

THURSDAY, AUGUST 30, 2018

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

FREE

Winnisquam students hope to make the school day brighter with painting project

BY DONNA RHODES drhodes@salmonpress.news

TILTON – As the old saying goes, from a tiny acorn grows a mighty oak. Over the past few weeks, a group of students at Winnisquam Regional High School have been busy nurturing an acorn of an idea that they hope will make a mighty impact on their school community in the year to come.

The idea originated over the summer from junior Kylee Rock, who thought it would be nice to brighten up the hallways of WRHS with some murals in hopes of generating a more positive attitude in the school. She reached out to friends for their thoughts on her proposal and received an overwhelming response.

"I asked them if they

wanted to go paint the halls at school, and everyone was all excited about it," Rock said.

She first needed to get permission for the project, though, so she met with the school's new Principal, Dana Giampaolo, who was also excited about the idea and gave her his approval. Rock then approached Tilton-Northfield the Rotary to see if they could assist and the organization presented the group with \$300 in credit at Bryant & Lawrence Hardware store for paint and supplies.

Armed with permission and paint, the students then began to strategize a few weeks ago. During the first week, they decided what types of murals they SEE **STUDENTS**, PAGE A11



Winnisquam Regional High School Principal Dana Giampaolo, along with students Kylee Rock and Rachel Fife, were pleased to reveal one of several murals a group of students created over the summer in hopes of creating a positive attitude at the school.



Winnisquam region prepares to go to the polls for state Primary

BY DONNA RHODES drhodes@salmonpress.news

REGION — The September State Primary is just around the corner, and this year, on Sept. 11, for the first time ever, there will be three ballot, along with Mason Donovan who is looking to be nominated to run for State Senate in District 7. Incumbent Charlie St. Clair is the only Democratic candidate for State Representative in Belknap District 8, and in District 6, voters

utive Councilor, Andra Volinsky is the only candidate listed on the ballot, along with Mason trict 7. Incumbent Charlie St. Clair is the only Democratic candidate for State Representative in Belknap District 8, and in District 6, voters will decide between Justin Borden and George Condodemetraky. Hoping to take the seat being vacated by Congresswoman Carol Shea-Porter are a lengthy list of candidates on the Democratic side, including Naomi SEE POLLS, PAGE A10

Back to school

Donna Rhodes

Buses lined the front of Sanbornton Central School to pick up happy boys and girls from their first day of the 2018-19 school year. Students in both Winnisquam Regional and Shaker Regional school districts headed back to classes on Monday following a much-deserved summer vacation.

With the state's districts somewhat askew, the polling breakdown, town by town, is as follows.

In Belmont, Democrats will be asked to choose between hopefuls Molly Kelly and Steve Marchand for the Governor's race. For Exec-

Congresswoman Annie Kuster visits Greater Tilton Area Family Resource Center

TILTON — Noting that Peer-to-Peer Recovery Centers are critical to the long-term process of people recovering from addiction, U.S. Congresswoman Annie Kuster visited the Greater Tilton Area Family Resource Center on

Early deadlines for Labor Day

The offices of the Winnisquam Echo will be closed Monday, Sept. 3 in observance of Labor Day.

To ensure that our Sept. 6 edition arrives in subscribers' mail boxes on schedule despite the holiday, the submission deadline for any press releases, letters to the SEE **DEADLINES**, PAGE A10



COURTESY

U.S. Congresswoman Annie Kuster visited the Greater Tilton Area Family Resource Center on Monday, Aug. 6. Meeting with Greater Tilton Area Family Resource Center staff, board, and community members, Congresswoman Kuster discussed the 105-member Bipartisan Heroin and Opioid Task Force she co-founded, emphasizing its comprehensive and unwavering response to match the seriousness of the growing crisis.

Monday, Aug. 6. Meeting with Greater Tilton Area Family

Resource Center staff, t- board, and community y members, Congresswoman Kuster discussed the 105-member Bipartisan Heroin and Opioid Task Force she co-founded, emphasizing its comprehensive and unwavering response to match the seriousness of the growing crisis.

"The drug crisis no longer exists out there. Most American homes, and several of my colleagues, have personally been affected by Substance Use Disorder," Kuster said.

At the listening session, there was a discussion of the role of Recovery Coaches. Recovery Coaches act as personal guides and mentors for people who seek recovery. They work with individuals and families to remove personal and environmental obstacles to recovery, support the establishment of connections to the recovery

community, and support individual and family recovery and life goals. Peer Recovery Coaches at Greater Tilton Area Family Resource Center see each person as a whole in the context of the person's roles, family, and community, and

SEE KUSTER, PAGE A11

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Belmont Historical Society welcomes humorist Rebecca Rule to September program

BELMONT - Rebecca Rule, a New Hampshire Humanities audience favorite, will be presenting, "Moved and Seconded: Town Meetings in New Hampshire" on Tuesday, Sept. 11 at 7 p.m. at the Corner Meeting House (CMH) in Belmont (14 Sargent St.).

Drawing on research from her book, Rebecca Rule regales audiences with interesting as well as humorous stories of the rituals, traditions, and history of town meeting, including the perennial characters, the literature, the humor, and the wisdom of the uniquely New England institution of town meetings. While Rebecca has been a guest presenter in Belmont on several occasions over the years, this is the first time she will be presenting her program on town meetings in New Hampshire, which she promises will delight the audience as much as her other programs. We have all been to town meetings at one time or other, and sometimes come away shaking our heads, so it should be very interesting and enjoyable to hear a "humorist's" take on town meetings and their participants.

Rebecca Rule, а Northwood resident, is a consummate storyteller who gathers and tells tales of New England, mostly of which are about New Hampshire. She is the author of 11 books, including "N is for New Hampshire" out in the fall of 2016 with Islandport Press. Her other titles include "Headin' for the Rhubarb: a NH



REBECCA RULE

Dictionary (well kinda)"

onded: Town Meeting and "Moved and Sec- in New Hampshire" as



SANBORNTON — The Sanbornton Police Department responded to 32 calls for service during the week ending Aug. 25. The breakdown was as follows: one alarm, two animal involved incidents, two requests to assist other departments, one request for citizen assistance, three house checks, two medical calls, three money

relays, one request for motorist assistance, four motor vehicle accidents, one motor vehicle summons, four motor vehicle warnings, one individual taken into protective custody, one report of reckless operation, one second degree assault, one service of a court summons, one sex offender registration, one theft, and one V.I.N. verification.

well as the children's picture book, "The Iciest Diciest Scariest Sled Ride Ever." For ten years, she hosted "The New Hampshire Authors Series" on NHPTV. She currently hosts "Our Hometown"

also on NHPTV.

Funding for this program is provided by NH Humanities & the Sargent Fund. It is free and open to the public. Handicapped parking is available. For more information, contact

Christine Fogg at 524-8268.

Remember to vote early on Sept. 11 so you have time to take in this program and enjoy something a little more lighthearted.



BELMONT

— The Belmont Police Department responded to 136 calls for service and made the following arrests during the week of Aug. 17-24. 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.

Dennis P. Greenwood, Jr., age 39, of Gilmanton was arrested on Aug. 17 for Violation of a Protective Order; Penalty.

Tyler J. Chuilli, age 27, of Laconia was arrested on Aug. 18 in connection with two outstanding bench warrants issued by Laconia

District Court.

Casey R. Gardner, age 38, of Gilmanton was arrested on Aug. 18 for Misuse or Failure to Display Plates.

Brian Duhamel, age 28, and Dakota Plummer, age 18, both of Gilford, were arrested on Aug. 18 for Possession of Marijuana.

Michael J. Flack, age 48, of Belmont was arrested on Aug. 19 in connection with an outstanding warrant issued by Belknap County Superior Court.

David A. Sweeney, age 42, of Meredith was arrested on Aug. 22 in connection with an outstanding warrant issued by the Belknap County

Sheriff's Department.

Stacy L. Hurst, age 33, of Belmont was arrested on Aug. 23 for Reckless Conduct — Placing Another in Danger.

Sara Ballam, age 33, of Laconia was arrested on Aug. 23 for Unlawful Dealing in Prescription Drugs.

Rachel A. Violette, age 18, of Belmont; Bryttany K. Hart, age 20, of Belmont; Gabriel J. Rogers, Jr., age 18, of Belmont; and Jordan Smith, age 20, of Laconia were arrested on Aug. 23 for Unlawful Possession of Alcohol. Violette was also charged with Transporting Alcoholic Beverages, and Smith for Possession of Marijuana.

Lori Surowiec receives Spaulding Youth Center's Spaulding Spirit Award

NORTHFIELD Spaulding Youth Center is pleased to present its most recent Spaulding Spirit Award to Lori Surowiec, Executive As-



ployee who exemplifies Spaulding Spirit and makes peers proud to be working by their side.

Her colleagues described Ms. Surowiec as demonstrating unparalleled work ethic and trustworthiness as well as an unrivaled ability to multi-task. Ms. Surowiec was a clear choice as a Spirit Award recipient not only due to her numerous, compelling nominations but because of her overall devotion to her career at Spaulding Youth Center. She has worked at the organization for 44 years and is its longest tenured employee. Since her start at Spaulding, Ms. Surowiec has collaborated with 10 Executive Directors and Presidents and countless colleagues, building lifelong relationships and a bond that can only be described as family. "Lori treats everyone on campus with kindness and compassion and has a remarkably positive attitude," said Susan C. Ryan, CEO & President of Spaulding Youth Center. "We received numerous nominations for Lori because she is always willing to support her colleagues by helping complete tasks, answering questions and so much more. In addition, Lori has an impressive organizational knowledge which means she is our go-to for Spaulding historical details. We are honored to have her continued dedication and enthusiasm on campus." Lori has one daughter, one granddaughter, three stepchildren, six step-grandchildren and a cat named Maxx. In her spare time, she enjoys attending her granddaughter's softball games and gardening with her husband, William.



"A Great Local Resource''



"I have used the Community Guide and newspapers as a resource for years in my position at Lakes Region Community Services. It's so helpful for finding information that individuals on my caseload can use. It is full of listing of events, businesses and nonprofits where people can give back to *their community by working or volunteering. Both* Salmon Press guides and newspapers are very helpful!"

Melanie Mardin, LRCS Resource Coordinator

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> Winnisquam Echo **Gilford Steamer Meredith News**



LORI SUROWIEC

sistant. This peer-nomi-

sented at each quarterly nated recognition is pre- staff meeting to one em-

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-----I <u>PLYMOUTH TOWN WIDE YARD SALE</u> I Saturday, Sept 8, 9am to 3pm

sheila@coppertoppe.com · 603-744-5036 · Noon - 6pm



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.





Inspiring words

COURTESY

Words of inspiration were recently discovered on a painted rock that was left in a tree outside the Tilton Town Hall. On the other side of the rock was a simple reminder to smile.

Local life coach leads online challenge

LACONIA — Emily Clement, a life coach based in Laconia, is leading an online 28-Day Challenge: Step Out of Your Comfort Zone and Into the Magic! The Challenge starts September 9th and takes place in a private Facebook group. The cost is \$47. When you join the Good Vibe Tribe, expect to connect with like-minded seekers, be held accountable for your self care and transformation, and level up into the magic. If you are ready to make positive, lasting changes, you are in the right place.

Each week of the Challenge has a theme: relationships, health, financial freedom and career. Each day includes a live video posted in the group and an email delivered to your inbox. The daily challenge is about taking action toward something greater than what you've

known. New experiences create transformation and expansion. You may share your experience within our private community, or complete the challenge and reflect independently. The nature of the group allows you to go at your own daily pace. Participants have experienced healthy, vibrant shifts within which has a grand ripple effect. Register at www. EmilyClementLife-Coach.com

Emily Clement is a life coach based in Laconia. She leads workshops and retreats throughout New England, and coaches individuals, couples and small groups. The Good Vibe Tribe is her favorite community of jov seekers. Find her on Facebook and You-Tube for inspiration and events. She can be reached at Emily@EmilyClementLifeCoach. com or 520-6300.

Three Rivers Foundation golf tournament raises more than \$9,000

TILTON — Three Rivers Foundation -Supporting Education, a newly formed 501(c)3 in November of 2017. kicked off their first annual golf tournament on Aug. 2, with more than 52 players in attendance. The organization was able to raise more than \$9,000 to help develop collaborative relationships between local businesses, existing labor partners, schools, and students to pursue new opportunities in fostering vocational training for students in New Hampshire communities. The newly formed Foundation consists of seven board members that are focused on promoting hands-on training and educational opportunities for students through a communitv-based infrastructure that will build and facili-



contributions to Three Rivers Foundation. Special thanks to our Silver, Gold, and hole sponsors that include, but are not limited to; Tilton Mac-Cal, LLC, Onions Pub & Restaurant, Bank of New Hampshire, Pauli's Restaurant, Compass Travel, Inc., Auto-Serv, , Chandler Law Office, MB Tractor, Island Support Services, LLC, Sessler Law Office, Seufert Professional Association, Brothers Donuts, Dunkin Donuts, Tilton Trailer Rental. BJ's Wholesale, and many, many, more.

We appreciate the generous outpour of support that attributed to our successful 2018 tournament! We hope to see you all back next year...

In the meantime, please visit us at www. threerivers-foundation. com or find us on Facebook. If you're interested in being involved within the organization, please contact one of our following board members; Pecco Beaufays, Deb Tessier, Cindy Reinartz, Allan Powell, Kamal Gosine, Holly Walker, Susan Hodgson, and Bill Lawrence.



