

Winnisquam Echo

THURSDAY, OCTOBER 4, 2018

SERVING TILTON, NORTHFIELD, BELMONT & SANBORNTON, N.H.

FREE



DONNA RHODES

Students at Winnisquam High School who found special colored eggs hidden last Thursday afternoon by the band Recycled Percussion had the opportunity to select nonprofit organizations, which will now receive \$1,000 each as part of the Chaos and Kindness acts they do throughout the state.

Recycled Percussion members bring "Chaos and Kindness" program to Winnisquam

BY DONNA RHODES

drhodes@salmonpress.news

TILTON—There were moments of controlled chaos and moments of

kindness at Winnisquam Regional High School last Thursday when some unexpected guests arrived, thanks to

funding provided by the district's System of Care Grant.

While the visit was kept a secret to not only

students but teachers and staff, an announcement over the loud speaker system a little after 1 p.m. that day fi-

nally gave it all away.

"Hey Winnisquam High School! What's up? This is Justin, Ryan and Alex from the band Re-

cycled Percussion and the T.V. show 'Chaos and Kindness'...We have been given permission

SEE KINDNESS, PAGE A9

Spaulding Youth Center receives grant from Jack & Marci Williams Endowment for Wednesday's Child

NORTHFIELD — Spaulding Youth Center is thrilled to announce it has been honored with a grant of \$50,000 by the Jack & Marci Williams Endowment

for Wednesday's Child. The grant will directly support Spaulding's programs and services.

The Jack and Marci Williams Endowment for Wednesday's Child

SEE SYC, PAGE A10

Welsch finishes swim across Lake Winnisquam

BY BOB MARTIN

Bob@Salmonpress.news

BELMONT — Mike Welsch knows that he made a big mistake 38 years ago, when he crashed his motorcycle after a night of drinking, and his amputated leg is a constant reminder. However, he has used this life changing moment to inspire others to persevere, make good life choices and push toward becoming the best they can be.

Welsch is an avid swimmer, despite not having most of his left leg, and most recently he completed a swim across Lake Winnisquam, going eight miles from the Loon Preserve and ending at the Route 3 bridge. Having now swam the length of Lake Winnipesaukee, Newfound Lake and Winnisquam, he said he has completed the "Triple Crown of the Big Lakes." Welsch said he doesn't know anyone else who has completed the feat, and he hopes it can inspire a trend for others to attempt.

While these are the upper echelon of lakes

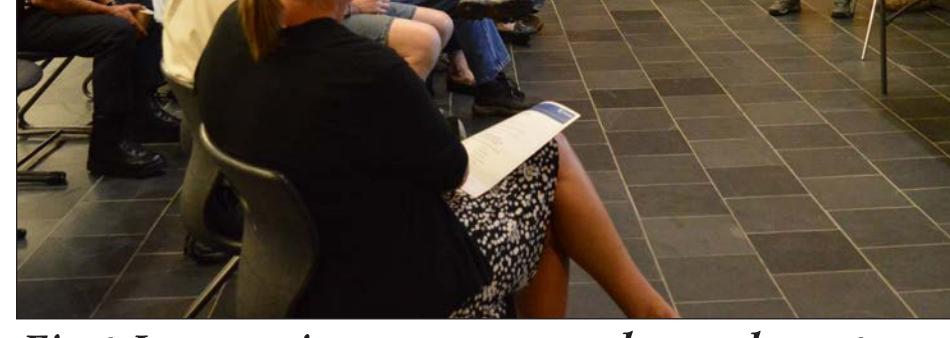


Mike Welsch completed the swim across Lake Winnisquam on Sept. 15, in what he calls part of the "Triple Crown of the Big Lakes."

that he has swam, it is only a tip of the iceberg. Welsch has also swam the length of Lake Sunapee, Ossipee Lake and

several lakes in Connecticut to name a few. He has also completed other endurance events,

SEE SWIM, PAGE A10



First Impressions group analyzes downtown Tilton's assets, opportunities for growth

TILTON — Local residents, students, business owners and both town and state officials took part in a "First Impressions: Tilton" forum last Thursday evening to discuss the assets and opportunities of downtown Tilton that an independent group of residents from Pittsfield observed over the summer.

Sue Cagle and Jared Reynolds of the UNH Cooperative Extension, which is assisting towns with their First Impressions initiatives, led off the forum by discussing what the Pittsfield team reported after their visit.

Among the key assets they identified were the layout of downtown, the Tilton School community and the parks and river, not to mention the friendly people they met.

"The layout made it easily 'walkable' and accessible. Amenities were located close together and it was easy to find and access shops and parks," the report

said. As for the parks and the river they commented, "These are a huge asset. They have great amenities like grills, pavilions, bathrooms, picnic tables and benches. The parks are scenic and well kept."

The school's grounds and architecture also impressed the surveyors, stating there is a potential partnership to be found there.

Under the category that asked whether or not the downtown was pedestrian friendly, they found it to be both an asset and a future opportunity.

"There were ample crosswalks and the sidewalks were well kept, but there was mixed feedback about how comfortable people felt crossing the street, given the traffic," they said.

Among the many opportunities they noted were to create better river access and visibility, a need to "dress" empty storefronts until new

businesses move in, improve traffic/pedestrian management and perhaps add better signage. They also felt there could be ways to give the downtown sense of identity or "branding" by creating closer connections with the river, trails, the Town of Northfield, the Tilton Arch.

Hearing this, and for the most part in agreement, more than 60 people on hand that night then broke up into teams to address the top-

SEE IMPRESSIONS, PAGE A10

INDEX

Volume 10 • Number 41

28 Pages in 2 Section

Classifieds.....B4-9

Editorial PageA4

North Country Notebook...A5

ObituariesA6

SportsB1-3

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Colorful quilts go on display at annual show

BY ERIN PLUMMER

mnews@salmonpress.news

LACONIA — An array of quilts of many different colors, sizes, patterns, and inspirations could be found in one place this weekend during the the 41st annual Harvest of Quilts.

The Belknap Mill Quilter's Guild displayed hundreds of quilted pieces from small wall hangings to large blankets at the Gilford Youth Center over the weekend. Visitors could look at the array of quilts and vote for their favorites. They could also peruse the different vendors, and take part in demonstrations on all kinds of techniques.

Show chair Ann Rampulla said there was a steady flow of people coming in on Saturday. Co-chair Ila Mattila said the vendors seemed pleased as well and the club's vendor committee does an outstanding job working with the vendors.

The guild includes members from all over the Lakes Region with some coming from farther places like Concord, Pennacook, and Milton.

Rampulla said the styles in quilts range from traditional to artistic.

"We're all different in what we like and what colors we like to work with," Rampulla said. "We see all sorts of styles and colors."

The guild has been working with the Spaulding Youth Center. The youth center donated classroom space and members of the guild made and donated twin sized quilts for the kids there. Kids from the center came to Sunday's show.

"It was such a nice pleasure, that is one of the most wonderful things we do," Mattila said.

The show featured a number of unique quilts displaying the skill and hard work of the many quilters.

One of the quilts was "No, They Are Not Oyster Crackers!" by Anne Dustin. The front of the quilt was made thousands of small octagons that were hand sewn together with the whole quilt machine sewn with precise stitches.

Mattila displayed

five of her quilts in the show this year.

"I think it's an honor," she said. "You work hard when you're putting it together."

The club has a "Block of the Month" where members learn about a specific quilting block they can make. Moda Fabric sponsored a block of the month on a house. At the end of the year, members took 16 blocks and made them into their own quilt with the fabrics they chose. Club president Kim Gregoire used bright colored fabric to make her "Quilter's Cul de Sac" quilt.

"I like to do something that was quilted to death," she said.

Others did quilts with these blocks in more traditional patterns.

"The idea of the show is to encourage people into quilting and possibly be interested in joining our guild," Gregoire said.

Mattila said different members have different expertise and will share the different things they are strong in to the members.



Nancy Townsend teaches quilters how to make fabric boxes at Harvest of Quilts.



ERIN PLUMMER
Rows of quilts went on display at the Belknap Mill Quilter's Guild's Harvest of Quilts show.



ERIN PLUMMER
One of the many unique quilts on display was "No, They Are Not Oyster Crackers!" by Anne Dustin.

Franklin VNA & Hospice Board of Directors leads by example

FRANKLIN — If you haven't gotten your influenza vaccine yet, Franklin VNA & Hospice wants to remind you to get it. This year in particular we should be aware of the danger of influenza as we mark 100 years since the 1918 Influenza Pandemic.

"There can be no stronger advocacy than leading by example," says Bob Morin, President of the Franklin VNA & Hospice's Board of Directors. "We want individuals in the communities we serve to be safe and influenza free and the best way to show that we are committed to this is by getting vaccinated ourselves."

The Center for Disease Control (CDC) estimates

that during the 1918 epidemic about 500 million people or one-third of the world's population became infected with the virus, causing 50 million deaths - 675,000 deaths in the United States alone. This huge number of deaths due to influenza caused the average lifespan in the United States to fall by 12 years.

In 1918, there was no influenza vaccine and people were limited to use of quarantine of the sick, encouraging good personal hygiene, use of disinfectants, and advising against gathering in groups in public to combat contracting the illness. Once people became sick with influenza or a secondary bacterial infection there was not

much that could be done.

Thankfully, we now have a vaccine, and while we haven't seen death tolls matching the 1918 epidemic 2017 was the worst year in recent history with the CDC estimating that the flu, as well as flu-related complications, were responsible for 80,000 U.S. deaths last winter. Those with chronic pulmonary diseases, those over 65 and children still remain the highest at risk for dying if they contract the flu.

Morin concludes, "We want to minimize the risk of our clients from getting the flu. Getting the vaccine is the responsible choice."

Franklin VNA & Hospice is an independent,



COURTESY
Robert Morin, Franklin VNA & Hospice Board of Directors, receives his Influenza Vaccine from Audrey Webster RN at Franklin VNA & Hospice.

non-profit organization established in 1945 to serve the Home Health care needs of the community. They provide home care, Hospice, clinic and community education services to Andover, Belmont, Boscawen, Canterbury, Franklin, Hill, Northfield, Sanbornton, Salisbury, Tilton, Webster and surrounding towns, as requested.

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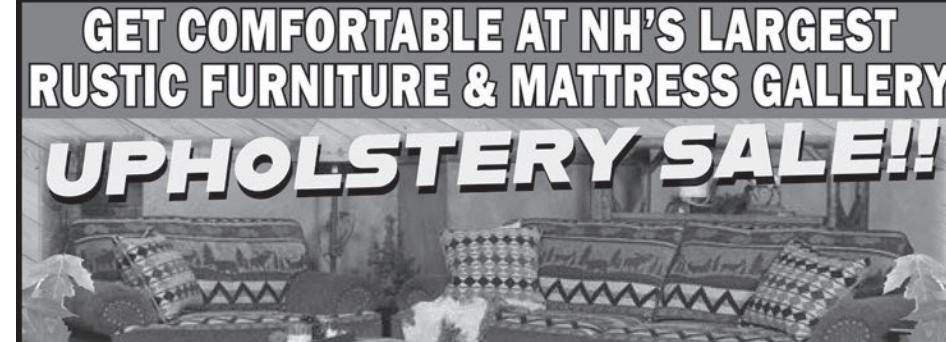
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Central NH VNA & Hospice reflects on year of transitions

BY ERIN PLUMMER

mnews@salmonpress.news

MEREDITH — Staff, volunteers, and supporters of Central NH VNA & Hospice reflected on a year of transition at their annual meeting.

The organization that provides home health and hospice care around the Lakes Region held its annual meeting on Wednesday night at Church Landing in Meredith.

Board president Gina Finocchiaro said there have been a lot of changes in the past 18 months.

