



Winnisquam Regional Middle School Principal Michael Bryant also played DJ for the Ninth Annual Fall Family Festival at the school last Friday evening.



At Winnisquam Middle School's Fall Family Festival last weekend, field hockey players Sydney and Madelyn helped sell hot dogs and other snacks as a fundraiser for their team.

WRMS welcomes fall with Family Fun Festival

BY DONNA RHODES
drhodes@salmonpress.news
TILTON – Winnis-

quam Regional Middle School's Fall Family Festival has become a tradi-

tion for the district, and last Friday's ninth annual night of outdoor food

and fun was perhaps one of the biggest yet, thanks in part to the beautiful

weather but mostly due to the growing community partnerships that

have helped the event grow each year.

SEE **FESTIVAL**, PAGE A7

Sounds of solace

Veterans Home uses music to tap memories not lost to dementia

TILTON – Lee absolutely hates his shower days.

Even though advanced dementia has taken away his ability to assist with almost all of the physical activities of daily life, the New Hampshire Veterans Home resident retains his ability to speak. On shower days, he'd get extremely agitated and would start cussing out and threatening – in English and French -- staff members to stay away from him "or else."

On one of those bad days, a recreation assistant asked if he'd like to hear some music. In a pleasant surprise, he relaxed a bit when the headphones went on, and kept saying "this is such a nice song" as the first one played.

After a few more tunes, he stopped going on about his shower, lowered his voice and even closed his eyes and tapped his hands in time to the music. He remained relaxed and quiet for some time after. Several other times during a month-long assessment period, Lee started out agitated after receiving nursing care, but calmed quickly after hearing the music.

As his dementia had progressed, Lee had a history of difficult behaviors. But on days when he was receptive to the program, staff observed huge changes in his cognition and social interactions.

The case of Lee (name changed to protect privacy) demonstrates the positive therapeutic benefits of Music & Memory, a personalized music program that the Veterans Home is now using as a non-drug-based method to soothe and calm residents suffering from advanced dementia.

The approach, rooted in neuroscience and research on music therapy, uses a resident's personal musical favorites to tap deep memories not lost to dementia. The music-triggered memories can bring participants back to life, enabling them to feel like themselves again, to converse, socialize and stay present. It also may decrease depression and reduce the use of antipsychotic medications.

The entire recreation staff of the Home's

SEE **SOLACE**, PAGE A10



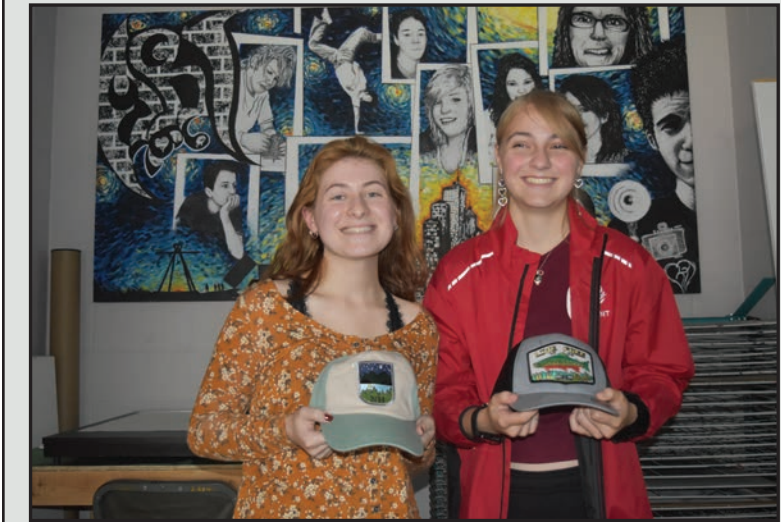
AERO founder and director Jerry Mintz presents a Lifetime Achievement award "for Pioneering Work in Educational Alternatives" to Sant Bani School Founding Head Kent Bicknell.

Sant Bani School Founding Head receives lifetime achievement award

SANBORNTON — Kent Bicknell, received The Founding Head of a lifetime achievement award "for Pioneering

Work in Educational Alternatives" from the Alternative Education Resource Organization (AERO) at a conference held in Portland, Oregon, in June. Invited to give a TED-type presentation, Bicknell delivered, "Meandering Brooks: Henry Thoreau and Asian Spiritual Teachings in Support of Progressive Education," an area of independent scholarship he has published.

SEE **AWARD**, PAGE A7



Art students Alexa Rolfe and Chloe Jackson of Belmont High School are proud to reveal the preliminary ball cap logos they and teacher Joe Cilley designed for the kickoff of their new business to raise money that will not only bring Artists in Residence to the school, but create an art scholarship for future BHS graduates as well.

New business venture at BHS designed to promote the arts

BY DONNA RHODES
drhodes@salmonpress.news
BELMONT – Belmont High School art teacher Joe Cilley

has been joined by two of his top art students to form B3 Designs, a business that he hopes

will provide real world experiences, bring scholarship money for BHS graduates and

bring Artists in Residence into his classroom in the future.

SEE **ARTS**, PAGE A7



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HALL MEMORIAL LIBRARY

Tilton/Northfield
Don't forget we are closed on Monday, Oct. 14. Stay up to date by liking our page at www.facebook.com/hallmemorial and check our "Events" page for updates on special programs!

The Clothesline Project - On Display
October is Domestic Violence Awareness Month (DVAM) and we are hosting The NH Clothesline Project. The visual display uses T-shirts to bear witness to domestic and sexual violence in our communities. All T-shirts are made by victims, and friends and family of victims in Belknap County from 1994 to present day.

Candy Corn Contest
All month, guess how many in the jar! Clos-

est guess without going over wins or we'll draw a name from the witch's hat to break a tie.

Community Chat Displya
Stop by and fill out a display card for our Moon Memories wall. Share a favorite autumn book, a memorable Halloween costume, or moonlit Trick-or-Treat memory. On November 1st, one will be drawn from a hat and a lucky patron will win a sweet treat!

Weekly Adult Programs
Chess Club - Mondays from 2-5 p.m.
Spanish Club - Tuesdays from 10-11:30 a.m.
Tech Tuesdays from 2-4 p.m. - Get help from Jenna with your device.
Sit and Knit - Friday from 2-5 p.m.

Weekly Children's Programming
Story Time, Wednesdays at 10:30 a.m.
Stories and rhymes with Miss Julie, followed by a craft for preschool-age children.
October 2nd - Pumpkins
October 9th - Bats
October 16th - Cats
October 23rd - Ghosts
October 30th - Halloween

October Calendar of Events
Thursday the 3rd, 1 p.m. to 4 p.m.
Census Job Information and Sign up, 1-4 p.m.
A worker from the U.S. Census Bureau will be here to assist with signing up for job opportunities during the up-

coming 2020 Census.

Thursday the 3rd at 4 p.m.
Mean Girls Movie Day - Teens, join us for a fun movie time with friends.

Wednesday the 9th at noon
Scrabble in the Afternoon - A great way to spend a day... friends and a leisurely game. Adults Only.

Wednesday the 9th at 3 p.m.
Teen Craft: Yarn Pumpkins for grades 6+ in the YA area

Wednesday the 9th, 4:30 to 5:30 p.m.
Reading with Jellyroll - Come read to Jellyroll, one of our lovely HML doggo visitors! Drop in and sign up for a 10 minute slot.

Thursday the 10th at 4 p.m.
Rolled & Told Part 2 - 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+

Thursday the 10th at 6 p.m.
Teddy Bear Sleepover - 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.

Saturday the 12th at 10:30 a.m.
Babytime: Movement and Music - 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.

Jackson - We will discuss Shirley Jackson's story of secrets, scandals, and sympathetic magic. Whether you know Jackson's short story, "The Lottery" or the screen adaptation of her gothic horror novel, "The Haunting of Hill House," or are new to her work, join us for a casual but lively book group as we explore a selection that is just right for the season.

Monday the 21st at 6 p.m.
Gallery Reading with Medium Carolyn Richardson - Members of the audience receive messages from the beyond through medium Carolyn Richardson as we welcome her again. Not everyone will receive a message... no guarantees. No need to sign up for this free program in advance. This program is recommended for adults.

Tuesday the 22nd at noon
Noon Book Group - "Rose In a Storm" by Jon Katz - "Rose is determined and focused, keeping the sheep out of danger and protecting the other creatures on the farm she calls home. But of all those she's looked after since coming to the farm as a puppy, it is Sam, the farmer, whom she watches most carefully. The ever-observant Rose has seen a change in her master of late, ever since Sam's wife disappeared one day. She senses something else in the air as well: A storm is coming, but not like any of the ones she's seen over the years. And when an epic blizzard hits the region, it will take all of Rose's resolve, resourcefulness, and courage to help Sam save the farm and the creatures who live there." (Amazon)

4 p.m.
Felted Craft Ornament Sewing - Come create ornaments with Jenna at a fun craft time for adults.

Friday the 25th at 4 p.m.
DIY Essential Oil Diffuser & Pumpkin Spice Diffuser Blend ***ADULT CRAFT***
Come learn how to make your own essential oil diffuser necklace and make mini bottle of the perfect fall scent to take home with you. Advance registration is required and \$5 materials fee payable at the class.

Saturday the 26th at 10:30 a.m.
Babytime: Movement and Music - see above for details

Monday the 28th at 6 p.m.
Crime Junkies Book Group - "Our Kind of Cruelty: A Novel" by Araminta Hall - "A spell-binding, darkly twisted novel about desire and obsession, and the complicated lines between truth and perception, Our Kind of Cruelty introduces Araminta Hall, a chilling new voice in psychological suspense. This is a love story. Mike Hayes fought his way out of a brutal childhood and into a quiet, if lonely, life before he met Verity Metcalf. V taught him about love, and in return, Mike has dedicated his life to making her happy. It doesn't matter that she hasn't been returning his e-mails or phone calls. It doesn't matter that she says she's marrying Angus. It's all just part of the secret game they used to play. If he keeps track of her every move, he'll know just when to come to her rescue . . ." (Amazon)

Thursday the 31st, 10 a.m.
Tarot Readings with Nancy - All day, Nancy will be offering 3-card readings. (\$5 fee)

Thursday the 31st, 2 to 5 p.m.
Halloween Party - Want us to paint your face or help with make-up? Or join us for games and the chance to win candy!