COURTESY The Auto-Serv golf team, an Honorable Mention in the first ever Three Rivers Foundation tournament.

tate future employment.

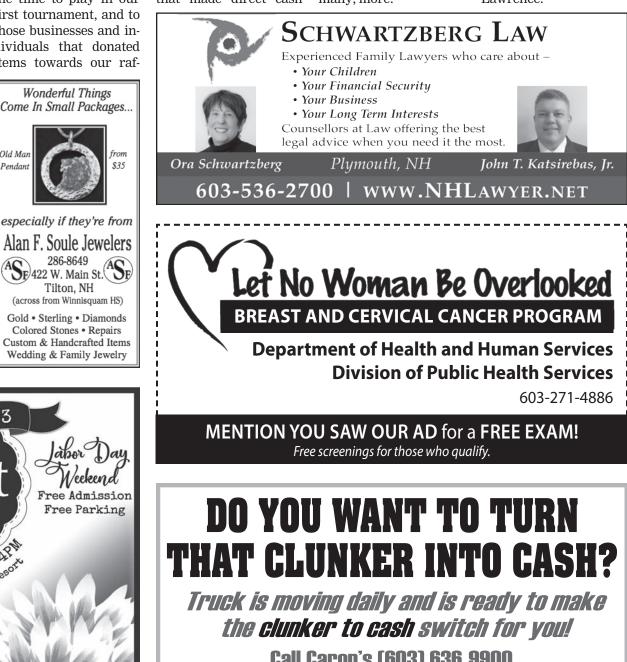
Thank you to our many golfers that took the time to play in our first tournament, and to those businesses and individuals that donated items towards our raf-



286-8649

Tilton, NH

fles and live auction. We also want to thank those that made direct cash





TILTON — The Tilton Police Department responded to 374 calls for service and made the following arrests from Aug. 14-19. 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.

Arrested during this time period were John Zarni (for Possession of Drugs), Gregory Potter Willful Conceal-(for ment), Caitlin Dimas (in connection with a warrant), Briana Damore (in connection with a warrant and for Resisting Arrest), Kevin Nelson (in connection with a warrant and for Driving After Suspension), Amanda Keniston (for Driving Under the Influence), Chad Laplante (for Driving After

Suspension, Resisting Arrest, and Possession of Drugs), and Matthew Reagan (for Possession of Drugs).

TILTON

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Opinion

A4 Thursday, August 30, 2018



Weldon Bosworth — Courtesy

Gilford's Weldon Bosworth took this photo from near the top of Cannon Mountain. Much of the Franconia Ridge Trail is in the distance, including Little Haystack, Lincoln, Liberty, and Lafayette. Weldon reported no black flies or peepers

North Country Notebook

How to handicap a squirrel race? Only Rocky and Bullwinkle know



By John Harrigan Columnist Editor's note: Mr.

Harrigan is currently on an extended hiatus. The following column was originally published on April 18 of this year.

Friends and family know that I relish foul weather, particularly a good snowstorm, so I'm not much for fuzzy-bear replies to complaints. To the collective whine about last week's two days of snow ("In April, for Pete's sake!"), my reply was that a lot of people have very short memories. A couple of times, I just said "Move."

This has happened several times over my career, and I've participated in line-searches in winter yards to count the remains, in an attempt to gauge mortality. This has always been something of a joke, because any remains aren't apt to be around for very long, given scavenging by coyotes, foxes, raccoons, crows, ravens, and any other creature out there in this eat or be eaten world.

They make quick work of any carcass, as any farmer who's had to drag dead cows out to the bone-yard will tell you. The exception is the hip-bone, and of course the femur. In the dog family, only the wolf has the jaw-power to crush the femur. That's why it was big news a decade or so ago when biologists found a crushed femur in a deer yard in just-over-theborder Hereford, Quebec.

> +++++ Compatriot colum-

PET OF THE WEEK

CHANCE: so named by his original shelter, all the way down in South Carolina, this sturdily built canine travelled a very long way for his "second chance'. Sadly overlooked, he's been waiting since June 1st for his lasting forever home.

Medium sized brown dog, just about 50lbs – he seems to have faded into the background of the adopting public's consciousness and after this length of time, as the prettier, more obviously purebred, and cute tiny puppies leave the building, he remains, forlorn and lonely.

We know he would be a good dog with some guidance away from the shelter. For some dogs it's just is too loud, too busy, to reactive for them to cope with the constant stream of visitors, and proximity of other canines.

Ideal home, Chance is actually afraid of cats! He may be able to enjoy the company of another dog at some point in his life, maybe a local canine playmate. We must be very clear, he has had no experience that has been positive with children and really needs an adults only home.

Please come and visit this sweet two-year-old Shepherd mix today and chat with one of our knowledgeable adoption staff. We really want to make the right match for him.

Shelter is open on Weekends, 11-4 and every day except Mondays and Wednesdays Noon to 5p.m Check www.nhhumane. org



LETTERS TO THE EDITOR

Timothy P. Lang for State Representative

To the Editor:

I have had the pleasure and honor to have known and worked with Timothy Lang for the past six years. I have the utmost respect for his work within as a current State Representative and Chairman of the Sanbornton Zoning Board. Tim has a great family, and has lived in Sanbornton for many years, and represents the town's interests to support growth, yet maintaining its hometown charm.

I am privileged to serve with Tim on the zoning board. I have observed him in action, and am confident that his actions are both morally and ethically sound. Tim has kept all of his constituents informed during his first term as State Representative through both informal and formal notifications to all within our area, and is true to his convictions. Tim has always been a professional, earning the respect of his boards and current state representatives. Tim's business sense will help our county succeed further during his next term in lowering our taxes and executing good judgment for his constituents. Tim has veterans' affairs, pro-business, environment, and anti-crime commitments on his agenda — all of which are top priorities for not only our county, but also our country.

As a concerned town citizen and voter, I'm very happy to know Tim keeps us informed about current and future voting positions, represents us fairly, and is accessible to all citizens in need of help and information.

Please join me in supporting Timtohy P. Lang for State Representative [in the] Sept. 11 state primary for his second term serving our great area for the people of Sanbornton.

> Douglas Rasp Sanbornton

Fair elections should not be a partisan issue

To the Editor:

Student voting eligibility has become a partisan political issue. It's time to set the record straight and clear away the misinformation used by people who don't have New Hampshire's best interests at heart.

Bottom line: Students coming to New Hampshire for post-secondary education have a right to vote in our elections, period. Students who qualify for outof-state tuition at their college of choice and want to vote here simply have to follow the same laws as everyone else. How could anyone object to that? Rules should apply to all – that's just a matter of fairness. Voting in New Hampshire comes with responsibilities that apply to all who reside here. Adults cannot pick and choose which laws they will follow. Our legal system isn't like a restaurant buffet where you can take some of this, leave all of that. When we earn our New Hampshire driver's license as state residents, we agree to follow the driving rules and regulations passed by our legislature. If you're here from South Carolina and get pulled over for texting while driving, don't expect a first offense to cost you \$25, as it would in your home state. In New Hampshire, it's \$100. In New Hampshire, we agree that after 60 days of residency we must give up our previous state's driver's license and get one issued by New Hampshire's DMV, register our car in New Hampshire, and have it inspected at a New Hampshire-certified inspection station.

dency rules shouldn't apply to students who come to our state to further their education and want to vote here. These people support a system where certain rules don't apply to all. We think that's wrong.

Voting in our state's elections should be limited to residents. Only residents should decide who represents them at the local, state, and federal levels. We agree not to let just anybody breeze in from Massachusetts to vote here, so how can it make sense to let a student from that same state vote here while driving on a Massachusetts license in a Massachusetts-plated vehicle? And remember, these students always have the option to vote (absentee or in person) in that state's elections. You would hope this wouldn't be a partisan issue. It is, however, because one side thinks the public can be tricked into thinking students are under attack, and unfortunately that side also cares infinitely more about winning elections than conducting fair elections. We know the truth, however. If elected as your representatives in Concord, we pledge to protect the vote by making sure those who don't play by the rules don't have a say in how we run our state.

WINNISQUAM ECHO

CHANCE

This is mitigated, of course, by the fact that about half the people I see and deal with day in and day out are half my age or younger. I bumped into a particularly young-looking officer of the law the other day and wanted to ask him, kiddingly, if he'd started shaving yet.

While it's true that we're more likely to get rain and sleet on either end of winter these days, snow is hardly a stranger in April. Wildlife biologists in particular worry about late-spring means April) (that snowstorms that can force deer into the yards again when they're low on energy and need to roam for food.

nist Cheryl Kimball writes a nice, breezy column for the Saturday's Features section of the Union Leader, and this past week's topic was "nuisance" animals, and what to do about them, or not.

There really is no such thing as a nuisance animal, Cheryl pointed out, especially when we (the collective "we") keep pushing into their habitat for house lots. Often, she noted, there are ways to live with these creatures, a far more laudatory and pleasant approach than trying to kill them.

Cheryl had a photo of a young porcupine SEE **NOTEBOOK**, PAGE A11 Rep Greg Hill Northfield, Franklin Ward 3 Hon Kathy Rago Northfield, Franklin Ward 3 Rep. Howard Pearl Northfield, Franklin Ward 3, Canterbury, Loudon and Boscawen

But some people are pushing the idea that resi-

Mindi Messmer for Congressional District I

To the Editor:

To my dismay a long, recent New York Times article focused on Congressional District 1 candidate Levy Sanders, for his bold talking-back to State Dems' Chair Ray Buckley at the Laconia appearance of candidates. However, Lincoln Soldati, good candidate from Somersworth was only slightly mentioned and his name not even given.

Left out entirely was stellar candidate Mindi Messmer. She is a young mother / scientist with a public health background and has been a NH State Representative from the seacoast. In Laconia, she informed us that 18 bills she worked for were passed

Send your letters!

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

Our fax number is 279-3331. Or, you can e-mail us at echo@salmonpress.news Please include your name, address and phone number. in our state legislature. One of her bills drew combatant lobbyists from California, but her bill passed anyway. This shows she has the intelligence and savvy to work with others and get something done. She's pro-environment and aware of our EPA under Trump falling down on the job. Anti-environment Scott Pruitt has been replaced at our EPA with former coal-industry lobbyist Andrew Wheeler. Mindi Messmer is on to this additional burden for all - who needs more air pollution from fossil fuel use that Trump calls for and thinks "good?"

I've just returned from visiting in smoky air in Wyoming for a week, smoke shifting east from the California fires. Sky not blue as it should be and mountains hidden from view - we don't need to add coal smoke from factories to how-we-live. Forests afire due to dryness due to climate change is enough too, to make me vote for reasoning Mindi Messmer and call for Independents to pick up the ballot too keeping Trump types out of D.C. as we can.

Mindi Messmer is my choice on September 11th. For my grandchildren's present and future, I want a stick-to-it Congressional Rep from District 1, my district since the latest redistricting.

> Sincerely, Lynn Rudmin Chong Sanbornton

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Winnisquam Echo

Established October 14, 2004

The battle for biomass: David vs. Goliath

BY SEN. BOB GIUDA NH District 2 Warren

The veto override debate over SB365 and SB446 is raging. These bills support small local renewable power generation capacity – a threat to the giant utilities with vast transmission and distribution monopolies. Killing off biomass capacity and limiting local power networks will only tighten their chokehold on the electricity industry.

This article will only address SB365 because the consequences of its veto becaus , unlike the

veto of SB446. failure to override SB365 will cause the death of an industry with serious consequences to the state economy.

New England and New Hampshire need reliable energy fuel supplies to prevent brownouts and blackouts and to grow our economy. We need multiple energy sources to ensure reliability and price stability. Last winter, New England's spot natural gas prices were the highest on the planet – far higher than biomass. Killing our biomass plants is exactly the wrong thing to do, as other states' scheduled closing of fossil and nuclear mega-powerplants will remove more base load capacity from the grid, with little replacement capacity coming on line.

Opponents of SB 365 state that biomass is subsidized and unneeded. But large utility projects are also subsidized by a guaranteed rate of return. And the oil and gas industries are subsidized by very favorable treatment in the federal tax code.

The Public Utilities Commission estimates the cost of SB365 to be

about \$18.7 million/ year. Cost to the average Eversource residential ratepayer? About \$1.78 extra per month until the bill sunsets in three years. And the claimed "savings" by vetoing SB365 for the three-year term of SB 365 is almost totally wiped out by the \$17 million increased cost for out-of-state producers to replace the lost in-state capacity. And this cost is forever, not just for three years.

It's critical to understand that the benefits of our small local powerplants extend far beyond the meter, because

STRATEGIES FOR LIVING *The law of entropy*

BY LARRY SCOTT

The law of entropy. the second law of thermodynamics, says that "in all energy exchange, if no energy enters or leaves the system, the potential energy of the state will be less than that of the initial state." In simple terms, left to itself, everything in the universe moves toward disorder and decay; metal rusts, food rots, the body deteriorates.

Exhibit A of this law comes from first pages of our Bible. Adam and Eve were given free access to all the fruit in the Garden of Eden, but with exception. They one were not permitted to eat of the tree designated as the "Tree of the Knowledge of Good and Evil." If they did, they were

told, they would surely die.

Adam and Eve did, in fact, eat of the forbidden fruit, but they did not drop dead. What they did do was initiate the law of entropy. From this point evervthing forward, would "move toward disorder and decay." One act of disobedience, just one, and it would impact their lives, and ours, forever.