The organization had to look for a new CEO and Finocchiaro took part in the process of finding one.

After a search and interview process, Central NH VNA & Hospice hired Lisa Dupuis of Connecticut.

"This amazing group of volunteers has made my transition here a welcoming (experience)," Dupuis said.

She said it has been a year since she took her job, and in that year, she has bought and sold a house and moved two states away, later moving her family from Connecticut to New Hampshire.

Dupuis said she calls this past year one of building and transition

In the past 10 months

she said the organization has worked to implement new regulations and policies, emergency preparedness, and put together plans to hire and retain staff.

"We need to hire quality staff in order to continue to develop the highest quality service," Dupuis said.

She said they also have been working to retain the high quality staff they have.

The organization has also undertaken a re-branding project.

"I knew we needed to work on some of our branding and our look," Dupuis said.

Central NH VNA & Hospice changed its logo and have been trying to get it out into the community. Dupuis said their website was dated, so a project is underway to revise it.

They also incorporated the tagline "Committed. Caring. Community." Dupuis said they wanted to communicate to their patients that they are a local agency and like neighbors and are not a chain.

In the past year, providers have made 38,499 visits and traveled 445,694 miles.

"Over the past 10 months we have accomplished a lot and made contact to many,"

Dupuis said. "I believe our team at Central NH VNA & Hospice will take initiative." From the quote in her office, "We don't grow when things are easy, we grow when we face challenges."

The Shirley Bently Outstanding Clinician Award went to Social Work Program Manager Maria Babineau.

The Leavitt-Knight Volunteer of the Year Award was given to Claire Boardman.

The Alida Millham Leadership Award went to Partnership for Public Health.

This year's guest speaker was Anne Marie Olsen-Hayward, a geriatric therapist at Frisbie Memorial Hospital in Rochester. In her presentation "Navigating the Silver Tsunami," Olsen-Hayward spoke about the rapidly aging state population and the projected vast amount that will require care for dementia. At the same time the state is facing a lack of care providers, especially as more younger people are projected to leave the state. Olsen-Hayward talked about the immense challenges with ways to help patients and care providers under the circumstances.



ERIN PLUMMER
Partnership for Public Health Executive Director Shelley Carita (center) receives the Alida Millham Leadership Award from Alida Millham and Central NH VNA & Hospice CEO Lisa Dupuis.



ERIN PLUMMER
Claire Boardman receives the Leavitt-Knight Volunteer of the Year Award from Charlotte Leavitt and Gerald Knight.



ERIN PLUMMER
Maria Babineau is presented the Shirley Bentley Outstanding Clinician Award by Tammi Mozier.

HALL MEMORIAL LIBRARY

Monday, Oct. 8
Library Closed for Columbus Day

Tuesday, Oct. 9
Library Closed for Carpet Installation

Wednesday, Oct. 10
Library Closed for Carpet Installation

Thursday, Oct. 11
Library Possibly Closed for Carpet In-

stallation — Check Facebook or call 286-8971.

Friday, Oct. 12
Sit and Knit, 2:5 p.m.
Teen Time, 3 p.m.

Saturday, Oct. 13
Let's Go Lego, 10 a.m.

New Items
"Bellewether" by Susanna Kearsley
"Chariot on the

Mountain: A Novel" by Jack Ford

"Good Luck With That" by Kristan Higgins

"The Masterpiece: A Novel" by Fiona Davis

"The Washington Decree: A Novel" by Jussi Adler-Olsen
"Rust and Stardust" by T. Greenwood

ClearChoiceMD to offer no-cost flu shots throughout October

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

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

Receiving the flu shot not only helps you protect yourself, but it also prevents the flu from spreading throughout the community," says Dr. Thomas Scott, Chief Medical Officer at ClearChoiceMD Urgent Care. "We want the community to know that we are a resource for them at any

time, especially during flu season."

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

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Opinion

A4 Thursday, October 4, 2018

WINNISQUAM ECHO

STRATEGIES FOR LIVING

Never, but never, give up!

"Never give up" is a refrain we have heard often, and that's great for "the other guy." But what about us? What do we do when the chips are down, when we are the ones fighting for survival?

It is so easy to be philosophical when the sun is shining and we have it all together. There come times in each of our lives, however, when the nightmare is so monumental, there is no solution in sight. When that happens, we are tempted to cut and run. But we cannot, we must not, surrender to defeat. Never, but never, give up.

As told by Mark Batterson in his book, "Play the Man," the story of Louie Zamperini is a classic case in point.

"In 1943, an Army Air Force B-24 bomber, the Green Hornet, was on a search and rescue mission when its engine malfunctioned and crashed in the Pacific Ocean. Second Lieutenant Louie Zamperini survived the crash, but was lost at sea. ... For forty-seven days, Louie survived on rainwater, raw fish, and will power.

"The equatorial current carried his raft two thousand miles into Japanese-controlled waters, where he became a prisoner of war. When Matsuhiko "the Bird" Watanabe, one of WWII's most wanted war criminals, discovered that Louie was a former US Olympian, he took special pleasure in torturing his mind, body, and spirit. If you can stomach it, read the book or watch the film Unbroken.

"Louie survived daily beatings with a bamboo kendo stick. He survived 220 punches in the face. ... He survived forced labor, shoveling twenty tons of coal per day at the Tokyo rail yard. ... How did he do it? He endured two years in a Japanese war camp the same way he survived forty-seven days at sea and the same way he trained for the five-thousand-meter race in the 1936 Berlin Olympics. Louie Zamperini is a rare breed of man" (page 41).

Zamperini returned to the United States following his release in 1945, but found himself facing a new battle. Recurring nightmares, the result of his years as prisoner-of-war, led him into alcoholism. But Zamperini was far from finished. It was a new challenge, a new battle to be fought. In 1949, Zamperini attended a Billy Graham crusade and recommitted his life to Christ. He forgave his captors, his nightmares ceased, and with Billy Graham's encouragement, became a Christian evangelist himself. He finally passed away in 2014 at the age of 97.

Zamperini was a special kind of man, but life has a way of throwing each of us some very wicked curves. Not a one of us has gone through life without facing times when our very survival, not to say our sanity, was at stake. When we believe we are right, however, when our integrity and character are at stake, we must never, but never give up.

Whatever you think of the outcome, all of us were surprised to discover on Wednesday, Nov. 8, 2017, that, against impossible odds, and despite those who staked their reputation on his demise, Donald Trump prevailed in his run for the White House. So certain was his defeat, in fact, that his victory precipitated an unbelievable number of crises across our land. Common sense said that he was finished; the media had already proclaimed his defeat.

But he never gave up!

To comment or talk about it, hit me up at rlarry-scott@gmail.com.

PET OF THE WEEK

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

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

CANDY



LETTERS TO THE EDITOR

Thoughts gleaned from Lawrence Lessig and Sam Waterston

To the Editor:

Harvard Law Professor Lawrence Lessig, who has galvanized New Hampshire residents with NH Rebellion walks, and actor Sam Waterston of T.V.'s "Law and Order," discoursed on stage at Capital Center for the Arts, sponsored by Open Democracy (Granny D's group pushing for dark money out of our political campaigns). Our audience of over 100 people learned from their conversation their understanding of our U.S. politics and what we might do. The night's theme: "Public funds for public elections," the right mantra for our times.

The message loud and clear: pass into New Hampshire law what is called "public financing" of electoral politics. In New Hampshire, we'd be directing our Representatives in Concord to vote "Yes" on Voter-Owned Elections. Just recently announced, the key language to remember when speaking with your Representatives and Senators in Concord is "Will you support changing the way New Hampshire elections are funded?" Sam Waterston told us that his state of Connecticut is one of the states already establishing this as law. "But," he said, laughing ironically and also frowning with those magnificent dark eyebrows, "If you ask most people in our state about public financing of elections in Connecticut, by law, they know nothing about it! So, you in New Hampshire, when you've shouted and shouted to have public financing of elections, continue shouting that it's here! Make it known, please!"

Something I took away from Lawrence Lessig's part of the hour-plus exchange is that, yes, one person can make a huge difference. (Granny D often spoke of "the power of one.") Lessig told us that Congressman Newt Gingrich made a huge (negative) difference that we feel today. "He caused funding for research in our Congress to end. After his success at that, it became lobbyists that inform our Senators and Congressmen. Think of where that leads." It leads to what we have today, the voices in D.C. with the most money (corporate money) get the most attention of our representatives. Our representatives should be hearing us, but their time is spent with lobbyists who also connect

them to their largest campaign donations. It could not have been a stronger picture of loss to our democracy that Lessig painted.

In the month of October, starting Tuesday the 2nd in Keene and running through Sunday the 28th in Boston, the one-actress play, "The Power of One," about Granny D, will play in New Hampshire, mainly. On Tuesday, October 16, it will be performed at 6:30 p.m. at South Congregational Church in Concord, 27 Pleasant St. - \$15 suggested donation. Check the schedule on Open Democracy's website. Come see a performance near you; be inspired.

This year, it is 20 years since Granny D began her walk across the U.S., starting in Pasadena, CA, and walking ten miles a day, listening to people as she wended her way east (10 miles walk per day, eight miles then a nap, then the last two miles) – and hearing directly why we need campaign finance reform. We need to take back our democracy, or actually live it as she did those 15 or so months. She arrived in D.C. in February of 2000, welcomed by Senators John McCain (R.) and Russ Feingold (D.), who together worked on and passed our first campaign finance reform law. Of course, it was undone by the U. S. Supreme Court in 2010, in time for Granny D's 100th birthday in January that year. The U. S. Supreme Court at that time, in a partisan vote, declared that corporations are people too, so have free speech too. This became known as the Citizens United ruling, as obstructive to democracy as many now judge the Electoral College to be. (Buckley v. Valeo in 1976 made money equal speech.)

What can we do? We have public financing of public elections to achieve, in our state, our first-in-the-nation-primary New Hampshire. As Sam Waterston and Lawrence Lessig told us, "Even before universal health care as a question, before any other questions – ask the presidential candidates who come through, "What will you do to achieve public financing of elections?"

Lynn Rudmin Chong
Sanbornton

Life, liberty, and the pursuit of happiness

To the Editor:

This is the 49th in the series of reports to you on Legislative activity. As you know, we are focused in campaigning for the Nov. 6 election, so action in Concord is minimal. Endorsements and support from various organization are feathers in a candidate's hat. I am honored by the endorsement and support from the Liberty Alliance, the New Hampshire Right to Life PAC and the NRA. However, one of the endorsements is both heartening and concerning.

I am one of twenty-five endorsements from the New Hampshire Right to Life PAC (NHRTL PAC). The PAC's Web page says "Endorsed" candidates are those that have been thoroughly vetted and the committee has great confidence in their pro-life stands. Those that are 'supported' are those persons ... show a strong pro-life orientation, even if the surveys were not necessarily 'perfect.' we believe we have enough information to encourage you to support them." There were slightly over another 100 that were 'supported' by NHRTL PAC.

There are only two of us from Merrimack County to be endorsed...Natalie Wells from Warner and me. Three out of four Republicans representing Franklin are either "supported" (Greg Hill and Kathy Lauer-Rago) or "endorsed" (myself). Why do I care? Because Life is a fundamental principle. When the Declaration of Independence says "Life, Liberty and Pursuit of Happiness" we need to take it seriously. Support of infanticide of the youngest and genocide of the oldest is only one thing...it is wrong! It is criminal to justify murdering people because it is convenient and a woman's choice. Shortening an elderly person's time on this earth because they are burdensome to themselves and others is devaluing not only a God given right but human decency.

