

THURSDAY, AUGUST 15, 2019

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# Belmont celebrates 150 years of history at Old Home Day

BY DONNA RHODES

drhodes@salmonpress.news

BELMONT – "Celebrating Our Sesquicentennial" was the theme of the 2019 Belmont Old Home Day, and celebrate they did, from early morning until after dark, with a wide variety of activities and community gatherings.

The day kicked off with a pancake breakfast, the running of the 51st annual Belmont 10-Miler Road Race and the 31st annual Tioga Fun Run. There were vendors and food concessions surrounding the town green, chil-SEE **BELMONT**, PAGE A8



Donna Rhodes

(Right) Members of Belmont High School's Class of 2022 threw a 150th birthday party for the town aboard their Old Home Day float this year, and took home the Selectmen's Trophy for their community spirit.



## Merrimack County Sheriff charged with DWI in Tilton

BY DONNA RHODES drhodes@salmonpress.news

# deadly shooting

#### **BY DONNA RHODES**

drhodes@salmonpress.news

BELMONT – On Tuesday, Aug. 6, New Hampshire Attorney General Gordon J. MacDonald held a press briefing at Corner Meetinghouse in Belmont to announce that his team of investigators had found that three police officers were justified in their use of deadly force, which resulted in the June 15 death of 45-year-old Michael J. Sheehan of Northfield. RSA 7:6 states that the AG is the Chief Law Enforcement Officer for the state and as such is responsible in ensuring that any use of deadly force by a police officer is done within "the conformity of the law."

"Following a full investigation of this deadly force incident by the Attorney General's Office and the New Hampshire State Police Major Crime Unit, the Attorney General finds that SEE **OFFICERS CLEARED**, PAGE A9

TILTON - A complaint phoned in to police dispatch about a vehicle driving erratically on Laconia Road (Route 3) in Tilton last weekend led to the arrest of the driver, whom police discovered to be Merrimack County Sheriff Scott Hilliard, age 58, of Northfield. Hilliard has served as sheriff since 2006 and was recently re-elected to another term this past March.

On the evening of Friday, Aug. 9, a driv-



COURTESY

which it was being oper-

ated. The person, whose

name was not released.

Merrimack County Sheriff Scott Hilliard of Northfield was arrested for aggravated DWI in Tilton last Friday evening.

er spotted the vehicle and became concerned about the manner in

> was able to provide the dispatcher with information on the suspect vehicle and managed to follow it to the parking lot of the 99 Restaurant. There, officers from Tilton Police Department met up with them and began an investigation into the complaint. As a result of their findings, Hilliard was taken into custody for Aggravated Driving While Intoxicated. He was later released on bail and given an ar-

> > SEE **SHERRIF**, PAGE A8

raignment date of Mon.,

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Volume 11 • Number 32 20 Pages in 2 Sections Classifieds .......B4-8 Editorial Page ......A4 North Country Notebook..A4 Obituaries ......A6 Sports ......B1-3 °2019, Salmon Press, LLC. Call us at (603) 279-4516

email: steamer@salmonpress.news

## Drug investigation culminates in search of Tilton home

#### BY DONNA RHODES

drhodes@salmonpress.news

TILTON – At approximately 7 p.m. on Friday, Aug. 9, police in Tilton, working with the Drug Enforcement Agency of the U.S. Department of Justice, executed a search warrant on a residence located at 162 Calef Hill Rd., which had been the subject of a monthslong investigation for the illegal sales of methamphetamine.

During their search of the property, they also searched a white Toyota pick-up truck that was stopped while trying to leave the residence and confiscated not only drugs but weapons and cash as well. The driver of the vehicle was identified as 40-year-old Jared Stottlar, a resident of that same address.

Chief Robert Cormier said detectives recov-SEE INVESTIGATION, PAGE A8



A search warrant in Tilton last week yielded a cache of weapons along with the illegal drug methamphetamine and a large amount of cash.

# A party 150 years in the making

\*All photos by Donna Rhodes







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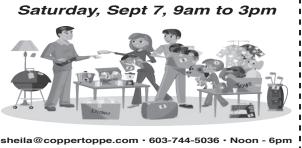
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(436)

# A party 150 years in the making

\*All photos by Donna Rhodes



# Opinion

A4 Thursday, August 15, 2019

## **STRATEGIES FOR LIVING**

## On the separation of church & state

## BY LARRY SCOTT

The First Amendment to the Constitution of these United States American says that "Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof." And that, I am told, is justification for such a "separation" of religious activities in the public arena that my grandchildren cannot read their Bible or pray in class? You have to be kidding! That is not what it says.

The conflict between the Church and the State is not a new phenomenon. When the Rev. John Greenwood (1556-1593) challenged the right of Queen Elizabeth, King Henry VIII's daughter, to be head of both the State and the Church, she had him executed. When Parliament passed laws targeting those who, like Greenwood, wanted to separate the State from the Church, most of the Pilgrims fled England, first to Holland and then to America.

Our Founding Father's established the separation clause to prevent the State from meddling in Church affairs. But in modern America, the reverse has taken place. The First Amendment has become a limit to individuals rather than the State. As it now stands, the Bible has been removed from the classroom library, the school choir can no longer sing Christian songs, and individual students cannot say a prayer at a school event. That was not what the Founding Father's had in mind.

I am incensed at the dishonesty and hypocrisy of secular America. They condemn the Christian community for its stand on marriage, the right to life, and the practice of our faith in the public arena. But they tolerate abortion on demand, smut on the internet, and a redefinition of marriage. Something is drastically wrong.

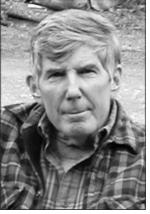
Dennis Prager, during an interview aired on the Fox Business Network on April 2, 2018, stated that "this is the first generation in human history... that is being raised godless.... And the results, I believe, are the end of Western civilization as we know it."



## Project Pencil

Sue Page, Project Pencil coordinator for St. Vincent de Paul Children's Foundation, and Bert Couture, volunteer, review the list of deliveries to be made to the local schools. Parents should check with their local school to see when pick up times are available.

## NORTH COUNTRY NOTEBOOK Dirt roads, gravel, pitch and yaw, and a word from the guru (not)





#### WINNISQUAM ECHO

COURTESY

Perhaps to some that sounds extreme but he surely has a point. We have trashed God and then wonder why our nation is coming apart. We allow the vulgar and the obscene to be accessible over the internet but any discussion of God in the academy and the workplace is off-limits. Several generations of Americans have been reared and educated without respect for God and His Word and we are now reaping the consequences. Now we are asking why our children have no conscience, why they don't know right from wrong, and why it doesn't bother them to kill their classmates and themselves.

I believe God is saddened by what is happening in America. But we have told God to get out of our schools, to get out of government, and to get out of our lives. God is a Gentleman. He will not interfere where He is not wanted. We cannot expect Him to give us His blessing and His protection when we have told Him to leave us alone.

Please understand my attitude. I am proud to be an American. This is still the greatest nation in the world and I am pleased to enjoy its benefits. But I grieve for America, over the political upheaval, over the lunacy of those who destroy innocent lives, over the rejection of moral principles we have abandoned to our peril. Wake up, America. It's time to be honest. We need God, and we need Him now!

You want to talk about it? Hit me up at rlarry-scott@gmail.com.



## 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.

By John Harrigan Columnist

"What makes washboard appear on a dirt road every year in the same place?" someone asked me the other day. (Truth alert: This is actually a composite quote, meaning that it consists of several quotes I saved up. This means that this "someone" is the writing equivalent of, oh, triplets.)

Before town road crews and D.O.T. staffers race for their keyboards, yes, I'm at risk for calling it a "dirt road." To some, this implies unsanitary conditions (no). To others, it implies that dirt roads, and the rules, are different (yes).

Anyway, those whose job descriptions include the care and feeding of dirt roads sometimes admonish me for not using the official bureaucratese term, which is "gravel road." This makes me wonder about the definition of gravel, like how much clay, for instance, it's supposed to include.