"Sin is a slow-acting poison, Its immediate effects are often indiscernible, yet the aftereffects are far more devastating than what we realize at the time. ... Sin opens the door to entropy. The more you sin, the more life moves toward disorder and decay" (Mark Batterson, "The Grave Robber," p. 237).

But enter Exhibit B in the plan of God – the reversal of the Law of Entropy.

Lazarus, a close friend of Jesus, had been dead for four days when Jesus decided to demonstrate His power and symbolically reverse the immediate impact of the law of entropy. In a move many find unbelievable, Jesus did what many surely thought smacked of idiocy: Jesus spoke to the dead man! "Lazarus, come out!"

Seriously? Lazarus was a virtual mummy, his body wrapped for burial with a full body cast of linens and spices. Skeptics notwithstanding, there is no evidence he had merely been in a coma; those who wrapped him from head to toe were convinced he was dead. But death had met its match! Jesus spoke, and suddenly, there he was. Lazarus lived again!

The first miracle was that Lazarus revived; the second, that he could rise to live again! walk (or hop) from the tomb. But God is not bound by the law of entropy, and we have here indefenseoftruth.net. 29th Annual Labor Day Weekend at the Bay Alton Bay Community House & Waterfront Route 11, Alton, NH Saturday, September 1 10a-6p Sunday, September 2 10a-5p Monday, September 310a-4p Come and meet the Artisans American Made Arts & Crafts ... Fine Jewelry, Photography, Woodturning, Scarves, Soaps, Country Woodcrafts, Sea Glass, Knits, Sports Collages, lair Accessories, Pottery, Wearable Art, Candles, Toys, Doll Clothes, Handbags, Watercolors, Fiber Art. Dolls. Painted Glass, Leather, Clay, Fine Art, Metal Art, Pet Treats, Growth Charts, Quilts and more. Come and sample gourmet specialty foods including Herbal Dips, Maple, Nuts, Kettle Corn and more.

a vivid picture of the power of God available to reverse the effects of sin. Sin would bury us alive and make of us a shadow of what we were meant to be. But there is hope for us all. Lazarus' resurrection did not just foreshadow Jesus' own death and resurrection; it foreshadows our own! What Jesus did for Lazarus, He would do for you and me as well.

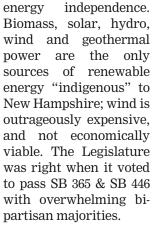
In the words of the Apostle Paul, "We will all be changed. For the perishable must clothe itself with the imperishable, and the mortal with immortality.... Then the saying that is written will come true: Death has been swallowed up in victory (I Corinthians 15:53, 54).

I am pleased to tell you that we have a God who can do for vou and me what He did for Lazarus. "Come out" He would like to say to you ... from darkness and decay and death. Reverse that awesome law of entropy, and every single biomass dollar starts and ends in New Hampshire – not in South America, Mexico, the Middle East or Canada. If we don't override this veto, dollars once spent on New Hampshire energy will now flow to out-of-state producers. We will lose 900 jobs directly, and dozens more in the local stores and businesses that provide supporting goods and services. (Note: immediately after the vetoes, \$9 million in heavy equipment sales were canceled - all from distributors south of Concord.) Towns will lose property and timber tax revenues. Farmers will lose wood ash fertilizer for their fields. Worldclass management of our forests - an essential part of our tourism and recreation industries -

will deteriorate. Again: every single biomass dollar is a New Hampshire dollar, providing hundreds of New Hampshire jobs, supporting hundreds of New Hampshire families, and generating millions in state and local tax revenues.

Our choice is simple: we can give biomass a 3-year lease on life, or we can kill it forever. If we kill it, New Hampshire will remain hostage to the ever-increasing costs of the antiquated system of mega-plants and transmission lines run by out-of-state agencies and managed by virtual monopolies with rates of return guaranteed by law. (Note: Shortly after these vetoes, Eversource was granted a 19.2 percent rate increase.)

The real issue here is our commitment to



The real impact of these vetoes goes far beyond the false savings of \$1.78/month on your electric bill. They enable big utilities to further consolidate their chokehold on the electricity industry, and they will forever eliminate an exclusive New Hampshire energy source that might just be part of the answer to our quest for true energy independence.

yourself why Ask interests vested supporting huge faraway powerplants and massive transmission and distribution systems want to kill sustainable, locally produced sources of energy and prevent the emergence of small local energy networks. Ask yourself why the Burgess powerplant bill gave Eversource a 20-year monopoly over biomass power production in New Hampshire. Ask yourself who benefits from maintaining existing system of transmission/distribution monopolies whose costs often exceed the cost of the electricity itself.

And then ask your Representatives State and Senators to vote to override the veto of SB365. David bested Goliath once. We can do it again.

HALL MEMORIAL LIBRARY

Tilton/Northfield Monday, Sept. 3 Library Closed for Labor Day

begins on the previous Saturday and runs through Friday. Sit and Knit, 2-5 p.m.

Tuesday, Sept. 4 Spanish Club, 10 a.m. Tech Tuesday, 2-4 p.m. Teen Time, 3 p.m. Sewing Club with Miss Britt Wednesday, Sept. 5 No Story Time Today... see you next week.

Thursday, Sept. 6

Teen Time, 3 p.m. Let's Make Stuff! with Miss Britt

Friday, Sept. 7

Tarot Card, Palm, Psychic Readings with Nancy Smart from 11 a.m.-5:30 p.m. By Appointment Only – Readings are 20 to 30 minutes long and donations are accepted and encouraged. Call 286-8971 to arrange an appointment. Scheduling in advance

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Saturday, Sept. 8 Let's Go Lego, 10 a.m. Kid Craft, 11 a.m. Marble Paintings - For kids ages seven to 10. Children must be accompanied by an adult for this craft time with Miss Maggie.

New Items "Bellewether" by Susanna Kearsley

"The Masterpiece" by Fiona Davis

"A River of Stars" by Vanessa Hua

"Our House" by Louise Candlish

"Good Luck with That" by Kristan Higgins

"Number One Chinese Restaurant" by Lillian Li

For your comments, or further discussion, please access my blog at

Free Admission ~ Rain or Shine Handicap Accessible and Pets on a leash are welcome. GPS Location: 24 Mount Major Highway (Route 11) Alton, NH. The Fair is accessible by boat on Lake Winnipesaukee! For more information visit

www.castleberryfairs.com









Misty morning

A misty summer morning on Hermit Lake provided a photo that reminds us all of the stunning natural beauty of New Hampshire.

Jason Hanser — Courtesy

Belknap County Public Safety Day to be held Sept. 8 at Gunstock

GILFORD — The Belknap County Sheriff's Department Relief Association will be hosting the Eighth Annual Belknap County Public Safety Day at Gunstock Mountain Resort on Saturday, Sept. 8



the Jaws of Life. The DHART Helicopter is scheduled to make an appearance. Watch the Belknap County Sheriff Facebook page for schedules, and glimpses of activities that will be happening. Admission

2019 season, minimum value \$200). Two Prime Time lift tickets to Gunstock Mountain Resort valid for the 2018/2019 season, (minimum value \$176). Corn hole Boards made and donated by Ned Holes of Meredith, NH (value \$240). Money raised will help provide for members in times of crisis, as well as Belknap County community events, and other Community Action events, such as Public Safety Day. BCSO would like to thank those businesses for their incredible donations, as well as our other sponsors, The Irwin Zone in Laconia and Meredith Village Savings Bank.

from 10 a.m. to 2 p.m.

This fun-filled, family-friendly event provides Belknap County residents the opportunity to meet first responders in a non-stressful environment. Check out fire trucks, ambulances, cruisers, and other equipment, specialty experience live demonstrations, and enjoy other activities like a temporary tattoo booth, live music, and coloring station. Sgt. Evan Bou-

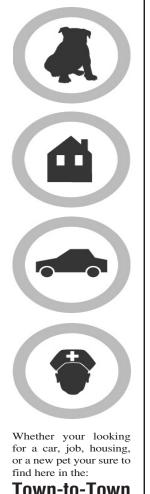
Det. Kevin Baron (left), Gilford PD, and Officer Sean Sullivan, Alton PD, show off their precision driving skills at the Motorcycle Obstacle Course at last year's Public Safety Day.

langer of the Belmont Police Department will be facilitating the K-9 demonstration with assistance from both Alton and Gilford Police. Officer Sean Sullivan of the Alton Police Department will demonstrate the Motorcade Obstacle Course. Rusty's Towing of Tilton will provide vehicles for the Gilford Fire & Rescue crews to demonstrate

How to Submit Announcements & Obituaries 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.



Town-to-Town CLASSIFIEDS 1-877-766-6891 salmonpress.com for this event is free!

New this year is a raffle. Raffle tickets are \$10 each and are available at the Office during business hours, as well as through members of the Association. This year's prizes include, a two-night stay at Mill Falls at the Lake with a \$50 Common Man Gift Certificate (valued at \$550). Bank of Pavilion bundle NH (exact item(s) to be announced, valid for the

Claire Annette (Parent) Fleury, 77

OBITUARY

N O R T H F I E L D — Claire A. Fleury, 77, a longtime resident of Northfield, died, Monday, Aug. 27, 2018 at the Mountain Ridge Center in Franklin following a period of failing health.

Claire was born in Laconia, Aug. 17, 1941, daughter of the late Lorenzo and Juliette (Goulet) Parent. Claire spent her youth in Laconia and was a graduate of Sacred Heart Catholic School. She later decided she wanted to be a hairdresser and attended the Empire School of Hairdressing in Laconia. She moved from Laconia, and had been a resident of Northfield for over 51 years. She owned and operated a beauty shop, Mimi's Clip and Snip, from her home in Northfield for over 24 years. She was of Catholic faith and was a parishioner of St. Mary of the Assump-



tion Church in Tilton.

In addition to her parents, she was predeceased by two sisters, Rita O'Connor and Claudette O'Leary. Claire was also predeceased by her husband of 52 years, Wilfred E. Fleury, who died in 2013.

She leaves two daughters, Lisa M. Gagne and her husband Paul of Northfield and Michele A. Welcome and her husband Stan of Sanbornton; grandchildren, Kara, Ryan, Meaghan and Michael. Brothers, Henry and Paul Parent of Laconia; and several nieces and nephews.

Following Claire's wishes, a calling hour will be held on Sunday, Sept. 2, 2018 from 1 to 2 p.m. at the William F. Smart Sr. Memorial Home, Franklin-Tilton Road (584 West Main St.) in Tilton, with a service to follow at 2 p.m.

Private burial will be in St. John Cemetery in Tilton alongside her husband Wilfred.

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

Those wishing may make memorial contributions in Claire's name to the Mountain Ridge Activity Fund, 7 Baldwin St., Franklin, NH 03235.

For more information, go to www.smartfuneralhome.com. **LOCAL NEWS**

LRGHealthcare Golf Classic a great day & big success!

Proceeds to benefit Emergency Department Renovations at Lakes Region General Hospital

LACONIA — The LR-GHealthcare Golf Classic, held on Monday, Aug. 13 at Laconia Country Club, was a great success raising \$47,958 for renovations to the **Emergency** Department at Lakes Region General Hospital.

Two flights of golfers took part, choosing to play in the morning or afternoon. Each round was followed by a delicious meal courtesy of the LCC culinary team, a short program, and prizes for top golf teams. The day was also an opportunity to celebrate Bank of New Hampshire's 10th year as Presenting Sponsor.

"Monday's Golf Classic was another fun and successful day with a really great group of supporters," states LRG-Healthcare President & CEO Kevin Donovan.

"Funds raised from this event will be utilized towards renovations to the Emergency Department at LRGH, which thanks to some extremely supportive donors is scheduled to start this fall. I'd like to extend my gratitude to everyone who sponsored or supported the Golf Classic



COURTESY

LRGHealthcare President & CEO Kevin Donovan (left) thanks Bank of New Hampshire President & CEO Paul Falvey for the bank's generous support as Presenting Sponsor for a 10th year of the LRGHealthcare Golf Classic. Held at Laconia Country Club, the event raised nearly \$48,000 to be utilized for renovations to the Emergency Department at Lakes Region General Hospital.

in any way," adds Donovan.

Presenting Sponsor Bank of New Hampshire was joined by several high-level sponsors including Gold Sponsor DiGiorgio Associates Inc./Monitor Builders Inc., LiRo Group Companies; Silver Sponsors Brennan & Pike and Cross Insurance Agency; Driving Range Sponsor Consolidated Communications; Golf Ball Sponsors Atlantic Broadband, Giguere Electric, Inc., Nixon Peabody LLP, and Pepsi Co.; Bronze Spon-Corporasors Cerner tion and FirstLight; and Cart Sponsors Martin Technical Services and Tufts Health Freedom Plan. Corporate Sponsors included: Advanced Orthopaedic Specialists; All Metals Industries, Inc.; Bay Point Financial, LLC; Belknap Landscape Co., Inc.; BerryDunn; Golden View Health Care Center; Gragil Associates, Inc.; HVAC Unlimited; Kaufman Hall; Lacewood Group, Inc.; MB Tractor & Equipment; Melcher & Prescott Insurance; Mercer, Meredith Village Savings Bank; Stanley Elevator; Stewart's Ambulance Service; and WBS/HUB International New England.