While I am delighted with the NHRTL PAC endorsement, I am gravely disappointed that we have less than half of the legislature who rise to the challenge and truly support life! These are Republicans who claim life as a fundamental principle in their platform. A Rasmussen survey finds that a majority of Americans are morally opposed to the taking of innocent pre-born and that number includes a majority of women. A majority means more than 50 percent, while only 31 percent the New Hampshire House rises to the level. Now you can argue that Rasmussen's survey wasn't as detailed as NHRTL, but it is eye opening. If we truly represent the fundamentals of our mission statement, the Declaration of Independence, we must do better. Life is listed first for a reason. Without life there is no liberty, and one cannot pursue anything, let alone happiness.

You may contact me at 320-9524 or dave@sanborn-hall.net if you have a concern or want to talk over a cup of coffee.

Cheers!

Dave Testerman
State Representative
Franklin and Hill

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North Country Notebook

A report on a brief tour of the world as I know it



By JOHN HARRIGAN
COLUMNIST

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

Public Television carried a feature on Theodore Roosevelt this past Sunday. He is my favorite President, chiefly because he became an ardent conservationist and was largely responsible for what lands in the West we have left.

This generally means lands free of exploitation or development. I'm not sure whether the bargain-basement granting of grazing permits constitutes exploitation. But then, what about long-range hikes and rafting ventures, and pack-horse hunting trips?

If there is a President history has done a disservice, it is Roosevelt. Most Americans, if they can remember him at all, seem only to remember big game safaris.

Today, it's hard to imagine a world that would have the room or the patience for a Teddy Roosevelt. Imagine a President taking off for a month for a camping trip in the Rockies, or letting the White House lawn be home to ponies and goats.

However, TR was an energetic guy, bouncing and bellowing his way around the White House like a top-hatted Tigger, and the documentary shamed me into getting up out of my living room chair (Command Central, with everything that matters within reach), and going outside for a tour of the immediate premises, my longest trip on crutches yet.

Would-be rescuers, fear not--my trusty guard dog and interference runner Millie was with me every step of the way, scanning for danger. As always, she ranged out front, looking back and wondering why I was so slow, much slower than usual.

Right off, not far into the trip, I determined that the pile of junk wood we left when the snow came down in earnest a few months ago was still right there, waiting. This kind of job doesn't go away when the snow covers it; we just think it does. In this case, out of sight, out of mind doesn't work.

There was that term, just then--junk wood. When I was helping Rudy split and haul firewood, a junk was a twisted piece, all knots and gnarls, that wouldn't split. Because of this, it was slowest to burn. Sometimes, just before bed, he'd say "Throw on a junk, Bub," meaning

the best piece to hold the fire overnight.

And there was the fence. The thing people tend to forget about a fence is that once you put one up, you've got to take care of it. Deer jump over it, their hooves dragging just a bit here and there, and wind and fallen limbs have their way. Throw in the occasional bear or moose, two species known not to give a fig for a fence, and you've got a fence looking like a prize-fighter about to fall.

But before the season's livestock comes in, the fence will get fixed. We don't want loose animals any more than the neighbors do. The four worst words anyone wants to hear, especially when there's another task at hand, like haying, is "Your ____ are loose" (add animal of choice here).

Out on the front lawn, a scattering of daffodils held their bright yellow colors aloft in the wind, barreling down from Lower Canada's Eastern Townships with the usual abandon.

The front lawn greened up almost overnight, almost right after the last snowbank left, almost right after the last frost, which of course won't be the last. And I'm never surprised



JOHN HARRIGAN
Some of these derelicts can be split, others are "junks"--not worth bothering with, but destined for the fire nonetheless.



JOHN HARRIGAN
Firewood on the porch will wind up in the living room fireplace or, when company's on hand, in the fire pit.

paying particular attention to commercials showing the frenzied persecution of dandelions, which, in this part of the country at least, we eat.

Here and there on the lawn were the remains of fireworks, set off with great glee on the advent of the New Year, or maybe it was the Equinox. Note to self: Buy more



JOHN HARRIGAN
For the fun of it, my grandfather and uncle always called them "Daffydills," and I do too. These brave ones were pretty much the forerunners of the flower world.



JOHN HARRIGAN
Fierce guard dog Millie came along on the inspection tour, and wasn't the only one tuckered out.

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

The snow had barely gone away, and here I was thinking about the Fourth. There are still plenty of cold nights until then--a good case for still having plenty of wood for fireplaces, without and within. And so I ended my patrol at the porch, where there is plenty.

LRPA kicks off Shocktoberfest with "The Last Man on Earth"

LACONIA— It's baaaaack! Throughout October, join Lakes Region Public Access Television each Friday and Saturday night at 10:30 p.m. for LRPA After Dark's Third Annual "Shocktoberfest," our scary celebration of vintage horror films. This

weekend (Oct. 5 & 6), we get the party started with 1964's post-apocalyptic vampire nightmare "The Last Man on Earth," starring Vincent Price and Franca Bettoia.

Dr. Richard Morgan (Price), a scientist, appears to be the sole sur-

vivor of a mysterious plague that has ravaged mankind. This disease has populated the world with zombie-like vampires who hide during the day and roam the streets by night, thirsting for blood. Morgan theorizes that he developed immunity to the

illness while becoming exposed to it in Central America many years ago. His existence is grimly repetitive: by day, he scours the streets for food and supplies, burns the bodies of the victims, and seeks out vampires, killing

SEE LRPA, PAGE A12

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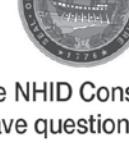
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We will be starting on the East end of Tilton, heading west and then going into Northfield. If you have any questions, please feel free to call our office for scheduling information - 286-4213.

Since flushing may cause water to become turbid, care should be used if you do laundry on that day. Please remember to turn off your automatic ice makers in your refrigerators if you have them.

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LRCS Family Resource Center strengthening families and communities through parent education

LACONIA — The Family Resource Center of Central New Hampshire, 719 No. Main St., Laconia, is offering a wide variety of parenting programs this fall for parents of children of all ages.

Most classes are held in the early evenings and are offered free of charge, with free dinner and childcare available on-site each evening for families in attendance.

Advance registration is requested for each program as space is limited. Assistance with transportation may be available with advance notice and approval.

Parenting classes scheduled for this fall include:

Cooperative Co-Parenting (4 weeks beginning October 2) for non-married, separated, or divorced parents and caregivers raising children together from separate households, covering topics such as positive communication, reducing and resolving conflict, and negotiating agreements.

Slow Cooker Meals Made Easy (5 weeks beginning October 30) offering simple meal ideas for feeding a family. Each family will be provided with a free slow cooker, and will prepare a healthy meal each week in class to take home and cook later. Weekly nutrition lessons are also provided.

Understanding Children's Growth & Development: A Nurturing Skills Module (6 weeks beginning November 1) sessions will focus on understanding the stages of growth & development and on establishing nurturing family routines. For this class only, participants have the choice to enroll in daytime sessions from 11:00am-1:00pm, or evening sessions from 6:00-8:00pm.

Sober Parenting Journey (14 weeks beginning November 6) for parents who are in recovery from addiction, this class provides a valuable source of fellowship and support and enhances

awareness of triggers that may bring about relapse. Personal recovery, accountability, positive actions, parenting challenges are only some of the topics discussed by group members. Participants should have at least 90 days of sobriety prior to the start of class.

Call Tricia Tousignant, Family Resource Center, at 528-0391, or email tricia.tousignant@lrcts.org for more

information or visit our website at www.lrcs.org and review our current Parent Education Programs at the Family Resource Center page. Attendance certificates will be provided at all parenting programs sponsored by LRCS' Family Resource Center of Central New Hampshire.

For hundreds of families living in the Lakes Region each year, the Family Resource Center

of Central New Hampshire, a program of LRCS, offers respectful, non-judgmental education, early intervention, and support to assist families in their efforts to meet needs, make positive connections, and prepare children for success today and tomorrow because the Family Resource Center believes strong families lead to strong communities.

Lakes Region Community Services (LRCS)

is a nonprofit, comprehensive family support agency with a primary focus of providing supports to individuals with developmental disabilities and/or acquired brain disorders and their families. A dynamic human services organization, LRCS offers other essential and critical services to individuals in our Greater Lakes Region communities from birth throughout their lifespan. At the core of

LRCS' work are inclusion, acceptance, and building strengths and partnerships – whether at the individual, family or community level. LRCS has offices in Laconia and Plymouth which combine to serve families residing throughout Belknap and Southern Grafton Counties. For more information, contact Joanne Piper Lang at 524-8811 or visit www.lrcs.org.

Taylor Community hosting League of Women Voters presentation Oct. 15

LACONIA — The League of Women Voters, a nonpartisan political organization encourages informed and active participation in government, works to

increase understanding of major public policy issues and influences public policy through education and advocacy.

Join us for this al-

ways-popular discussion, Monday, Oct. 15 at 6:30 p.m. in Taylor Community's Woodside Building. The event is free and open to the public.

Taylor Community is the premiere not-for-profit Continuing Care Retirement Community in the Lakes Region. Keep up with all our events on Facebook.

For more information about active senior living, visit our Web site at www.taylorcommunity.org, or call 524-5600.



COURTESY

LRGH Auxiliary Annual Fall Craft Fair is Oct. 20

The 17th Annual LRGH Auxiliary Fall Craft Fair is scheduled for Saturday, Oct. 20 from 9 a.m. to 3 p.m. at Laconia High School. Shoppers can enjoy the works of over 65 juried and non-juried artisans from all over New England, boasting hand-crafted and specialty items. The event offers sizeable raffle and bake sale tables, refreshments from Annie's Café and Catering, and a Tanger gift card door prize valued at \$200. Hosted every October to coincide with Breast Cancer Awareness Month, proceeds benefit the LRGHealthcare Breast Health Program and other auxiliary projects. Admission is free, but donations are gladly accepted. For more information, visit the LRGH Auxiliary page on Facebook or call 524-3211, ext. 3663.

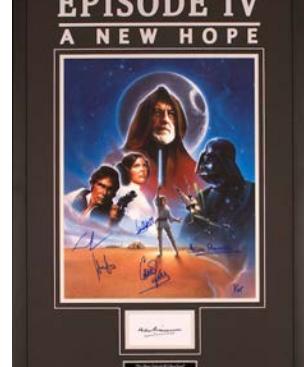
Wags, Whiskers & Wine event to benefit NH Humane Society

LACONIA — Join the New Hampshire Humane Society on Oct. 21 from 5-8 p.m. on the shores of Lake Winnipesaukee at the Margate Resort for Wags, Whiskers & Wine — a new food and beverage sampling event featuring tasty treats from numerous area restaurants, including Hart's, Annie's Catering, Huot Culinary Center, Pat-

rick's, and many more. And best of all, you can cleanse your palate with samples of wine from such fine wineries as Hermit Woods and many others.

Attendees will be treated to live music and be able to bid on an incredible array of items during the silent auction, including trips to Tuscany and Sonoma Wine Country, collectibles like a signed Tom Brady Patriots helmet, an autographed Fleetwood Mac guitar and a signed photo of Tom Petty, among many, many more.

And don't forget the 'rack o' wine' raffle and something new this year, a grab bag



of wine. Win up to 36 bottles and a beautiful wine rack for your home at \$20 a chance (you need not be present to win).

This entire experience is only \$50 per person; you must be 21 to sample the alcohol or win the raffle. And



there will be a cash bar, too.

One hundred percent of proceeds will benefit the New Hampshire Humane Society. Sponsors of the event include Meredith Village Savings Bank, Sawyer's Jewelry and Morgan Stanley,

WLNH, WEMJ and 93.3 FM, The Wolf.

Tickets are limited, so get yours today at www.nhhumane.org or call 524-3252 or just stop in at the Humane Society at 1305 Meredith Center Rd. in Laconia.