Disclaimer: The care and feeding of my own most personal dirt road (sorry---gravel) is just fine, thank you, and this is not only because I don't want the town road crew mad at me. It really is fine. In fact, beyond fine.

Oh, yeah? So what about the snow months,

JOHN HARRIGAN

As they say about dirt roads (and many a job), "Ya gotta love it." This dirt road (and this job) are no different.

huh? Come on---fess up, or I'll fetch that tall guy over there to club you. (To me, lifetime experience and long memory and all, "snow months" means all of the months, barely excluding July.) Snow always seems to be the first question on everyone's lips, right after someone mentions that you live on a dirt road, and the person with the alarmed look (that would be everyone) says, "Oh?" and then they all run away, leaving cocktail napkins floating in the air, and dotted lines where they (the people) used to be, like in the cartoons.

In answer to this, before they come to get me, I'm way more concerned about negotiating my driveway, especially the parts that Bob and I and, in a way, Millie are responsible for, than I am about the status of my road, which I know will always be, as they say in court, beyond the aforementioned fine.

The question(s) real and imagined made me wonder why people ask me this kind of stuff. I mean, what am I supposed to be? A dirt road guru?

"They know you're from the country," Fritz Wetherbee once explained it. Fritz is the guy on Public Television (state and local translation: Channel 11) with the bowtie and beard. And he should be, and is, well known for a whole lot of other things. "So they figure you automatically know about such things," he continued, and then wanted to tell me the entire history of Sandwich (the town), focusing on the notch road and its cellarholes, but I had sudden business in Binghamton.

Well, I'm no guru, but I know that washboard has everything

to do with angle, pitch, steepness, and sunshine. Wait, I forgot "yaw." You're never supposed to use "pitch" without "yaw" in a sentence unless you've passed "Go." And lest anyone's feelings be hurt, I'm not in the least forgetting "camber," which is pretty important but not important enough to explain, and other friends and relations too numerous to mention (or remember).

+++++

Despite the best efforts of successive grader operators, the washboard reappears at certain places along my road and others, just as it has, I suppose, from the days of early grading, when a huge hunk of iron with a blade amidships (kind of like today, minus the diesel) was towed by horses or oxen.

And here I'm reminded that the entire theme of this piece is built on SEE NOTEBOOK, PAGE A8

## Sanbornton Library hosts program on pollinators

BY DONNA RHODES

drhodes@salmonpress.news SANBORNTON With an audience of more than 70 children and adults on hand at Sanbornton Public Library on Aug. 7, outdoor educator Jerry Schneider of Vermont gave a presentation on pollinators — the bees, butterflies and bats who keep the world growing by providing valuable assistance to flowers, fruits and vegetables.

Many of the boys and girls who attended the special summer reading program's "Making Space for Pollinators" presentation said they especially enjoyed the slide show Schneider brought along, depicting a wide variety of pollinators as he explained the valuable presence each has in nature.

Adults also made note of some gardening tips for attracting butterflies. River rocks hold nutrients that they enjoy and can be a decorative part of any flowerbed. Monarchs like milkweed plants where they can lay their eggs, but asters are also important in preparing them for their long flight to Mexico where they winter over each year. Another tip he had was a bit of a surprise.

"Goldenrod (a sum-



Six-year-old Julian of Sanbornton helped outdoor educator Tom Schneider demonstrate how children and adults who attended last week's "Making Space for Pollinators" presentation at the library could then make a beautiful tee shirt of their own to take home and enjoy.

mer allergen for many people) is really good for all pollinators but your neighbors may not like it so much," said Schneider.

One young man, John, said he really enjoyed the slide show of all the beautiful creatures Schneider presented that day. His friends all agreed that it was very interesting and educational on a level they could appreciate.

to homeschooling and

only butterflies and bees helped pollinate but I learned a lot more today."

Other pollinators he discovered were beetles, the fruit bat and even blowing winds, which help scatter the pollen and produce more flowers.

Bees also fascinated the youngsters, even Wyatt who said he's allergic to them and therefore doesn't personally Jakob said, "I thought like them very much.

"I like that they pollinate flowers though and that helps my mom and my grandmother because they have a lot of gardens," he said.

And while Gabe said he already knew a lot about bees from a project at school, he "definitely learned a lot more."

Finally, 11-year-old Taylor said she learned a lot about things that are now killing off large bee populations and

hoped measures would be taken to ensure their survival.

"I never realized the bee population has gone down so much," Taylor said.

At the end of Schneider's talk, there was a brief question and answer time before everyone moved outside to the library lawn. There he displayed a number of grasses, leaves and other natural items gathered that morning from the field. He also had a box filled with cutouts of bats and butterflies along with spray bottles of blue and red dyes. With the help of six-year-old Julian, a selection of leaves, grasses and cutouts were laid on

a white tee shirt then sprayed with the dyes as a craft demonstration. Once lifted, all the children were excited about the beautiful images they made on the white material and lined up to get a shirt of their own to decorate.

Library Director Marcia Haigh said tee shirts for the project were provided in part by Library Trustee Dave Adams who was on hand to watch all the artwork unfold.

She herself also brought along a large glass bowl that contained some monarch caterpillars she recently discovered in her own yard, along with a chrysalis she found clinging to a day lily stalk. People of all ages gathered round to observe the two early stages in a Monarch butterfly's life cycle, then looked out observe several of the butterflies themselves flitting over the town field behind them.

"Making Space for Pollinators" said Haigh, was another way of celebrating this year's summer reading program.

"The theme year is 'A Universe of Stories' and this just seemed like a great way to make that all relevant to Sanbornton," said Haigh.

Books on the topic are also available at the library for those interested in learning more about appreciating, attracting and protecting nature's all-important pollinators.

HALL MEMORIAL LIBRARY HAPPENINGS

#### **Tilton/Northfield**

Monday, Aug. 19 Chess Club, 2-5 p.m. Monday Bookers, 6

p.m. The Bookers – "One Thousand White Women: The Journals of

May Dodd" by Jim Fer-

gus - "This is the story

of May Dodd and a col-

want to make sure vou're off to a solid start? Attend an Intro to Homeschooling session with Michelle Levell -- director of School Choice for NH and a co-founder of Granite State Home Educators. She will provide an overview of how to start a home education program for your child. She'll cover the (simple!) legal requirements, various resources, and answer all our questions. Join us and bring a friend!

"Escape Room" by Megan Goldin "The Tenth Muse"

by Catherine Chung

"The Book Charmer" by Karen Hawkins "Someone We Know" by Shari Lapena

#### "PEPPERONI" 32K

Mitchell is a very sweet but strong 3 year old terrier mix who found his way to the NHHS through southern transport. Back in Georgia, his original name was "Pepperoni" as he had been abandoned outside of a pizza place and survived off of the american delight for roughly 11 days. He was adopted out, and returned with the name Mitchell. Currently he knows sit, down, stay, come, and drop it! Mitchell is extremely food motivated, and thrives off positive energy! There is no doubt that this lovebug will learn quickly in the right environment. Mitchell would do best in an active, adult only home, with potentially the right doggy friend. Mitchell may chase cats and may not flourish around small animals.



orful assembly of pioneer women who, under the auspices of the U.S. government, travel to the western prairies in 1875 to intermarry among the Cheyenne Indians. The covert and controversial "Brides for Indians" program, launched by the administration of Ulysses S. Grant, is intended to help assimilate the Indians into the white man's world. Toward that end May and her friends embark upon the adventure of their lifetime. Jim Fergus has so vividly depicted the American West that it is as if these diaries are a capsule in time." (Amazon)

Tuesday, Aug. 20 Spanish Club, 10 a.m. Tech Tuesday, 2-4 p.m.

#### Wednesday, Aug. 21

End of Summer Reading Program Party, 1 p.m.