Wednesday the 23rd at 3 p.m.
Teen Craft - Book Pumpkins DIY craft time with Miss Brittany for grades 6+

Wednesday the 23rd, 4:30 to 5:30 p.m.
Reading With Jellyroll - See above for details

Thursday the 24th at

HALL MEMORIAL LIBRARY HAPPENINGS

Tilton/Northfield

Monday, Sept. 30
Chess Club, 2-5 p.m.
Crime Junkies Book Group, 6 p.m.

"American Fire: Love, Arson, and Life in a Vanishing Land" by Monica Hesse - The arsons started on a cold November midnight and didn't stop for months. Night after night, the people of Accomack County waited to see which building would burn down next, regarding each other at first with compassion, and later suspicion. The arsonist seemed to target aban-

doned buildings, but local police were stretched too thin to surveil them all. Weaving the story into the history of arson in the United States, the critically acclaimed American Fire re-creates the anguished nights this quiet county lit up in flames, evoking a microcosm of rural America a land half-gutted before the fires began. (Amazon) SEE HAPPENINGS, PAGE A10

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DOWNTON ABBEY Fri.-Sat.: 1:00, 4:00, 7:00, 9:40 PM Sun.-Thurs.: 1:00, 4:00, 7:00 PM	PG	Join us for the advance screening of JOKER Thursday 10/3 at 4:00PM	

facebook Find us online at: [BarnZs.com](https://www.barnzs.com)

Peabody Home, partners announce dementia/Alzheimer's education event

FRANKLIN — Peabody Home, Franklin VNA & Hospice and Genesis HealthCare

(Mountain Ridge Center – Franklin), together are proud to present “A Place to Turn to: Information and Education for families and Caregivers of People with Dementia or Alzheimer’s.” The free workshop takes place Wednesday, Oct. 2, 3 – 5 p.m. at 75 Chestnut Street in Franklin.

Caregiving can be hard, and this workshop will help offer support and education around caring for your loved

one. The presentation is open to anyone who is interested in and/or caring for someone with dementia.

The afternoon will include:

- 3–4p.m.: Understanding Dementia presented by Cheryl Barnes, RN, of Peabody Home. Cheryl is a Certified Dementia Practitioner & Certified Alzheimer’s Disease & Dementia Care Trainer
- 4 – 5 p.m.: Refreshments and Information

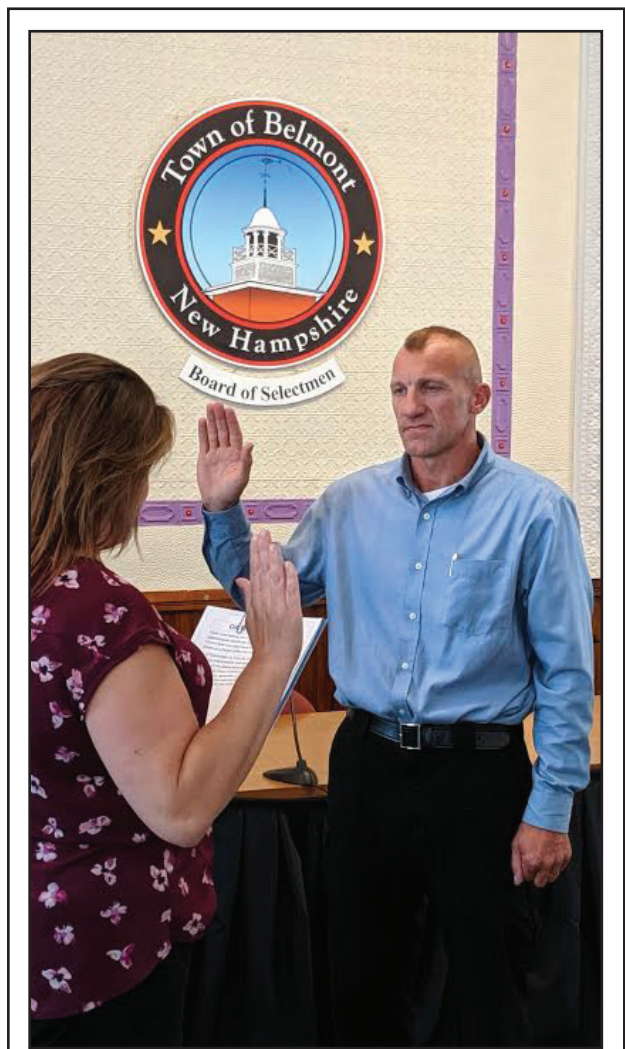
Session where attendees can ask follow-up questions, see what type of help is available in the community, and learn about the types of care Peabody Home, Franklin VNA & Hospice and Mountain Ridge Center can offer.

Please RSVP by September 30th to Marina at 934-3454.

Peabody is a not-for-profit, private pay organization. The caring staff provides guidance

in the financial planning of continuum of care; where no resident pays an entrance fee. A unique senior living community nestled in the heart of a cozy NH town, Peabody Home offers personalized living space, rewarding activities and experiences to every resident.

The 24 hour on-site licensed nursing staff and physician partnership, for all residents, ensures the entire family has peace of mind.



COURTESY

Doubly certified officer joins Belmont PD

On Monday, Sept. 23, the Belmont Police Department was pleased to welcome Roman Bastek as their newest officer. Bastek comes to the town as a full time certified police officer, and is also a certified firefighter. He was sworn in by Deputy Town Clerk Jennifer Cashman and was scheduled to begin his field training for the department's Operations Division on Sept. 24.

BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests during the week of Sept. 13-20.

Nathan G. Bishop, age 19, of Belmont was arrested on Sept. 13 for Harassment.

Jason J. Braase, age 43, of Belmont was arrested on Sept. 15 in connection with a warrant issued by Laconia District Court.

Melissa Sylvia, age 40, of Gilmanton was arrested on Sept. 15 for Theft By Unauthorized Taking and two counts of Possession of Controlled/Narcotic Drugs. She was also subsequently charged with Driving After Revocation or Suspension and Default or Breach of Bail Conditions. Christopher A. Hughes, age 28, of Laconia was arrested during the same incident in connection with a warrant issued by Belknap County Superior Court.

Luke D. Jackman, age 39, of Concord was arrested on Sept. 15 for Criminal Mischief (Vandalism).

Corey J. Sinclair, age 38, of Belmont was arrested on Sept. 15 for Theft By Unauthorized Taking and Possession of Controlled/Narcotic Drugs.

John McGonagle, age 26, of Gilford was arrested on Sept. 19 in connection with a warrant issued by the Laconia Police Department.

Fred D. Emerson, Jr., age 35, of Penacook was arrested on Sept. 20 for Driving After Revocation or Suspension, Disobeying an Officer, and for violating Driver's License Prohibitions.

TILTON POLICE LOG

TILTON — The Tilton Police Department responded to 426 calls for service and made the following arrests during the week of Sept. 9-15.

Arrested during this time period were Crystal Merchant (for Criminal Trespassing, Obstructing Government Administration,

and in connection with a warrant), Melissa Frasier (for Willful Concealment), Phillip Oddo (for Driving After Suspension and Possession of Drugs), and Christie Glueck (for Driving After Suspension).

BELMONT — Fall Fun at the Belmont Library Saturday, Oct. 5 from 10 a.m.-noon. There will be scarecrow making, cider and snacks, and story-reading. The Friends of the Belmont Library are holding a Bake Sale at that time as well.

Our talented staff member Kelly Rolfe shares some enchanting designs for Wee Folk to enhance your fall decorations. Sign up before Saturday October 19 to make these sweet fall decorations

Our non-fiction book group reads “New England Soup Factory Cookbook” by Marjorie Druker. Discussion – and snacks—Thursday, October 10 at 1pm. Belmont Senior Center book group tackles The

Beatles For Sale

their entire career - from pre-Beatlemania to the closing chapter at Abbey Road. There are no "sampling" or "midi tricks" - everything you hear is performed completely live.

Reserved seating tickets for the 7:30 p.m. show are \$18 for adults, \$16 for seniors and students, and are available on-

line through the Franklin Opera House Web site, www.franklinoperahouse.org, or by calling the business office at 934-1901 during office hours.

Beatles For Sale are past recipients of Lime-light Magazine's “Best Tribute Band” award for the New England area as well as several nominations and wins in similar

categories. You can find more information about the band at www.beatlesforsale.net.

Re-established in 2000, Franklin Opera House is the home of community arts and entertainment located within Franklin's historic Soldiers Memorial Hall (City Hall) in downtown Franklin.



COURTESY

Fall fun at the Belmont Public Library

Silent Companions by Laura Purcell Tuesday October 15 at 10:30am. A Victorian ghost story that evokes a most unsettling kind of fear, The Silent Companions is a tale that creeps its way through the consciousness in ways you least expect—much like the companions themselves. Our Friday Fiction book group meets on Thursday October 17, at 10:30am to discuss The Lace Reader by Brunonia Barry. Brunonia Barry's bewitching gothic novel is a haunting and remarkable tale told by an unforgettable, if strangely unreliable narrator—a woman from an enigmatic Salem family who can foretell the future in patterns of lace.

Copies of all of these titles are available at the library.

Preschool-age story-time features stories, movement, music, and crafts to encourage early literacy skills Wednesdays at 10:30 a.m. Bring the whole family!

Middle school witches and wizards are invited to create their own Monster Book of Monsters on Wednesday, Oct. 30 at 3 p.m.

The Friends will meet on Wednesday, Oct. 2, at 2 p.m. New members are welcome.

Feel like going out of town? The library has passes to NH State Parks, the McAuliffe-Shepard Discovery Center, Squam Lake Science Center and Canterbury Shak-

er Village. Contact the library for details. The NH State Parks pass is courtesy of the Friends of the Belmont Library.

The Library will be closed Monday October 14 for the Columbus Day holiday.

The Belmont Public Library is open six days a week and any time at www.belmontpubliclibrary.org, serving the community with books, digital resources, and cultural programming. In 2018, the library celebrated 90 years in the same building and 125 as Belmont's community library.

For more information, contact:

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STRATEGIES FOR LIVING

A dream and three pennies

BY LARRY SCOTT

At about five feet tall, the smiling, diminutive Gonxha Agnes Bojaxhiu looked to be the model of peace and serenity. She was at the pinnacle of her success, admired by the wealthy and the powerful. But the founder of the Missionaries of Charity fought a personal battle few knew anything about.

