N. Court Street, Providence, RI 02903, (401) 447-8500, [fparisi@plapc.com](mailto:fparisi@plapc.com).



# New Hampshire FAIR DAYS

## Lancaster Fair

August 29 to September 2, 2019

Location: 516 Main Street, Lancaster

Tickets: \$15 (including rides) on Thursday, Friday and Monday; \$17 on Saturday and Sunday; seniors are free on Thursday and Monday and \$10 on Friday-Sunday; children under 36" are free with paying adult

Online: [www.lancasterfair.com](http://www.lancasterfair.com)

## Hopkinton State Fair

August 30 to September 2, 2019

Location: State Fairgrounds, Contoocook

Tickets: \$12 for ages 13-59, \$10 for seniors 60+, \$8 for youth ages 5-12, children 35 months and under free. Four day passes are also available.

Online: [www.hsfair.org](http://www.hsfair.org)

## Rochester Fair

September 12 to 22, 2019

72 Lafayette St., Rochester, NH 03867

Tickets: \$9 general admin., children under 8 are free

Online: [www.rochesterfair.com](http://www.rochesterfair.com)

## Hillsborough County Agricultural Fair

September 6 to 8, 2019

Location: 15 Hill Dale Lane, New Boston

Tickets: \$10 for adults, children 6-12 and seniors are \$5, children under 6 are free

Online: [www.hcafair.com](http://www.hcafair.com)

## Deerfield Fair

September 26 to 29, 2019

Deerfield Fairgrounds

Route 43, Deerfield

Tickets: \$10 for ages 13+; ages 12 and younger are free

Online: [www.deerfieldfair.com](http://www.deerfieldfair.com)

## Sandwich Fair

October 12 to 14, 2019

Sandwich Fairgrounds

Route 109 North, Center Sandwich

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Online: [www.thesandwichfair.com](http://www.thesandwichfair.com)

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Think Pink

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

Breast cancer signs and symptoms

Breast cancer is a formidable foe. According to the World Health Organization, an estimated 627,000 women lost their lives to breast cancer in 2018. But women are not helpless in the fight against breast cancer, as the WHO notes early detection is critical and could potentially

save thousands of lives each year.

A proactive approach is a key component of protecting oneself against breast cancer. While the National Breast Cancer Foundation, Inc.® notes that many breast cancer symptoms are invisible and not noticeable without a professional cancer screening, women can keep an eye out for certain signs of breast cancer they might be able to detect on their own. Monthly self-exams can help women more easily identify changes in their breasts. During such self-exams, women can look for the following signs and symptoms and are advised to report any abnormalities they discover to their physicians immediately.

- Changes in how the breast or nipple feels: The NBCF says nipple tenderness or a lump or thickening in or near the breast or underarm could indicate the presence of breast cancer. Some women may notice changes in the skin texture or an enlargement of the pores in the skin of their breast. In many instances, skin texture has been described as being similar to the texture of an orange peel. Lumps in the breast also may indicate breast cancer, though not all lumps are cancerous.
- Change in appearance of the breast or nipple: Unexplained changes in the size or shape of the breast; dimpling anywhere on the breast; unexplained swelling or shrinking of the breast, particularly when the shrinking or swelling is exclusive to one side only; and a nipple that is turned slightly inward

or inverted are some signs and symptoms of breast cancer that can affect the appearance of the breast or nipple. It is common for women’s breasts to be asymmetrical, but sudden asymmetry should be brought to the attention of a physician.

- Discharge from the nipple: The NBCF notes that any discharge from the nipple, but particularly a clear or bloody discharge, could be a sign of breast cancer. The NBCF also advises women that a milky discharge when they are not breastfeeding is not linked to breast cancer but should be discussed with a physician.

Learning to recognize the signs and symptoms of breast cancer can increase the likelihood of early diagnosis, which greatly improves women’s chances of surviving this disease.

Educating young women about breast cancer

At the age of 12 to 15, many young women are experiencing the body and life changes that accompany adolescence. It can be difficult to imagine that breasts that are just beginning to develop may contain cancer. But such is the reality for some girls.