Join us at 1 p.m. for our ALL AGES End of Summer Reading Party. We'll have fun activities, live music and popsicles!

\*\*\*NO STORY-TIME\*\*\*

#### Thursday, Aug. 22

Intro to Homeschooling, 6 p.m.

Hosted by Granite State Home Educators and School Choice New Hampshire. Curious about homeschooling, but not sure where to begin? Are you new

#### Friday, Aug. 23 Sit and Knit, 2-5 p.m.

#### **New Items**

"Conviction" by Denise Mina

"Game of Snipers" by Stephen Hunter

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## **TOWN OF WOODSTOCK Request for Proposal**

The Town of Woodstock is seeking proposals, from qualified vendors, for the safe removal of the upper stonewall and road located at the Intersection of Route 3 and Route 112.

#### Scope of work will include:

- 1. Safely removing said stonewall and road (stone, pavement, cement)
- 2. Possible tree removal
- 3. Resloping of bank
- 4. Replanting of trees
- 5. Loam and seeding grass

Submit sealed proposals to the Selectmen's Office PO Box 156, N. Woodstock, NH 03262

- □ On or Before August 16, 2019 at 3:00 PM
- □ Opened/Awarded August 20, 2019 at 6:00 PM
- □ Mark Envelope Stonewall

The selected bidder shall be expected to provide a certificate of insurance satisfactory to the Town of Woodstock for general liability and workers compensation.

Contact Public Works Department @ 603-348-8783 to schedule a job viewing appointment.

Town of Woodstock Board of Selectmen reserves the right to accept or reject proposals in the best interest of the Town.

## **ALL ADS INCLUDE:** Free Layout & Design

## Ernest F. Angelicola

TILTON – Born in Paterson, N.J., Ernest F. Angelicola, known to family and friends as Ernie, was an avid reader from youth. He worked at Wrights Aeronautical where he met his wife, Patricia Maynard. He enlisted in the Army Air Corps during World War II and served as a bombardier in the African and Italian Campaigns. He retired from active service as a 1st Lieutenant and later as a captain in the Army Reserve.

Ernie worked in several engineering positions in the New York corporate world before retiring and moving to Jefferson in 1986. He served on the Jefferson Planning Board and as Chairman of the White Mountains Regional School Board. He and assistant school superintendent, Richard Juve, were instrumental in establishing the ROTC program with-

in the regional school system. He served on the Weeks Medical Center Board and later in his 90's as a hospital volunteer. He was a volunteer for Meals on Wheels and The Caleb Group and a member of the Jefferson Adult Citizens and Odd Fellows Society. He enjoyed teaching chess to students and computer skills to senior adults, reading, golf and advanced crossword and logic puzzles.

He was married to his dear wife, Patty, for 71 years until her passing in 2014. Ernie became a resident of the New Hampshire Veterans Home in January 2019 and died peacefully at the age of 98 with his family by his side.

He is survived by his four children and their spouses — daughter Michelle Gonzales (Rudy) and sons Eric (Frances), Roy (Anna) and Rand along with his granddaughter Erin Zielinski (Tom).

A memorial service will be held Saturday, Aug. 17, at 11 a.m., at the Bailey Funeral Home in Lancaster. Military honors will follow.

Donations may be made in his memory to Weeks Medical Center, 173 Middle Street, Lancaster, NH 03584 or NH Veterans Home, 139 Winter Street, Tilton, NH 03276.

Please go to www. baileyfh.net for more information or to send an online condolence.

## Ann B. Hinman, 96

PLYMOUTH — Ann B. Hinman, 96, passed away at her home in Plymouth on Aug. 6, 2019.

Ann was born on Feb. 8, 1923 in Providence, R.I. to Wilbur R. Walsh and Rachel Hughes Walsh.

She was predeceased by her husband of 48 years, Clarence A. Haskell of Center Harbor; her second husband of five years, George W. (Bill) Hinman of Durham; and a son, Leighton S. Haskell of Belmont.

Ann grew up in the Merrymount area of Quincy, Mass. and graduated from Thayer Academy in 1941. She attended Tufts University for two years, then entered the Massachusetts General School of Nursing. graduating in 1947, and after received a Master's degree in Health



Education from Boston University in 1969.

Ann was an instructor in Nursing at North Shore Children's Hospital School of Nursing in Salem, Mass., and served as the Community Health Educator for the Merrimack Valley Regional Family Planning Program

nity Health Agency, and served in many capacities, including patient care volunteer, volunteer coordinator, and community educator. Ann was a contributor to Hospice public relations through speaking engagements and newspaper articles and parades. In 1993, Ann was honored with the Volunteer of the Year award from the New Hampshire Governor's Office on Volunteerism.

Ann is survived by her son, Philip Haskell; daughter-in-law Terri Johnson of Holderness; daughter Trish Driscoll of Sandwich; grandchildren Tyler Driscoll and his wife Alice Field of Center Harbor, Ann Galindo and husband Isaac of Lakeland, Fla., and Kevin Driscoll of New Hampton; great grandchildren Lucia, James and Logan; nieces and nephews. Services will be private.

## Lt. Col. Joseph Maurice Boucher, 88

LACONIA — Lt. Col. Joseph Maurice Boucher, US Army (Ret.), known to family and friends as "Mun," 88, of Laconia, died on Aug. 9, 2019 at Concord Hospital.

He was born on May 21, 1931 in Milan, the son of the late Edward and Dora (Laflamme) Boucher. He attended Milan schools, St. Patrick's in Berlin, and was a 1949 graduate of Berlin High School. He entered the US Air Force in June 1949, served during and the Korean War in a Special Atomic Weapons Squadron. He was honorably discharged after three and a half years as a Technical Sergeant in December 1952, returned to Berlin, trained under the GI Bill and became a journeyman carpenter. After receiving his Commission, he was member of the New Hampshire National Guard from 1956 to 1961 and served with units in Berlin. Lancaster, Somersworth, Dover, Portsmouth and as a Staff Member of the NH Military Academy in Concord. He was recalled to active duty with the US Army in June 1961 and remained on active duty until his retirement as a Lieutenant Colonel In May 1977.

Highlights of his military career include being the recipient of the outstanding Hawk Missile Battery Commanding Officer's trophy on three occasions while stationed in Germany (1962-65). He was a member of General Westmoreland's staff at the Military Assistance Command HQ (MACV) in Saigon, Vietnam (1966-77). He had a special assignment in the Pentagon, Washington, D.C., where he served as the daily personal Military Intelligence Briefer to the Secretary of the Army, the Army Chief of Staff, the Army Vice Chief of Staff. and several other senior General Offi-



cers on the Army Staff in the Pentagon (1967-69). He was a graduate of the prestigious US Army's Command and General Staff College in Fort Leavenworth, KS in 1970. He then served on the staff of the US Army Vietnam HQ (USARV) in Long Bien, Vietnam (1970-71) during his second tour of duty there. Returning to Washington, DC in 1971 he then commanded the largest US Army Special Security Detachment in the US until 1974, when he was assigned to the Alaskan Command's Intelligence Division (1975-75). In 1975, he was assigned to the Combat Developments Command and served as the Senior Army Military Intelligence Officer in Alaska until his retirement as a Lt. Col. In May 1977. He served in Field Artillery Units, Air Defense Units and served as a Military Intelligence Officer for the last 14 years of his career. Most of these years were in Counter-Intelligence assignments and as a Strategic and Tactical Intelligence Analyst.

He was decorated seven times for exceptional meritorious service, including two awards of the Joint Service Commenda-

tion Control Manager, and by the Margate Resort for 8 years as their Superintendent of Maintenance until his second retirement in December 1995. He was a member of the American Legion, Wilkins Smith Post No. 1 and the Veterans of Foreign Wars Post 1670 in Laconia. He was past president of both the Military Ski Club and the Military Snowmobile Club in Anchorage, Alaska and was active in Boy Scouts for many years. He was a wonderful, social, witty man, who loved his family very much.