In The Private Writings of the “Saint of Calcutta,” better known as Mother Teresa, Brian Kolodiejchuk quotes an article she wrote as a prayer and sent to Father Picachy on July 3, 1959:

“The loneliness of the heart that wants love is unbearable. — Where is my faith? — Even deep down, right in, there is nothing but emptiness & darkness.... I am told God loves me — and yet the reality of darkness & coldness & emptiness is so great that nothing touches my soul.” (p. 187)

But despite her depression and loneliness, Mother Teresa was determined to do a work for God.

In 1937, she took her solemn vows while a teacher at the Loreto Convent School in Entally, eastern Calcutta. And then, in response to what she believed to be a call from God, she left the convent to help the poor while living among them.

“I have three pennies and a dream,” she told her superiors. “I have a dream from God to build an orphanage.” But “you can’t build an orphanage with three pennies,” she was told. “With three pennies, you can’t do anything.” “I know,” she responded, “but with God and three pennies I can do anything.”

Her first years were difficult. She had no income, so she was forced to beg for food and supplies. She fought doubt and loneliness so debilitating she was tempted to return to the convent. But despite her personal battles, she launched the Missionaries of Charity with an original 13-member congregation in 1950. By 2012, there were 4,500 sisters managing orphanages, AIDS hospices, and charity centers worldwide caring for the homeless, the poor, the blind, the aged.

From the earliest days of human history, God has used the common and the ordinary to accomplish His mission on earth. Mother Teresa was just one in a long line of individuals with a humble beginning that God has chosen to use. It is not ability but availability that is key in the Kingdom of God.

We serve a great God, a God of the impossible, and it is amazing what He can do when He finds a willing heart.

It was with a staff, an otherwise useless piece of wood, with which Moses parted the Red Sea. It was with the “jawbone of an ass” that Samson slew a thousand men. It was with a slingshot and one smooth stone that David slew the giant Goliath. From earliest times, God has majored on minors, using the simple and the mundane to accomplish the unbelievable.

What is there that you would like to accomplish within the next ten years? Where would you like to be in 2030? If your dream doesn’t frighten you, it’s too small. I challenge you: dream a dream that is so big that without divine intervention, it is destined to fail.

I cannot dream your dream. But you have a lifetime of experience behind you, strengths you have not exercised, the opportunity to be something you have never been. Dream on... dream the impossible... and discover for yourself what God can do with a life surrendered to His will.

For more thoughts like this, follow me at www.in-defenseoftruth.net.

Send your letters!

Winnisquam Echo
P.O. Box 729
Meredith, NH, 03253

Our fax number is 279-3331.

Or, you can e-mail us at echo@salmonpress.news

Please include your name, address
and phone number.



COURTESY

Tilton's triple-tiered fountain

This decorative fountain once stood where the statue of "Time Table Mabel" is today on Main Street in Tilton. It was cast iron and painted white. The triangular grassy area it sat in was adorned with other small decorative statues, such as ducks, cranes and fish. This first photo was taken in the winter months and the garden ornaments were not put out yet but the flat bases they sat on are visible in the ground. The second photo shows the ornamentation and Summer House that used to be on the Island in the background. A long white bench is visible directly to the left of the fountain in one picture. Charles E. Tilton, the town's benefactor, donated these adornments to the residents of Tilton in order to beautify the town.

LETTERS TO THE EDITOR

What is the reason for Belmont’s rising assessments?

To the Editor:

Is anyone as concerned and disturbed as I am about the tax assessment skyrocketing in Belmont? I am shocked and outraged! Also, I am on Social Security, in my 70s, and I’ve carefully handled my finances.

What gives with such a triple increase, at least, in the assessment of my small mobile home? It seemed, when I bought my mobile home last April, I would have a little security and not have to move from

apartment to apartment. But the sting came the other day.

I would like to know what is done with the money. Schools I support, and police and fire. Still, the middle and lower income residents are being hit unfairly. I’d appreciate some help by elected officials for the older folks and others in challenging situations.

*Sincerely,
Carol Seely*

Report from Concord

To the Editor:

Summer’s over, and it’s time to get back into the politics of Concord. I’ve taken time off from my letters, but I’ve been busy both at home and in politics. I’m chairing a study committee for Tiny Homes on Wheels that I’ll address in a later post. I also had to remove a 150 year old beech and a 200 plus year old maple that I’m having milled for future projects. Today, let’s discuss vetoes and budgets.

In June, the Democrats proposed an unsustainable budget. They asked for nearly \$400 million extra spending, meaning you were going to pay higher taxes. Most of this spending was funded by a large one-time budget surplus and even though the governor proposed spending this surplus on one-time projects, the Democrats chose to spend this one time surplus operational expenses that would require us to replace the surplus in the future. Democrats are in the majority but the Governor has a veto pen. Thus, we are living on a continuing resolution that limits spending to last years budget. Last Thursday the Democrats tried to introduce an 800+ page budget still fraught with long-term spending items. This was a budget that they created on their own without discussions or public hearings. This bill required a two thirds vote to introduce it. The minority Republicans stopped it. More to come... BTW... it used the \$20 million savings that resulted from living on last years budget to fund spending (aka a continuing resolution).

Wednesday and Thursday were spent voting to sustain or override Governor Sununu’s 50-plus ve-

toes of what can only be described as “bat excrement” bad bills. We sustained (killed) all but two marijuana bills. We supported the Governor’s veto on bills that would have infringed on our right to keep and bear arms. We stopped bills that would have overturned recent common sense changes to voting procedures. (We need to work on some more). We sustained vetoes that would allow more subsidy of your neighbor’s solar panels (by you) every time you pay your electric bill, and we sustained a veto that would have allowed unions to harass you if you didn’t want to join a public union. There were many more but basically the minority stopped the foreseeable damage. But we can’t let it happen again. Most of these bad bills have been re-filed and are coming back. You have to be vigilant and tell us when you see something that is wrong and you have to vote in the next election for people who won’t pull these shenanigans.

Next week, a “new” budget may be considered. I predict we will have another continuing resolution because there is almost zero chance that the two parties will seriously negotiate. It hasn’t happened since July 1, and my sense is it won’t magically happen in less than a week.

Give me a call or email me if you want to talk or just have a cup of coffee. I’m at 320-9524 or dave@sanbornhall.net.

*Cheers!
Dave Testerman
State Representative
Hill and Franklin*

A report to the citizens of Franklin

To the Editor:

Serving on the City Council since January has been not only educational but encouraging. I look forward to the meetings with the Council, the sub-committees and the LEAN Meetings where we engage in fruitful discussions and leave with action items. All of these meetings are posted on the city website and open to the public. Working together to make exciting advancements in our fair city is a real plus.

The Council approved the receipt and appropriation of a \$500,000 Community Development Finance Authority tax credit program. \$400,000 will go directly to the Mill City Park project while the CDFA will retain \$100,000 to administer the tax credits. For more information you may contact the team chairman, Ron Magoon, Franklin Savings Bank CEO.

The Council voted to update the International Property Maintenance Code used by the city Code Enforcement to the 2018 edition. We also voted to add the Franklin Fire Chief to the Committee that approves alcohol consumption on Franklin City Property.

There is a significant concern with the use of tobacco, tobacco-like products and vaping among our children. Since brains do not fully develop until the mid-20’s substances through direct or indirect exposure can impair the development of those brains. With this in mind, the City Council voted to be proactive and restrict the sale, possession, purchase or use of Juules, cigarettes, E-cigarettes, tobacco, and tobacco paraphernalia to those who are 21 years of age or older.

One of the great joys of living in New Hampshire is the willingness of her citizens to give back to their

communities. And here in Franklin, Richard Ehlert has stepped up to assist our city through LEAN Management as his contribution. In this process we developed a mission and vision for the City. We then set monthly goals on how to achieve the mission. Additionally each of the departments in the city has been looking for ways to eliminate waste and redundancy and to become more efficient in the process. It is encouraging and exciting to see and anticipate the progress. We have a city calendar AND a community calendar of events on the city website. We are also looking for ways to work together to streamline our efforts. For instance, could we combine services, could we combine efforts and bulk buy, etc. In this way we become more efficient with the tax dollars we receive.

We are looking for ways to get the word out about the revitalization of our city. Have you heard about the Granite State Divide? It’s a podcast by City Councilor Kathy Rago that you can listen to and share on social media. The first two episodes are with the Mayor, Tony

Giunta and our City Manager, Judie Milner. These episodes give us insight into their positions. Here’s the link <https://anchor.fm/kathy-rago>

Please help us spread the word. Franklin is on the move. If at any time you would like to contact me, I can be reached at karen@sanbornhall.net or at 934-7111.

*Blessings,
Karen Testerman
Franklin City Council
Ward II*

North Country Notebook

Keeping a block of wood at hand, to ward off an errant bolt



By JOHN HARRIGAN
COLUMNIST

Mail accumulates in two major piles to either side of the keyboard on my downstairs desk. Behind the computers is sort of open territory, the kind of undeveloped wild land that’s being taxed into oblivion in towns without Current Use. That’s where I keep the little bag of treats for Millie, who particularly likes the pepperoni-style sausage sticks, which don’t really smell like pepperoni at all but more like dirty laundry. Still, she happily accepts them and wedges them in her mouth like a big bone from the butcher; and trots (with impressive foot-action, I might say) back to the living-room with her trophy.

The mail seems to be a bottomless pit, a couple of piles that never seem to shrink. But the mail is always wonderfully different. Thus, it’s always fun to turn to the old “From the Mailbag” tactic now and then. Still, I can envision some readers holding their heads, hands clapped onto ears and elbows akimbo, yelling “Arghhh!” or maybe “No mas! No mas!” and longing for an essay. Other readers tell me they like a series of one- or two-paragraph items broken up into little segments. A “From the Mailbag” column is, by dint of its multiple topics, bound to be like that.

First, to get rid of a piece of pink paper that’s been floating around my desk for what seems like decades, I wish people doing New Hampshire and New England weather reporting on radio and television would quit using

the government-issued, one-term-fits-all “flash flooding.”

“Flash flooding” is by nature a Western term, calling to mind water from cloudbursts rushing down bare-naked ridges and mountains and trapping prospectors and their overloaded mules in some desolate canyon. Queue the music, to a clip-clop beat.

Our flooding, which can be spectacular and worthy of Hollywood on its own merits, is more likely to be about getting way too much rain during spring breakup, with haggard media doing lots of stories about jumbled-up ice.

Many of New Hampshire’s villages sprang up near ancient fording places across rivers, this primitive wading business soon to be replaced by a succession of bridges, almost all of them wooden, many of them covered, and many destined to die by fire or heaving chunks of ice. And then too there were the logs being driven downriver by timber barons, who seemed to have attorneys following right along behind the logs to settle claims and write checks for farmers and bridge-builders.