The majority of women who receive a breast cancer diagnosis are over the age of 40. Experts at Monroe Carell Jr. Hospital at Vanderbilt University note that only 5 percent of breast cancer cases are found in women under the age of 40. However, the hospital recently treated a 14-year-old girl who found a lump and learned she had a rare form of breast cancer called a phyllodes tumor. In 2009, a 13-year-old from Little Rock, Ark. found a quarter-sized lump in her right breast, while a 19-year-old student at the College of New Jersey was diagnosed with cancerous cells and underwent a bilateral mastectomy.

Though such cases are rare, it behooves teenage and adolescent girls to familiarize themselves with the disease and be mindful of their breast health.

Some organizations have increased breast cancer messages for young girls, and it is not uncommon to find young women participating in runs and fundraisers for breast cancer research. Some organizations even conduct breast cancer workshops to educate young women about breast health. Dorothy Paterson of Texas, a former Girl Scout leader who was diagnosed with breast cancer herself, began conducting workshops for Girl Scouts in 2007. The idea isn’t to scare girls into believing they have the disease, but rather to increase their awareness of changes in their bodies that may or may not be normal.

Some parents worry that educating children about breast cancer may cause them to worry unnecessarily, especially considering a young girl’s risk of developing breast cancer is so minimal. Just as with older women, adolescents and teens should realize that eating healthy foods, exercising, avoiding alcohol and tobacco, and maintaining annual physical exams with a doctor are key ways to reduce the risk for cancer.



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# Think Pink

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

## Debunking common myths associated with breast cancer

Cancer claims the lives of millions of people across the globe every year. But the fight against cancer is anything but hopeless, as the World Health Organization notes that between 30 and 50 percent of all cancer cases are preventable. Learning about cancer is one of the best ways for people to protect themselves from this deadly disease. Researchers continue to learn more about cancer everyday and routinely discover that information once thought to be accurate was actually off-base. Despite researchers' best efforts, some myths about cancer still prevail. Some of these myths are about cancer in general, while others refer to specific cancers, including breast cancer. Myths about breast cancer can be as harmful as accurate information is

helpful, so learning the truth and debunking those myths can be an important part of women's preventive approach to breast cancer.

- Myth: Drinking milk increases your risk for breast cancer. The American Cancer Society notes that early studies raised concerns that drinking milk from cows treated with hormones could increase a person's risk for breast cancer. However, ensuing research failed to find a clear link between the two. In fact, a 2002 study published in the International Journal of Epidemiology found no significant association between dairy fluid intake and breast cancer risk.
- Myth: Lumps indicate breast cancer. The National Breast Cancer Foundation, Inc.® says that only a small percentage of breast lumps turn out to be cancer.

However, abnormalities or changes in breast tissue should always be brought to the attention of a physician.

- Myth: Mammograms cause breast cancer to spread. This myth is rooted in the incorrect notion that breast compression while getting a mammogram causes the cancer to spread. However, the NBCF insists that cannot happen. In fact, the National Cancer Institute touts the benefits of mammograms while the ACS recommends women between the ages of 45 and 54 get mammograms every year. For additional breast cancer screening guidelines, visit the ACS at [www.cancer.org](http://www.cancer.org).
- Myth: Women with a family history of breast cancer are likely to develop breast cancer, too. This myth is dangerous because, if taken at face value, it can give women

with no family history of breast cancer a false sense of security. However, the NBCF notes that only about 10 percent of individuals diagnosed with breast cancer have a family history of the disease. The Centers for Disease Control and Prevention note that a woman's risk for breast cancer is higher if she has a first-degree relative, including a mother, sister, daughter, or even a male family member, who have had the disease. But breast cancer can affect anyone, regardless of their family history. Information is a valuable asset in the fight against breast cancer. Learning to decipher between accurate and false information can be especially valuable.



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CARING

CONTINUED FROM PAGE A8

(Right) During the Granite United Way Day of Caring last week, some students from New Hampton School took time off from washing windows at the N.H. Veterans' Home to play a few fun games of Noodle Hockey with the veterans who reside there.