The New Hampshire Humane Society serves 17 communities in the Lakes Region, providing essential services to animals and pet owners alike. NHHS is dedicated to finding responsible and caring forever homes and providing shelter for lost, abandoned and unwanted animals – 1,023 in 2016 alone! The New Hampshire Humane Society advocates for animals and speak for those who cannot speak for themselves, as well as implementing educational programs and services to promote responsible pet ownership and the human-animal bond. And finally,

OBITUARY William Tonkin, 67



by his brothers Robert, Richard and Jeffrey Tonkin, nieces, nephews, countless friends and his loving companion Mary Tilton.

A graveside service will be held Thursday, Oct. 4, 2018 at 2 p.m. at Park Cemetery in Tilton. A reception will follow at the American Legion Post #49 in Northfield. For more information, go to www.smartfuneralhome.com. The William F. Smart Sr. Memorial Home of Tilton is assisting the family.

SEE BENEFIT, PAGE A12

How to Submit Obituaries & Announcements To Salmon Press Publications

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

Obituaries can be sent to:

obituaries@salmonpress.com

Wedding, engagement, and anniversary announcements are welcome at:

weddings@salmonpress.com

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

Please contact Executive Editor

Brendan Berube at (603) 279-4516, ext. 111

with any questions regarding

the submission process.

NORTHFIELD — William Tonkin, 67, of Northfield passed away suddenly from complications following emergency surgery Saturday morning, Sept. 29, 2018.

Bill was an avid hunter and fisherman. He also loved gardening, the Red Sox and the Patriots. He enjoyed time with friends and family, especially loved hearing the exploits of his nephew and great nephew.

Bill was his great nephew Robert's greatest fan, and thought Robert's success at hunt-

ing was somehow influenced by his own. Bill was sometimes called the mayor of Canterbury, due to his love for the community. He was a country guy with country manners and a country thirst. He is survived

Back in the Saddle Equine Therapy Center visits Spaulding Youth Center

NORTHFIELD — Spaulding Youth Center is pleased to announce Back in the Saddle Equine Therapy Center (BITS ETC) recently visited its Northfield, New Hampshire campus.

Spaulding Youth Center's students were invited to spend time with Missy the mini pony right on our campus quad. The children spent time petting and brushing the therapeutic animal as well as walking her on a lead. One student was proud to successfully braid her thick tail.

Located in Hopkinton, New Hampshire, BITS ETC is a 501(c)3 non-profit that offers therapeutic riding and equine-assisted activities for people living with disabilities in central New Hampshire.

"Our P.A.T.H. Inter-

national certified instructor, Melissa LoVetere, was excited to introduce a new group of students to one of our healing horses," said Pauline Meridien, Executive Director of BITS ETC. "Over the past 15 years, BITS ETC has seen countless students gain physical strength and emotional resiliency on the back of a horse. Learning how to work with a horse teaches so much more than riding."

"We were thrilled to welcome BITS ETC to campus and to introduce our students to Missy during a stunning summer day on our scenic hilltop," added Susan C. Ryan, CEO & President of Spaulding Youth Center. "Our students thoroughly enjoyed this positive therapeutic experience."

BITS ETC was the first facility in the Northeast to be licensed by SpiritHorse International to offer its award-winning curriculum of special use for riders on the autism spectrum. To learn more about Back in the Saddle Equine Therapy Center, visit <http://www.bitsetc.org/>.

About Spaulding Youth Center

Spaulding Youth Center is a leading provider of services for children and youth with neurological, emotional, behavioral, learning and/or developmental challenges, including Autism Spectrum Disorder and those who have experienced significant trauma, abuse or neglect. Services include academic, behavioral health, residential, foster care, health



COURTESY

Spaulding Youth Center is pleased to announce Back in the Saddle Equine Therapy Center (BITS ETC) recently visited its Northfield, New Hampshire campus. Spaulding Youth Center's students were invited to spend time with Missy the mini pony right on our campus quad.

and wellness and family support. Spaulding Youth Center is a tax-exempt 501(c)(3) nonprofit. For information about Spaulding Youth Center, visit www.spauldingyouthcenter.org.

Colby-Sawyer welcomes new students

NEW LONDON — Colby-Sawyer welcomes our newest Chargers to campus, including first-year and transfer students.

Noah Smith of Northfield, majoring in athletic training.

Julie Amico of Tilton, majoring in biology.

Alyssa Wiles of Tilton, majoring in biology.

About Colby-Sawyer College

Colby-Sawyer College is a comprehensive

college that integrates the liberal arts and sciences with professional preparation. The college's faculty, staff and students strive for excellence in an engaged teaching and learning community that fosters students' academic, intellectual, and personal growth. With a strong emphasis on learning outcomes, including breadth and depth of knowledge, self-growth, creative and critical thinking,

and effective communication, Colby-Sawyer prepares students to thrive post-graduation and make a positive impact upon a dynamic, diverse and interdependent world.

Founded in 1837, Colby-Sawyer is located in the scenic Lake Sunapee Region of central New Hampshire. Learn more about the college's vibrant teaching and learning community at www.colby-sawyer.edu.

Belmont student joins University of Vermont Honors College

BURLINGTON, Vt. — Jessica Dion, of Belmont, has joined the University of Vermont's Honors College. Dion is one of 212 student to join the Honors College's Class of 2022.

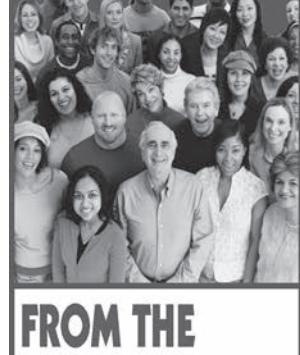
Invitations to join this residential college recognize academic success that comes from hard work and a genuine dedication to learning. Enrolling some of the most capable students from the full spectrum of academic programs at UVM, the

Honors College provides a rigorous, multi-disciplinary academic challenge that complements and enriches the entire undergraduate experience.

About UVM

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Franklin VNA & Hospice invites you to remember a loved one

FRANKLIN — The Loving Bulb, the Franklin VNA & Hospice's first fall remembrance event in the Teuscher - Wilson Hospice Garden is coming up Monday, Oct. 22, 3:30- 4:30 p.m. at their 75 Chestnut St., Franklin. The Garden features a beautiful south fac-

ing hill where Remembrance variety crocus bulbs will be planted in memory of those who have passed on. They invite you to come and plant one in memory of a loved one.

The Garden is open to the public year round and as Hospice Director

Elaine Cartier notes, "the garden is meant to be a peaceful place, full of memories and calm. The act of planting can in itself be therapeutic, and we hope the bright purple blooms peeking through the snow come Spring will bring more beauty and joy to everyone's lives."

To be a part of this event, please contact April at 934-3454 to have a bulb reserved for you to plant.

Franklin VNA & Hospice is an independent, non-profit organization established in 1945 to serve the Home Health

care needs of the community. They provide home care, Hospice, clinic and community education services to Andover, Belmont, Boscawen, Canterbury, Franklin, Hill, Northfield, Sanbornton, Salisbury, Tilton, Webster and surrounding towns,

as requested. For more information on services, donations, sponsoring a Memorial Brick or partnering with them for a stronger level of support for the Teuscher-Wilson Hospice Garden, call Franklin VNA & Hospice at 934-3454 or visit www.FranklinVNA.org.

Belknap County Republicans welcome Bob Giuda Oct. 10

L A C O N I A — The Belknap County Republican Committee will hold their next monthly meeting on Wednesday, Oct. 10, at 6:30 p.m. at the Laconia VFW, 143 Court St, La-

conia.

The Committee is pleased to announce that State Senator Bob Giuda District 2 will share his background, current events and be available for questions as it relates

to his position and candidacy.

Numerous other Republican Candidates will be on site to answer questions.

Belknap County GOP meetings are open to all Republicans and like-minded Independents. The Committee recommends that you arrive as early as 5 p.m. to socialize and/or to have dinner (at your option) prior to the start of the meeting at 6:30 p.m.

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

For more information about the Committee, please check the Committee's website at www.BelknapCountyGOP.org or send an email to Vice Chair William "Bill" Wright [william.h.wright1@gmail.com](mailto:wiliam.h.wright1@gmail.com).

TILTON POLICE LOG

TILTON — The Tilton Police Department

responded to 447 calls for service and made the following arrests during the week of Sept. 24-30. Please note that the names of juveniles, and those of individuals taken into protective custody but not formally charged with a crime, have been withheld from

publication.

Arrested during this time period were Brittany Ford (for Driving After Suspension), John Perkins (for Driving After Suspension and a Suspended Registration), Sarah Keith (for Criminal Trespassing), Kenneth Marshall (for Criminal Trespassing), and Sara Smith (for Possession of Drugs).

session of Drugs), Sonya Spooner (in connection with an outstanding warrant), Dogulas MacNeill (for Driving After Suspension and a Suspended Registration), Sarah Keith (for Criminal Trespassing), Kenneth Marshall (for Criminal Trespassing), and Sara Smith (for Possession of Drugs).

BELMONT POLICE LOG

BELMONT — The Belmont Police Department responded to 121 calls for service and made the following arrests during the week of Sept. 21-28. Please note that the names of juveniles, and those of individuals taken into protective custody but not formally charged with a crime, have been withheld from publication.

James A. Burns, age 39, of Laconia was arrested on Sept. 21 for Possession of Controlled/Narcotic Drugs.

Justin Anthony Hann, age 29, and Katelyn Lewis, age 34, both of Laconia, were arrested on Sept. 22 in connection with warrants issued by the Laconia Police Department and Laconia District Court, respectively.

Robert S. Linteri, age 37, of Gilford was arrested on Sept. 22 for Driving After Revocation or Suspension and Default or Breach of Bail Conditions.

Jerrid Henry Tremblay, age 22, of Laconia was arrested on Sept. 27 for Driving After Revocation or Suspension.

Edward Jones: Financial Focus

Can You Count on a Bountiful Investment "Harvest"?

We're officially in autumn - the season when we bring in what we planted in the spring. But the concept of planting and gathering isn't confined to agriculture. In fact, it can be used in many walks of life, including investing. So what can you do to help work toward a successful investment "harvest"?

Here is (not quite) a bushel of ideas:

Plant the right "seeds." When farmers plant specific crops, they know about what to expect - how long it will take for them to grow, how much

yield they'll produce, and so on. When you invest, you too need to plant "seeds" by choosing investments that are designed to help meet your goals. For example, to accumulate enough money for a comfortable retirement, you will probably need to own a reasonable percentage of growth-oriented vehicles, such as stocks - you generally can't expect the type of growth you need by investing solely in fixed-income investments, such as bonds and certificates of deposit.

Nurture your "crops." Agricultural workers are diligent

about cultivating their crops through proper irrigation, fertilization and weed control. And if you want to keep your investment portfolio healthy, you also must find ways to nurture it. First of all, you will need to keep adding new dollars regularly, because the larger your overall investment base, the more you can expand its growth potential. But you might also need to do some "weeding" of your own, because over the years, you may have purchased some investments that, for one reason or another, are now no longer suitable for your needs. If that's the

case, you might be better off by selling these investments and using the proceeds for new ones that could fill gaps in your portfolio.

Diversify. Farmers may plant a mix of crops: corn, soybeans, flax, legumes, fruits, and so on. Consequently, if one crop fails, it won't sink the farmer's entire business. As an investor, you, too, need to diversify, because if you only own one type of asset class, and a financial downturn hits that asset, your portfolio can take a big hit. But spreading your dollars among stocks, bonds,

cash and other investments can help reduce the impact of market volatility on your holdings. (However, diversification can't guarantee profits or protect against all losses.)

Thus far, we've looked at ideas on how you can create a healthy investment crop.