I’m thinking about Franklin, where the ripples above the rapids marked a good place to ford, and Plymouth, and Lancaster, North Stratford, and Colebrook. All began as good places to get cattle, work-horses and carriages across rivers and streams, which also were (and often still are) choke-points for ice during the spring freshet.

The original people, in my case the Coashaukees, an offshoot tribe of the Wabanaki, “People of the Dawn Land,” had well-worn trails on both sides of rivers and streams, and by necessity knew the best places to wade across, on two legs instead of four, because in pre-settlement times they had no horses or cows.

Moose, it bears noting here, can be captured and



This old photo, origins unknown, has everything going for it—doleful-looking moose in harness, upscale travois, teepee with a smoked smoke-hole, and a pile of duffel that resembles a still not-invented snowmobile.

trained, and have been photographed hauling dump-wagons and buggies, but they most often die early in captivity, so we can’t really count moose.

One of history’s most widely circulated photographs of a moose allegedly in harness, by the way, was a blatant fake (why, one wonders, when are so many legitimate ones?). It shows a “teamster” allegedly bending over to pick a proffered hoof. But wait—the moose still has four feet on the ground; the log piles on either side are the same photo, flipped; and the trees bear obvious spring greenery, whereas those impressive antlers would have come off during winter.

Settlers, having made a long slog far above the most previously settled place, most naturally wanted to develop both sides of a river or stream,

so they forded in shallow places above rapids. No sooner had smoke curled from the chimneys than the bridge-builders set to work, often private venture capitalists who would soon be seen nailing up “Walk or Pay Two Cents,” or some equally profit-driven phrase. The Cheap Yankee observes here, hastily, that there is absolutely nothing inherently wrong with a profit. However, we should also look up “gouging.”

I often write about the delight I find in thunderstorms, during which I sit out on the porch to watch what my mother always called “The Greatest Free Show on Earth.” Eventually, the sideways driven rain drives me in.

I had this note from a reader in Tuftonboro: “Your column on lightning brought memories of growing up in the



The best-known “moose in harness” is a bald-faced fake. Trees bear spring greenery, antlers come off during winter, and those log piles are the very same.



“A moose as a draft animal,” says the caption on this undated photo, which looks like it was taken in the ‘30s or so, when trotting horses were wildly popular and even small towns had tracks. We’d wonder if the moose would break stride. (Courtesy permies.com)

mid-Forties and early Fifties in Wakefield, Mass.,” she wrote. “My Dad loved to stand out on the porch to watch every thunderstorm, much to the chagrin of my Mom.

“When he was a young man, he was struck by a bolt of lightning that came down the wires attached to the house, and across the screen where he was leaning. He was knocked unconscious, and had to carry a very long scar down the left side of his body for the

rest of his life.” I’ve never been hit (knocking on wood here), but I’ve come close, to the point of hair standing on end and the heavy odor of ozone. But I’m as pig-headed as a prospector’s pack-mule, and go sit on the porch for the show.

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

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TOWN OF NORTHFIELD PLANNING BOARD
Town Hall
Monday, October 7, 2019 at 7:00 pm
AGENDA

1. Minutes – September 9, 2019
2. **Ronald Huckins** – Application for a minor subdivision to create one additional lot, located at 55 Zion Hill Road (Map U3-Lot 23A) being 5.48 acres in the R1 zone.
3. **Big Oak Enterprises** – Application for an amendment to a minor site plan, located on 14.67 acres at Riverside Business Park, (Map R14 Lot 8-2) in the Commercial/Industrial Zone.
4. **Odilon Cormier Rev Trust** – Pre-Application request for potential regional impact, to construct a distribution center for the United Parcel Service, to be located on 10.174 acres at South Park Rd, (Map R14 Lot 5-4) in the Commercial/Industrial Zone.
5. **Zoning Review**
 - a. Update to Article 7.6 - Accessory Use/Structure Definition
 - b. Update to Article 7 Table 1
 - c. Update to Article 10.1 Manufactured Homes, Home Parks & Camping Trailer Parks.
 - d. Zoning on Hodgdon Rd. & Cross Mill Rd.
6. **Other Business**

This is a public meeting and citizens are invited to attend. All applications and plans are available for review at the Town Hall and at www.northfieldnh.org

The Town of Northfield complies with the Americans with Disabilities Act regulations. Please contact the Selectmen's Office at 286-7039 if you need special assistance in order to attend this meeting.

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1/2 PAGE horizontal (7.25" x 4.5").....	\$435
1/3 PAGE square (4.778" x 4.5").....	\$310
1/6 PAGE vertical(2.187" x 4.812").....	\$170
1/6 PAGE horizontal(4.778" x 2.188").....	\$170
1/12 PAGE square(2.3" x 2.25").....	\$100

GLOSSY PAGE PRICING (sizing same as above)

Full Page.....	\$1,500
Half Page.....	\$850

Tracy Lewis at 444-3927 or email: tracy@salmonpress.news
Beth Tobyne at 279-4516 ext. 110 or email: beth@salmonpress.news

Jill Phelps Griffin, 46

NORTHFIELD — Jill Phelps Griffin, 46, of Northfield passed away at her home on Sept. 15 with her family by her side.

She was born in Laconia on Jan. 15, 1973, the daughter of Edward and Nancy (Davidson) Phelps. Jill graduated from Winnisquam Regional High School, class of 1991, and from the University of New Hampshire in 1995, with a degree in social work.

After graduating college, Jill moved to Los Angeles and worked in a home for troubled girls, a job she found very rewarding. While living in LA, her wanderlust for travel took her to France where she enjoyed traveling the country and immersing herself in the local culture. Jill returned to California after her international travels and enjoyed her years in the Los Angeles area. She was an excellent tour guide to family and friends who visited her during her time on the west coast.

Jill relocated back to the Northeast and settled in the Portland, Maine area. There she met and married Dave and her life's passion as a mother began with the arrival of their first child, Lauren. They went on to have two more children, Evan



and Beni, who rounded out their family of five. Jill loved being a devoted mother to her three children. They enjoyed family trips to many beautiful New England destinations where they all enjoyed sampling the local cuisine and taking in the beautiful scenery.

Jill was very bright, and she and her family rarely missed a nightly Jeopardy episode. She was extremely witty and had a smile that could light up the room. Jill was a beloved "Boogie" to her family and close friends and will be deeply missed by all that knew and loved her.

She was predeceased by her father Edward Phelps of Tamworth and her step father, David Huckins of Tilton.

She is survived by her husband, Dave Griffin, and their three children, Lauren, Evan, and Beni, of Northfield; mother, Nancy (Davidson) Huckins of Tilton; step mother, Mary

Phelps of Tamworth; brother John Stanton and family of Auburn; brother Ross Phelps and family of Tilton; sister Katy Brophy and family of Meredith; sister Mary Beaudin and family of Sanbornton; brother Alex Phelps and family of Meredith; sister Samantha Borowski and family of Columbus, Ga.; and sister Kady Nyaga and family of Syracuse, N.Y.; also many aunts, uncles and cousins, all who loved her dearly.

Calling hours were held at the William F. Smart Sr. Memorial Home, Franklin - Tilton Road (584 West Main St.) in Tilton on Sunday, Sept. 22, from 1 to 4 p.m.

A private family burial will be held at a later date.

In lieu of flowers, the family requests donations be made in Jill's memory to the Norris Cotton Cancer Center at the Dartmouth Hitchcock Medical Center. Donations can be made out to: Dartmouth Hitchcock Health and mailed to:

DH DEVELOPMENT CENTER
ATTN: Jason Naugler
1 Medical Center Drive
Lebanon, NH 03756
For more information, go to www.smart-funeralhome.com.

Nicy Cornelia Ladd, 99

FRANKLIN — Nicy Cornelia (Hemstock) Ladd, 99, died Sept. 19, 2019 at the Merrimack County Nursing Home in Boscawen after a lengthy period of profound dementia.

Nicy, named for a maternal aunt & a grandmother; was born Jan. 31, 1920 in Canton, S.D., the 13 pound baby of Cornelius Thomas Hemstock and Martha Melissa Demaris Martina Keturah Louisa Howell Hemstock. The cowboy & the schoolteacher moved their family to a farm on Flaghole Road in Andover in the 1920's. Nicy attended school in Andover, skipping two elementary grades, and in Franklin.

Nicy worked at a variety of jobs, living in Concord, Laconia, & Franklin, Cleveland, Ohio, and Portland, Maine. She was briefly married to C. Roscoe Jones, ending in divorce. While waitressing at the Daniel Webster Inn in West Franklin she met Hugh A. Ladd. They were married in 1951 living in Franklin for 53 years until his death. She was a cancer survivor since 1966.

A Christian, saved by faith, she also spent her life in service to others. Nicy was a member of the Baptist Church of Franklin, serving as Sunday School teacher & Superintendent and



as a long time Deaconess. For many years she was the secretary of the Twin Rivers Food Pantry. She spent many years volunteering with the Twin Rivers Emergency Medical Services District and with the NH Region 4 EMS council as a consumer representative.

In the 1960's, Nicy became increasingly involved with the local Kearsarge Chapter of the American Red Cross volunteering in their Service to Military Families, blood drive, & Disaster Relief programs, and as a first aid instructor. She managed the Volunteers Thrift Shop which benefited the Red Cross. She then served for many years as the Executive Secretary. After retirement she continued responding to local house fires to bring immediate relief and assistance well into her 80's.

For her service, she was named Franklin's "Citizen of the Year" in

1978. She was further recognized when Mayor Wickens proclaimed Nov. 28, 1988 as "Nicy Ladd Day" in the city and again when Mayor Palfrey proclaimed March 16, 2004 as "Nicy Ladd Day."

She was predeceased by her parents; her siblings, Joseph Hemstock in 1973 and Carolyn Allen in 2014; her daughter-in-law, Betsy Ladd, in 2015; and her daughter, Carolyn Mae Ladd, in 1952.

She is survived by her son, Thomas Allen Ladd of Whitefield; her nieces, Helen Drew of Concord, Cornelia Patch of Northboro, Mass., Beatrice Thackeray of Epсом, and nephew Douglas Boyd of Franklin; and many grand nieces/nephews, and cousins.

Memorial donations may be made to the Twin Rivers Interfaith Food Pantry, 2 Central St., Franklin, NH 03235.