As part of a Granite United Way Day of Caring service project, Cory, Charlie, Louis, Makoto and their advisor Scott Lebrun of New Hampton School posed for a photo on a set of steps they built to assist the Pemi-Valley Habitat for Humanity with their latest home build project in Plymouth last Wednesday

Pleasant St. School, took part in a number of service projects. In Gilford, Gov. Sununu and some of his staff also pitched in to help work on the Wetlands Boardwalk at Gunstock Recreation Area. GUV's Vice President of Marketing and Communications, Karrie Eaton, said the governor and his crew split up to work on multiple projects. Among them were the mounting of directional signs and trail numbers, sanding and painting projects, the removal of some invasive plant species along the trails, and adding dockware to replace rotting posts. Overall, representatives from Granite State United Way were thrilled with the outpouring of support they received for 2019.

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# SPORTS

SECTION



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BOB MARTIN

Sana Syed is a senior defenseman for the Red Raiders and was very happy to get a win over Gilford on homecoming.



BOB MARTIN

Emma Cochran played well in goal for the Red Raiders in a win over Gilford.

## Belmont girls win Homecoming matchup with Gilford

BY BOB MARTIN

Bob@Salmonpress.news

BELMONT – When it comes to the rivalry

between Belmont and Gilford girls' soccer, the players tend to kick things up a notch on

the field and it is often a battle to the end. The Red Raiders remember last Homecoming,

where the Golden Eagles snuck away with an overtime win, and this year Belmont got

its revenge with a 3-0 victory in front of the home crowd.

The game was 0-0 at the half and it was looking like another game that could come right down the the end, as both teams were playing solid defense and thwarting shot opportunities. Much of the action took place in the middle of the field, and when the ball would get near the goal the talented defense on both sides would clear out the ball.

This was until 30:15 left in the second half when Becca Fleming struck first with a shot to the bottom left away from the goal that went in to make it 1-0.

It would stay this way for most of the rest of the game, with both teams having close opportunities to score. The goalkeeping was impressive by both Belmont's Emma Cochran and Gilford's Jaylin Tully, and the defense continued to play well to keep things close.

With eight minutes left Sierra Bourque broke away and scored on a low shot to the left of Tully to make it 2-0. About two minutes later, in what looked like an instant replay, Bourque scored again to make it 3-0. She nearly sealed a hat trick with three minutes left when she broke away and put a shot on goal that the referee said was scooped up before crossing the line.

The Red Raiders held

on the next three minutes for the big win and the Belmont players were all smiles after beating their nearby foes.

Seniors Sana Syed and Katie Gagnon were both very pleased with the win, saying they get amped up even more than usual when it comes to the Gilford games. They said especially after losing on Homecoming last year they wanted to make sure they came away with the 'W' this time around.

"I think all season we've been a second half team but today we really came together, probably because we knew it was a Homecoming game," said Gagnon. "Especially for us because we are seniors and it is our last one."

Syed agreed with Gagnon and was impressed by the way the team came out. She commended her teammates for playing so well and giving the team chances needed to win.

"I think we felt the energy with the crowd and it being homecoming," said Syed.

Coach Mark Dawalga was also happy to get the win over Gilford and is pleased with the overall effort of the Red Raiders thus far.

"Nice team win on Homecoming against a very good Gilford team," Dawalga said.

SEE SOCCER, PAGE B2

## Field hockey Bears get win in Whitefield

BY BOB MARTIN

Bob@Salmonpress.news

TILTON – The Winnisquam field hockey team had an up-and-down week, going 1-2 against with the lone win coming against White Mountains.

On Sept. 24., the Bears lost a tight one to Bishop Brady by a score of 3-2 in overtime. Hannah Max scored with Maddie House assisting. Meghan Cote also scored, with an assist to Emma Griffin.

"Between the pouring rain, almost an hour delay to the game, and going into overtime, the girls put everything they had into this game," said coach Samantha Magoon.