But once it's time to actually start harvesting your portfolio - that is, once you begin liquidating parts of it to support yourself during your retirement years - you also need to act carefully. Specifically, you need to establish a withdrawal rate that's appropriate for your situation,

based on your age, lifestyle, income sources and other factors. You could be retired for two or three decades, so it's essential you don't withdraw so much during your early years of retirement that you risk outliving your money. A financial professional can help you determine the rate that's right for you.

The agricultural harvest season only lasts a few weeks. But doing a good job of growing and managing your investment crop can help you reap the rewards far into the future.

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Edward Jones: Financial Focus

Can You Count on a Bountiful Investment "Harvest"?

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KINDNESS

CONTINUED FROM PAGE A1
to take over the school today...so let's get it on!"

The greeting was followed by instructions for a school wide scavenger hunt with clues to direct the students to the location of plastic colored eggs the band had hidden earlier. Whoever found an egg was asked to bring it to the school office then say a few words of kindness over the intercom.

Hurried footsteps could be heard going up and down the halls as clues for five eggs were given out and Ryan peeked out from the office, laughing as he videoed some of the "chaos" they had created.

Everyone was next told to head for the gym while those who found an egg were asked to think of one organization or one family in need to whom the band could donate \$1,000.

Once everyone was settled, the band made their entrance to wild cheers from the student body and staff, and Justin first took a few moments to introduce himself.

Raised just 15 miles away outside of Concord, he said life was hard for him growing up but he didn't let it lead him astray. With financial problems and alcoholism in his family he said he turned to drumming to get out his frustrations with life. When a talent show was scheduled at his school, he got some friends together, gathered buckets, pots and anything else they could find to beat out a rhythm on and set out to win the contest.

"We came in second place," he said with a frown.

The winner's mother was part of the judging that day.

That didn't deter them, though. They soon tried out for the television show America's Got Talent and won their way to the finals nine years ago. They didn't win that either but their Top 3 finish won them a lengthy contract in Las Vegas and the rest is history.

"So, my message to you today is to find something you care about and do it. Hey-I get paid to hide Easter eggs in schools now," he said with a grin.

His other message for the students was to be kind.

"The one thing I want to ring true today is that you remember every person in this room is special. I don't care if you're a rich kid, a poor kid, black, white or purple...everyone in this room is 100-percent equal and each and everyone of you is special," Justin said.

He then called upon the students who found the five eggs. Each were asked to reveal their own act of kindness by



Winnisquam Regional High School's Assistant Principal, Matthew Finch, gave it his all in a dance competition as a videographer from the band Recycled Percussion caught his moves on camera last week during a special appearance by the group.



Ryan, Alex and Justin of the band Recycled Percussion and television show Chaos and Kindness drummed their way up and down a pair of ladders during a surprise visit to Winnisquam Regional High School last week.



Justin of the band Recycled Percussion took over the loudspeaker system at Winnisquam High School last week to lead the school on a charitable egg hunt. Student Madison Hoffman found one of the first eggs and was asked to select a nonprofit organization to receive a \$1,000 donation from the band.



Kirk Young and his Music Appreciation Class at Winnisquam Regional High School were excited when famed drummers Justin and Ryan of Recycled Percussion, along with their cameraman, dropped in for an impromptu music trivia test last week.

determining where the \$5,000 from Recycled Percussion was to be donated. The nonprofit groups they selected were Autism Speaks, American Cancer Society, the Alzheimer's Association, Breast Cancer Awareness and Franklin Animal Shelter.

The band was also pleased to announce that Recycled Percussion recently set a world record by playing in all 50 states in just 12 days while raising money to provide toys for 5,000 children in their home state of New Hampshire. Just back from a 100 show tour of China, the group then provided a little of their own "chaos" with a few demonstrations of what they do as they travel the world.

When the cheers died

cash for the students. But, they all had fun trying with shots over their head, from between their legs, and even backwards.

Finally, Justin told the students he would give them "an epic dance-off competition" if they would promise to be kind to one another and he was true to his word. Teachers were brought onto the floor and given 10 seconds each to perform their best dance moves. From the Shimmy to the Worm, the Floss Dance to some smooth break dancing,

the teachers showed a side of them most students had never seen.

"That was by far my favorite teacher dance competition ever," Justin said as he pumped his fist in the air and the audience went wild with approval.

To top off the day, students were also asked to impress the crowd with a 10-second dance and the top two, determined by the cheers, were awarded \$50 each for their talents.

As the event came to a close, Justin took one last moment to remind

them of his message.

"We're all equal! Respect one another! Peace Out, Winnisquam High School!" he said in closing.

The best part? It was all caught on camera by the group's videographer. In approximately two weeks, the students will each receive a bracelet with a code on it. That code will allow them access to a Web site, where they will see all that took place the day Recycled Percussion took over their school and remember what it was all about.

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SWIM

CONTINUED FROM PAGE A1
with an example being that he has run the Boston Marathon 10 times. He also swam a 28-mile loop around Manhattan Island that took about 10 hours.

The swim across Lake Winnisquam on Sept. 15 took about six hours.

Welsch is a former U.S. Marine and he attributes his drive and determination to his skills learned in the military. Since that fateful day in 1980 when he crashed his motorcycle, he knows that his mission is now to inspire

hope after the accident led to years of rehabilitation. He also uses swims like these as a sense of inspiration for others, notably amputees, and also to spread awareness of the dangers of driving under the influence.

The swim was difficult, he said, but added that it is an exhilarating feeling to finish it. He said if it wasn't for his supportive crew it would not have been possible. His friends Kate Woll and Laurel Kayne swam part of the time, while another named Ralph Brooks

did the entire length of the lake with Welsch.

"I don't see this as an individual thing," said Welsch. "It was really a group effort. I had two big boats and a good group of people, where everyone was doing something. They were so supportive."

Welsch said he was fortunate that his body felt so good after the swim, on what was a nice warm day. He said having his supporters there cheering him on as he ended the swim was a driving force that he could hardly put into words.

"It is such an incredible feeling," said Welsch.

Welsch said this is the last of the Granite State lakes that he would like to swim, as his goal was to finish all the larger lakes in the state. This is a feat that took him over 10 years. He started with the Connecticut Lakes, before swimming Lake Winnipesaukee that took him 16 hours, and now to Squam.

"I'm a fortunate guy," Welsch said. "I've met some of the nicest people in New Hampshire doing this."

Welsch said while he has swam as inspiration for amputees, he has also been a major advocate for the Pan Mass Challenge. He has suggested that people donate to the cause, as cancer is a near and dear issue to both him and just about anyone.

"I was out there swimming and thinking of a friend of mine who has been battling cancer," said Welsch. "I was thinking of him a lot. You know, it's a disgusting, terrible disease."

Welsch said now that the swims have been

completed he doesn't think his attempts to push the odds in athleticism are over. He suggested that he will start climbing mountains with his children, but reminded that it takes much more than his own determination to complete these challenges.

"The whole thing is a group effort," said Welsch. "If I was out there by myself I don't know if I would have finished. People on the boats, swimming and everyone having a great time. It is like a big party. It feels great."

IMPRESSIONS

CONTINUED FROM PAGE A1

ics of traffic/pedestrian management, the river, business diversity and visual appearance.

In the business diversity discussions, some voiced a concern on the need to find ways to make businesses stay in town.

"They seem like they have great potential then suddenly they're closed," observed one woman.

Some felt parking or rental rates could be issues, but also observed that while there is a lot of traffic flowing through the town, people often don't stop.

A few things suggested were to improve parking (and signs for the municipal lots) and have better snow removal between the street and sidewalks in the winter.

Taking part in that discussion was Executive Councilor Joe Ken-

ney. Kenney informed the group about a "business incubator" service available at Plymouth State University and

suggested they try to attract more in the way of entertainment to the town. He added that it would be beneficial to get the students of Tilton School involved in the process.

"They're the Millennials; have them come up with business ideas and their vision for the future," Kenney said.

In the next room, another group tackled the topic of the Winnipesaukee River. Among them were two Tilton selectmen, a Northfield selectman and a science teacher from Tilton School.

When asked if the river divides or joins Tilton and Northfield, Tilton Selectman Jon Scanlon felt it brings unity through recreational events while Scott

Haskins of Northfield saw it differently.

"The river to me means a separation of the two towns and I don't want that. That's why I'm here," he said.

Suggestions were to promote a clean up of buildings and land along the waterfront and encourage businesses that would cater to kayak rentals and other forms of recreation. The teacher pointed out that with improved access, the river could provide great outdoor learning experiences for students, too.

The group also thought a pedestrian bridge connecting Northfield's Surrette Park with Riverfront Park in Tilton would be a great asset to both towns.

In the Visual Appearance room, interested parties included students from Tilton School who said they would be happy to consider some of the ideas brought up such as flower barrels along Main Street, banners and other means to "dress up" the area.

Finally, the traffic/pedestrian management group considered making Main Street a one-way street to lessen congestion and provide safer conditions for cars backing out of the street side parking spaces. They, along with the police chief, who was part of the group, thought a permanent digital speed sign to warn drivers if they exceed the speed limit could also improve



DONNA RHODES

A group that included selectmen from Tilton and Northfield discussed ways the river might help attract more visits to downtown Tilton during a public forum led by representatives of the UNH Cooperative Extension's New Hampshire First Impressions initiative.

safety. Most of all, they concluded that a conceptual design of what traffic pattern changes would look like and a commitment to work with Northfield officials would be necessary as the First Impressions Steering Committee moves forward. State Senator Bob Giuda sat in with that group, too, and told them there were highway grants and other financial aid opportunities he would be willing to help the town acquire when they were ready.

One gentleman summed up his thoughts by looking to the past to resolve issues of today.

He pointed out that with the fine architecture along Main Street, the Tilton Arch and the statues placed around



DONNA RHODES

Taking part in a "First Impressions: Tilton" public forum last Thursday evening, Executive Councilor Joe Kenney (left) listened as Jared Reynolds (right) of the UNH Cooperative Extension led a group discussion on ideas for attracting more business to the town.

town, "Charles Tilton already went through this. He saw this as the Gateway to the Lakes Region and we need to play up the historic aspect of all we have."

Juliet Harvey of the First Impressions: Til-

ton steering committee thanked all who took part in the evening and said the date for another such event will be announced in the near future.

com/.

About Spaulding Youth Center

Spaulding Youth Center is a leading provider of services for children and youth with neurological, emotional, behavioral, learning and/or developmental challenges, including

Autism Spectrum Disorder and those who have experienced significant trauma, abuse or neglect. Services include academic, behavioral health, residential, foster care, health and wellness and family support. Spaulding Youth Center is a tax-exempt 501(c)(3) nonprofit.

For information about Spaulding Youth Center, visit www.spauldingyouthcenter.org.

SYC

CONTINUED FROM PAGE A1

The organization was founded by renowned Boston-based journalist Jack Williams in 1981. Each year, the Endowment gives more than \$350,000 in grants to group homes in Massachusetts and New Hampshire.

"The generous and continued support of the Jack and Marci Williams Endowment for Wednesday's Child has been a longtime supporter of Spaulding Youth Center and has helped the organization fund various programs as well as the construction and completion of a new, high-performance school and innovative educational opportunities for children."

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CHILDFIND CLINIC

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

PUBLIC NOTICE**To the Citizens of the Winnisquam Regional School District****NOTICE OF PUBLIC HEARING**

On October 15, 2018 at 6:30 p.m.

At WRMS in the Media Center

In accordance with RSA 198:20-b, notice is hereby given, that the Winnisquam Regional School Board will hold a public hearing in regards to:

- Accepting two donations totaling \$25,000 for the purchase and installation of a scoreboard at WRHS.