Calling hours will be at the William F. Smart Sr. Memorial Home, Franklin-Tilton Road (584 West Main St), Tilton, on Monday, Sept. 23, 2019 from 5 to 7 p.m. Her funeral was at the Baptist Church of Franklin, 21 Church Street in Franklin on Tuesday, Sept. 24, 2019 at 10 a.m. Burial followed at the Franklin Cemetery.

For more information, go to www.smart-funeralhome.com.

Rev. G. Alden Taylor, 85

TILTON — Rev. G. Alden Taylor, 85, a resident of the Tilton area for several years, died on Sept. 18, 2019 at Merrimack County Nursing Home.

He was born in Laconia on June 26, 1934, the son of Weslie and Gertrude (Moulton) Taylor.

Rev. Taylor graduated from Tilton-Northfield High School and attended Gordon College in Boston. He was married to Doreen (Owen) Taylor in 1954.

After five years at Sprague Electric in Concord, he returned to school at Philadelphia College of Bible graduating in 1969. He did graduate work at Palmer Theological Seminary and Baptist Bible School of Theology, both in Pennsylvania.

He was called to Berkeley Baptist Church in Mt. Royal, N.J. and served as Chaplain at Gloucester Co. Minimum Security Jail (Clarksboro).



Rev. Taylor had an extended ministry of over 18 years at First Baptist Church of Mexico, Maine, and was instrumental in establishing First Baptist Christian School.

In 1995, he was elected President of the American Cancer Society of Maine.

Later in 1995, he was semi-retired in Londonderry doing pulpit supply.

He later became Interim Pastor at Central Baptist Church in Franklin and led reorganization to

become Hope Community Chapel.

In 2008, Rev. Taylor was called as Pastor on the historic Northfield-Tilton Congregational Church.

He was predeceased by his wife, Doreen who died in 2011.

Family members include three children (James Taylor and wife Debra of Somersworth, Mark Taylor of Ft. Lauderdale, Fla., and Nancy Taylor Busch and husband Donald of Manchester); four grandchildren (Zachary Taylor, Leah Busch Davis and husband Matt, Abigail Taylor Hawley and husband Cameron, and Wesley Busch and wife Jalen); and great granddaughter Milania; brother in Faith, Robert Sloma, Jr. and wife Donna of Henderson, Nev.; and nieces and nephews.

Visiting hours were held on Tuesday, Sept. 24, 2019 from 10-11 a.m. at Hope Community Chapel, 108 Hill Rd., Franklin. A service followed at 11 a.m., and burial was in Park Cemetery, Tilton.

Donations in memory of Rev. Taylor may be made to: The New England Parkinson's Ride, PO Box 1124, Merrimack, NH 03054 or <https://www.neparkinsonsride.com>.

Thibault-Neun Funeral Home in Franklin is assisting with arrangements. An online guestbook is available at www.neunfuneralhomes.com.

Outing Club receives donation from Franklin Savings Bank

FRANKLIN — Franklin Savings Bank presented the Franklin Outing Club with a \$4,250 donation, representing proceeds raised from its 150th Anniversary Celebration held earlier in the summer. The idea to designate a charity based in Franklin was conceived by the planning committee who worked tirelessly to organize a day-long event to commemorate this extraordinary milestone for the bank.

"We are proud to present the Franklin Outing Club with this donation to support their mission of providing residents of the greater Franklin community with outdoor recreational activities for all ages," said Ron Magoon, President & CEO. "As a bank that is deeply committed and vested in the revitalization of Franklin, we felt it was important to support a local group by donating all monies raised from hosting our celebratory event. This is another fine example of how a true community bank supports its community."

The Franklin Outing Club is a non-profit organization offering year-round outdoor recreational activities in the greater Franklin



COURTESY


Dawn Beers, VP, Marketing Officer at Franklin Savings Bank, presents Franklin Outing Club Co-President Jim Jones and Board Members with a \$4,250 check, representing proceeds raised from the Bank's 150th Anniversary Celebration.

area. Through generous contributions from members and businesses, the Club hosts a variety of activities at a reasonable price or no cost to members and others with a passion for exploring the outdoors. The Club serves residents of the Capital Area and Lakes Region as well as visitors to New Hampshire.

Established in 1869, Franklin Savings Bank is an independent, mutually-owned community bank, offering a full array of commercial lending, personal banking and investment services throughout the Central Lakes Region and southern New Hampshire. Headquartered in Franklin, the Bank has offices in Bristol, Boscawen, Tilton, Gilford, Merrimack and Goffstown, as well as an office in Bedford for business lending. The

Bank also offers investment, insurance and financial planning services through its wholly-owned subsidiary, Independence Financial Advisors. As a recognized leader in providing the latest in financial services technology, Franklin Savings Bank remains committed to serving the needs of businesses, families and the communities it serves, through a dedicated team of employees, a diverse line of financial products and services, and continued investment in emerging technology.

Since 2009, Franklin Savings Bank has donated more than 11 percent of its net income to charity. Visit www.fsbnh.bank to learn more or follow the bank on Facebook, LinkedIn, Twitter and YouTube.



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FESTIVAL

CONTINUED FROM PAGE A1

As families arrived at the school last weekend, they found numerous activities around the baseball field and in the courtyard. There were lawn games, footballs being tossed, pick-up soccer games and even cornhole games to play. A large bouncy house kept tiny tots smiling and children lined up to try to knock plastic bottles over with a fire hose from Tilton-Northfield Fire Department. Jump ropes, hula hoops, giant checkers and basketball kept everyone helped provided fun entertainment, too.

Highland Mountain Bike Park, a long-standing partner of the school district, brought their Interactive Ride Zone to the festival. Throughout the nearly three-hour event, children were able to helmet-up, grab a bike and get a feel for riding over a variety of wooden ramps to get a taste of mountain biking.

American Legion Post 49 of Tilton/Northfield also challenged the boys and girls with their popular “Confidence Course.” Each child had to figure out ways to get over high wooden bars, climb up and over a slanted wall, run through tires and make their way along the length of a wooden beam.

A dunking booth sponsored by McDonald’s had a long line throughout the night as well, as many of the middle school students couldn’t resist the chance to try to dunk one of their teachers.

Camaro Heaven/Drew’s Auto Parts brought their demolition car to the festival this year also. Besides getting a look at what a demo derby car looks like, everyone was invited to sign their name on

the vehicle, which will compete at the Rochester Fair next weekend. As names were added to the hood, bumpers, side panels, roof or trunk, Mike and Melissa of Twelve 31 Events Catering handed them all one of their freshly baked chocolate chip cookies.

Another vehicle that caught a lot of attention was Chris Milner’s 1985 M-923 5-ton military style truck that provided hayrides around the school campus.

When it came time to eat, the WRMS field hockey team sold hot dogs, snacks and candy bars, and the PTO had grills fired up for dinner, too. Praise Assembly of God Church made snocones for the children and cotton candy was another treat enjoyed by many.

The PTO held a 50/50 raffle and also sold WRMS hats, tee shirts, sweatshirts and pajama pants as a fundraiser for their organization.

All along the perimeter of the field there were information booths from other community partners. Among the groups that invited people to learn more about their services were the district’s Office of School Wellness, NAMI, Tilton School Summer Institute, Lakes Region Community Services, Youth Assistance Program and the Early Childhood Family Resource Center.

In the midst of all the activity a large bonfire pile on the ball field waited for the grand finale at dusk.

Playing the music that kept people singing and moving to the beat all night was Principal Michael Bryant who couldn’t have been happier about the weather or the turnout.

“This just keeps getting bigger every year. It’s hard to put a number on the amount of people who are here but last

year we had about 700 and everywhere you look tonight, it’s packed with families,” said Bryant.

AWARD

CONTINUED FROM PAGE A1
lished articles on, and connected to the educational philosophy of Sant Bani School. His recent book, “Stepping Stones: The First Five Years of Sant Bani School (1973-1978),” was very well-received at the conference.

Bicknell helped found Sant Bani School in 1973, serving as its Head until 2017. From the initial six students spanning grades 1-7 in the first year, the school grew rapidly and operated as a K-12 for many years. Now a PK-8 school with

He added that he was pleased to see so many community partners participating once

over 160 students enrolled, Sant Bani’s focus has always been to provide a high-level, comprehensive educational experience while also recognizing the value of the spirit and the unique gifts each member of the school community brings.

In addition to his 44 years as Head of Sant Bani School, Bicknell has served on the New Hampshire Commissioner of Education’s Non-Public School Advisory Council since 1975, on the Board of Trustees of the Independent

take part in the project.

Right away, six of the ten he emailed were interested but those numbers dwindled down as they realized the commitment they would have to make on top of their other school obligations in academics, sports and other activities. That left senior Alexa Rolfe and junior Chloe Jackson ready and willing to devote their time to 3B Designs, despite their own commitments.

Cilley said he expected his outreach would result in just a couple of truly dedicated people and couldn’t be happier with the pair who signed on.

“I’ve been giving them more and more to do and they just keep doing it. They’ve been great,” he said.

The three of them, Cilley, Rolfe and Jackson, soon decided to branch out with his initial design ideas so they would promote not just the school or local community but the state. Their first design logos are all about the great outdoors of New Hampshire, attractive to residents and visitors alike.

again. While some were familiar faces that have been a part of the festival nearly every year,

Schools Association of Northern New England from 2005-2015, and as a commissioner with the New England Association of Schools and Colleges from 2003-2010. He has advised schools in Bhutan, Burkina Faso, Colombia, Canada, Guatemala, India and the United States.

About Sant Bani School

Sant Bani, founded in 1973, is a vibrant independent PK-8 school located five minutes from Exit 22 on I-93. Students graduate with confidence

“We wanted to make sure what we were doing would hit a diverse population, not just Belmont,” they said.

The group met over the summer to share their sketches then voted on which they liked best. The initial votes were for a leaping rain-bow trout logo and a day-time/night time sketch of the New Hampshire sky over the forests and mountains.

Over the summer, Cilley also found a supporter for the project. Canterbury resident Gary Spaulding of Advanced Onsite Solutions in Concord agreed to sponsor the first 100 hats they designed so Piche’s Sports could create them.

“That means that these first 100 hats are pure profit,” said Cilley.

Money from the sale of those products is scheduled to be rolled over to create even more items so the scholarship and Artist in Residence fund can begin to grow as more of their items are sold.