The next day, the Bears took the bus ride north to Whitefield for a matchup against White Mountains. Winnisquam came ready to play and came away with a big 6-2 win. Magoon said the White Mountains defense made it tough for the Bears at times, which made the win big for Winnisquam.

Cote, Max and Griffin each had two goals had two assists apiece. Cote also had three assists in

SEE FIELD HOCKEY, PAGE B2



BOB MARTIN

Lexi Poole drives toward the net for the Winnisquam Bears last week.



BOB MARTIN

Maddie Foster sets up for a pass upfield for Winnisquam.

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# Winnisquam football rolls past Raymond

BY BOB MARTIN  
Bob@Salmonpress.news

RAYMOND – The Winnisquam football team is off to a 4-0 start and has continued its undefeated run from last season. What’s scary about this is for the rest of Division 4 is that coach Derek Hunt feels the team still has room to improve even after this past week’s 34-7 victory over Raymond.

The game started with Raymond driving down the field on Winnisquam and giving the Bears an early scare by going up 7-0. In the rare occurrence that the Bears were trailing, Winnisquam stepped up in the face of adversity and shut down the Rams the rest of the way. Winnisquam’s defense was incredible with only 80 yards of offense allowed in the first half and a total of five turnovers forced during the game.

“We made some adjustments after that first

score of theirs and we shut them down pretty good,” Hunt said. “They didn’t really do anything in the game the rest of the way.”

Hunt said that Garret Mango was a star of the game on both sides of the ball. As a defensive back he picked off two passes and was all over the field, picking up six tackles. Offensively he had more than 140 yards receiving and a pair of touchdowns on the day.

Other interceptions went to Phil Nichols and Gunnar Horman. Cooper French was also a big part of the defense this past week, Hunt said.

“After that first drive of the game the defense was really, really good,” said Hunt. “They made some really great plays.”

The team was also firing on all cylinders offensively with 402 total yards, highlighted by Andre Cormier’s day running the ball. He had 25 carries for 195 yards

and a touchdown. He also had a nice reception on a wheel route.

“I can’t say enough about him,” said Hunt. “In his touchdown he was just dragging kids off the back of his shirt. He just kept his feet moving and ran the ball very hard for us. He looked really good.”

Nichols threw for 188 yards and four touchdowns and continued to play All-State caliber football at the quarterback position. The junior has yet to throw an interception this season for the Bears.

Gunnar Horman was double covered most of the game, which helped open things up for Mango. However, he still managed to get in the end zone with a five-yard touchdown reception.

Hunt also praised the progress of the team’s offensive line. He said the team opened up some great holes for the running backs and also pro-

tected Nichols well when trying to throw.

“The whole line, all together, played fantastic,” said Hunt.

Despite the blowout win, and four straight victories to start the season, Hunt thinks the team can get even better

by year’s end. He said there are little kinks that need to be ironed out, but he said each game is getting better.

“In my opinion we haven’t reached out full potential,” said Hunt. “Special teams was a concern but they played really

well this past week. They are improving every time out there. Granted we are doing good now, but I think we can be even better.”

Winnisquam hosts Mascoma Valley on Oct. 4 at 7 p.m. for Homecoming.

## Bears sweep through Newfound and Fall Mountain

BY BOB MARTIN  
Bob@Salmonpress.news

TILTON – Last week, the Winnisquam volleyball team improved to 6-1 with a pair of sweep wins over Newfound and Fall Mountain.

Winnisquam beat Newfound on Sept. 25 by scores of 25-14, 25-13 and 25-16. In set one, Winnisquam jumped out to a 16-2 lead thanks to strong serving by Chloe Colarusso, who had 14 straight serves with three aces. Gabby Isabelle had eight kills in the set to lead the offense.

The second set saw Newfound jumping out to a 6-2 lead before Hanna Honeman had six consec-

utive serves with three aces to get it back to 9-6. Emma Richardson had five kills in the set, and Emily O’Neil added three kills to help cruise to the victory.