The LRGHealthcare Golf Classic featured Hole-in-One contests courtesy of Fratello's Italian Grill, Dr. Paul F. Racicot and Family, and the Irwin Automotive Group. More than a hundred businesses, thirty volunteers, and two flights of golfers came out to support this year's LRGHealthcare Golf Classic.

To be added to the 2019 mailing list for the LRG-Healthcare Golf Classic, or to make a gift to LRG-Healthcare, please contact Becky Doherty: 527-7063 or email: rdoherty@ lrgh.org.

LRGHealthcare is a not-for-profit healthcare charitable trust representing Lakes Region General Hospital, Franklin Regional Hospital, and affiliated medical providers. LR-GHealthcare is committed to providing quality, compassionate care and strengthening the to well-being of our community.

Northfield woman pleads guilty to participating in Fentanyl trafficking conspiracy

CONCORD — United that Alisha Morin, 30, of Northfield pleaded guilty to participating in a conspiracy to distribute fentanyl. According to court documents and statements made in court, during an ongoing drug trafficking investigation that included wiretaps of certain telephones, investigators learned that on March 9, Morin intended to travel from New Hampshire to a location in Massachusetts to purchase fentanyl. Agents conducted surveillance in the area of the transaction and observed a hand-to-hand exchange between a known drug trafficker and the front right seat passenger of the vehicle. The vehicle left Massachusetts and agents followed it directly to New Hampshire. A New Hampshire State Trooper stopped the vehicle for traffic violations and identified Morin as the front seat passenger. Approximately 31 grams of fentanyl were located in the vehicle. Some of the fentanyl was hidden in her bra. The investigation revealed that from Feb. 23, and continuing through April 5, Morin ordered over 400 grams of fentanyl from the drug distributors in Massachusetts.

States Attorney Scott be sentenced on Dec. 10. the Seabrook Police The case is being Organized Crime Drug funding to federal and W. Murray announced "The deadly impact of Department; the Haver- prosecuted by Assistant Enforcement Task state agencies involved fentanyl has been felt in communities throughout the Granite State," said U.S. Attorney Murray. "In order to protect the public, we will continue to investigate, arrest, and prosecute those who are responsible for distributing this dangerous drug. I commend the law enforcement agencies involved in this investigation for stopping this defendant's drug trafficking activities." The case was a collaborative investigation that involved the DEA; the New Hampshire State Police; the Hillsborough County Sheriff's Office; the Nashua Police Department; the Massachusetts State Police; the Massachusetts Attorney General's Office; the New Hampshire Attorney General's Office; the Essex County District Attorney's Office; the Internal Revenue Service; Immigration and Customs Enforcement's Homeland Security Investigations; United States Customs and Border Protection Boston Field Office; the United States Marshals Service; the United States Department of State's Diplomatic Security Service; the Manchester Police Department; the Lisbon Police Department; the Little-

SELLS IT ALL

Morin is scheduled to ton Police Department; the Maine State Police.

was conducted by the supplemental federal in the identification, investigation, and prosecution of major drug trafficking organizations.

hill (Mass.) Police Department; the Methuen (Mass.) Police Department; the Lowell (Mass.) Police Department; and

United States Attorneys Georgiana L. Konesky, Seth R. Aframe and Debra M. Walsh. This

investigation

Force (OCDETF). The OCDETF program is a federal multi-agency, multi-jurisdictional task force that supplies



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

Central VNA & Hospice offers two new Parent Circles

REGION — This fall, Central New Hampshire VNA & Hospice will offer monthly "Parent Circles" for those grieving the loss of a child. Groups will be offered in Wolfeboro and Laconia, and are free and open to the public.

"Parent Circles" are monthly gatherings for parents who have lost children at any age to any circumstance. These gatherings were initiated by local parents who have said how vital and nourishing it is have ongoing connections with parents who have suffered a loss like theirs – to listen. to share, to remember, to give and receive support, and to bear witness to each other.

Grief affects all of who we are - our bodies, minds, hearts, relationships, and spirit - and each of us will find different paths to express and cope with our grief. These groups offer an opportunity to share and learn alongside others whose hearts and lives have broken open. Together we discuss common grief experiences and discuss ways of coping with loss and making our way in a changed world.

The Wolfeboro "Parent Circle" will be offered on the fourth Tuesday of the month from 6 – 7:30 p.m. on Aug. 28, Sept. 25, Oct. 23, and Nov. 27. For more information about the Wolfeboro "Parent Circle", please call Rev. Gina Finocchiaro at 569-1555 or revginaf@ gmail.com.

The Laconia "Parent Circle" will be offered on the second Thursday of the month from 6-7:30 p.m. on Sept. 13, Oct. 11, and Nov. 15. For more information about the Laconia "Parent Circle," please call Dan Kusch at 524-8444 or dkusch@centralvna. org.

mitment to honor each experience,"

Kusch I will walk with you. I how you feel. I will you."

based on a deep com- individual and family's notes. "Support means will not try to change simply be here beside

Lakes Region Planning Commission TAC Committee meets Wednesday

Wednesday, Sept. 5, the Lakes Region Planning Commission's (LRPC) standing committee on transportation will meet after a two-month summer break. The meeting will be held from 2-4 p.m. in Meredith at the LRPC office in the Humiston Build-

floor conference room. Entrance and parking are located via the driveway at 14 High St.

The LRPC TAC (Technical Transportation Advisory Committee) has a full agenda, including annual election of officers, which consist of a chair and certain NHDOT programs are the main agenda item, including the Transportation Alternatives Program (TAP), the 2021-2030 Ten Year Plan, and Road Safety Audits.

Regional updates will include the latest news on the Route

MEREDITH — On ing, 103 Main St., first vice chair. Aspects of 113/West Rattlesnake Mountain Trailhead safety issue and the Gilford scenic overlook on NH Route 11.

> The meeting will also feature a presentation on Transportation Data Collection Services by LRPC staff members Dave Jeffers, Regional Planner, and

Erin Daley, Assistant Planner.

The LRPC TAC encourages all members of the public who are concerned about any aspect of transportation to attend and provide input. For additional information about this meeting, please contact the LRPC at 279-5337.

Upcoming charity Poker Walk to support local families in need

LACONIA — Coldwell Banker Residential Brokerage Laconia invites the community to help support local families in need at its first ever Charity Poker Walk Sunday, Sept. 17, with registration begin-

ning at 10 a.m.

Individual walkers and teams will walk the WOW Trail starting at Coldwell Banker's office, located at 348 Court St., and along the trail will be four stops where they can pick four cards.

When they return to Coldwell Banker, they will choose one final card and see if they have a winning hand. The best hand wins \$150 cash, second place a \$50 gift certificate, and third place a \$25 gift certificate. All funds raised will support Lakes Region families need of housing related services. This year's recipients will be New Beginnings Crisis Center and the Salvation

Army's Carey House.

For more information or to save on the registration fee by registering yourself or your team early, please contact Jaynee Middlemiss at 524-2255 or Jaynee. Middlemiss@nemoves. com.

Two-woman show at VynnArt

MEREDITH — Edna Greenfield and Patricia Sweeney will exhibit their work at VynnArt Gallery from Friday, Aug. 31 through Sept. 19. There is a reception and a chance to meet the artists on Friday, Aug. 31 from 4 to 7 p.m. The reception is free and open to the public.

Edna Greenfield's early painting experiences began when her husband gifted her lessons with a well known professional oil painter in Maine. This led to exhibiting at Gilmanton Old Home Day where her family lived for 27 years. She continued painting extensively um in Camden, Maine. with oils and later dis-Returning to New covered watercolors Hampshire, living in which became her pre-Campton, many of her ferred medium. Later, landscape living in Maine she bedepict the mountains gan giving workshops, of the area. She then demos and exhibiting at attended the Manchesthe Farnsworth Museter Institute and Kimball Jenkins School of Art where she studied under Sylvia Brofos, Judy Wagner, Tony



Watercolorist Edna Greenfield.

paintings

COURTESY

focus on the creative Encouraged by a father

in Spain and travels to North Africa.

When she arrived in America, Sweeney studied under professor Jaffa Shoja at Rivier University in Nashua New Hampshire.

Sweeney has had instruction from artist Kevin Dadoly at the New England Institute of Art. Most recently, she had inspiration and instruction from the very accomplished water colorist Edna Greenfield.

Sweeney is a member of The Lakes Region Art Association. Although nothing is off the table she creates with water colors, acrylics, and pen and ink. She lives in Belmont with her husband Gary and canine princess Nellie.

"Our bereavement groups are support

> Van Hasselt and other professional watercolor artists. Their approach to watercolor is was to



35 years experience

Tony Luongo 707-2727

spirit, allowing it to find its own voice.

a Scottish born artist. ativity during her stay

who was both artist and musician, she expanded Patricia Sweeney is her exploration of cre-

Storyteller David Hill shares tale of his family business at Taylor Community

Taylor Community as storyteller David Hill shares the tale of his family 160-year-old business. It all started with his namesake -David Andrews – building a water-powered sawmill in the 1800's. Hill's grandfather was the final family mem-

LACONIA — Join ber to run the business and he wanted David to take it over.

The presentation is scheduled for Monday, Sept. 10 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-

Think When You Drink

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.



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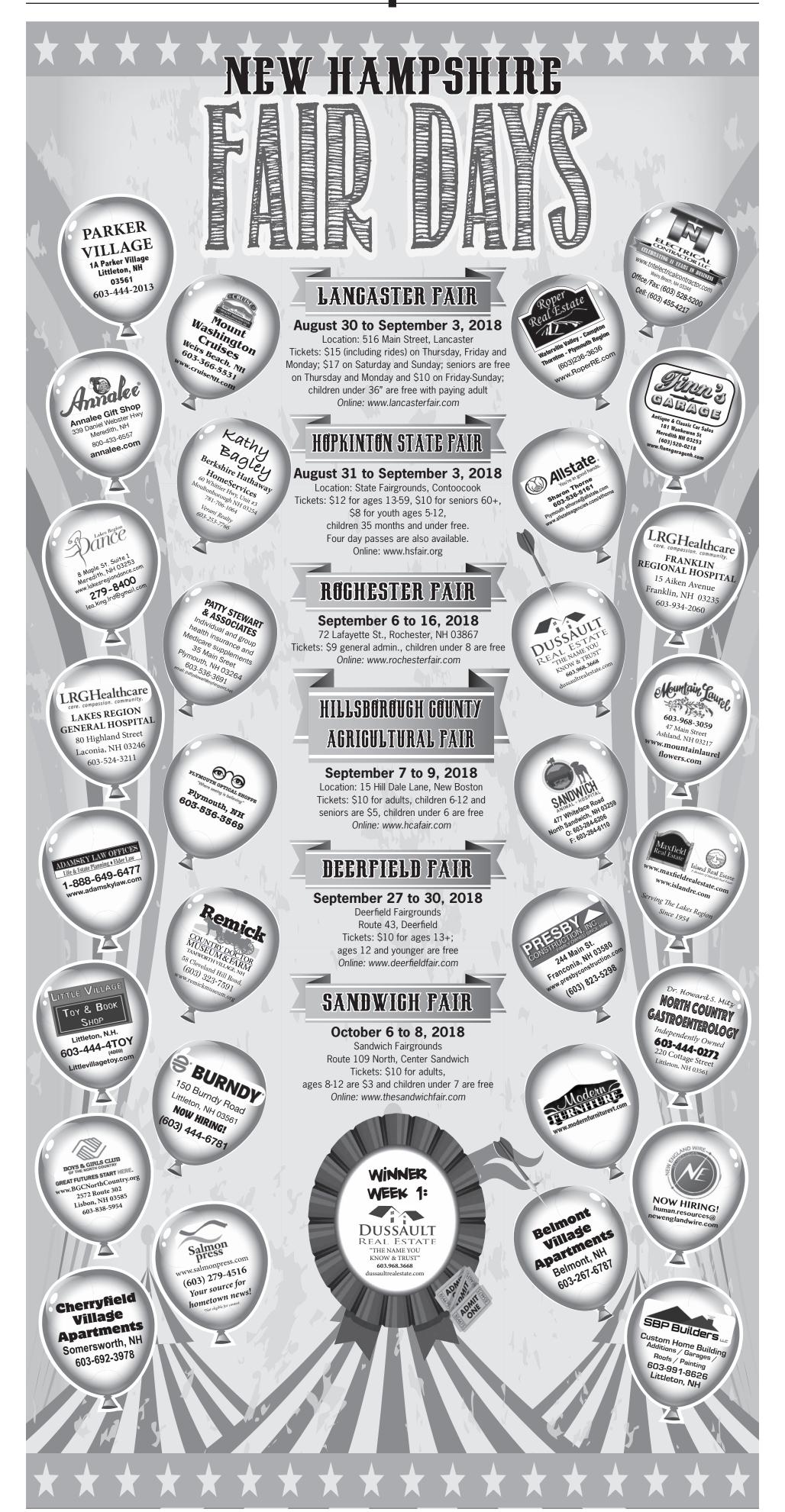
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POLLS

CONTINUED FROM PAGE A1 Andrews. Paul Cardinal, Mark S. MacKenzie, William Martin, Deagian McEachern, Mindi Messmer, Terence O'Rourke, Chris Pappas, Levi Sanders, Lincoln Soldati and Maura Sullivan.