~ And ~

PUBLIC INFORMATION MEETING ON THE RECOMMENDATION OF THE FORMULA STUDY COMMITTEE

The Winnisquam Regional School Board will conduct a public information meeting on the recommendations of the Formula Study Committee to the Articles of Agreement. The Formula Study Committee recommends no change to the current formula.

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BENEFIT

CONTINUED FROM PAGE A5
the shelter and its tireless staff and cadre of dedicated volunteers work to prevent cruelty to animals.

About the NH Humane Society

Founded in 1900, our shelter is one of the longest standing animal rescue organizations in the state of New Hampshire. A standalone 501(c)(3) non-profit, the New Hampshire Humane Society receives

no funding from national humane entities or government agencies. Instead, we rely solely on private donations and sponsorships for events like this one. As part of our ongoing efforts to help animals, we offer community education and support programs to help end animal mistreatment and work to curb population growth through our low cost spay/neuter programs.

LRPA

CONTINUED FROM PAGE A5
them by driving wooden stakes through their hearts. By night, Morgan barricades inside his home to protect himself from hordes of the undead. One day he sees Ruth (Bettoia), walking in the daylight. Morgan is suspicious of her story of survival, but is so glad for company that he takes her back to his home. There, she recoils from garlic, a sign that she is a vampire. But Ruth explains that she and some others have developed a serum that temporarily allows them to keep the disease under control. Morgan has also been experimenting with ways to find a cure. Ruth reveals that she has been sent by her group to spy on Morgan. They are angry with him, because when he has been killing the vampires, he has inadvertently been slaug-

hunting some of their own as well. Ruth implores him to run, but as a scientist, he wants to stay and try to help this group. Will Morgan be able to cure mankind?

"The Last Man on Earth" is based on Richard Matheson's 1954 novel I Am Legend, a work that inspired this film and two others: 1971's "The Omega Man," starring Charlton Heston, and 2007's "I Am Legend," starring Will Smith. All three adaptations resulted in very different films. Matheson himself worked on our film's screenplay, and although he was reportedly unhappy with the final result, he has stated that this version is the most closely related to his novel. "The Last Man on Earth" was underappreciated in its time, but has since become a cult classic. While some critics felt

that Vincent Price was out of his element as the somber Dr. Morgan, others believed that he imbued the character with exactly the right amount of world-weariness, misery and frankness, boredom - the day-in, day-out grind of Morgan's mere existence is skillfully portrayed. This rarely-shown film is a trick and a treat! So grab your candy corn and join LRPA after dark for this post-apocalyptic gem from the past.

Mark your calendars for Shocktoberfest's Halloween treats:

Oct. 12 & 13: 1953's animated short "The Tell-Tale Heart" and 1959's "A Bucket of Blood"

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

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

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where 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. LRPA cablecasts locally on Atlantic Broadband Channel 24 (educational programming and public bulletin board), Channel 25 (information and entertainment) and Channel 26 (government meetings) to nearly 11,000 viewers in our member communities of Belmont, Gilford, Laconia, Meredith and Northwood. Programming is produced by and for the people of the greater Lakes Region. LRPA's mission is to 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.

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Online: www.lancasterfair.com

HOPKINTON STATE FAIR

August 31 to September 3, 2018

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.

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Online: www.hsfair.org

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72 Lafayette St., Rochester, NH 03867
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Online: www.rochesterfair.com

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September 7 to 9, 2018

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Online: www.hcafair.com

DEERFIELD FAIR

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Online: www.deerfieldfair.com

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Breast Cancer Awareness 2018



Breast cancer survival rates soar

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

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

The good news is that breast cancer incidence rates began decreasing in 2000 after increasing for the previous



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

two decades. In addition, death rates from breast cancer have been decreasing steadily since 1989.

The National Cancer Institute says that the change in age-adjusted mortality rates are an indicator of the progress being made in the fight against breast cancer. The most recent SEER Cancer Statistics Review

released in April 2018 indicates cancer death rates among women decreased by 1.4 percent per year between the years of 2006 and 2015. The American Cancer Society says that decreasing death rates among major cancer types, including prostate, colorectal, lung, and breast cancers, are driving the overall shift in survival. The ACS says breast cancer

death rates among women declined by 39 percent from 1989 to 2015. That progress is attributed to improvements in Canadian Cancer Society. Currently, the five-year survival rate for breast cancer among Canadians is 87 percent, and the five-year net survival in the United States is 85 percent.

A similar scenario has unfolded in Canada. Breast cancer mortality rates increased through examinations and mammography and improved treatments are helping to drive up the survival rates of breast cancer. Although this does not make diagnosis any less scary, it does offer hope to those recently diagnosed.

Did You Know?

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



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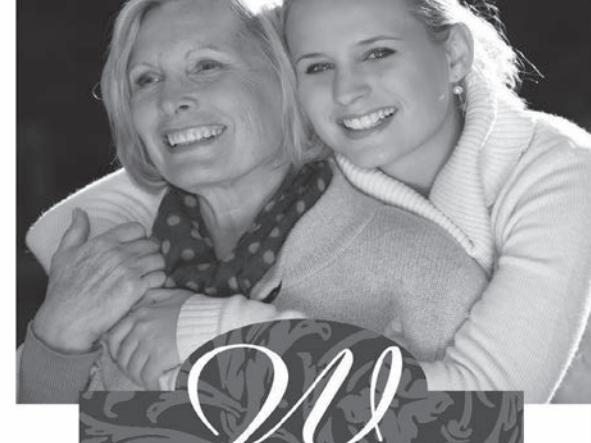
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Breast Cancer Awareness 2018

Speare Memorial Hospital

Expands Breast Health Services

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

month.

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

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2. Ultrasound guid-



Facts and figures about cancer

- A global concern in every way, cancer affects people from all walks of life. But as prevalent as cancer is, some facts and figures may still surprise you.
- 8.8 million: The number of people, according to the World Health Organization, who died from cancer in 2015, making it the second leading cause of death across the globe.
- 70: Percentage of cancer deaths that occur in low- and middle-income countries. (Source: WHO)
- 22: Percentage of cancer deaths across the globe that can be traced to tobacco use. (Source: Global Burden of Disease Study 2015)
- 90: Percentage of high-income countries in which treatment services are available to citizens afflicted with cancer. (Source: WHO)
- <30: Percentage of low-income countries in which treatment services are available to citizens afflicted with cancer. (Source: WHO)
- 25: Percentage of cancer cases in low- and middle-income countries caused by infec-

tions such as hepatitis and the human papilloma virus, or HPV. (Source: WHO).

• 12: Percentage of cancers worldwide linked to viruses. (Source: National Toxicology Program, National Institute of Environmental Health Sciences)

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

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

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

ed cyst aspiration to identify if a lump is a fluid-filled cyst or a solid lump. If it is fluid, the aspiration will remove the fluid from inside the lump.

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Speare Memorial Hospital has a dedicated and experienced team of mammography staff. Appointments can be made from 8am to 4 pm Monday through Friday. Late afternoon appointments are also available. Appointments can be made by calling 603-238-2232.

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Q&A with Jessica Ryan, MD

Medical Director and Breast Surgeon at the CMC Breast Care Center

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



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

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

Other common misconceptions?

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

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

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

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

What breast health technologies are you most excited about?

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

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

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

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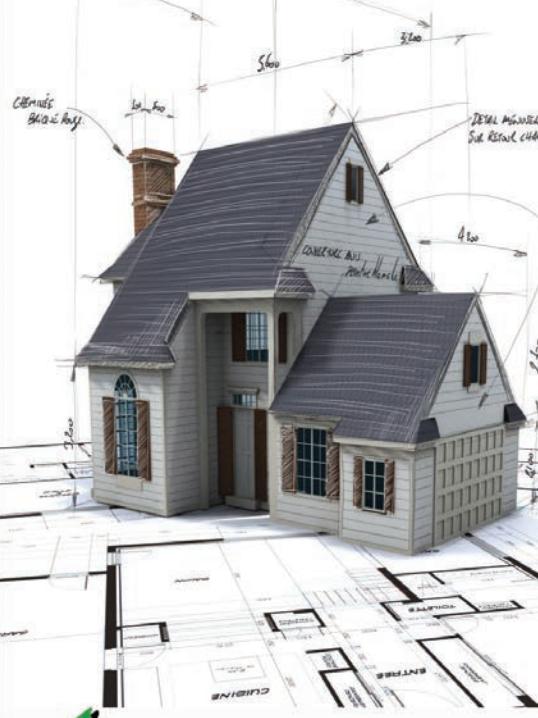
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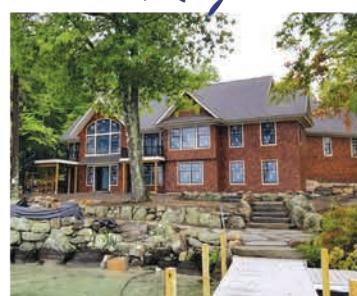
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SPORTS

BY BOB MARTIN
Bob@Salmonpress.news

BELMONT — It is always a crazy matchup when it comes to games between rivals Gilford and Belmont, and the boys' soccer game for Belmont High School's Homecoming once again lived up to the hype, with Belmont taking a 1-0 win thanks to a late goal by Griffin Embree.

It was anyone's game, and both teams had their opportunities, but both defenses and incredible goalkeeping by new Gilford goalie Connor Guest and Belmont's Jake Deware kept the offenses in check. There were several shots by Belmont that went off the cross bar that were then gobbled up by Guest, and Deware made some tough saves look easy.

It was a tie game with no score until 6:34 left in the game. Embree broke away from the defense and smashed a shot by the diving Guest for the game winning goal. The crowd at Belmont High School went nuts, and the Belmont teammates hugged an ecstatic Embree, who threw fist pumps into the air after the goal.

Gilford had some chances as time rolled off the clock, including a direct kick that was



BOB MARTIN

Griffin Embree, left, celebrates with Zach Ennis after a goal that put the Red Raiders up 1-0 over a tough Gilford squad at homecoming.

cleared out by Belmont at about two minutes left. Belmont was able to hold on for the tight win over rival Gilford.

Earlier in the week, Gilford goalie Troy Gal-

lagher sustained a leg injury in a game against Hopkinton. Gallagher has been a rock in net, and is a senior leader on the team. Oftentimes this could derail a team,

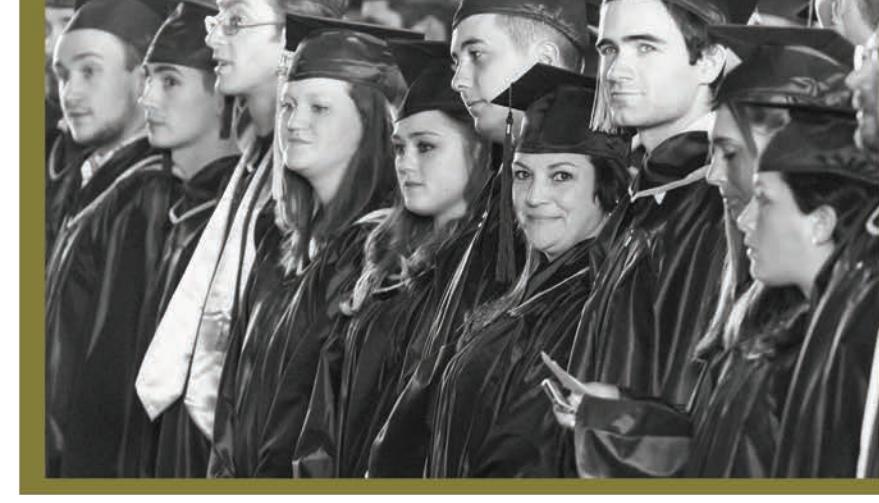
Guest had the job of

defending shots from one of the best teams in Division 3, a Belmont squad that has only given up two goals all season and has yet to lose a game. Gilford coach

Dave Pinkham was very happy with how the team played, adding that it would have been nice to get a win but that he couldn't have asked

SEE SOCCER, PAGE B3

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Champs sweep to a trio of wins

BY BOB MARTIN

Bob@Salmonpress.news

TILTON — The Winnisquam volleyball team continued its dominance with three sweep wins over Division 3 challengers last week.