The final set also had a Newfound lead, by a score of 6-1. Honeman again was outstanding at the service line with six straight serves and two aces. Nicole Reusch had five straight serves with two aces and helped the Bears establish a 14-8 lead.

Isabelle had a huge night with 24 kills and five digs, impressive figures especially for a three-set match. Colarusso finished with 26 assists,

eight digs and three aces. Richardson had eight kills and 13 digs. Olivia Dill had nine digs and two assists. Honeman had three aces, four kills and four digs. O’Neil had seven digs and seven kills.

Winnisquam then faced Fall Mountain on Friday and won 3-0, but statistics were unavailable at deadline. The Bears also played Sunapee and Mascenic this week and results will be in the next edition.

The next game for Winnisquam is a 4:30 p.m. home matchup Friday against the Inter-Lakes Lakers, who are the only team to beat the Bears and are undefeated.

## Raider girls win race at Bishop Brady

BY BOB MARTIN  
Bob@Salmonpress.news

CONCORD – The Belmont High School cross country team had success last week, traveling to Bishop Brady for a small cross country meet, with the girls’ team placing first and the boys’ team in second by only two points.

The boys’ team was led by Jared Whitcomb, who was second with a time of 19:30. He was just three seconds behind Oscar Miller of Bishop Brady.

The individual results for the girls’ and boys’ teams were listed together. Placing fifth was Chris Pare with a time of 20:24; seventh was Micah Edgren with a time of 21:03; Charlie Carroll was ninth with a time of 21:27 and Brandon Robichaud was 11th with a time of 21:33.

Aurora Couto was 17th with a time of 22:53; Cody Annis was 18th with a time of 23:06; Alysia Edgren was 19th with a time of 24:11; Tanner McKim was 21st with a

time of 24:42; Brian Miles was 22nd with a time of 24:56; Nicholas Miles was 23rd with a time of 25:04; Mercedes McIntyre was 24th with a time of 27:55; Hannah LeClair was 30th with a time of 29:25; Amelia Cluett was 32nd with a time of 33:30 and Isabella Louis was 35th with a time of 37:35.

Next up is the Jeri Blair Invitational at Belmont High School Friday, which involves 24 teams with boys starting at 3:45 p.m. and the girls starting at 4 p.m.

## Winnisquam runners compete in pair of large meets

BY BOB MARTIN  
Bob@Salmonpress.news

NORTHWOOD – The Black Bear Invitational was last weekend and the Winnisquam Bears competed against teams from around the state spanning several divisions.

The girls’ team was led by Faith Gosselin who was 38th with a time of 21:43. Hannah Swain was 166th with a time of 27:46; Marguerite Swain was 170th with a time of 30:47; Nadia Oettingen was 172nd with a time of 34:43 and Kaylee White

was 173rd with a time of 34:43.

The boys’ team was led by Riley Mann with a 79th place finish and time of 18:50. Dylan Robert was 96th with a time of 19:18; Joey Damato was 161st with a time of 21:15; Jack Richard was 164th with a time of 21:29 and Brennan Dunn was 188th with a time of 22:44.

On Sept. 21, Winnisquam was in the Manchester Invitational and Gosselin led the girls’ team with a 31st place time of 21:30. Park-

er was 234th with a time of 30:43; Rosalita Slotta was 236th with a time of 31:12 and Oettingen was 244th with a time of 37:01.

The boys’ team was led by Mann who placed 65th with a time of 18:58. Robert was 100th with a time of 19:37; Evan Griffin was 190th with a time of 21:22; Dunn was 228th with a time of 22:38; Damato was 244th with a time of 23:14; Richard was 269th with a time of 25:19 and Sheamus Dunn was 281st with a time of 27:23.



BOB MARTIN

Sierra Bourque had two goals in the win for the Red Raiders last week.

### SOCCER

CONTINUED FROM PAGE B1

“I was happy with the team effort. We are still

working hard on some things in practice and when you are able to see the kids’ hard work payoff in games it is great.”