Republicans in Belmont will make their selections between unopposed incumbent Chris Sununu for Governor, James S. Beard for Executive Council, Harold French for State Senate, and Steven Whalley for State Representative in Belknap District 9. Mike Moyer is running for re-election as Sheriff and Andrew Livernois is seeking another term as County Attorney. For a term in the U. S. House of Representatives on the Republican side it is Michael Callis, Bruce Crochetiere, Jeffery W. Denaro, Eddie Edwards, Andy Martin and Andy Sanborn on the ballot.

Unopposed candidates are Michael Muzzey for the Country Treasurer's position, while Judy McGrath would like to return to the Register of Deeds and Alan Glassman is seeking election as Register of Probate.

As for the first ever Libertarian ballot in Belmont, it will be only Aaron Day and Jilleta Jarvis on board for Governor and Dan Belforti for U.S. Congress.

In Northfield, Molly Kelly will be facing off against Steve Marchand on the Democratic ticket for Governor, while Ann McLane Kuster looks to return to Congress. Executive Councilor Andru Volinsky is also seeking another term and Mason Donovan is running unopposed in his party for State Senate. For State Representative in District 3 it will be Joyce May Fulweiler versus Jim Lintner on the Democratic side while Lorrie Cray runs unopposed for Merrimack District 26. Ricardo Rodriguez has also tossed his hat in the ring for Sheriff of Merrimack County. Leo Bernier is running for County Tresurer, Susan Cragin has put in a bid for Register of Deeds and Erica S. Davis is unopposed on the Democratic ticket for Register of Probate.

On the Republican side of primary day in Northfield, it will be Sununu for Governor

and James S. Beard for Executive Council. Seeking a run at Congress in November will be Brian Belanger, Gerard Beloin, Lynne Blankenbeker, Robert Burns, Stewart Levenson, Jay Mercer and Steven Negron. Harold French looks to return to the State Senate while incumbents Greg Hill and Kathleen Lauer-Rago seek re-election to two openings for State Representatives to Merrimack District 3. In District 26 Howard Pearl is running unopposed.

Sheriff Scott Hilliard is being challenged this time by fellow Democrat Paul K. Montray, Jr. for his job, while Paul Halvorsen and Nicole J. Schultz-Price will face off for a nomination from their party for Merrimack County Attorney. David H. Kidder is running for County Treasurer, Charlene Brack has signed on for a nomination to Register of Deeds, Jane Bradstreet seeks a term as Register of Probate and Laurie Hill is seeking a nomination for Delegate to the State Convention.

Libertarian candidates in Northfield will also be Day and Jarvis for Governor while in the contest for U.S. Congress it will be Tom Alciere up against Justin O'Donnell for that seat.

In Sanbornton, the Democratic ballot will include both Kelly and Marchand for Governor, but they will be considering Michael Cryans as the candidate for Executive Council, currently held by Republican incumbent Joe Kenney, who is also seeking re-election.

Bill Bolton of Plymouth is listed as their only candidate for State Senate in District 2.

For State Representative, the list of Democratic candidates (two openings) includes Griffin Fredette, Charles Mitchell and Stanley Robinson. Like Belmont and Tilton their choices for Congress will be Andres, Cardinal, MacKenzie, Martin, McEachern, Messmer, O'Rourke, Pappas, Sanders, Soldati and Sullivan. No other candidates have registered in for other openings.

On the Republican side, it is once again Sununu for Governor, while Joe Kennev is being opposed by Kim Strathdee for his current Executive Councilor seat. Bob Giuda is running unopposed in his party for re-election as State Senator for District 2, but other state seats are highly contested. Like Belmont, Sanbornton voters will see Callis, Crochetiere, Denaro, Edwards, Martin and Sanborn seeking nomination for a term in the U.S. Congress. In the state house primary race, incumbents Tim Lang and Dennis Fields will this time go up against Republican challengers John Olmstead, John Vorel and Richard S. Brothers.

For County Commissioner, it will be Thomas A. Tardiff, David D. De-Voy II and Brian Gallagher hoping to gain nomination for one opening in Novemeber, while Livernois, Muzzey, Mc-Grath and Glassman are also seeking approval from Sanbornton voters for a chance at County Treasurer. Attorney, Register of Deeds and Register of Probate, respectively. Guy Giunta will run unopposed in

Gail Brunt (Laconia

Library), Melissa Dil-

ier (Franklin Savings

Bank Franklin), Rich-

ard Hartman (Bank of

NH, Gilford Village),

and Shiela Cunningham

(Northway Bank, Laco-

Upcoming/

ongoing shows

Show is currently on-

going until Sept. 6. This

is the Lakes Region Art

Association's biggest

show of the year where

the members put their

The Annual Member

nia).

all parties for Delegate to the State Convention and Moyer is once again the sole Republican candidate for Belknap County Sheriff.

On the Libertarian ticket, it is again Jarvis and Day looking to win the gubernatorial primary, while Belforti is also a candidate in Sanbornton for Congress and Tobin Menard has filed to challenge the District 1 Executive Council seat currently held by Kenney.

Last but not least, Democrats in Tilton will also see Marchand and Kelly on the ballot for Governor, Cryans for Executive Council and Bolton for State Senate. Like Belmont and Sanbornton voters they will decide between Fredette, Mitchell and Robinson for State Representative while Andrews, Cardinal, MacKenzie, Martin, McEachern, Messmer, O'Rourke, Pappas, Sanders, Soldati and Sullivan will vie for their approval for a possible seat in Congress.

For the Republicans and Libertarian tickets in Tilton, the choices will also be the same as Sanbornton with the exception of County Commissioner and Delegate to the State Convention, for which Tilton will have no candidates on the ballot this year.

DEADLINES

CONTINUED FROM PAGE A1

editor, and obituaries intended for publication that week has been moved up one business day, to Friday, Aug. 31 at 4 p.m. Submissions are welcome in person at our offices, located at 5 Water St. in Meredith, or by e-mail to Editor Brendan Berube at brendan@salmonpress. news.

LRAA announces Artists of the Month way Bank Tilton),

TILTON — This August, the Lakes Region Art Association (LRAA) members selected artwork by popular vote for their Artist of the Month Program, which takes place at monthly meetings that are open to the public, located both at the Gallery in Tilton and the Taylor Home Woodside building in Laconia. It's a great opportunity to support, promote, and share the wonderful artists of New Hampshire's Lakes Region! LRAA was founded in 1940 and is a non-profit group providing education and support to local artists, both hobbyist and professional, in and around the Lakes Region. Each month at LRAA meetings, attendees select submissions by member artists to be featured at various business locations in the Lakes Region. These original works can be oil, acrylic, watercolor,



pastel, photo, or collage. The artist receiving the most votes this month was Duane Hammond. In addition to displaying artwork at a Lakes Region business location, he will also be given the

Back row: L- Gail Brunt, R- Pat Edsell. Front, left to right: Melissa Dillier, Peggy Hatfield, Elaine Morrison, Duane Hammond.

opportunity to display additional artworks on a special AOM display panel at the front of the LRAA Gallery.

The following AOMs will have artwork displayed at their respec-

tive locations: Duane Hammond (Meredith Village Savings Bank), Peggy Hatfield (Northway Bank Meredith), Pat Edsall (Franklin Savings Bank Gilford), Elaine Morrison (North-

best creative foot forward. Dont miss it! Also, don't forget to vote for the lucky recipient of the People's Choice Ribbon. See you there!

Stop by the gallery to view additional artwork by LRAA artists, located in the Tanger Outlets, 120 Laconia Road, Suite 132 in Tilton, NH. open Thursday through Monday.

For more information, call 998-0029 or visit LRAANH.org.

Any submissions not of an urgent nature received after 4 p.m. on the 31st will be held for publication on Sept. 13.

For information regarding the holiday deadlines for display advertising, please contact Beth Tobyne in Sales at 279-4516, ext. 110 or beth@salmonpress.news.

The staff of the Winnisquam Echo would like to wish our readers and advertisers a safe and enjoyable Labor Day weekend.



Next week, we observe Labor Day, a holiday to honor all the hard-working people in this country. As one of them, keep in mind that your efforts can have positive results. Famed film producer Samuel Goldwyn once said: "The harder I work, the luckier I get." And this same philosophy can apply to your investing, too – because you can indeed work to become a better investor.

Consider these steps:

Work to understand your goals and risk tolerance. Self-knowledge is important in all phases of life and it's certainly essential to you when you invest. For one thing, you need to know your goals. How long do you plan to work? What would you like to do when you retire? If you have children, do you expect to help pay for their college educations? You'll also need to know your risk tolerance to help determine your investment choices. Investors with a high tolerance for risk typically can overlook the day-to-day fluctuations in the financial markets, and may be comfortable investing more aggressively.

But those with a low risk tolerance may be more inclined to focus on investments that offer greater preservation of principal, even if this means sacrificing some growth potential.

Work to learn all you can about your investments. Here's a bit of advice that will always be valid: Don't invest in what you don't understand. The more you know about your investments and what you can expect from them, the less likely that you will be surprised at their performance and their impact on your fi-

nancial strategy. When you invest in stocks, you hope their value will appreciate over time, but you shouldn't be shocked over short-term price fluctuations. Conversely, when you purchase a fixed-rate vehicle, such as a Certificate of Deposit (CD), you expect regular interest payments and a return of your principal when the CD matures. But do not anticipate much, if any, growth in the value of your investment.

Work to develop good investment habits. Developing good habits often pays off. For example, if you exercise regularly, don't smoke and follow a sensible diet, you will likely help your long-term health. And you can follow good investment habits, too, such as contributing regularly to your 401(k) or other employer-sponsored retirement plan. You'll also want to avoid bad habits, such as overreacting to a sharp drop in the financial markets. In an effort to cut your losses, you might respond to this downturn by immediately selling investments whose fundamentals are still strong and whose prospects still may be positive.

Work to get the assistance you need. Investing can be complex, so you may want to work with a financial professional. But investing is just one part of your overall financial picture, so working with an attorney can help with your estate plans. And a tax professional can advise you on the tax-related consequences of various financial moves. There aren't many guarantees in the investment world - but the harder you work at becoming a good investor, the better your chances of reaching your ultimate objectives.

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STUDENTS

CONTINUED FROM PAGE A1 wanted to create t then spent the following week pencil sketching their designs on the selected walls. Last week they finally got to work painting them.

Rachel Fife was one of the students who took part in the project, and was excited about the whole concept, too.

"I wanted to do something different. Something that would brighten my day and make it feel more like home here. This has been great," said Fife.

One mural is a salute to sports at WRHS. It has a jagged black border that makes it look like the whole thing stands out from the wall. One stairwell now has a field of flowers painted along the edge of the mid-floor landing while other stairwells have a stunning cityscape and an eye-catching geometric design. Beside the library there is a wall of giant bright yellow sunflowers while another mural near the front entrance of the school hopes to boost a positive atmosphere among students and faculty.

"I think this will inspire a lot of people," said junior Felicia Blodgett-Duran as she worked on that mural last week.

She and classmate Carly Catty painted large block letters spelling out the word "LOVE." Each letter was then filled with words of encouragement.

"We went online and Googled positive words then decided what we wanted to include in this," explained Catty.

Among the many words the girls chose

KUSTER

were equality, creative, curious, kind, unique, intelligent and forgive.

"I think forgive is a big one," said Jayson Shevlin, who stopped by to see their work.

Shevlin is the current Vice President of the WRHS student council, and was also willing to sacrifice his last few weeks of summer vacation to be a part of what started as Rock's simple idea.

"We're adding color to our school to make it more inviting," he said.

Rock said there were other benefits, too. Some students who volunteered have come to find art to be a relaxing past time and thought they might continue to paint as a hobby while others were proud to be part of something so positive and looked forward to future initiatives.

Before the doors even opened for the first day of school on Wednesday, Rock said they had received a lot of praise and support. Athletes came in from the practice fields to bring supplies or cheer them on, while administrators, staff and teachers had many compliments, too. A few teachers even asked if the students could paint the walls outside their classrooms.

"People have been really supportive of this but we really couldn't have done it all with the help from the janitorial staff. They've been great," she said.

As the final strokes of paint were being brushed on last week, some members of the group suggested painting more murals during school vacations; per-

haps even including it as part of Winter Carnival. And while there are many halls of off-white walls still available for that, their plans don't stop there.

Rock said that during the course of the mural project, other ideas have sprouted from the group. One is to form a School Improvement Team.

near the entrance of Winnisquam Regional High School over the summer.

"We really want to

make even a little more push for positive things at school," she said.

One thought they are considering is to work toward establishing outdoor lunch privileges

for students with good

records but that's not all. "Every day, it seems, someone thinks of more ideas. Really it isn't the students who need improvement here, it's the school itself and that's what we want to work on," said Rock.

academic and behavior



Senior Adam Dunham and junior Jayson Shevlin of Winnisquam Regional High School were hard at work on the "Cityscape" mural in a stairwell of the high school last week.



Carly Catty and Felicia Blodgett-Dunham carefully painted words of encouragement and inspiration on the mural they created

they motivate through hope and inspiration. Many pathways to recovery are supported.

CONTINUED FROM PAGE A1

Cheryle Pacapelli of Harbor Homes further "Recoverv explained, Centers were not established as medical models – rather Peer Recovery Support Centers are made up of volunteers who are people in recovery and support others in their recovery. Services are free and include support groups, social events, computer access, and other services."