“This is the most exciting thing I have been involved with. It’s real world experience in art,” he said. “It’s great

still more joined in on the fun this year and for that, Bryant said, he was most grateful.

and a passion for learning, prepared to succeed in high school. Learn more at santbani.org.

About AERO

The Alternative Education Resource Organization (AERO) was founded in 1989 by Jerry Mintz. AERO is the primary hub of communications and support for educational alternatives around the world; its mission is to help create an education revolution to make learner-centered education available to everyone. Learn more at educationrevolution.org.

to see my students come up with ideas, make decisions and turn it into something like this that will help others in the future.”

Rolfe said she that over the years has created tee shirts for other school events, such as Homecoming and Winter Carnival, and enjoyed the process so much that she was eager to jump on board with Cilley’s idea. As a senior, she also understood the importance of underfunded scholarship money for continuing education in the arts.

“It’s cool to see something I’m creating raise money for something I really care about,” she said.

Jackson said the idea of designing something sustainable was what brought her to be involved.

“I really enjoy the little things, like creating patches and stickers and pins. This has been a lot of fun for me,” she said.

Besides the ongoing design process, the details of the research, marketing and sales process has kept them busy. Besides creating their

SEE ARTS, PAGE A10

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Edward Jones: Financial Focus

How Can You Make Your Money Last During Retirement?

It’s probably safe to say that many of us are concerned about having enough money to cover our retirement years. In fact, some surveys have shown that we are more frightened of running out of money than we are of dying. What can you do to help alleviate these fears?

Your first move is to create a retirement income strategy, and you’ll want to develop it well before you need to use it. While there are many ways to develop such a strategy, you may want to consider these three key elements:

- Withdrawal rate – Your withdrawal rate is the percentage of your portfolio you use every year during your retirement. So, for example, if you retire with a portfolio worth \$1 million and you choose a 4% withdrawal rate, you’ll be taking out \$40,000 per year. Your withdrawal rate will depend on several factors – your age at retirement, the size of your portfolio, potential earned income, date at which you start taking Social Security, and so on. Clearly, when deciding on a withdrawal rate, you’ll want to reach the “Goldilocks” solution – not too much, not too little, but just the right amount.
- Reliance rate – Your reliance rate is essentially the percentage of your overall retirement income that comes from your investment portfolio – your IRA, 401(k) and other accounts. It’s called a reliance rate because you rely on this portfolio for your income. The higher your reliance rate, the more you will rely on your portfolio to provide income during your retirement, and the greater your sensitivity to market fluctuations.
- Income sources – The more sources of lifetime income you have – such as Social Security and a pension from your employer – the less you may be relying on your investment portfolio to cover your retirement goals. However, many private employers have moved away from pensions in favor of 401(k)-type plans, and Social Security will only provide about 40% of your preretirement income in retirement, assuming your earned income is average for U.S. workers, according to the Social Security Administration. Consequently, you may want to consider options such as annuities, which can provide lifetime income benefits. It will take careful planning to put these three factors together in a way that can help you build enough consistent income to last throughout your retirement – which could easily extend two or three decades. And there’s no single formula for everyone. For example, while an annuity could offer lifetime cash flow and help you reduce your reliance on your investment portfolio, it also involves fees and expenses, plus lower liquidity than other sources of income, so it may not be right for everyone. Fortunately, you don’t have to go it alone when taking all your retirement income factors into account. You may want to work with a financial professional – someone who can evaluate your individual situation and then recommend retirement income solutions based on your appropriate reliance rate, withdrawal rate and potential income sources. By getting the help you need and by following a suitable long-term strategy, you can ease some of the stress that comes from wondering if your life span might eventually exceed your financial resources.

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



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Online: 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

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

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

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September 26 to 29, 2019

Deerfield Fairgrounds

Route 43, Deerfield

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Online: www.deerfieldfair.com

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Gauthier wins NE BPW 2019 Young Careerist Competition

FRANKLIN — Mariah Gauthier, Director of Dietary Services at the Peabody Home in Franklin, was selected as the 2019 Young Careerist by the New England Business and Professional Women's Past State President's Association at the Fall Meeting in Smithfield, Rhode Island

on Saturday, September 22, 2019.

Gauthier was selected as the 2019 Young Careerist by the Franklin Business and Professional Women's Group in February, 2019, and went on to compete at the New England level where she gave a four-minute speech at the meeting on

the selected topic "Discuss how the women's rights movement is still alive today. Why is it still important?" Additional parts of the competition included an impromptu speech, and an interview with three judges. She was required to provide a Biographical Information Form outlining ca-

reer, education, personal achievements and community service.

Gauthier received a \$500 award at the New England meeting and a certificate. The NH BPW group gave her gifts of a red purse signifying pay equity, a pewter leaf ornament, State of NH pin featuring the iconic Old Man of the Mountain, and a miniature painted fall art canvas with easel. She was honored with complimentary one-year memberships by both the New England and Franklin BPW groups.

Gauthier has volunteered at the Bread and Roses Soup Kitchen in Franklin, participated in the Franklin Savings Bank Charity Softball Tournament as well as Community Day in Franklin for the Peabody Home. She is a graduate of Franklin High School and has attended NHTI - Concord's Community College studying for an Associate's Degree in Business Administration. She owns a home in Franklin.

The Virginia Allan



Mariah Gauthier

Young Careerist Program was created in 1964 by the BPW/USA President Virginia Allan to recognize and celebrate the accomplishments of successful young professionals. Criteria for candidates include being between the ages of 21 and 35 (inclusive), being employed in their profession for at least one year, and living or working in the area of the local BPW organization. For

more information about the Franklin Business and Professional Women's organization, visit www.bpwfranklin.org on the web, or Facebook at www.facebook.com/bpwfranklin. The New England BPW PSP Association can be found on Facebook at <https://www.facebook.com/New-England-BPW-Past-State-Presidents-Association-142846622454006/>.



DONNA RHODES

Mum sales support military veterans

Autumn is here, and so are the beautiful mums that add brilliant color to homes and business each year. Once again this fall, John Cusano has a large array of mums in all varieties and colors on sale at the Tilton Express on Laconia Road (Route 3) in Lochmere. Proceeds from the sales will benefit veterans' organizations in the region. As an added bonus, Cusano said the varieties he sells are perennial, unlike many commercial store-bought mums, which are generally annuals. If planted properly and in a timely fashion, the mums he sells will come back year after year to brighten any garden.

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Saturday at the Meetinghouse

10 am: Ben Kilham, **Kilham Bear Center** - Rescue, Rehabilitate and Release

Noon: **Cooks Corner** - Chad Proulx, **Ammonoosuc Community Health Services**

1:30 pm: Michael Maddigan, Author - **The Flume Gorge at Franconia Notch**

Sunday Free Concert at the Meetinghouse

1 pm: **Maple Leaf Seven:** Jazz, Traditional Dixieland, Swing

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LRPA’s Silent September continues with Harold Lloyd’s “Safety Last!”

LACONIA—Silence is golden during the month of September on LRPA After Dark! Celebrate Hollywood’s great silent film era each Friday and Saturday night at 10:30 p.m. with our second annual “Silent September” Film Festival. Almost every genre of film -- action, comedy, romance, western, horror, sci-fi -- can be traced back to the silent era that began nearly 125 years ago and ran until the introduction of “talkies” in the late 1920s. Many technical and artistic elements that modern moviegoers take for

granted, such as scene continuity, close up shots, enhanced lighting and feature-length films, developed during this important time in the history of cinema. Next up this weekend (Sept. 13 & 14) is the classic comedy “Safety Last!” starring Harold Lloyd and Mildred Davis.

The plot of “Safety Last!” is simple: The Boy (Lloyd) leaves his small town to go to the big city and make his fortune. As he leaves, he promises his fiancée the Girl (Davis, Lloyd’s real-life wife) that he will send for her as soon as he

makes good. The Boy gets a menial job as a clerk in a dry goods store and ekes out a living, sharing a room with his pal Limpy Bill (Bill Strother), who works as a “human fly” stuntman. To impress The Girl, The Boy spends his entire paycheck on a pendant, which he sends with a letter that greatly exaggerates his position at the store. Thrilled at The Boy’s apparent success, The Girl visits him in the city. The Boy panics at her arrival, and to keep her in the dark, poses as the manager of the store, resulting

in many comic misadventures. The Boy is afraid that his lies to The Girl will be discovered, or that he’ll lose his job due to his antics. Just when things appear grim, he overhears his boss offering \$1,000 to anyone who can bring crowds to the store. The Boy has a “brilliant” idea: Limpy Bill is a “human fly” who could climb the side of the store building as a publicity stunt! Bill agrees for half the offer – but what he hasn’t told The Boy is that he’s wanted by the police, who will surely be in attendance to monitor the crowds on the street. Chaos ensues, and The Boy must risk everything to get the money and The Girl.

Harold Lloyd, along with Charlie Chaplin and Buster Keaton, is considered to be one of the three great silent era comedians. Unlike his contemporaries, who each had solid vaudeville experience, Lloyd was trained as a Shakespearean actor, and so came to Hollywood with no tried and true character of his own. He also was not, by his own admission as well as those by close family and friends, a particularly funny person; everything that Lloyd knew about comedy he had to learn the hard way. After toying with several ideas (including an earlier character known as “Lonesome Luke,” somewhat inspired by Chaplin’s “Little Tramp”), he settled upon the bespectacled man he called the “Glasses Character” or simply “The Boy.” Audiences responded

to this optimistic, often bumbling Everyman who delightfully defied death in nearly every picture. The film critic Roger Ebert once noted, “I could understand why Lloyd outgrossed Chaplin and Keaton in the 1920s: Not because he was funnier or more poignant, but because he was merely mortal and their characters were from another plane of existence.” Lloyd became known for his breathtaking stunts, the most famous of which is in “Safety Last!” – perilously dangling from the broken hands of a giant clock many stories off the ground. That still alone has earned its place in movie history. “Safety Last!” is considered to be among Lloyd’s best works. It was the highest-grossing comedy of 1923, breaking box office records that year, and was a critical success as well. If you have never seen this film, you are in for a treat! Grab your popcorn and meet us after dark for this comic masterpiece of the silent screen.

Mark your calendars for LRPA’s entire Silent September lineup:

Sept. 13 & 14: 1923’s “Safety Last!” starring the great silent comedian Harold Lloyd

Sept. 20 & 21: 1919’s “Male and Female,” starring Gloria Swanson

Sept. 27 & 28: 1922’s infamous documentary “Nanook of the North”

Coming in October: LRPA’s 4rd Annual “Shocktober” Film-fest!