Belmont heads to Gilford on Saturday for the Golden Eagle Homecoming with the game starting at 12:30 p.m.



BOB MARTIN

Eveline Auger battles Gilford defenders in a game last week for Winnisquam.

### FIELD HOCKEY

CONTINUED FROM PAGE B1

the game. House and Lexi Poole each had an assist.

Gilford then came to town on Sept. 27 and after a long week, Winnis-

quam couldn’t handle the Golden Eagles and fell 3-0.

“This was a tough game with the long week we had,” Magoon said.

Next up for the Bears is a home game against Laconia on Oct. 4 at 4 p.m.

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# Belmont boys knocked from ranks of the unbeaten

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

**BELMONT** – The Belmont boys' soccer team went into the week undefeated but had the lofty task of facing two undefeated teams back-to-back. While the Red Raiders played well per usual, the team dropped both games in a couple of tough losses.

It is always a wild matchup when it comes to Gilford and Belmont boys' soccer, and it was no different last weekend when the Golden Eagles were able to squeak by with a 1-0 win over Belmont in what was a gutsy victory with two of the best teams in Division 3.

At the 21-minute mark Anthony Aguiar scored on a slow shot toward the goal with an assist by Sam Sawyer. This would be the only scoring in the



**Devin Bricknell jumps high for a header against Gilford last weekend.**



**Jacob Bivens makes a play on a corner kick for Belmont.**

# Belmont volleyball splits a pair

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

**BELMONT** – Last week the Belmont volleyball team played Franklin High School and came away with a big win in three sets by scores of 25-5, 26-24 and 25-22.

In the first set, captain Haley Treamer was 12-12 serving with three aces. The senior was a major reason for the team's big opening set win.

In the second and third games, however, the Golden Tornadoes pulled things together and gave the Red Raiders a run for their money.

Junior Alyzabeth O'Connell was a big hitter with 11 kills for the Red Raiders. Bryhannah Pinard was 13-14 from the serving line in the match.

Belmont then hosted Moultonborough Academy on Saturday for Homecoming and lost in three sets by scores of 25-9, 25-21 and 25-10.

Senior captain Becca Camire was 9-9 serving and had nine assists. However, Camire twisted her ankle chasing down an errant pass and had to leave the game.

"Absence and injury plagued the Raiders in Saturday's Homecoming match," said coach Polly Camire. "The Lady Raiders played well in the second set with strong net play from juniors Alyzabeth O'Connell, Isabella McDonald and senior Haley McGlynn."

Belmont faced Newfound and Kennett after deadline. Up next for the Red Raiders is an away match at Farmington for a 6:15 p.m. start.



**Senior Becca Camire sets a ball for the Red Raiders in the homecoming game against Moultonborough.**



**Haley McGlynn leaps for a kill spike against Moultonborough Academy.**



**Kat Davies and Mady Cryans get up high for a block against the Panthers.**



**Jacob Spinale brings the ball out of the corner for Belmont against Gilford.**

game, which was mostly comprised of back and forth action and superior defense from both teams.

Gilford coach Dave Pinkham knows that Belmont is always a good team that is coached well by Mike Foley, who was last year's coach of the year. He said with the team being fairly young, and Belmont always putting up a big fight, it was nice to get a big win on the road against the Lakes Region rival.

Foley has been around enough matchups with Gilford, especially in Homecoming games, to know that anything can happen when it comes to that rivalry. This time it was a game of defensive powerhouses, and Gilford managed to take advantage of one of the few opportunities.

"We needed to create chances," said Foley. "We missed a great opportunity in the first half. I thought our defense played well. We need to get our team healthy."

Belmont also lost to undefeated Campbell last week and lost 3-2. Belmont was down 3-0 early but began mounting a comeback thanks to an unassisted goal by William Riley and an own goal that was credited to Nate Sottak.

"We had great chances in the first half but couldn't finish," said Foley. Found ourselves down 3-0 before we began a comeback. We just ran out of time."

Belmont faced Derryfield after deadline and next up is a rematch against Gilford for the Golden Eagle Homecoming beginning at 11 a.m. on Saturday.