NOTEBOOK

CONTINUED FROM PAGE A4

gnawing way in one of her ornamental shrubberies, but rationalized that it "doesn't deserve to be shot." Now, before you inundate me with mail, I'm well aware of the horror of your dog coming home with a muzzle and mouth full of quills, which for all but the well prepared (heavy leather gloves, pliers, experience) means a trip to the vet.

Her answer? Control her dogs, especially at dusk and dawn when quill pigs are known to roam. "On the sad occasion of our dogs getting quilled," she wrote, "consider it good citizenship to keep our local veterinarian in business."

+++++

I share Cheryl's reluctance to kill creatures, except, of course,

Michelle Lennon, Executive Director of Greater Tilton Area Family Resource Center, emphasized the need for long-term recovery support, saying "Often individuals returning from treatment are not fully prepared to move forward and navigate their recovery process. Recoverees need support to find a stable, safe environment, housing, and a job."

Also discussed was the need for increased funding to ensure the sustainability of Recov-

the likes of clapboard

flies, ladybugs and (ugh)

ticks. Still, with even

the most appealing of

creatures there comes a

days, I maintained a

red squirrel kill zone

around the house. Now,

these are about as cute

and neat and fun to

watch little creatures as

they come, but they are

not so cute when they

take up residence in the

house and begin search-

ing out cupboards and

friends and family, I

softened up my kill

zone mindset, opting for

It doesn't work. This

is an old farmhouse,

with no practical way

to make squirrel-proof.

The squirrels have been

holding what sounds

"Kumbaya" instead.

At the urging of

In my former more

Eastwood-like

threshold.

drawers.

Clint

ery Centers.

The Greater Tilton Area Family Resource Center provides recovery support in the context of family supacknowledging port, addiction is a family disease. As a community-based non-profit organization, its purpose is to strengthen and empower individuals, families and the Greater Tilton Area communities by promoting health, well-being, and self-sufficiency through positive relationships, support, collaboration,

like the Camptown Rac-

es (doo-dah) in the liv-

ingroom ceiling. I think

they are about to have

.22, and the box of shorts.

+++++

'em, three) surgeries on

the same hip I had plen-

ty of rest and rehab to

address, and did so at a

fine and somewhat off-

the-radar facility known

to everyone through-

out the North Country

and the state simply

as "The Morrison." Its

great hulk of a brick

building, with two ma-

jorly modern wings, sits

atop a hill just west of

Whitefield's town com-

mon, hence the "below

the radar" remark. This

becomes moot, howev-

er, with construction

nearly complete on an

extended campus just

south of the road to Lit-

After three (count

Out comes the scoped

babies.

education. The and Center's family support programs include family support, providing concrete resources in times of need, parenting education, Happy Trails playgroup, resource coordination, home visiting, and health care navigation.

Sober Threads Peer Recovery Support Services provide recovery coaching, telephone supports, recovery support plans, backto-work help, resource coordination, peer support groups (AA, Al-

tleton.

People who work at nursing homes, rehabilitation facilities or just plain retirement homes are blessed with the strength of Samson and the patience of Job. You name it, and they've seen it and dealt with it.

As a guy who once ran three newspapers and a printing plant I did my share of hiring and (hardly ever) firing, and thus I have a habit of rating any enterprise on its people. In this category and many others, The Morrison shines.

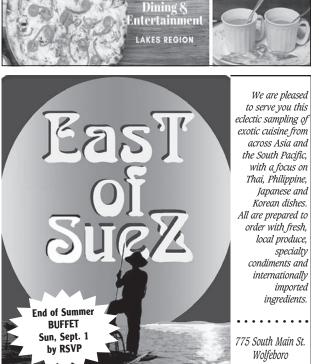
(This column runs in papers covering twothirds of New Hampshire and parts of Maine and Vermont. Address letters, with town and telephone numbers in case of questo campguyhootions. ligan@gmail.com or to Box 39, Colebrook, NH 03576.)

Alateen), and Anon, Home Visiting Recoverv Coaches/Parent Educators for recoverees parenting children 0-5. The Forever Hope Training Center offers scheduled trainings of various types, including the nationally recognized C-CAR Recovery Coach Academy, Ethical Considerations for Recovery Coaches, Facilitators' Train-the-Trainers for Positive Solutions for Families. and Provider Trainings for Supporting Families Affected by SUD. further informa-For tion, visit the GTAFRC Web site, https://gtafrc.wordpress.com, or Facebook https://www. facebook.com/GTA-FRC/.

Giampaolo was excited to see such enthusiasm from his students and supports their efforts to create a more positive atmosphere in the school community.

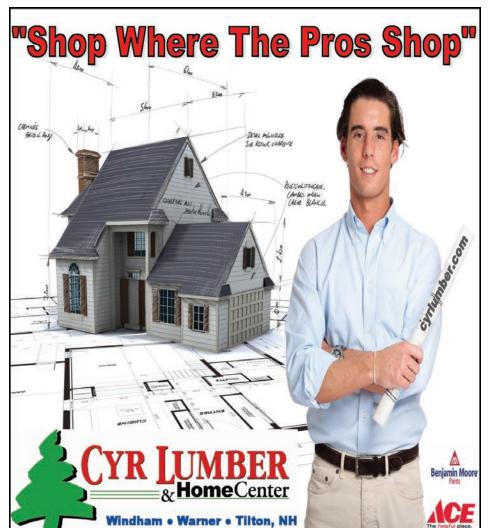
"I think what they're doing is awesome. They've been knocking it out of the park," Giampaolo said last week. "We want students to be leaders. School is like their home and when they have ideas and the drive to do something good like this, we need to get out of their way."

Others who took part in the three-week mural project were Liam Stacy, Ashley Deshaies, Ilijana Markelic, Hannah Mc-Cain, Lauren Griffen, Megan Dimond and Jenna Wilson.



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Cary Grant and Rosalind Russell trade barbs in "His Girl Friday" on LRPA

LACONIA — Join Lakes Region Public Access Television at 10:30 p.m. this Friday and Saturday night (Aug. 31 & Sept. 1) for our "LRPA After Dark" presentation of 1940's romantic comedy "His Girl Friday," starring Cary Grant, Rosalind Russell and Ralph Bellamy.

In "His Girl Friday," we meet ace reporter Hildy Johnson (Russell), who resigned from her job at a top Chicago newspaper four months ago – but try telling that to her former editor and husband Walter Burns (Grant), who has been sending her telegrams



night and day, trying to get her to return to her post. She has gotten a quickie divorce and is set to marry the perfectly nice but awfully dull insurance salesman Bruce Baldwin (Bellamy) the very next day. Walter, who admits he was a good boss but a bad husband, doesn't want to lose her, either as a reporter or as the love of his life. When he learns of this development, Walter pulls out all the stops to convince Hildy to write one last big story – the story of her career! - about convicted murderer Earl Williams, a man whose case was bungled by the local sheriff, and who is scheduled to be executed within 24 hours. She pursues the story while Walter finds more ways to impede the wedding. As Walter works by Hildy's side, she must figure out what she really wants in life.

Adapted from the popular stage play "The Front Page," and directed by the legendary Howard Hawks, it's no wonder that "His Girl Friday" is considered to be a classic screwball comedy and a masterpiece of mid-20th century filmmaking. It is one of the first films to use fast-paced, overlapping dialogue, particularly in scenes where the characters are wittily sparring with one another. All of the well-cast actors give top-notch performances, particularly Grant and Russell, who ad-libbed some of their clever dialogue. New York Times critic Frank S. Nugent called "'His Girl Friday' ... the maddest newspaper comedy of our times." What's not to love? "Grab your popcorn and join LRPA after dark for this romantic screwball classic from the past.

You can't find television like this it anywhere but LRPA TV, Atlantic Broadband Channel 25. Not a subscriber? Then log onto Live Stream through our Web site (www.lrpa.org) where you can catch all the fun.





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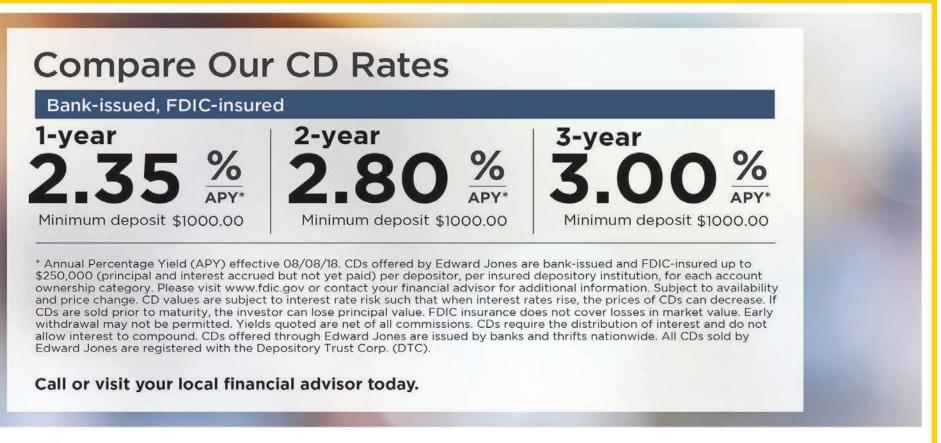
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SECTION



THE WINNISQUAM ECHO SalmonPress.com

Champs ready for another run at volleyball title

SPORTS

BY BOB MARTIN

Bob@Salmonpress.news

TILTON — The Winnisquam Regional High School volleyball team is coming off a state title last season, and while the team did lose first team All-Stater Talia De-Blasie as she moved to Florida, coach Mike Livernois likes his team and looks forward to making another run at a Division 3 championship.

"We do have a new setter in Olivia Dill, and we have had time to plan for replacing Talia, although it is tough to replace a player of her caliber," said Livernois, who was last year's coach of the year. "But we still have a lot of experienced players coming back. I think they will be a really competitive team."

Last year the Bears went 18-1 en route to a championship win over rival Inter-Lakes. De-Blasie was last year's co-player of the year and one of the best setters the state of New Hampshire had seen. The other player of the year was outside hitter Shannon Goodwin, who returns for her senior season and should once again be a huge force for the Bears. She has gone over the 500-kill milestone already, and last year she had 280 kills, 128 digs



The Winnisquam Bears are coming off a state title season and are hoping to repeat this year.

and 22 aces.

Other returners include Aubrey St. Onge, who in her junior year had 145 digs, 30 assists and 18 aces in a season where she made second team All-State. Gabby Isabelle, who has been working hard in the offseason including a stint playing in Australia, will come in as a hitter for the Bears.

Sarah Seymour has stepped up into a defen-

sive specialist position left vacant by second team All-State Madisyn Skeats, who graduated last spring.

Livernois said filling the void of DeBlasie will be difficult but he tried out people in her role all summer long and felt that Dill would be the best choice.

"She took a shot at



EmilyClementLifeCoach.com

Olivia has worked really hard and I think it has

BOB MARTIN

been a good transition." Livernois said he expects the Bears to be in the running for an-SEE **VOLLEYBALL**, PAGE B2

Early deadlines for next week

MEREDITH — Our Day h offices in Meredith will Sept. 3 be closed for the Labor The

> Clement Life Coach

it and it really seems to

work out," said Liver-

nois. "She setted as a JV

player so she has done it

before. She has hitters

with experience so that

will really help her, also.

Day holiday on Monday, Sept. 3. Therefore, all nor-

mal sports deadlines on Monday are moved to Friday, Aug. 31. Any press releases, photos

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*Lactation support is located at Caring for Kids, but available to all mothers and babies.

Meet and greets with providers are available. Call for details or an appointment.



or other information not received by Friday, Aug. 31, at noon will not be included in next week's paper.





Sports Editor - Joshua Spaulding - 279-4516 (phone) - 279-3331 (fax) - josh@salmonpress.news

Belmont soccer boys off and running

BY BOB MARTIN

Bob@Salmonpress.news

CANAAN — The Belmont boys' soccer team started off the fall season about as well as one could as with an 8-0 victory over a young squad from Mascoma Valley.

Leading the way was Zach Ennis, who had had two goals and an assist. Lucas Mathieu had a pair of goals and an assist as well. Nate Sottak had a goal and two assists and Griffin Embree added a goal. Scoring their first varsity goals were Tommy Galambos and Lars Major.

Coach Mike Foley went into the season knowing that this could be a huge year for the Red Raiders, as the team brings a starting lineup loaded with talent. The team showcased this against Mascoma Vallev and dominated from the beginning. It was 2-0 six minutes into the game and 6-0 at the end of the first half. Going up big like this allowed Folev to rest some of his starters and get substitute players valuable playing time. He said it was a good chance for some players who often don't have the opportunity to score to put the ball in the net.

Foley added that the team played great defense and goalie Jake Deware was flawless in net with four saves.

"The defense was able to keep the ball away from Jake for the most part," Foley said. "We defended about as well as you'd expect. If we do this the rest of the season it would make me very happy. Mascoma is very young and we were able to capitalize on this."

Last year the Red Raiders had a 10-5-1 re-

there. I'm feeling really good going in."

Foley said this depth will allow him to be able to rest players whenever needed. He said he will spend the first half of the season fine tuning a starting lineup based on who the team is playing. Starters, he said, could change from game to game. He wants to find the groups that work best together.

Offensively Sottak will be a player to watch. Last year he was the top scorer with nine goals and seven assists for Belmont as a freshman,

and made second team him to complement En-All-State.

"He's had a great preseason and should continue to grow on what he did last year," said Foley.