He is survived by his wife of 65 years, Shirley (Goyette) Boucher of Laconia; two daughters, Debra LaPierre and Kathy Nyman both of Tilton; one son, Alan Boucher, and wife Melissa of Winchester; three grandchildren (Lucas Nyman of Brighton, Mass., Kayly Nyman and partner Chris Wendelboe of Ashland, and Adam LaPierre of Tilton); one great-granddaughter, Eleanor Wendelboe of Ashland. He is also survived by a sister, Louise (Boucher) Durant of Arcadia, Fla.

He was predeceased by his parents, Pete and Dora Boucher; brother, Ernest а Boucher; and by two sisters, Pearl Fysh and Lorraine Harriman.

A Mass of Christian Burial will be held on Friday, Aug. 16, 2019 at 10 a.m. at St. Anne Church of Good Shepherd Parish, Berlin, followed by burial in St. Kieran Cemetery. Calling hours will be held on Thursday from 2-4 and 6-8 p.m. at tion Medal and the Brvant Funeral Home. Berlin. In lieu of flowers, memorial contributions may be made in his memory to the Community Wellness Center, 22 Strafford St., Laconia, NH 03246. Online guestbook at www.bryantfuneralhome.net.

of Lowell, Mass.

After moving to Meredith, Ann was associated for 25 years with Hospice of the Lakes Region Commu-

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Army Commendation Medal.

He moved to Laconia in 1977, and was employed by Allen-Rogers Corp. for five years as their Production Control Manager, by the Laconia Malleable Iron Foundry for 4 years as their Produc-

## **Belknap County Democratic** Party announces annual picnic

LACONIA — The Belknap County Democratic Party announce initial details for its annual picnic, this year called the Summer Blue Bash and urge all interested to SAVE the DATE. The Summer Blue Bash will be held on Sunday, Aug. 25, 2 to 7 p.m. at beautiful Leavitt Park on Elm Street in Laconia.

The picnic organizers have invited all Democratic presidential and state level candidates, as well as other national and state leaders.

"We expect a good

number of the presidential candidates will attend to speak and meet with voters," said Carlos Cardona, Laconia Democratic Party Chair and well known political activist. "The Summer Blue

Bash will be fun for the

whole family. In addi-

tion to the candidates

there will be live music,

activities for children,

and a variety of food

trucks to please your

palate," explained Belk-

nap County Democrats

Co-Chair Lynn Thomas

Johnna Davis, of Gil-

of Meredith.

ford and the other Belknap County Co-Chair encourages folks to spend the day with us.

She adds, "There will be two tents to protect attendees from the sun or rain. Bring your sunscreen, lawn chairs or beach blanket. In addition, we will be kicking off a year-long celebration of the 100th anniversary of New Hampshire's ratifying

the 19th Amendment for women's voting rights."

Additional details will be released over the next few weeks, including instructions for requesting media credentials.

For more information, check out the Belknap County Democrats Facebook page or contact Lynn Thomas, at lthomas275@aol.com.

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**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. 101 with any questions regarding the submission process.



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## **LRPA's salute to Hitchcock continues**

LACONIA— Alfred Hitchcock enjoyed a 50-plus-year career as one of cinema's most intriguing and successful directors. LRPA After Dark is celebrating "The Master of Suspense" during his birthday month of August with a festival of some of his early works, plus three episodes of vintage, Hitchcock-related television! Join us each Friday and Saturday night at 10:30 p.m. for a thrilling good time. Join us this weekend (Aug. 16 & 17) as we show three entries from Hitchcock's career in television: two episodes of the popular anthology series Alfred Hitchcock Presents (1955's "The Cheney Vase" and "1962's "The Sorcerer's Apprentice"), and one Hitchcock-directed episode of the series Suspicion ("Four O'Clock," 1957).

We open Friday with a bang, starting with the most notorious episode of Alfred Hitchcock Presents: "The Sorcerer's Apprentice," starring Diana Dors and Brendan De Wilde. De Wilde plays Hugo, a troubled youth who is discovered, cold and starving, outside a traveling circus. He's rescued by Sadini the Great (David Stuart), who is married to the voluptuous Irene (Dors). Hugo becomes infatuated with Irene. She realizes that Hugo can't distinguish reality from the fantastical world of the circus, and so decides to use this to her advantage - with disastrous results. The show's sponsor, cosmetics giant Revlon, found the episode too gruesome for 1960's sensibilities, and so the episode, which was to be the finale of the seventh season, His girlfriend Pamela (Carolyn Jones) writes him a letter of recommendation to work for wheelchair-bound Martha Cheney (Patricia Collinge), a sweet little old lady who happens to be rich. She is in possession of the Cheney vase, a very valuable piece that Lyle would like to get his hand on. Lyle soon takes over Martha's house, making her a prisoner in her own home – but Martha may have one last trick up her sleeve ...

Our final episode, directed (and executive produced) by Hitchcock himself, is from the rarely-seen anthology series "Suspicion." Entitled "Four O'Clock," it was the premiere episode of the series. It stars E.G. Marshall as Paul Steppe, a watchmaker who suspects that his wife Fran (Nancy Kelly) is cheating on him with Dave (Richard Long). To reveal much more of the plot would spoil the details - fans of Hitchcock's suspense will not want to miss it. This episode is considered to be one of the best of the series, and was so popular that it was adapted for the 1986 reboot of "Alfred Hitchcock Presents."

All three of these thrillers bear the unmistakable influence of "Hitch" – even those episodes that he himself didn't direct. The original "Alfred Hitchcock Presents" series won a Golden Globe in 1958 for Best Achievement in Television. "Suspicion" was Hitch's experiment in an even more thrilling hour of television. On Saturday evening, we'll run "Four O'Clock" first, followed immediately thereafter by "The Sorcerer's Apprentice" and "The Cheney Vase." Join us after dark for these bite-sized thrillers from the past! Mark your calendars for "Alfred in August," a month-long tribute to Alfred Hitchcock!

"The Lady Vanishes," 1939

Aug. 30 & 31: The Lodger – A Story of the London Fog, 1927

And coming next month: LRPA's Second Annual "Silent September" Film Festival!

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

you can catch all the fun.

About Lakes Region Public Access Television (LRPA) Lakes Region Pub-

lic Access Television (LRPA) is a nonprofit, pubnoncommercial lic access TV station and community media center located on the Laconia High School campus in Laconia, NH. LRPA cablecasts locally on Atlantic Broadband Channel 24 (educational programming and

public bulletin board), Channel 25 (information and entertainment) and Channel 26 (government meetings) to more than 12,000 viewers in our member communities of Belmont, Gilford, Laconia, Meredith and Northwood. Programming is produced by and for the people of the greater Lakes Region. LRPA's mission is to empower our community members to produce content that

fosters free speech and the open exchange of ideas,

encourages artistic and creative expression,

promotes a well-informed public through governmental transparency, and

unites our communities through the power of media and technology.

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



Laconia Rod & Gun Club supports WildQuest Camp

The Laconia Rod & Gun Club and Women's Auxiliary donated \$5,161.50 to WildQuest Camp, a nature-based day camp at Prescott Farm Environmental Education Center. The funds provide camp opportunities for 31 campers. Pictured at Prescott Farm are (L to R) Lisa Piper and Lisa Judd (Rod & Gun Women's Auxiliary), Jacob Newcomb (WildQuest Camp Director), Ron Judd and Ron Blackey (Rod and Gun Club). This is the Rod & Gun Club and Women's Auxiliary's third consecutive year donating to the scholarship fund.

## **Musical performance by Red Gallagher** Aug. 21 at Taylor Community

LACONIA — Red beloved pop tunes. Audi- 21 at 6:30 p.m. in Taylor lorcommunity.org, or

was never aired during the show's primetime run.