On Sept. 24, Winnisquam beat Sunapee by scores of 25-11, 25-15 and 25-20. The match was played well despite the team missing Sarah Seymour and Hannah Blackburn due to illness.

"The team responded well and we rearranged a few rotations to cover them," Livernois said.

Leading the charge was Gabby Isabelle with 13 kills and 10 digs. Shannon Goodwin had seven kills, nine digs and three aces. Olivia Dill had 17 assists and two aces. Hanna Honeman had two kills and two blocks. Emma Richardson had four digs and an ace.

On Sept. 26, Winnisquam beat Franklin easily with scores of 25-10, 25-2 and 25-21.

"Winnisquam dominated in the first two games, controlling both games with strong serving and hitting," said Livernois. "We made some changes to the lineup in the third game, led 24-10. Franklin went on a run at the end to tighten the score before we finished out the set. We had 25 aces as a team."

Isabelle had 12 kills, two digs and five aces. Goodwin had 10 kills and three digs. Dill did a great job setting and passing with 16 assists. Chloe Colarosso had 16 assists. Seymour had six kills and four digs. Aubrey St. Onge had five digs and four aces. Blackburn returned to action nicely with nine aces and three digs.

On Friday during the Winnisquam Homecoming, the Bears won 3-0 over Portsmouth Christian Academy with scores of 25-10, 25-14 and 25-20.

Isabelle led the way with 10 kills, eight digs and two aces. Goodwin had seven kills, three digs and two aces. Dill posted 23 assists to go along with three digs and two aces. Seymour had five kills, five digs and five aces. St. Onge had three digs and two assists, while Becka Persson had three digs and three aces.

"We served 15 aces in the match," said Livernois. "I was pleased with the win but would like to see the team raise their intensity level. We have 3 tough matches coming up against Campbell, Inter-Lakes and Farmington so we are going to play at a high level



BOB MARTIN

Gabby Isabelle goes up for a big slam against Portsmouth Christian Academy.

against these teams."

Next up for Winnisquam is a battle of two

of the top teams in Division 3 when Inter-Lakes game is on Oct. 5 at 6:15 p.m.

Eagles edge Kingswood under Friday night lights

BY BOB MARTIN

Bob@Salmonpress.news

WOLFEBORO — The Gilford/Belmont football team improved to 3-2 with a tight 27-22 win over Kingswood under the lights last Friday, which increased the team's record to 3-2 this season.

It was a back-and-forth game much of the time, beginning with a Kingswood score on the team's first drive after picking off an Alex Cheek pass on the first drive of the Golden Eagles. The score came on a one-yard touchdown run, and a completed two-point conversion made it 8-0 in favor of Kingswood with 7:53 left in the first quarter.

The Golden Eagles had the ball at the beginning of the second quarter and Cheek connected with Brandon Gallagher for an 18-yard touchdown pass with 10:24 remaining in the half. The extra point was good and it was an 8-7 game.

After a fumble recovery by the Golden Eagles, Gilford/Belmont's offense sputtered with a four and out. Kingswood responded with a 57-yard touchdown run and it was a 14-7 game.

The Golden Eagles answered back with a nice four play drive. The first play was a great pass to Patrick Carr up the middle of the field for 62 yards. He caught a 10-yard touchdown pass two plays later to tie the game at 14-14, which was the score at halftime.

"Alex Cheek marched the offense down the field consistently finding senior tight end Patrick Carr," said coach Josh Marzah.

In the second half, Gallagher picked off a pass at his own one-yard line, but Gilford/Belmont and Kingswood alike could not come up with any scoring in the third quarter.

With 8:10 left in the game, Cheek hit Gallagher with a 32-yard touchdown pass to give the Golden Eagles a 21-14 lead. Kingswood answered quickly with an eight-yard touchdown run with 4:25 remaining.

After a completed two-point conversion it was 22-21 in favor of Kingswood.

Defensively, John Mitchell had 14 tackles and a fumble recovery in the game. Roy had 15 tackles and a pass deflection. Brown had six tackles and two sacks on the day.

Cheek had a strong

day throwing and running, with 220 yards in the air and 106 yards on the ground. He threw for three touchdowns and also ran for one. Carr



JOSHUA SPAULDING

Blake Descoteaux runs the ball up the middle against Kingswood.

day throwing and running, with 220 yards in the air and 106 yards on the ground. He threw for three touchdowns and also ran for one. Carr

was the number one target with eight catches, 130 yards and a touchdown. Gallagher had two touchdown catches for 60 yards on the day.

He also had an interception.

Gilford/Belmont takes on Hanover at home for a 3 p.m. game on Saturday.

Gilford girls spoil Belmont's Homecoming with 3-0 win

BY BOB MARTIN

Bob@Salmonpress.news

BELMONT — The Belmont girls' soccer team hosted a tough Gil-

ford High School squad for Homecoming on Saturday, and thank to some strong defense and incredible goalkeeping

by Gilford's Hannah Perkins, the Red Raiders fell 3-0.

Gilford and Belmont both had 12 shots on goal in the game, but Gilford coach Rob Meyers said the difference between this game and the previous matchup where Belmont won, was the aggressiveness of his team.

He said the Gilford girls controlled the middle of the field and were able to put up two early goals to get on top. He added that the score didn't indicate the intensity of the game, as both teams were playing with determination and had scoring chances throughout.

Coach Mark Dawalga praised his girls for the effort put forth, and also spoke highly of the performance by the Golden Eagles.

"Give Gilford all the credit," said Dawalga. "Gilford played a very good game and their goalkeeper Hannah Perkins made some quality saves. We got down early but we never gave up. Very proud of the second half effort."

Earlier in the week, Belmont had a much better time with rival Laconia, with an 8-0 victory. Julianna Estremera and Katie Gagnon both had hat tricks, while Kaitlyn Gerbig and Rebecca Fleming had a goal each. Dawalga also commended the play of Jada Edgren. He said it was a good overall team effort for the Red Raiders.

"Really played a complete game today," said Dawalga. "Always nice to be able to get everyone in the game."

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Bears roll over Rams in Homecoming rout

BY BOB MARTIN
Bob@Salmonpress.news

TILTON — The Winnisquam football team has done a complete turnaround this year from last season, and most recently the Bears beat Raymond 39-0 to improve to 4-0.

It was a dominant win in a game where the team was amped up for Homecoming. Coach Pat Riberdy said with Raymond being 2-1 coming into the game, the Bears focused on sticking to their game plan and not shooting themselves in the foot.

The first drive was a quick touchdown on only three plays. Quarterback Phil Nichols ran the ball in from 52 yards out.

"It was a nice read play that we like to run," said Riberdy. "We like to isolate the defensive end and see what we can get out of that."

The second score was a 30-yard pass to Gunnar Horman as the first quarter was winding down. It was 14-0 at the end of the first quarter. In the second quarter the Bears scored on a three-yard run by Angela Glover to make it 20-0 with 7:59 left in the half. Brycen Wiles had an eight-yard run several minutes later to make it 26-0.

The Bears scored twice in the third quarter including a three-yard run by Nichols and

then a nine-yard run by Evan Judkins to make it 39-0.

The team had an outstanding day controlling the game tempo through rushing. The Bears rushed 34 times for 304 yards, an average of just under nine yards per carry. Glover rushed 15 times for 122 yards and a touchdown. Nichols rushed five times for 97 yards and two touchdowns. Wiles ran the ball five times for 59 yards and a touchdown.

Nichols was 4/10 passing for 101 yards and a touchdown on the day. Horman had two catches for 52 yards including a touchdown, while Garret Mango had a 38-yard catch. Cooper French had the other catch for 11 yards.

Defensively the leader was Xoren Powell



Angelo Glover stiff arms a Raymond defender in a big win for the Bears.

with seven tackles and a sack. Wiles led the team with 12 tackles on the day.

Last year was a tough year for the Bears due to a number of factors mostly relating to injuries. Riberdy said the

team battled through the adversity, and fortunately the difficult season allowed his young players to get quality game experience. He said this, along with moving to Division 4, has truly helped the team turn

things around.

"Everything seems to be falling in line," said Riberdy. "These young kids have experience and they've paid their dues. It looks like they are getting their rewards now. It's excit-

RC GREENWOOD

Soccer Bears continue to show improvement

BY BOB MARTIN
Bob@Salmonpress.news

TILTON — The Winnisquam soccer team played Somersworth for Homecoming, and despite the Bears showing they have progressed as a team, Somersworth came away with a 3-2 win in overtime.

Somersworth scored first with a goal by Jake Ducharme about 10 minutes into the game. Winnisquam answered back with a nice goal from Hunter Hinckman about 10 minutes later,

with an assist by Trevor Gray. The shot by Hinckman was from outside the 18-yard mark that sailed to the right upper 90 out of reach of the Somersworth goalie.

Calvin Dodge then put Winnisquam up 2-1 in the second half with an assist by Eric Young on what coach Jacob Bodah said was a great pass. Late in the second half Mamadou Diallo of Somersworth tied up the game. About five minutes into overtime

Ducharme scored to take the 3-2 win.



Goalie Jake Holt drops a ball for Winnisquam.

BOB MARTIN

SOCER

CONTINUED FROM PAGE B1 for a better effort from his team- notably the defense and Guest that kept the high powered Belmont squad from scoring for most of the game.

Belmont coach Mike Foley said with Belmont having the ball in the Gilford zone as often as it did, with so many close opportunities being thwarted near the goal, it was only a matter of time before the ball ended up in the back of the net. However, he gave credit to the Gilford defense for making it so difficult for them to get quality shots on goal until Embree was able to knock one home for the victory.

"It was definitely one of those games where it felt like we were going to score, but it was a question of when," said Foley. "But to Gilford's credit, they defended us about as well as you possibly could. They made it frustrating on our guys and that's what you need to do."

The win gave Belmont an 8-0-1 record and the team is outscoring opponents 46-2 with seven shutouts on the season. The tie came against Campbell- a team that has also yet to lose and has been dominant this fall.

"Fortunately we have some guys who have been in this position before," said Foley. "In my tenure I've always preached one game at a time. You can't look too far ahead. The team that you are playing on that day is all that matters."

Belmont also had a 9-0 shutout win over Somersworth last week, which was a runaway win from the beginning where the

Red Raiders were able to get quality playing time for a large group of players. The first goal was 30 seconds into the game by Zach Ennis, with an assist by Nate Sottak.

The second goal was by Colby Brown. Jake Brown had the fifth goal with an assist by Mike Sprague. The sixth goal was scored by Brendon Kelley with an assist by Zack Duclos.

Rona Pesa scored his first varsity goal for the seventh goal of the game. The final two goals were scored by Joey Spinale, which were also his first varsity goals. Mathieu

assisted the first goal and the second was unassisted.

"We got some great quality playing time by a ton of kids," said Foley. "It was a good win."

Belmont played Derryfield and Monadnock after deadline. On Oct. 4 the Red Raiders host Hillsboro-Deering at 4 p.m.

"I feel like our team played very aggressive," said Bodah. "We had lots of opportunities but we just didn't finish. We need to work on that."

Bodah said the team is certainly not the same team they were at the beginning of the fall, saying the Bears have shown recently that they

are there to play. Notably he said the Bears played competitively against tough teams like Hopkinton in recent weeks.