Foley said other players that should have standout seasons are defender Caleb Burke and midfielder captain Ennis, who are entering their senior years. Burke was a first team All-Stater last year while Ennis made second team. Colby Brown, also a senior captain, will be a center midfielder and Foley expects

nis very well.

Embree, a senior, is going to be playing midfield and forward but Foley said he can actually play anywhere. He is a good scorer and will likely continue this trend this season.

As far as a breakout star, Mathieu could have a huge junior season alongside Sottak.

"Those two are a dynamic duo," said Foley. "These could be our top scorers but I'm hoping for some surprises elsewhere."

Deware is coming off season, but said he has

a great junior year in goal where he had nine shutouts. This is a testament to how good he was, as well as how solid the defensive core led by Burke and Major has been.

Another player to watch includes Nolan Gagnon, who Foley said is a workhorse that makes things happen. Angelo Papadopoulos will start the year as a defender and Foley expects him to have a huge year.

Foley said he feels confident going into the a cautious optimism. He said the goal is to come away with a state title but he knows there is a long way to go.

"We have all the pieces to the puzzle but we just have to put the pieces together," said Foley. "We want to go after a state championship. We are focused, but it is early and we still have a lot to work on."

Belmont played Somersworth on the road Tuesday after deadline. The next game for the Red Raiders is Aug. 31 at home against Laconia.

Clean slate for Gilford-Belmont football

BY BOB MARTIN

Bob@Salmonpress.news GILFORD — The Gilford/Belmont football team is coming off a difficult season where the Golden Eagles had a 1-7 record that included some blowout losses. With a strong group of sophomores, a new quarterback taking snaps and a clean slate, coach Josh Marzahl is hoping the team can get back to winning ways.

In the offseason some teams around the Granite State shifted divisions, and now Division 2 North Conference has nine teams with Gilford/Belmont included. Teams include powerhouse squads like Plymouth, which is a favorite year after year. Others are Bow, Hanover, John Stark, Kennett, Kingswood, Merrimack Valley and Pembroke.

"We are young with a lot of sophomores, but these are pretty talented and knowledgeable players," said Marzahl. "We will be relying on them a lot, as well as some

Didsbury at offensive line and linebacker and Robert Tonkin at offensive and defensive line.

Last year the Golden Eagles had Greg Madore at quarterback, but he decided to focus on basketball and not return of our seniors to make to the football team for



"He is fast and strong,

and last year he defi-

nitely improved his vi-

sion running the ball,"

Marzahl said. "He does

a great job finding the

hole. He gives us a home

er sophomore who will

get plenty of time at run-

ning back and middle

linebacker. Jackson Ru-

elke, also a sophomore,

will see time at wide re-

ing six or seven sopho-

mores," said Marzahl.

"We will be start-

ceiver and cornerback.

Jon Mitchell is anoth-

run threat."



Alex Cheek scrambles and makes a throw during a scrimmage against Hillsboro-Deering.

cord and lost in the quarterfinals to top ranked Derryfield. The team graduated two players in All-Stater River Mathieu and Hunter Dupuis, who saw plenty of time on the field. However, this year the team has 13 seniors and Foley said every one of them could be a starter on any given day.

"I think our biggest advantage is going to be our depth," said Foley. "We are definitely a team that has skill at just about every position. I've got guys coming off the bench that will easily replace what I put out

plays."

The seniors include tackle and defensive end Pierce Brown, who is a returning starter. Ethan Roy, a safety and tight end, is moving from linebacker to safety. Roy was one of the team's leading tacklers last season. Patrick Carr will be playing tight end, and he is expected to be one of the primary receiving options and a solid blocker.

Other seniors include Zack Cobis at running back and cornerback. Brandon Cole at running back, Matt Thurber at tight end, Austin

his senior year. Taking his place is sophomore Alex Cheek, who got some snaps behind center toward the end of last season and impressed Marzahl.

Cheek has great scrambling ability, which he showed during a scrimmage against Hillsboro-Deering last weekend. Despite the 21-0 loss in the scrimmage, Cheek showed that he could evade tacklers and throw on the run.

Cheek will be throwing to Carr, as well as sophomores Nick Arenstam and Brandon Gal-



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Jackson Ruelke makes a tackle during a scrimmage last week.

lagher. Gallagher was a starting wide receiver in his freshman season last vear and is expected to continue to improve.

Blake Descoteaux will take over at the starting running back position after the team lost Dylan Gansert to graduation. Descoteaux was impressive in his freshman campaign and got plenty of varsity playing time. At the end of last season Marzahl said he was one of the best freshman running backs he had seen.

VOLLEYBALL

CONTINUED FROM PAGE B1

other title, but he said teams like Inter-Lakes and Newfound should once again be tough. The division, in general, has plenty of talent and many of the top teams have players returning this year.

Inter-Lakes, in particular, has a solid team coming back that is led by Emma Wheeler. How-

ever, Livernois noted that the loss of Jordan Durand to graduation is bigger than many people may think. He said that these losses on both teams could make for an interesting season.

Livernois said the Bears had great attendance during the summer and most of his team played on Junior Olympic teams. He said this is

"We had a very successful JV team last year. These are gamers who don't shy away from the opportunity."

Marzahl said he is looking forward to seeing how the young players, mixed with a solid core of seniors, fare this season. He expects the team to be competitive despite its youth, and hopes that can translate to wins.

The Golden Eagles will kick off the season at home on Friday against Pembroke at 7 p.m.

a great sign for where the players stand early, but he said there are always challenges when coming into a new season. He is confident that the Bears can be contenders, but doesn't want the girls to get ahead of themselves.

"I like our chances," said Livernois. "We need to stay healthy. I am looking forward to a fun season."

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New coach takes the helm for Winnisquam soccer boys

BOB MARTIN

BOB@SALMONPRESS.NEWS

TILTON — The Winnisquam soccer team had a tough start to the beginning of the season with a 5-0 loss at home to Gilford High School on Friday.

"I think the team can still take away a lot from a game like this," said coach Jake Bodah, who is in his first season as a head coach. "Gilford is always tough and always will be tough. We are going to take this game and hopefully improve and play better against White Mountains this Friday."

Gilford had a 2-0 lead at halftime, but it could have been a much larger lead if it wasn't for the solid defensive work by Winnisquam and some nice saves by freshman goalie Jake Holt. The time of possession was overwhelmingly in Gilford's favor, but finding the right shot was a difficulty for Gilford early as the team couldn't capitalize on several opportunities close to the net.

At the seven-minute mark, Ben Gardiner scored on assists by Daegan Boucher and Mike Eisenmann. At the 33-minute mark, Boucher scored on assists by Brian Tromblay and Gardiner.

The Golden Eagles continued to shut down the Bears in the second half and got into the scoring ways quickly. One minute into the Jordan Browne half. scored with assists by

Boucher and Eisenmann. At the 52-minute mark, his brother Tyler Browne scored with an assist by Connor Guest. The final goal was at the 61-minute mark. It was scored by Boucher with Eisenmann on the assist.

Troy Gallagher was the goalkeeper for the Golden Eagles and made three saves in the shutout. Gilford coach Dave Pinkham was also quick to compliment Holt's work in goal, saying that he made several outstanding saves and made it a closer game. One was when Gardiner had a penalty kick at the end of the first half, but Holt denied the scoring opportunity with a great diving snag.

The Winnisquam soccer team had a difficult season last fall with only two wins, but the team is now under the direction of a brand new coach with a vision of wins in the future for his squad.

Bodah said the team is fortunate to have a very senior heavy squad and he said the team is ready to put last year behind them and focus on improving. He said the team has a strong midfield with Eric Young and Hunter Hinxman, and plenty of talent up front in its strikers. He also added that the defense is starting to come together with Kyle Hinds and Derek De-Sousa leading the way and forcing tough shots. Holt should continue to improve in goal, and he



Jake Bodah is at the helm for the Winnisquam Bears soccer team this season.

BOB MARTIN

showed in the early goings that he is ready for the varsity level even at a young age.

"I was extremely impressed by the way he played against Gilford," said Bodah. "That was a really good sign. A freshman goalkeeper like this made a good impression on the team. I think the team will have more confident as time goes on."

Bodah said the shutout loss is something he doesn't think the team should dwell on, as Gilford has one of the stronger defenses the team will face. However, he said the Bears need to improve on gaining possession and creating scoring opportunities.

BOB MARTIN

Aiden Phelps knocks a header during a game against Gilford last week.

Patrick Welch and Trevor Gray are expected to be goal scorers for the team, using powerful defenders.

"We need to work on plays and continue working on rotations," said Bodah. "Once we get used to each other goals will come."

Bodah is in his first ever season as a soccer coach and while inexperience will present a learning curve as he gets to know the team, he believes fresh blood could be exactly what the program needs. Bodah played high school soccer at Spaulding High School and then two years of soccer at NHTI. He is in his second year as a teacher at Winnisquam Regional Middle School.

"I'm really looking forward to this and I feel that I've already made good relationships with the players early," said Bodah. "Being a younger coach I think I can work with the kids well. I am rather transparent

Belmont girls battle to tie in season opener

BY BOB MARTIN

Bob@Salmonpress.news

MANCHESTER The Belmont girls' soccer team kicked off the fall season on the road against Derryfield and

senior Estremera will once again be the offensive juggernaut on the team, using her strong leg and quick feet to likes who he has to fill score for the Red Raid- the void in Syed, Delisle ers. Last season she was and Lizzie Fleming.

son why the Red Raiders only gave up 13 total goals last season. However, Dawalga said he we will be relying a little more heavily on her this year," Dawalga said.

Dawalga said the strength of the team is definitely the leadership and experience of the reshots and speed to elude

the two teams ended the tough matchup in a 1-1 tie.

"After getting the opening game jitters out," said coach Mark Dawalga. "We settled down and played a very tough Derryfield team even and tied 1 to 1."

In the 22nd minute Derryfield struck first with a goal to make it 1-0. Belmont hit two crossbars and finally was able to put the ball in the net at the 35-minute mark. The goal was scored by Julianna Estremera with an assist by Becca Fleming.

"After that it was pretty equal the rest of the way with each team having chances to win it in overtime," said Dawalga. "Playing well was Katie Gagnon, Sana Syed, Lizzie Fleming, Kaitlyn Delisle, Juliana Estremera and Rebecca Fleming."

Dawalga also commended goalie Emma Cochran for her five saves, saying she played well for the Red Raiders in the opener.

Belmont is coming off an outstanding season where the Red Raiders went 12-4-3 and narrowly missed its second consecutive state finals appearance after losing to Raymond in the semifinals. While the team lost All-State honorable mention Chloe Sottak to graduation, Belmont brings back a solid group with hopes of making a run at a state title.

First team All-State

one of the best offensive players in Division 3, leading the team with 22 goals and 12 assists in the striker position.

Other seniors who will lead the way will be Lizzie Fleming, Delisle and Miah Bailey who is in her first season playing varsity soccer for Belmont.

Returning starters include Gagnon and Syed, who are juniors, and Dawalga had nothing but high praise for them. There will be eight sophomores and four freshmen on the squad.

"Hopefully the experience these players are bringing can bode well this year and rub off on some of the younger players," Dawalga said.

Losing Sottak will be difficult as her work on defense was a big rea-

"We are going to be relying a lot on the senior leadership and upperclassmen," said Dawalga. "They are solid soccer players. Sometimes the defense doesn't get enough credit. We always talk about offense but those three are just rock solid defenders. I think Sana is one of the best defenders in the state."

Dawalga is happy to have Cochran returning in goal after a fantastic freshman season. He said she should only get better and this is great for the future of the program. With the team losing Sottak, she may have some more shots coming her way, but Dawalga has confidence she can make some good stops.

"She grew into the position last year but

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turning players. He said much like last year it could take time for them to find their identity, but he expects the team to once again be competitive.

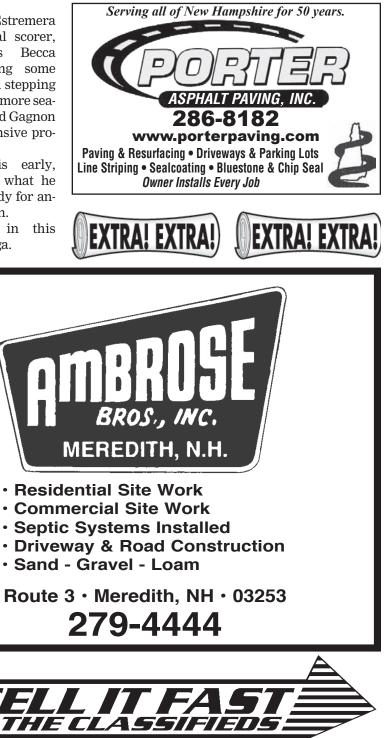
While Estremera is the top goal scorer, Dawalga sees Becca Fleming getting some more shots and stepping up in her sophomore season. He also said Gagnon will be an offensive producer.

While it is early, Dawalga likes what he sees and is ready for another big season.

"I believe in this group," Dawalga.

with them and I think they respect that."

Winnisquam travels to White Mountains on Friday for a 4 p.m. matchup.