Next up is "The Cheney Vase" (1955), a typical "Alfred Hitchcock Presents" episode with a twist and starring many familiar faces from the Golden Age of Television. It stars Darren McGavin as Lyle Endicott, a sleazy opportunist who has lost his job at a museum.

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Gallagher performs an upbeat show of music and humor. A true oneman band, he plays the guitar, harmonica and piano as well as singing. Songs include jazz, blues, folk, country,

rock and roll and many

Town-to-Town

603-279-4516

salmonpress.com

ASSIFIEDS

ences enjoy Red's original songs, humor tunes and parodies poke fun at everyday life.

Treat yourself and join us Wednesday, Aug.

Community's Woodside Building for this funfilled performance. This free event is open to all.

Follow us on Facebook, visit www.taycall 366-1400 for more information about Taylor Community, the premiere not-for-profit Continuing Care Retirement Community in the Lakes Region.



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As a business owner, you can't afford to ignore your competition. You can't afford to miss out on the trends affecting your industry. You can't afford to alienate customers. And here's one more item to add to the list: You can't afford not to create a

you'll simply sell your business and live off the proceeds. But selling a business isn't always simple, and there's no guarantee you'll receive enough to pay for a comfortable retirement - which is why you should strongly consider creating a

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butions for yourself and your employees. Plus, as an employer, you can generally deduct, as business expenses, any contributions you make on behalf of your plan participants. SIMPLE IRA: In 2019, you can put in up to \$13,000 - or \$16,000 if you're 50

significant flexibility in making contri-

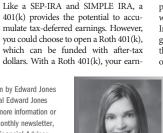
or older - to a SIMPLE IRA. As is the case with the SEP-IRA, your earnings grow tax deferred. You can match your employees' contributions dollar for dollar, up to 3 percent of compensation. If you work for yourself, you can combine employee and employer contributions, so if you use the 3 percent matching rule, and you earn enough to fully match employee contributions, you can put in up to \$26,000 per year (or \$32,000 if

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

ings can grow tax-free, provided you've had your account at least five years and you don't start taking withdrawals until you're at least 59-1/2.

Which plan is right for you? The answer depends on several factors, such as whether you have any employees and how much money you can contribute each year. But all the plans mentioned above are generally easy to establish, and the administrative costs are usually minimal. Most important, any one of them can help you build some of the resources you'll need to enjoy the retirement lifestyle you've envisioned. To select an appropriate plan, you may want to consult with your tax and financial advisors. In any case, don't wait too long. Time goes by quickly, and when you reach that day when you're a "former" business owner, you'll want to be prepared.

> Jacqueline Taylor Financial Advisor 14 Main Street PO Box 176 Meredith NH 03253 603-279-3161 Fax 866-532-8685 .taylor@edwardion



retirement plan for yourself. Of course, you might think that, one day, Fully Insured retirement plan now Here are some of the most widely used plans



you're 50 or older). Alternatively, you

401(k) plan offered by a large employer. Between salary deferral and profit sharing, you can contribute up to \$56,000, in pre-tax dollars, to your owner-only 401(k), or \$62,000 if you're 50 or older.

ble employee's compensation each year,

up to a maximum of \$5,600, regardless

of whether the employee contributes.

Contributions to your employees are tax

"Owner-only" 401(k) plan: If you have no employees other than your spouse, you can establish an "owner-only" 401(k) plan, which functions similarly to a





Donna Rhodes

As Belmont celebrates their 150th anniversary in 2019, Grand Marshal for this year's Old Home Day parade was Robert "Bob" Stevens, a former selectmen and past commander of the Charles Kilborn American Legion Post 58.

## BELMONT

#### CONTINUED FROM PAGE A1

dren's games and free pony rides throughout the morning, as well as a dance demonstration from the Granite State Cloggers and live music on the bandstand by The Continentals.

At 1 p.m. everyone was summoned to the parade when Jack Donovan of the Heritage Commission rang the bell situated high above the village in the tower of the Belmont Mill. There was a new parade route this year, which began at the middle school, followed Main St. to the library then wound along Mill St. and back to the school, and people quickly lined the sidewalks and town green to watch.

Grand Marshal this year was Robert "Bob" Stevens. Stevens is a long time resident of Belmont, serving the town in roles such as select-

man and health officer, along with his participation in many community and civic organizations that spanned several decades. Stevens is also a past commander of the Charles Kilborn American Legion Post 58.

The co-winners of the 2019 Belmont Good Citizen award, Morgan Ferguson and Kelly Hayes, were honored members of the parade as well.

Once again emceeing the event was Tom Murphy and as he announced each group that passed by the library, a few were asked to stop for a moment so they could be presented with a trophy for their entry.

While there were many fine floats, antique autos and marching groups helping Belmont celebrate its 150th anniversary this year, the Belmont Old Home Day Heart of the Community Award went to a historic float, titled

"Spirit of 1869," the year in which the town was incorporated. Belmont High School's Class of 2022 took home the Selectmen's Trophy for their float that included a large 150th birthday cake and happy party guests. The Albert Akerstrom II Award was presented to the Foley Oil Company entry and this year the Charles Kilborn American Legion Post 58 Award went to none other than the veterans from that organization for their community service and faithful participation in the Old Home Day parade for many years.

while there And were only four awards, audience appreciation was shown through the cheers and applause for others like the BHS marching band, Streetcar Company, scouting troops, the Bektash Shriners mini cars, and Little Mikey and His Chickens,

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A parade entry titled "The Spirit of 1869," celebrating the year Belmont was incorporated, was presented with the Belmont Old Home Day Committee's Heart of the Community trophy last Saturday afternoon.

always a crowd favorite, as Murphy mentioned.

Afternoon activities included music from Moulton's Band, a chicken barbecue at the fire

## INVESTIGATION

CONTINUED FROM PAGE A1 ered a large quantity of methamphetamine along with the cash, several weapons and rounds of ammunition.

## NOTEBOOK

CONTINUED FROM PAGE A4

the assumption that people will automatically know what I'm talking about when I say "washboard." Let's just say that people once beat clothes on rocks in rivers to get them clean (the clothes, not the rivers), leaving no wonder why clothing didn't last very long back then (back when?) or was seldom washed, or both. A washboard was (and is---they're still made) a piece of wood or iron with ripples, or ruts, and a sturdy frame. Think "Ideal guy, at least on

TV" here.

station and a BHS alumni soccer game. After dinner everyone then gathered at Bryant Field. There the entertainment included soccer darts

All, he said, are believed to be part of the illegal drug sales operation they had been investigating.

Cormier said their investigation is ongoing, and he expects that sev-

marks would appear after a dirt (gravel) road got graded (it has always been in the passive voice, by the way, as if by magic). These were smack down the center, except for sudden hills and sharp corners.

"Take your half out of the middle" was no joke---it was standard dirt-road training. The thinking behind it (yes, there was actual thinking) was that in normal situations it allowed the driver the highest possible number of options (in case of something abnormal).

Of late, it has become common to see people driving as far to the right as possible. "I many easterners dismean, with one wheel practically in the ditch!" as a reader put it. This is how everyone

and a climbing wall as well as music from the '80s band AXIS. Rounding out the busy day was a spectacular fireworks display.

eral arrests will be made as a result of their findings. Anyone with any additional information about the case is asked to contact Tilton Police at 286-4442.

is taught today, after all. The rules of the road are forgotten, drivers expect their decisions to be made for them by signals and stop signs, and the world is all things urban.

And you know what? The great planners, if there are any out there, are right, because although about 15 percent of the people live on about 85 percent of the land, the reality is that 85 percent of the people (i.e., most of the voters) live on 15 percent of the land.

These figures, rough as they are, tell the story of a great chasm that began during and after the Civil War, when so covered how much land there was west of the Appalachians, a scenario that has been playing out ever since.

## First Congregational Church 115 S Main St, Wolfeboro





Photo credit; Liz Linder

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Tickets at \$15 are available at: Avery Insurance ~ Black's Paper & Gift ~ Innisfree Bookshop ~ online at wfriendsofmusic.org~ & at the door.