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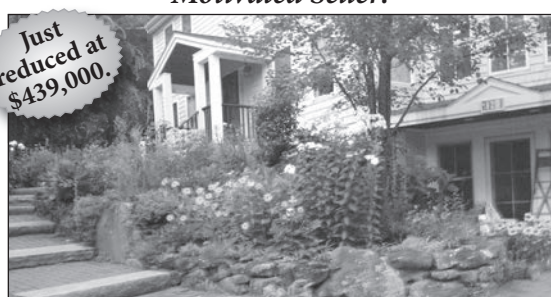
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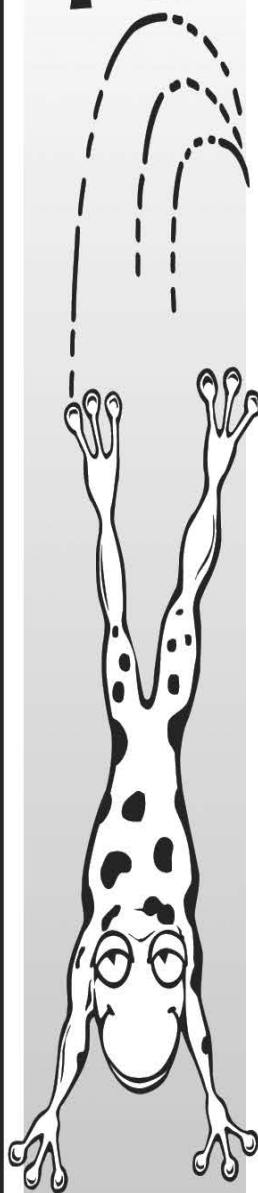
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**Salmon Press**  
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# Bear comeback comes up short

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

**TILTON** – The Winnisquam soccer team hosted Hillsboro-Deering last week and while the team lost 4-3, it was a hard fought game where the Bears battled to the end trying to mount a comeback.

The Bears trailed 3-0 but Winnisquam closed the gap with two goals by freshman Ayden Cushing, who coach Peter Steese has been impressed by this season. Hillsboro-Deering added another goal but then Eric Young hit a shot assisted by Cushing to make it 4-3. Hillsboro-Deering was able to fend off the

surging Bears and hang on for the win.

“The Bears had a chance to tie the match in the waning moments of the game,” said Steese. “Ayden Cushing chipped a hard charging Hillsboro keeper only to see the ball barely miss an empty net. Jacob Holt had an outstanding match in goal and Ashley Deshaies along with Nick Pyra, Kyle Hinds and Griffin Knowlton played very tough defense.”

The Bears then hosted Hopkinton, which is a playoff bound team most likely in the top eight of the division. While the Bears lost 3-0, Steese was



RC GREENWOOD

Eric Young handles a ball during a rainy game against Hopkinton last week.

very happy with the way the team placed against a top tier opponent and to holding the game to only 1-0 at half.

The game was highlighted by “a brilliant header” that was denied by Hopkinton’s Aiden Burns in goal. There were several other opportunities to score for Winnisquam, but Hopkinton’s defense was strong and stopped all chances for the Bears.

Steese praised Aiden Donahue for his strong defense, noting he stopped Hopkinton forward Kevin Newton-Delgado in the closing moments to avoid another score. Holt played well in goal for the Bears and Steese praised the defense

of Deshaies and Aiden Phelps, saying they are “stalwarts of the Bears.”

Steese was happy with the way the team played this past week, noting that the Bears had chances to win against two very good Division 3 teams.

This week will really tell us something about our team,” Steese said. “They are working hard and I can’t ask for more. I’m pleased with the effort and the way things are going. We just need to stay away from injuries.

Next up is Somersworth on Oct. 3 at 4 p.m. on the road. Homecoming is on Oct. 4 against White Mountains for a 3 p.m. start.



BOB MARTIN

## Bears vs. Bears

The Winnisquam unified soccer team had a 10-2 victory over the Newfound Bears in a home game last week.

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