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 Web site (www.lrpa.org) where you can catch all the fun.

About Lakes Region Public Access Television (LRPA)

Lakes Region Public Access Television (LRPA) is a nonprofit, noncommercial public access TV station and community media center located on the Laconia High School campus in Laconia, NH. LRPA cablecasts locally on Atlantic Broadband Channel 24 (educational programming and public bulletin board), Channel 25 (information and entertainment) and Channel 26 (government meetings) to nearly 12,000 viewers in our member communities of Belmont, Gilford, Laconia, Meredith and Northwood. Programming is produced by and for the people of the greater Lakes Region. LRPA’s mission is to empower our community members to produce content that

- fosters free speech and the open exchange of ideas,
- encourages artistic and creative expression,
- promotes a well-informed public through governmental transparency, and
- unites our communities through the power of media and technology.

• LRPA’s slogan: Community empowered by media. Visit us on the Web at www.lrpa.org.



Recreation assistant Kristina Williams shares a moment with a resident enjoying an Elvis tune. COURTESY

SOLACE

CONTINUED FROM PAGE A1

Life Enhancement Dementia Units has been certified in Music & Memory under a grant obtained by the New Hampshire Health Care Association and administered by the NH Memories Steering Committee. The committee is

also running a competition, called the Power of One to signify how positive changes for just one resident could help an entire health-care facility, to demonstrate the program’s positive effects.

Results are due to be announced in November. Due to a misunderstanding by key NHVH

staff, an earlier version of this article incorrectly reported that the Home had won first place in the competition.

A total of 67 nursing homes around the state offer Music & Memory programs for their residents, with more due to start participating this fall.

ARTS

CONTINUED FROM PAGE A1

future sketches, the three have spent hours pouring over catalogs of different styles and materials for hats available and have made the tough decisions necessary to kick off the business.

Cilley said that through this real world art design experience he also hopes to draw in one or two members of the school’s Future Busi-

ness Leaders of America organization to help with the business end of 3B Designs. Students in computer graphics and Web design might possibly be included down the road.

“It’s a great learning opportunity on a lot of levels and I can show my students that art isn’t confined to a piece of paper,” he said.

For now, the first 100 hats will be available at the FBLA’s annual Hol-

iday Fair in November along with other school events throughout the year. 3B Designs also hopes to develop a Web site for their products in the near future and could possibly make items available at local stores as well. Anyone interested in purchasing their products or placing them for sale in their own business is asked to contact Cilley at 267-6525.

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.

HAPPENINGS

CONTINUED FROM PAGE A2

Tuesday, Oct. 1
Spanish Club, 10 a.m.
Tech Tuesday, 2 to 4 p.m.

Wednesday, Oct. 2
Storytime, 10:30 a.m.
For preschoolers and a caregiver. Stories, rhymes, crafts, and fun with Miss Julie.

Thursday, Oct. 3
Census Job Information Table, 11 a.m. to 2 p.m.

After joining us to offer information on Wednesday, Sept. 25 from 11 a.m. to 4 p.m., a worker from the U.S. Census Bureau will return to help sign up for job opportunities during the upcoming 2020 Census.

Mean Girls Movie Day, 4 p.m.
Teens, join us to watch a movie with friends.

Friday, Oct. 4
Sit and Knit, 2-5 p.m.

New Items

“Stay and Fight: A Novel” by Madeline ffitich

“The Testaments: The Sequel to The Handmaid’s Tale” by Margaret Atwood

“Whisper Network: A Novel” by Chandler Baker

“Savage Appetites: Four True Crimes Stories of Women, Crime, and Obsessions” by Rachel Monroe

“Harley Merlin and the Secret Coven” by Bella Forrest

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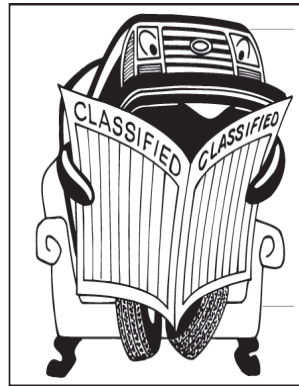
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SPORTS



BOB MARTIN

The Belmont girls' soccer team won 1-0 in double overtime against Inter-Lakes.



BOB MARTIN

Sana Syed played well on defense for the Red Raiders against Inter-Lakes.

Fleming's late goal lifts Belmont girls to 1-0 win

BY BOB MARTIN
Bob@Salmonpress.news

BELMONT – Last week as time was winding down in the second overtime against the Inter-Lakes Lakers, Becca Fleming of the Belmont girls' soccer team launched a shot from about 20 yards out that found its way to the top corner just out of the reach of a leaping Taylor Ambrose to win 1-0 in dramatic fashion.

The win was huge for the Red Raiders, who have already had their share of overtime this season. Belmont tied 0-0 in a double-overtime battle with Somersworth. A tie can be frustrating, but a last second win made up for that as the players rushed the field to celebrate the win.

Throughout the game, each team had their chances to score, but Belmont's defense and goalkeeping was also solid. The Red Raiders got strong play out of All-Stater Sana Syed, who helped clear balls out of the zone consistently. Emma Cochran did a good job in goal, knocking away shots and charging potential scorers of Inter-Lakes to secure the ball. She had six saves in her third shutout of the season.

Katie Gagnon and Becca Fleming led the offensive charge, but the strong Laker defense helped thwart most opportunities near the goal. Gagnon

did a nice job getting the ball to the net on long shots and cross passes, but Ambrose was on top of her game for the Lakers.

It was a great day in goal for Ambrose of Inter-Lakes, who fought

a barrage of shots from near and far from the Red Raiders. She made diving and leaping saves, and along with the team's defensive unit, kept the game scoreless until the final seconds.

For Belmont, the defense was the story with great play by Syed, Morgan Hall, Deanna Bourque and Courtney Burke.

Scoring has been inconsistent for Belmont this season, as the

Red Raiders have had two games where they didn't score and another where only one goal was managed. The other two games the team had five and four goals respectively.

This was the second

straight win for the Red Raiders.

"It really was a battle all day long with both teams having chances to win in regulation play," said coach Mark Dawalga. "Proud

SEE **SOCCER**, PAGE B3

Winnisquam remains undefeated with win at Newfound

BY BOB MARTIN
Bob@Salmonpress.news

BRISTOL – The Winnisquam football team has picked up where it left off from last year's undefeated season with a perfect 3-0 start, including last week's 53-22 win over Newfound.

The team was led by quarterback Phil Nichols, who had 243 yards passing and four throwing touchdowns, as well as 70 yards and two touchdowns on the ground.

The Bears started off hot and never looked back, scoring on the first drive of the game with Nichols running it in from 20 yards out to go up 6-0. Winnisquam then recovered a Newfound fumble and on the next drive, Nichols threw a touchdown pass to Cooper French from 12 yards out with 3:38 left in the first quarter.

A little under a minute into the second quarter, Nolan Perrino ran in a touchdown from two yards out to



JOSHUA SPAULDING

Andre Cormier turns a corner running the ball for Winnisquam.

go up 19-0. Newfound then marched down the field but Winnisquam stopped the drive and needed only one play to score. Nichols hit Gunnar Horman for a 69-yard touchdown to

take a 26-0 lead with 7:16 left. Newfound fumbled on the next drive and Winnisquam took advantage with an eight-yard rushing touchdown by Nichols to go up 32-0 at half-

time. Newfound woke up a bit in the second half and scored on its first possession to make it 32-8. Newfound then took advantage of a bad snap on a punt and

had the ball inside the 10, and scored to make it 32-14. The Bears answered with a four-play drive, ending with Andre Cormier going in from a yard out to

SEE **FOOTBALL**, PAGE B2

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Lucas Mathieu had a goal and an assist in the win over Inter-Lakes.

BOB MARTIN



Mitchell Berry had a goal for the Red Raiders last week.

BOB MARTIN

Red Raider boys remain undefeated

BY BOB MARTIN
Bob@Salmonpress.news

BELMONT – The Belmont boys' soccer team remained undefeated after a 4-0 victory over the Inter-Lakes Lakers last week, which was the fourth shutout of the season for the Red Raiders.

It was a tight game for much of the way, with the Lakers holding Belmont scoreless with a 0-0 tie at the half. However, in the second half, Belmont came out firing and scored the first goal with 38:16 remaining on a penalty kick for Lucas Mathieu.

Just three minutes later, Dylan Greer knocked in a shot from about 30 yards out for a goal in the top corner just out of the reach of a leaping Lucas Scharankov in goal for the Lakers.

The Lakers continued to play strong defense against the talented Belmont squad, but with five minutes left, Belmont had another penalty kick for a goal. Mitchell Berry put the shot to the right of Scharankov on the ground for a 3-0 lead. The final goal came with about two minutes left by Nate Sottak, with an assist credited to Mathieu. Jacobb Bivens was in goal for the Red Raiders and helped secure the shutout.

Coach Mike Foley said the hot start should be taken lightly, as the team is learning as they go and are still trying to find roles for the team. He acknowledged that the team has had ear-

(Right) Dylan Greer launches a long shot that ends up in the back of the net for Belmont.

ly success, but they need to build on this and be prepared when adversity arises. Foley praised the team for their leadership on the field and strong work ethic.

“We have been playing well, growing and learning each game,” said Foley. “We are about to be tested over the next four games. We'll see what we are made of.”



Defending champs too much for Golden Eagles

BY BOB MARTIN
Bob@Salmonpress.news

PLYMOUTH – It's never an easy task to take on the perennial powerhouse Plymouth Bobcats on the gridiron, especially on the road. While Gilford/Belmont made it a game for about a quarter, the Bobcats were able to come away with a 49-20 win over the Golden Eagles.

Plymouth struck first with a touchdown with three minutes left in the first quarter to go up 7-0, but Gilford/Belmont scored on the next drive with an Alex Cheek touchdown pass to Brandon Gallagher to tie things up at 7-7.

With about 1:30 left into the second half, Plymouth scored to go up 14-7, which was followed by a muffed punt by G/B on the next drive. Plymouth scored again with 8:45

(Right) Blake Descoteaux makes a catch and pushes forward for yardage against the Plymouth Bobcats.

to go in the half to take a 21-7 lead. Plymouth marched down the field for 73 yards on four plays to take a 28-7 lead with 4:52 left in the half.