"I give up" department:

In the not so distant past, just one set of tire-



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+++++

About nine years ago, someone ran to the top of a ridge and blew a bugle, and little knots of people in Pittsburg and Stewartstown and Franconia and Easton and even Concord heard it and came running, and they called some friends kindred spirits, and who called their friends---you know how it goes.

A great tree took shape across the land, branches spanning the aisles. It is still there, and firmly rooted, and it stands for many things, but here are a couple:

Never mind the naysayers---you can fight City Hall, and once in a while you win.

And, "Yay for the Hoi Polloi!"

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

## SHERRIF

CONTINUED FROM PAGE A1

Aug. 26, at Franklin District Court where he will be asked to respond to the charge.

The investigation is ongoing, and no further details were available as of our press deadline for this week's edition.

## **Jazz at Taylor Community with David Lockwood and Melissa McCarthy**

LACONIA — Taylor Community presents an evening of Jazz as Singer and Pianist David

Lockwood accompanies Laconia Singer Melissa McCarthy in songs from the Great American

Songbook. All are welcome to this free event, Monday, Aug. 26 at 6:30 p.m. in Taylor's Woodside Building.

Follow us on Facebook, visit www.taylorcommunity.org, or call 366-1400 for more information about Taylor Community, the premiere not-for-profit Con-

## OFFICERS CLEARED

#### CONTINUED FROM PAGE A1

the use of deadly force by Belmont Police Sergeant Evan Boulanger, Belmont Police Officer Kristopher Kloetz, and Belmont Police Officer Patrick Riley against Michael J. Sheehan on June 15, 2019, was legally justified," his office released in a written statement to the media.

Assistant Attorney General Jesse O'Neill headed up the state's investigation into the incident and gave a stepby-step look at all that transpired leading up to the shooting on South Road in Belmont.

Sheehan had a fouryear relationship with Megan LaDuke, which was tumultuous at times and included incidents of both physical and mental abuse, the most recent of which occurred just three days before he was killed. Angry with her that day, he put th handgun he had intimidated her into buy for him to her mouth and told her if she ever talked back to him again, she would "eat the bullet." She later told police that Sheehan could be the nicest person she knew at times but with just the slightest thing, he could be "your worst nightmare." Due to this, she had instructed him that the gun she purchased for him, a two-toned Taurus Millenium 9mm, was to be kept locked up at her home, but three weeks earlier she had noticed it had gone missing. It was same the gun

he later threatened her with on June 12.

On June 15, Sheehan visited his family, went shopping with a friend and seemed in a relatively good mood. His behavior deteriorated rapidly later in the day however when he could not find found a toy he had purchased for his sister Vanessa Day's puppy.

Sheehan went to his sister's house to ask about the puppy toy and while the visit with she and her friend Ed Robinson started off well, it soon escalated into an argument about politics. As a result, he grabbed Day by the throat, hit her and threw her to the ground and threatened her with a gun. It was obvious to Day and Robinson that he had been drinking and was armed. After a tirade of insults and "horrible, horrible things," he finally left with the cryptic warning that "this was not the end of it."

He then headed back to his parents' home in Northfield, screaming on the phone at his mother, Caroline Dion, while en route, still angry about losing the puppy toy. His father Michael became so concerned that he called 911 to apprise police of his son's state of mind and officers were sent to the house. Before they arrived though, Sheehan fired a shot outside the home. He then went inside where he unloaded the pistol, put it to his mother's head as he had done in the past and told her not to make him angrv.

Northfield Police, familiar with his diagnosis of PTSD and mental illness that once led to an involuntary admission to a psychiatric facility, arrived at the residence at about 10 p.m., got the parents and dog outside and worked to calm Sheehan down. During that time, it was later reveled that Sheehan ranted about his prior military experience and how he did not need a gun to kill someone.

"Mr. Sheehan also repeatedly told the officers to take out their guns and 'end his nightmare," O'Neill said.

He threatened the officers, told them his mother was enabling his sister, and that they both deserved to die.

While police tried to convince him to go to the hospital, he eventually calmed down and not only apologized for his behavior but hugged one of them. When the officers were sent on another call, Sheehan called them on their cell phone and "jokingly" asked if they needed help.

After telling his parents he was working with the police, Sheehan got agitated again and decided to head back to his sister's house. His mother called to encourage Day to go to a hotel

where she could be safe but she refused and instead called police in Belmont to tell them of his threats.

Chief Mark Lewandoski, Sgt. Boulanger, and Officer Josh Landry responded to her residence where they learned of Sheehan's actions and threats against her and Boulanger requested a BOLO (Be On the Look Out) for him.

Officer Kloetz heard that alert at 11:11 p.m. and informed Belmont dispatch of what had happened earlier in both Belmont and Northfield, including Sheehan's request for Northfield police to shoot him. "Suicide by Cop" was the term used.

Keeping an eye out for the vehicle he was known to be driving, it was Riley who first spotted the car on Route 140 and Kloetz soon joined him in quiet pursuit.

At the time Sheehan was on the phone telling his mother that he believed police were now following him. She advised him to drive slowly and he pulled over in an attempt to let them drive by. The line remained open.

In the meantime, Boulanger had also been out looking for Sheehan when he heard on the



radio that Day had just received a text message saying he was coming back to kill her. Riley by then had notified all that he spotted the vehicle and Lewandoski told him to back off until help arrived for a felony arrest.

It was 11:38 p.m. when Riley and Kloetz pulled up behind Sheehan at 98 South Rd. with and Boulanger just moments away.

Parked 60 feet from the vehicle, the three officers ordered him out of the car but he did not comply right away. Eventually he exited the driver's side but rather than do as told, knelt in front of the door with his back to them. It was then they noticed the gum holster on his hip.

Yelling for him to lie the ground, Sheehan instead got up, both hands holding the pistol beneath his chin in a "ready" position, and began "walking briskly toward them," O'Neill said. When he got within 25 ft., all three officers, who had been repeatedly shouting, "Drop the gun!" felt they were in imminent danger and fired almost simultaneously. He was struck eight times in the trunk

tinuing Care Retirement Community in the Lakes Region.

of his body.

O'Neill then played the audiotape of Boulanger's radio transmission for "shots fired, suspect down" as Kloetz grabbed his medical bag to try unsuccessfully to help Sheehan.

Bringing the briefing to a close, O'Neill reviewed what each of the officers stated in separate interviews with the Major Crimes Unit and revealed photos of the scene and items, including a loaded rifle and scope, several rounds of ammunition and alcohol, found inside Sheehan's vehicle.

"This dangerous situation was the conclusion of a dangerous situation created earlier in the day," O'Neill said.

Chief Lewandoski said no officer ever wants to have to use deadly force but in this case his men had no choice.

"I think they did an exceptional job," he said, adding that the three were doing well despite their ordeal and were eager to get back to their job of protecting the public.

They were each scheduled to return to duty the next day.



## **Town of Northfield Zoning Board of Adjustments** Monday, August 26, 2019 at 7:00 pm **Town Hall, 21 Summer Street AGENDA**

1. Minutes – July 22, 2019

2. Continuation: Judith and Chris Milner application for a Special Exception for an Accessory Dwelling Unit located at 142 South Road (Map-R15-Lot-52-7) in the Cons Zone.

3. Jamie and William Dalton application for a Special Exception for an Accessory Dwelling Unit located at 117 Park St (Map U08, Lot 11) in the R2 Zone

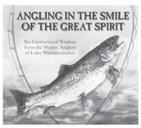
4. Bruce and Melissa Howard application for a Special Exception for an Accessory Dwelling Unit located at 130 Shaker Rd (Map R14, Lot 5) in the Cons Zone.