"We've come a long way as far as how to play the ball," said Bodah. "We need to finish our chances and put the ball

SEE BEARS, PAGE B10



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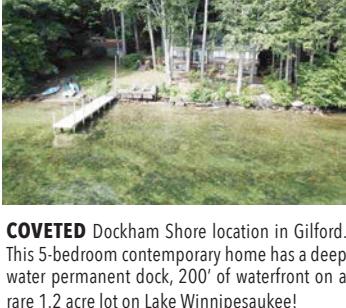


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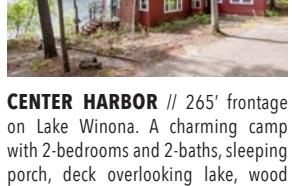
BEAR ISLAND - MEREDITH // Spacious, welcoming, Bear Island cottage with 2 bedrooms, 2 large lofts, an amazing screen porch, covered deck, full bath, washer/dryer, 200' frontage, U shaped dock, 2.62 Acres.

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SANDWICH // Contemporary, custom home on private 16+- acres. Expansive living space with charming architectural details. Three bedrooms including first floor master suite. Beautiful retreat for all seasons!

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\$450,000 (4719472) Call 253-9360



ALTON // Antique Post & Beam Colonial on 27 acres. 3 bedrooms, 2 bathrooms, 4 fireplaces, pine floors, exposed beams. Cathedral Great room. Oversize garage. Perennial gardens. Private pond and several brooks.

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SANDWICH // Perfect energy efficient home for the family, with bungalow on sunny corner lot 3-bedrooms, all with their own with garage pad in place. In need full baths. Private 6+- acres abuts of renovation, put in your sweat Ossipee Mountains, yet easy access equity and see what can be done! Rte 25 and 109.

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\$49,000 (4677841) Call 875-3128 \$30,000 (4497574) Call 875-3128



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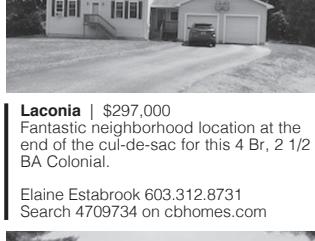
Meredith | \$1,695,000
Wonderful lake and mountain views from this home with 400' of waterfront that has a natural sandy beach.
Susan Bradley 603.493.2873
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Gilford | \$475,000
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Alton | \$389,000
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Laconia | \$297,000
Fantastic neighborhood location at the end of the cul-de-sac for this 4 Br, 2 1/2 BA Colonial.
Elaine Estabrook 603.312.8731
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Moultonborough | \$289,900
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Madison | \$275,000
Beautiful waterfront building lot on Silver Lake with 160' of owned waterfront.
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Belmont | \$239,900
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Moultonborough | \$199,900
10+ ACRES with beautiful mountain views. Included in the sale is a well-maintained year-round camp/cottage. Kathryn Aitken 603.496.5989
Ellen Karnan 603.986.8556
Search 4704469 on cbhomes.com



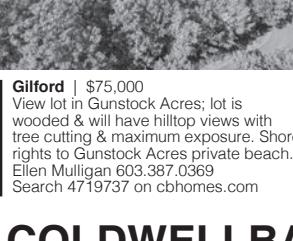
Franklin | \$199,900
Fully occupied 2 unit on a nice level lot just minutes from downtown. Full walkout basement for storage.
Gus Benavides 603.393.6206
Jenn Anderson 603.254.5996
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Tamworth | \$194,900
Beautiful Country Cape dating from the settlement of Tamworth, located in Tamworth Village. Built in 1790, most original features.
Annie Schoonman 603.455.2918
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Belmont | \$140,000
Steps from Lake Winnisquam is this beautifully kept, upgraded park wood camper with addition.
John Silva 603.630.8723
Mary Seeger 603.630.8723
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Gilford | \$75,000
View lot in Gunstock Acres: lot is wooded & will have hilltop views with tree cutting & maximum exposure. Shore rights to Gunstock Acres private beach.
Ellen Mulligan 603.387.0369
Search 4719737 on cbhomes.com



Belmont | \$57,500
1971 Mobile Home on its own land. Two bedrooms and 1 bath. .23 corner acre lot with plenty of backyard privacy. Public water and sewer.
Kathy Davis 603.387.4562
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Gilford | \$39,999
12'x30' garage/storage unit with power and a separate 12'x16' finished storage above. Great location and low quarterly fees!
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Carly Howie 603.937.0170
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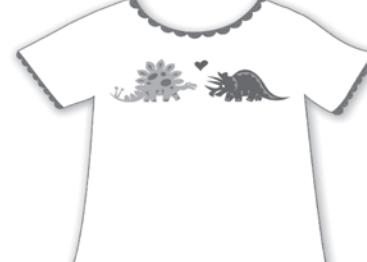
Laconia | 348 Court Street | 603.524.2255 | **Center Harbor** | 32 Whittier Highway | 603.253.4345
CB Home Protection Plan 866.797.4788

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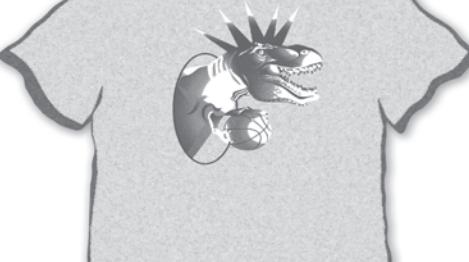
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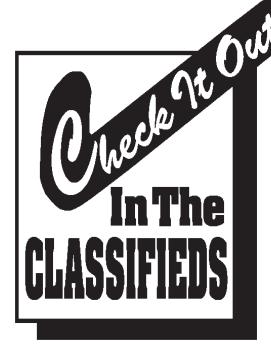
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Moultonborough School District Classroom, Custodial and Nurse Subs Needed

The Moultonborough School District is looking for classroom, custodial and nurse subs. Classroom Sub Rates are \$75/day for non-certified and \$80/day for certified/Previously certified. Custodial sub rate is \$12.75/hour. Nurse subs must be licensed LPN or RN: sub rate up to \$120/day.

If interested, complete the application found on the employment page of the District's website at <http://www.sau45.org/district/employment> and submit along with a resume and three current letters of reference to: SAU Office, PO Box 419, Moultonborough, NH 03254.



North Country Home Health & Hospice Agency

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For more information, please contact Jennifer Everleth, Human Resources (603) 444-5317 or jeverleth@nchhha.org • Apply online at www.nchhha.org

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kids' corner



THIS TYPE OF CHEESE ORIGINALLY WAS MADE FROM A BLEND OF CHEDDAR AND COLBY. POPULAR AMONG CHILDREN, IT IS SOMETIMES REFERRED TO AS YELLOW CHEESE.

ANSWER: AMERICAN CHEESE

How they SAY that in...

ENGLISH: Creamy

SPANISH: Cremoso

ITALIAN: Cremoso

FRENCH: Crèmeux

GERMAN: Rahmig

Cheesy Word Find

Find the words hidden in the puzzle.

BLOCK
CHEESE
CHUNK
CREAMY

HARD
MELTED
SALTY
SHREDDED

SLICES
SOFT
TASTY
TOPPING

G	Z	Y	W	T	T	E	K	U	I	G	B
S	N	K	W	F	A	S	Y	Y	X	L	D
E	L	I	Z	O	S	E	F	T	O	F	Y
S	C	I	P	S	T	E	R	C	L	Q	X
Z	Q	Y	C	P	Y	H	K	L	Y	A	D
F	U	J	Z	E	O	C	L	M	P	R	S
K	N	U	H	C	S	T	A	Q	A	G	N
D	W	D	K	C	L	E	L	H	N	U	O
D	E	D	D	E	R	H	S	S	E	V	V
E	K	Q	D	C	M	E	L	T	E	D	E
Y	P	U	T	N	B	B	L	J	W	N	J
Z	F	F	N	D	H	Q	K	D	T	G	U

Get Scrambled

Unscramble the words to determine the phrase.

LEMTDE EC SHEE

Answer: Melted cheese



PROCESSED

result of a series of changes

Did you know?

SOUP AND GRILLED CHEESE IS A BELOVED LUNCH THAT IS CONSIDERED A COMFORT FOOD. IT CAN WARM A BODY ON CHILLY DAYS.



GET THE PICTURE?



Can you guess what the bigger picture is?

ANSWER: CHEESE SLICES

ABCDEFGHIJKLNOPRSTUVWXYZ

CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to baking.

Each number corresponds to a letter.

(Hint: 25 = e)

A. 6 3 13 4 9

Clue: Powdery substance

B. 13 10 25 23

Clue: Heats up

C. 15 5 19 25 9

Clue: Counts down

D. 21 25 2 2 25 9 15

Clue: Sweet treat

SUDOKU

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

Level: Intermediate

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Here's How It Works:

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

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

ANSWER:

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**Marine Patrol Officer Trainees**

The State of New Hampshire's Marine Patrol Unit of the State Police is seeking individuals to join their team for the 2019 Summer Season.

Marine Patrol is the primary state agency responsible for ensuring safe boating on the State's waterways. Marine Patrol Officer Trainees are responsible for the enforcement of criminal, boating, and other laws to ensure public protection and safety.

Functions include: maintain law and order, detect and prevent crimes, apprehend suspects and prosecute violators, and provide security for the State's seacoast ports, lakes and rivers.

For more information regarding the minimum qualifications for this position please visit:

<https://www.nh.gov/safety/divisions/nhsp/ssb/recruitment/seasonal-trainee.html>

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Retail Sales Associate

We are looking to add a self-motivated individual to join our sales team in our Apparel & Accessories department. Candidates must be available on Weekends and Holidays, have a positive attitude and a positive approach to customer service. Duties include but are not limited to addressing customer needs and providing the necessary knowledgeable information on the products, restocking and light cleaning.

One year retail experience and a passion for skiing/snowboarding a plus.

Benefits include:

Competitive Pay

Discounted and/or free skiing privileges

at area mountains

Please apply in person

Ski Tech/Rentals/Sales Associate:

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

One year rental/service experience and a passion for skiing/snowboarding a plus.

Benefits include:

Competitive Pay

Discounted and/or free skiing privileges

at area mountains

Please apply in person



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Field hockey Bears best Spartans for Homecoming win

BY BOB MARTIN

Bob@Salmonpress.news

TILTON — The Winnisquam field hockey team improved to 5-3 with a big Homecoming win over White Mountains on Saturday by a score of 3-1.

Hannah Max led the scoring charge in the game with a pair of goals and an assist. Karissa Haskins added the third goal. Maddie House

and Meghan Cote each had assists. Freshman Kaitlyn Carey and sophomore Eveline Auger were praised by coach Erin Cayer for their strong defense. Sophomore Madison Gilbert and freshman Lexi Poole had a great game moving the ball through the White Mountains defense, as well.

It was a sloppy, wet field that the teams were

playing on, but Winnisquam came to play. White Mountains got on the board first with a score nine minutes into the game, but the rest of the game was all White Mountains. It was a chippy game, with Winnisquam having nine penalty corners compared to only two for White Mountains.

Cayer felt it was a strong win for the Bears.

"The teams had a rough field to play on, but my girls didn't let it stop them," Cayer said. "The ball was moving constantly. They led their half time discussion. They continuously rise up to the task of how to take home a 'W.' This next week is a critical week for us with three games. Focus this week will be strategic with positioning the ball and



BOB MARTIN

Meghan Cote battles at the goal to try to knock the ball in for Winnisquam.

making our penalty corners work."

Winnisquam travels

to Berlin on Oct. 4 at 3:30 p.m. and then to Bishop Brady on Oct. 5 at 4 p.m.

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BEARS

CONTINUED FROM PAGE B3
in the net."

Next up for Winnis-

quam is a game against Mascenic on Oct. 5 at 4 p.m. at home.

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