On the next drive, Plymouth picked off a pass and took it all the way down to the three-yard line. The Bobcats quickly scored to go up 35-7 with 3:45 on the clock in the half. However, G/B tacked on a touchdown of its own with 50 seconds to go, on an eight-yard touchdown pass to Blake Descoteaux to make it 35-14 at the half.

In the third quarter, Plymouth intercepted a fourth down pass attempt on the opening drive and then drove down the field 55 yards to make it 42-14. Plym-



JOSHUA SPAULDING

The Gilford/Belmont football team had a tough team with the Plymouth Bobcats last week and fell 49-20 on the road. Pictured is Jack McLean (2) trying to find room to run.

outh blocked a G/B punt but the Golden Eagles kept Plymouth at bay with a three and out on the next drive. Gilford/Belmont responded by marching 74 yards down the field. Gallagher caught his second touchdown of the day, this time from Jack McLean, with 19 seconds on the clock to make it 42-20.

Plymouth scored once more on the opening drive of the fourth quarter to make it 49-20, which would be the final score.

The Golden Eagles are now 1-2 on the season. Next up for Gilford/Belmont is a road game against Bow High School on Sept. 27 at 7 p.m.

FOOTBALL

CONTINUED FROM PAGE B1

make it 39-14.

Winnisquam stopped another Newfound drive and Nichols tossed a touchdown pass to Horman to make it 46-14. He connected with Horman again for a touchdown to make it 53-22 with 37 seconds left in the game.

Coach Derek Hunt said it was the best the team has looked all season and is happy with the way the Bears have played so far this season.

Perrino was the rushing leader for the Bears with 100 yards on the ground and a touchdown. Horman was the leading receiver with 136 yards and



JOSHUA SPAULDING

Phil Nichols had 243 yards and four passing touchdowns against Newfound.

Hunt said the team needs to work on blocking assignments and cleaning things up in order to keep on the

winning track. Overall, however, he likes where the team stands.

“Our defense played really well, which was nice to see,” said Hunt.

“We got a little flat in the third quarter but overall it was the best we've looked all year on defense, offense and special teams.”





Mike Livernois talks to his team during a timeout against the Lakers.



Gabby Isabelle lays down a spike against the Lakers.

Lakers hand champs first loss of the season

Isabelle reaches 500-kill mark

BY BOB MARTIN
Bob@Salmonpress.news

MEREDITH – The biggest volleyball match of the early season took place last week between Winnisquam and Inter-Lakes, as it was a rematch of the last two Division 3 final games and a bout between two undefeated teams. As advertised, it was a wild match, and in five sets the Lakers handed the Bears their first loss of the season.

This was a long match with a lot of dramatic volleys,” said Winnisquam coach Mike Livernois. “I was happy with the way we played but we need to be more aggressive and do a better job running our attack. We had too many free balls that Inter-Lakes was able to capitalize on.”

The first set was evenly played with the game knotted at 14-14. Emma Wheeler of Inter-Lakes went on a nice serving run to bring the lead to 18-14 and then Inter-Lakes finished out the set with a 25-21 win.

The second set was tight as well, with the Lakers taking a 18-15 lead. The Bears battled back and ended up winning 25-23 in a close match to tie things up.

The third set had Winnisquam building a 22-14 lead and winning 25-18. The Lakers then took a 24-20 lead in set four, but Winnisquam battled back to a 24-24 tie and a chance to seal the win. The Lakers kept at it, however, and won 27-25 in clutch fashion to bring it to a deciding fifth set.

The Bears were up 5-3 before Wheeler was lights out from the service line, building a 13-5 lead. Winnisquam fought to the end, but the Lakers prevailed by a score of 15-10.

Leading the way for Winnisquam was Gabby Isabelle who had 16 kills and 16 digs. Emma Richardson had 12 kills and 16 digs, while recording 11 aces from the service line. Chloe Colarusso

had 28 assists, nine digs and two aces. Olivia Dill had 16 digs and two assists. Hanna Honeman had two kills, five digs and a block. Emily O’Neil had seven digs, two kills and two aces.

For the Lakers, Wheeler was the standout player with a triple/double line of 15 kills, 16 digs and 20 service points, as well as a pair of blocks. Midway through the first set she recorded her 500th career dig. Junior outside hitter Devyn Vaal had 12 service points, seven kills and 15 digs. Ava Duymazlar had 11 digs and seven kills. Aria Shufelt had nine kills and two blocks. Emily Weeks had 35 assists and seven points. Olivia Jenkins had five kills and a big night on defense with 14 digs.

Haven Lopez did well off the bench with six assists and three key digs in the fourth set. Juniors Abbey Sanders and Emma Richardson (of Inter-Lakes) had 15 digs and five service points.

The Bears also played Portsmouth Christian Academy and had a 3-0 sweep to start the week. Winnisquam won 25-15 and then completely dominated the second set with a 25-21 victory. The Bears closed out the sweep with a 25-9 win.

In the first game, Winnisquam and PCA were even with a score of 9-9 but then Emily O’Neil went on a big service run and led the team to a 17-9 lead.

The second set was controlled by the Bears thanks to Richardson serving 22 consecutive times with 10 aces. Colarusso served the final three points for the big 25-1 win.

The third set was all about the service line again, with Richardson going 11 consecutive serves and Honeman with seven in a row. Winnisquam had a 21-1 lead before PCA went on a run, but the gap was far too big and the Bears cruised to victory.



Hanna Honeman had a solid game against the Lakers in a tough loss last week.

Isabelle had 12 kills to lead the offense. Richardson had a great all-around performance with 11 aces, five kills and five digs. Colarusso set up kills all night with 17 assists. She also had five digs and two aces. Dill has settled into her as defensive specialist

very nicely with 10 digs to go with three assists. Honeman had three kills, three digs and a block. O’Neil was a major force on defense with nine digs. Winnisquam improved to 4-1 with a three set victory over Franklin High School by scores of 25-10, 25-13

and 25-19. Isabelle led the way with 22 kills and four digs. The 11th kill of the match was the 500th of the career for the senior hitter. Colarusso had 31 assists and five digs. Dill had five digs and two assists. Honeman had three kills. O’Neil had a great all-around

performance with nine digs, four kills and two aces. Leigha Brown had five digs. Delaney Skourtis had four kills and a pair of digs. Richardson did no play after suffering a minor ankle sprain against Inter-Lakes.

“Throughout the match I was able to play everyone and used some different combinations in game three especially,” said Livernois. “Throughout all three games we were able to control the match with our attack and our serving. Chloe Colarusso did a nice job distributing the ball and we had 35 kills as a team. Olivia Dill and Emily O’Neil anchored the defense.”

Winnisquam played Newfound after deadline. Next up for the Bears is Fall Mountain on Friday beginning at 6:15 p.m. on the road.



Becca Fleming had the game winning goal in double overtime against the Lakers.

SOCCER
CONTINUED FROM PAGE B1

of the overall team effort today.”

The Red Raiders then took on Campbell and while Belmont played well, Campbell was able to take the 2-1 victory. The game was

tied up in the second half on a nice ball by Sana Syed to Fleming, who was fouled inside the 18-yard mark for a penalty kick. Syed scored her first varsity goal on the penalty kick. Campbell went on to score the game winning goal at the

65-minute mark. Belmont then faced Laconia and shut out the Sachems 3-0. Fleming had two goals, Yelena Rodrigues had a goal and Kailey Gerbig had an assist.

“Today was a day we needed everyone,” said Dawalga. “Being a

little short handed and players having to play positions they normally do not play, we really needed everyone to step up and they did. These girls have really have been working hard all year and that hard work really showed today.”

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Applications can be obtained through the District website at https://www.sau80.org/departments/human_resources, or by visiting the Superintendent of Schools Office at 58 School Street, Belmont, NH or by calling 603-267-9223.

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Applications can be obtained through the District website at https://www.sau80.org/departments/human_resources, or by visiting the Superintendent of Schools Office at 58 School Street, Belmont, NH or by calling 603-267-9223.

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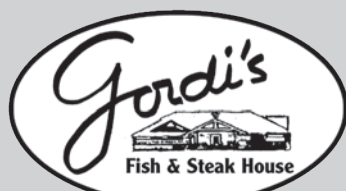
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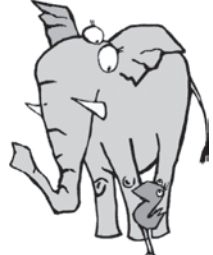


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Jared Whitcomb runs the course at the Newfound Invitational.

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Alyssa Edgren ran at the Newfound Invitational for Belmont High School.

JOSHUA SPAULDING

Belmont runners compete in Newfound Invitational

BY BOB MARTIN
Bob@Salmonpress.news

BRISTOL – The Newfound Invitational was last week and cross country runners from Bel-

mont were at the meet. Aurora Couto was 10th with a time of 25:22; Alyssa Edgren was 14th with a time of 25:55; Mercedes McIntyre was 33rd with a time of 29:22 and Hannah Leclair was 44th with a time of 32:21. In the boys' race, Jared Whitcomb was 35th with a time of 22:52; Brandon Robichaud was 43rd with a time of 23:27; Chris Pare was 44th with a time of 23:32; Micah Edgren was 49th with a time of 23:51.05. Cody Annis was 64th with a time of 24:59; Brian Miles was 74th with a time of 26:35 and Michael Annis was 83rd with a time of 29:47.

Red Raider net girls pick up first win

BY BOB MARTIN
Bob@Salmonpress.news

BELMONT – The Belmont volleyball team picked up its first win of the season last week with a 3-0 victory over Trinity in its home opener. Leading the way with junior Kat Davies, who had six kills to set the tone of the offensive attack. Sophomore Madeline Johnson added three kills. Senior Becca Camire had 13 assists. The team combined for 13 service aces in the win. “It was a great win for the team overall,” said coach Polly Camire. The Red Raiders also faced Sunapee last week and while it was a tight and exciting match, Sunapee took the win in five sets.

Senior Haley McGlynn was huge for the Red Raiders with 16 kills on the night. Junior Isabella McDonald was solid at the net with eight kills. Davies had seven kills to go with six blocks. Camire had 35 assists and Bry Pinard had seven assists, as well. Senior libero Haley Treameer and junior Liz O’Connell did well on defense throughout the night. Serving well was Mady Cryans, Mikaylah Stewart and Madeline Johnson, who were all 100 percent from the line. “This was Belmont’s best match yet this season,” said coach Camire. “The team really worked well together and stayed positive through the whole match. Even though we don’t get the W, this was a win for us.”

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