5. Review of Special Exception and Variance applications 6. Other Business

This is a public meeting and citizens are invited to attend. Application information is on file at the Town Hall or at www.northfieldnh.org. The Town of Northfield complies with the Americans with Disabilities Act regulations. Please contact the Selectmen's Office at 286-7039 if you need special assistance in order to attend this meeting.

## **2019 Lecture Series**

All lectures are FREE and will be held at the New Hampshire Boat Museum.



August 15 · 7 pm Angling in the Smile of the Great Spirit By author Hal Lyon

September 5 · 7 pm Racing on NH Waterways By Billy Allen and Rachel Warnick, South Shore Outboard Association raceboat drivers

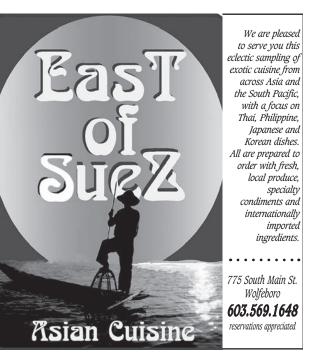
## Come see our newest exhibit: **Racing on the Waterways of NH**





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## LRGH's Raza Shariff lectures at American Society of Metabolic and Beriatric Surgery

LACONIA — LR-GHealthcare and the Weight Institute of New Hampshire (WINH) is pleased to announce that Dr. Raza Shariff, the Director of Bariatric Surgery, was invited as a course faculty at the spring meeting of the American Society of Metabolic and Bariatric Surgery in Chicago, Ill.

Dr. Shariff presented a talk on building a highly successful bariatric surgery team. This was a part of the rural bariatric surgery symposium, which was held to address the challenges and triumphs of bariatric surgery practice in a rural setting. As the Medical Director of a fully-accredited, comprehensive center for bariatric surgery at the Lakes Region General Hospital, Dr. Shariff spoke about the role of the bariatric surgery program director and program coordinator in establishing a center of excellence.

Dr. Shariff also



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bariatric surgery committee of the American Society of Metabolic and Bariatric Surgery, which was established to provide access to bariatric surgery and improve quality of care. The committee is tasked with developing a toolkit to help other programs achieve accreditation from the American College of Surgeons-Metabolic and Bariatric Surgery (MBS) Quality Improvement Program. The committee is launching a bariatric surgery collaborative which aims to compare surgical outcomes and show that accredited, rural bariatric surgery centers perform on par with large tertiary centers and university hospitals. Lakes Region General Hospital is one of only a handful of accredited, rural bariatric surgery centers in the country.

serves on the rural

If interested in any of the program offerings at WINH, please call 527-2946.

About LRGHealthcare and





Dr. Raza Shariff

#### the Weight Institute of New Hampshire (WINH)

Nestled in the beautiful Lakes Region of New Hampshire is LRGHealthcare, a notfor-profit healthcare charitable trust representing Lakes Region General Hospital (LRGH), Franklin Regional Hospital (FRH), 22 affiliated medical practices, and service programs. Our mission is to provide quality, compassionate care and to strengthen the well-being of our com-

munity. We are driven by healthcare needs of the communities we serve, and very proud of our long tradition of providing quality healthcare services to the Lakes and Three Rivers Regions. We offer a wide range of medical, surgical, specialty, diagnostic, and therapeutic services, wellness education, support groups, and other community outreach services. Emergency Services are available 24-hours a day at FRH and LRGH, and the emergency department is staffed with specially trained physicians, nurses and allied staff, supported by cutting-edge diagnostics.

The Weight Institute of New Hampshire (WINH) provides comprehensive weight loss options such as; bariatric surgery, OP-TIFAST® Weight Management Program, lifestyle and nutritional counseling programs, behavioral weight loss and management programs and support programs. WINH has been offering bariatric surgery since 2013. In 2015 WINH became accredited as a Low Acuity Center under the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program (MBSA-QIP) and in 2018 WINH achieved the designation of a Comprehensive Center.

# you are not alone

The National Domestic Violence Hotline has answered over 3 million calls from victims of relationship abuse, their friends and family.



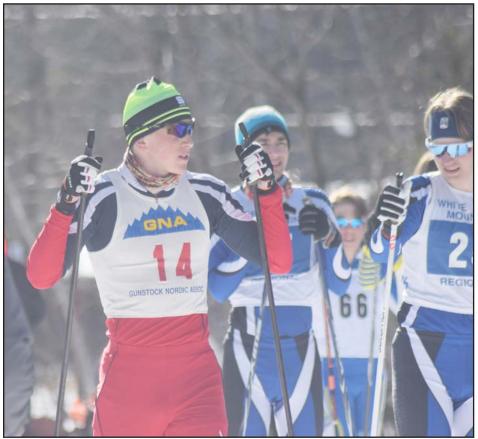
The National Domestic Violence Hotline offers phone and chat services for anyone affected by domestic violence. Support is available 24/7/365 by calling **1.800.799.SAFE (7233)** or online at **thehotline.org**.

The production of this material was supported by Grant #90SV0001-01-00 from HHS Administration for Children and Families/Family Youth Services Bureau. Its contents are solely the responsibility of the National Domestic Violence Hotline and do not necessarily represent the official views of ACF/FYSB.

# SECTION August 15, 2019

# SP()RTS

THE WINNISQUAM ECHO SalmonPress.com



**BOB MARTIN** Zach Ennis was recruited for Nordic skiing at Bowdoin where he will be attending this fall.



Zach Ennis was one of the best Nordic skiers in the state over the course of his time at Belmont High School.

# Ennis to ski at **Bowdoin College**

#### BY BOB MARTIN

Bob@Salmonpress.news BELMONT – For the past four years Zach Ennis has been one of the top Nordic skiers in the Granite State while skiing for Belmont High School and the Gunstock Nordic Association. Now Ennis is ready for the next step, and he will be cross-country skiing for Bowdoin College in the fall. Ennis will be studying environmental science and economics and he said he chose the school because it is academically rigorous and also has a solid Nordic program. "One thing that drew me to the school was how nice everyone really was, and I just thought it would be a great place for me," said Ennis. Ennis was recruited by Bowdoin to ski and he said before choosing he went to an overnight visit. He got a phone call right after submitting his application for early decision and the coach told him he would give him support in the application process. While Ennis was recruited by other schools, he said that Bowdoin was his top choice and he couldn't

be happier to be heading there in the fall. Ennis said his goal for his first year is to make the "carnival team," which is the top six on the team that help in placement during meets. He said the team consists of about a dozen and shrinks as the season goes on.

Since there is no snow on the ground around here in the summer, Ennis has been roller skiing to mimic the exact style of skiing. This is done on roads, battling hills and getting into top shape. An example of his workout routine is over a three-hour day he recently skied about 20 miles. He also said he has done hiking in the mountains where hikes the steep he parts and runs down the mountain.

Ennis hopes to make the best skiers of the college there are 10 and looking forward to the the NCAA finals where country qualify for. In 20 K races, and Ennis is new challenge.

**BOB MARTIN** 

## **Briand plays alongside** New Hampshire's best in Shrine Game

## BY BOB MARTIN

Bob@Salmonpress.news TILTON -

ty, as it has for the past good. It was the perfour summers. The goal sonalities and the good the field, playing in The of the game is to bring people that the coaching the game, gave me Shrine Maple Sugar in funds to support staff put together that butterflies in my Bowl involves some of Shriner's Hospitals for made it even better. The stomach," said Bri-Children. Attendance for the event is normally around 4,000 spectators. Shriner's Hospitals for Children has 22 locations around the United States, Canada and Mexico. Players involved practiced with each other throughout the week leading up to the main event, and Briand said getting to know everyone and creating a brotherhood on that short amount of time was amazing. "It was so much fun getting to know everyone and going to practice everyday, and competing with some of the best football players in New Hampshire," said Briand. "But it wasn't just the skill each player had that made the team

game of football is what we love, and to dedicate one week of our lives to the kids we were raising money for, made the environment that much better. That week wasn't just about you. It was about the people around you and our willingness to help people someone in need." He called playing in the game an "amazing experience," noting that it was an incredible environment with many spectators SO watching. He said it was fun to see fans from New Hampshire cheering them on even though it was taking place in Vermont. Briand said the game was for the players, but also the team wanted to win for the state of New Hampshire.