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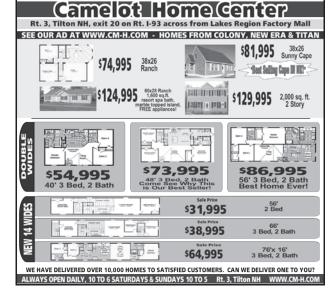
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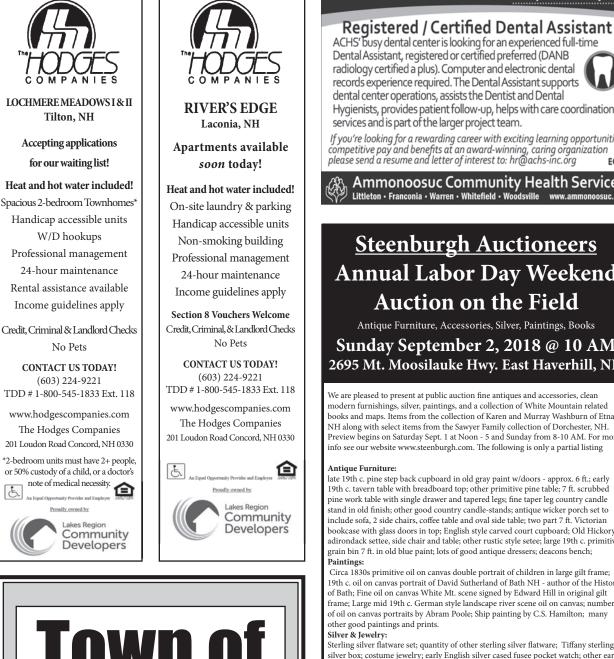
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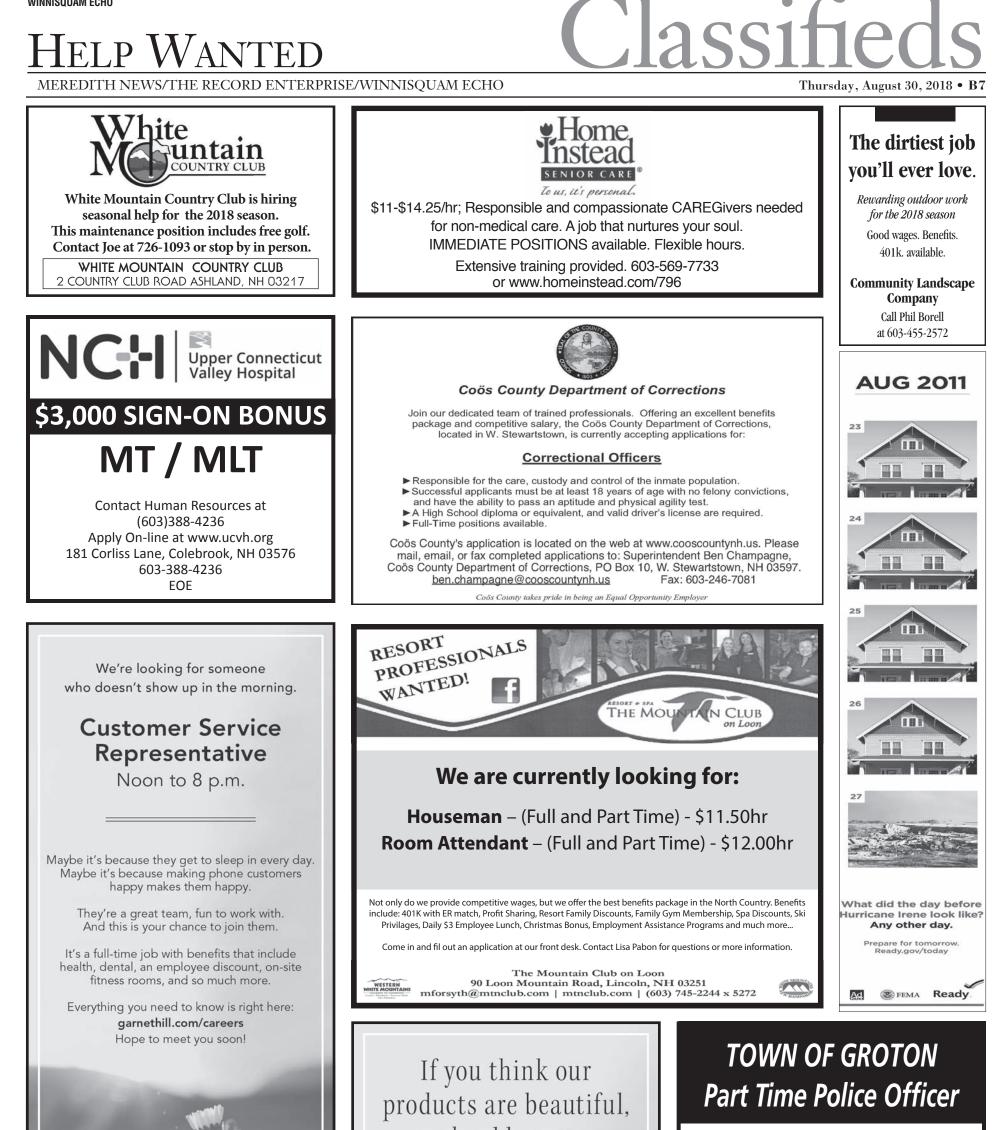
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MEREDITH - Blue Ridge Hickory Plank Flooring. AA wood backing. 1st grade. 1,050 sq.ft. in original boxes. \$1,900.00. Call 677-6994.

OLD NH FISH and Game, ca. 1890, bearing laws, penalties and seasons on moose, caribou, furbearers, fish, etc. measures 12"x18"/ May be seen at the Coos County Democrat, 79 Main St., Lancaster, NH. Price, \$4; if mailed, \$8. Call 603-788-4939 or email lori@salmonpress.news

Barn/Garage/Yard Sale

MULTI FAMILY YARD SALE 3 days - Labor Day weekend 8am-5pm. Moultonborough Neck (past the store on the right). Tools, furniture, etc, etc. You name it we got it!

Lost & Found

Found Ads Are published Free of Charge. 30 words for 1 week.

Lost Ads Are Charged at our regular classified rates.

Thank-You

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or place online 24/7 at www.salmonpress.com

Deadline: Monday 10:30 am

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Estate Sale

ESTATE SALE September 1st 9:00am-3:00pm. 61 Dale Rd., Meredith. House clearance. Furniture (sofa, beds...), appliances, kitchenware, and more. Plenty of free stuff. Bring a truck.

Professional/ Technical

NH Mobile Marine, LLC is looking for a (potentially yearround) Technician and Yard Worker to start immediately for their growing Marina. Experience preferred, but willing to train the right candidate. Please send resume to info@nhmobilemarine.com

Real Estate



Equal Housing Opportunity All real estate advertising in this newspaper is subject to The Federal Fair Housing Law which makes it illegal "to make, print, or published any notice, statement, or advertisement, with respect to the sale, or rental of a dwelling that indicates any preference. limitation. or discrimination based on race, color, religion, sec, handicap, familial status or national origin, r an intention to make any such preference, limitation or discrimination." (The Fair Housing Act of 1968 at 42 U,S,C, 3604(c)) This paper will not knowingly accept any adverting which is in violation of the law. Our readers are hereby informed, that all dwellings advertised in this newspaper are available on an equal opportunity basis To complain of discrimination call HUD toll free at 1-800-669-9777 For The Washington DC area, please call HUD at 275-9200. The toll free telephone number for the hearing impaired is 1-800-927-9275. You may also call The New Hampshire Commission for Human Rights

Houses For Rent

Waterfront Moultonboro 2 Bedroom, 2 bath home available September-May. Background check & references. Security deposit. \$1200/mo. Call 603-387-2820.

Commercial RE

Office space 800 sq ft. Recently updated. 2 story garage with loft. Paved private parking area. Hot water, yard maintenance, plowing included. Road Sign space 3'x2'. 3 North Line Rd Wolfeboro, NH. Available September 1st. 7 miles

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\$950/Month LEASE.

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from Rte 16, 3 miles from Down-

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pass criminal, credit, landlord

and DOJ sex offender checks.

Persons who meet Targeted In-

come Limits will receive a priority.

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Call Toll Free Mon-Fri 8:00-4:00 1-877-766-6891 or go to www.salmonpress.com 24/7

HAVE YOU SEEN ME? I AM LOST! MY NAME IS BUDDY I am a 5 year old, 16 LB. buff colored male cat. I live on Pinnacle Park Road PLEASE CALL MY FAMILY at 279-7000. Reward if found.

Still Lost!

Shane - Shetland Sheepdog 9 Years old We are hoping someone may have him or have seen him? -Lost in Laconia NH-August 27, 2016 Do not chase. Old and New Leads appreciated. For more info see www.facebook.com/ shaneshetlandsheepdog

Call Owner 603-365-1778 or Granite State Dog Recovery 1-855-639-5678

Boats

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is the place to check our weekly classifieds online! <u>More</u> great coverage and information from the

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bring a track.

Pets/Breeders

LOW COST SPAY/NEUTER Mobile Feline Fix It Wagon, Cats \$70-\$85. Dogs at Conway clinic, starting at \$100. NH and Maine income qualified plans. Military discounts. Rozzie May Animal Alliance, a dedicated spay/neuter nonprofit. Sign up on line www.RozzieMay.org or call 603-447-1373

General Help Wanted

Bosco Bell Store and Blueberry Station RT 28 Barnstead are looking for reliable and friendly cashiers / deli workers. Please apply in person.

Registrar. Christian Camps and Conferences, Inc. has an opening for a full-time position as the Camp Registrar. This individual has the responsibility to work with our Camp Directors to enroll approximately 1200 campers for summer experiences at Camp Brookwoods, Camp Deer Run and Moose River Outpost. Some specific skills include a high level of comfort with using Macintosh computers, e-mailing parents, working with the camp database, excellent communication skills on the phone while working with parents. Strong organization skills are required in order to maintain accurate records. This person must be self-motivated, show initiative, is resourceful and creative, and completely accept and support the Christian Camps and Conferences. Inc. Mission Statement. This is a full-time position with benefits, and the office is located in Alton, New Hampshire. Apply only through the camp website at www. christiancamps.net.....no phone calls please.

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LNA/CNA NEEDED

Gilford. Duties to include: light housekeeping, companionship, bathing, and minimal personal care. \$14/hour, 3-4 hours/day, 5-6/week. Must have reliable transportation. CORI check done. Contact Shirley 978-552-9582. 163 Loudon Road, Concord, NH 03301 Neither the Publisher nor the advertiser will be liable for misinformation, typographically errors, etc. hereincontained. The Publisher reservesthe right to refuse any advertising.

at 603-271-2767

or write

The Commission at

Lake Waukewan, Meredith. 272-foot waterfront; sandy beach; #3 BR saltbox cape; walkout basement with large family room; screen porch. \$785,000. NH Conservation Real Estate. 603-253-4999.

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Meredith: 3 BR. Private wooded setting. No smoking/pets. Heat, hot water included. One car Garage. \$1450/mo. One year lease. Call David 781-665-8400.

Comm. Space For Rent

OFFICE SPACE FOR RENT:

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6 room office, newly renovated with plenty of Parking. 875+ square feet. \$800 per month.

Call Russ at 603-536-1422

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9 Main Street. Former site of Pemi River Fuels. Approx. 700 sq ft.; 3 to 4 work areas depending upon configuration. \$750 per month including heat, snow plowing and trash removal. Tenant pays separately metered electric. Onsite parking is available. Security deposit required. Available immediately.

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Precision Lumber Inc.

Moultonborough, NH 03254.

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RN, LPN and LNA

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Maintenance Person

Responsible for mowing using turf mowers. Able to operate various types of equipment and sprayers. Able to provide basic preventive maintenance on equipment; Apply fertilizer; and maintain and operate irrigation as directed. May perform duties from other positions as needed or assigned to maintain proper operations of the resort property. Knowledge of safe, efficient mechanical operation of tractors and other motorized equipment. Must hold appropriate license/ certification for any specialized work to be done.

Please send cover letter, résumé, and salary requirements to: Owl's Nest Resort & Golf Club, PO Box 1684, Campton, NH 03223 or jobs@owlsnestresort.com.

Applications are available on our website



background checks.

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To apply, please send resume to Pemiriver@pemiriverfuels.com 612 Tenney Mountain Highway, Plymouth



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Summit by Morrison is seeking a full-time Resident Care Director to join our dynamic and dedicated team.

Responsibilities include ongoing operations of the 36-bed Assisted Living community, ensures that residents and families receive the highest quality of service in a caring and compassionate atmosphere and recognizes individuals' needs and rights. If you are looking to work in a rewarding environment where you can make a difference in the lives of the elderly, please stop by, call or email us at hrclerk@morrisonnh.org.

Requirements: Registered Nurse with a current NH license, experience in Assisted Living, excellent management and interpersonal skills, strong assessment and care planning skills, and experience with residents with dementia.

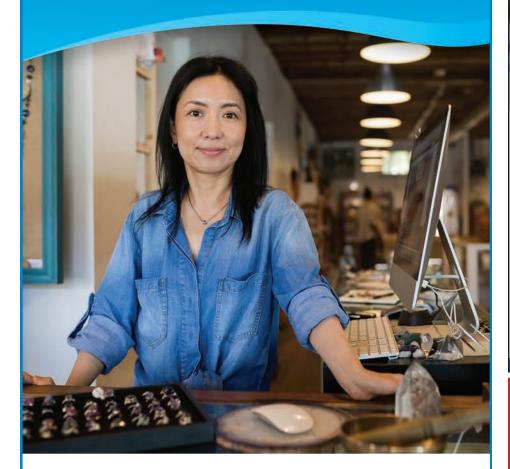
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