"To be playing on and. "To be playing against some of the best football players in Vermont was a little intimidating, but I knew the coaches believed in my ability to play or else they wouldn't have chosen me. Overall the game unforgettable, was watching the players on my team compete and makes plays was so much fun." Unfortunately in the game, Briand tore his ACL, but he didn't let that bother him, saying "I'll heal." He initially planned on wrestling in the winter, but he will be putting that on hold until his knee mends. Briand will be heading to Plymouth State University this fall to study exercise and sports physiology.

"The only time off I took this season was during track season, but otherwise I've been training all year," said Ennis.

Ennis is the only one from Belmont going to Bowdoin, but he knows others from Junior Nationals who will be joining him.

Ennis heads to orientation at the end of the month and then will start up captain's practices. Eventually

the top graduated senior football players from the Granite State and Vermont, and on Aug. 3, Kobe Briand of Winnisquam represented New Hampshire on the gridiron.

"To be selected to play in the Shrine Maple Sugar Bowl game was so exciting," said Briand. "I remember getting the text that the coaching staff for New Hampshire wanted me on the team this year, and the first thing I did was text my Dad to tell him the news. All the hard work I put into football since I was in fifth grade was all worth it in the end to play one more game for such a great cause."

The game took place at Castleton Universi-



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

**BOB MARTIN** 



Colby Brown handles a ball for the Belmont Red Raiders last season.



Colby Brown is attending the University of Southern Maine and the All-Stater has hopes of playing for collegiate soccer this fall.

# Brown taking soccer skills to USM

BY BOB MARTIN Bob@Salmonpress.news BELMONT – Col-

by Brown had an outstanding soccer career at Belmont

TangerFIT **5K set for Sept. 22** 

TILTON — Tanger Outlets in Tilton in conjunction with Mix 94.1FM, Northeast Communications, Belknap Landscape Company, Gunstock Mountain Resort, Laconia Daily Sun and AutoServ, will host the 11th annual TangerFIT 5K Run/Walk to benefit breast cancer patients in the Lakes Region. The first 1,000 registrants to check-in at the race will receive an exclusive race t-shirt and all finishers will receive a commemorative participant medal. Prizes will be awarded to top three male and female winners. There is a discount to register prior to

the race.

Businesses and group organizations interested in forming teams of 10 or more can receive a discounted entry rate. For a discounted team rate, contact Tanger Outlets General Manager Eric Proulx at Eric. Proulx@TangerOutlets. com. Team prizes will be awarded for the following categories: Largest team, most spirited and best team t-shirt.

High School where he helped his team be consistently one of the top teams in Division 3 during his four years of All-State caliber soccer. Now he hopes that his hard work can take him to the next level as he readies for tryouts at the University of Southern Maine.

Brown said while he had his eyes on closer schools like Colby-Sawyer in the initial search process, once he toured USM, it was a no brainer.

"When I toured USM I just felt at home," said Brown, who will be studying exercise science with a minor in education. "I knew that was where I belong. I get the city of Portland and the more relaxed living in Gorham. They had the majors I was interested in and the more I dove into the fact of going there, the more I loved it."

coming fall. Brown has had a chance to meet coach Mike Keller and said he was impressed by his knowledge and experience with soccer. Keller even played against Brown's father in high school years before.

"I am very hopeful going into this season and I am ready to work and fight for a spot on the roster, and then hopefully a starting position," Brown said.

Brown's goal is to get on the same page with team chemistry and dominate the Little East Conference. He said it would be great to have a positive record his freshman year and he hopes he can make an immediate impact. His main goal, first off, is to simply make the team as for his parents and sis-

nothing is guaranteed. "I've been working all off-season to try and capture it for myself," said Brown.

Brown said he will miss his teammates and coaches in Belmont, saying they were really much more of a family especially in his senior year. He said it was a group where everyone had each other's back no matter what, and always helped whether it was on the field, in the classroom or with personal problems that come up in life. He said the mentality to always put in the work to succeed will be something he carries with him moving forward.

Brown also expressed appreciation ter who have always supported him in his endeavors.

"They were there driving me to my club Massachusetts league games, they came to every single high school soccer and baseball game I played even when I was injured or a sophomore and saw limited minutes," said Brown. "Every step of the way they were there for me and going to college they will be what I miss most."

Brown leaves for USM on Aug. 15 for training camp where he will be practicing two times a day until the season starts. The first pre-season game is Aug. 30 against Norwich, with the regular season starting on Sept. 3 at home against Babson.

The race takes place Sunday, Sept. 22, at 8:30 a.m. at Tanger Outlets Tilton, 120 Laconia Road, Tilton.

For more information or to register, visit www. tangeroutlets.com/race.

While Brown showed he was a top high soccer player with Belmont, he will have to earn his spot at USM. He is confident that his hard work and practice will pay off, and he plans to be filling a roster spot this



beth@salmonpress.news

tracy@salmonpress.news

# PSU volleyball bonored by AVCA

PLYMOUTH — The Plymouth State University women's volleyball team was one of a record 1,127 teams to earn the American Volleyball Coaches Association (AVCA) Team Academic Award for the 2018-19 season.

The award, which was established in the 1992-93 academic year, honors collegiate and high school volleyball teams that displayed excellence in the classroom during the school year by maintaining at least a 3.30 cumulative team grade point average on a 4.00 scale, or

a 4.10 cumulative team GPA on a 5.00 scale.

The team easilv topped that mark. combining for better than a 3.50. Plymouth State was the lone Little East Conference (LEC) program to earn the recognition.

"We strive for excellence in both academics and athletics and we are proud to receive this prestigious award," said head coach Joan Forge.

The 1,127 teams breaks the previous year's total of 977 to set an all-time record. Since the 2000-01 season, the number of recipients has increased every single year but two, while more than doubling the total over the last eight academic years. Since the award's inception, the number of award winners has increased from 62 to its current 1,127.

The Panthers rallied for a thrilling 3-2 win over the University of Massachusetts Dartmouth in the regular season finale to earn a 23rd straight trip to the LEC Tournament, though PSU fell to rival Keene State in straight sets in the first round.



# **PSU grad to be inducted** into LEC Hall of Fame

PLYMOUTH — The Little East Conference (LEC) announced the 12 newest members of its Hall of Fame. Each of these outstanding former student-athletes and coaches will be honored on their respective campuses

during the 2019-20 aca- State) - women's bas- en's lacrosse, women's men's basketball; demic year.

First established in 2012, the LEC Hall of Fame now includes 69 members. The LEC's sixth Hall of Fame class includes:

Courtney (Albert) Baugher (Plymouth (Keene State) - wom-

ketball:

Julia Neilson (Eastern Connecticut) - softball, women's soccer; Joe Branciforte

(Keene State) - men's lacrosse; Michelle Mason

soccer;

Stephanie Bogues (UMass Boston) - women's basketball;

Terry Condon (UMass Boston) - women's volleyball (coach);

Waldemar Sender (UMass Dartmouth) -

# **Trevor Hamilton named PSU alpine coach**

PLYMOUTH — The Plymouth State University men's and women's ski programs will be under a new direction as Trevor Hamilton, former program director for the Loon Race Team, has been selected to lead the Panthers following a national search.

Hamilton replaces Geoff Ouellette, who led the program for the last two seasons. He brings a wealth of ski racing experience to the team following a career of nearly 20 years as the program directors for both Loon and the Franconia Ski Club.

"We are very fortunate to have Trevor joining the athletics department as the head men's and women's alpine ski coach," said PSU director of athletics Kim Bownes. "He brings years of coaching experience with him and has built some very strong New Hampshire ski programs." Hamilton inherits a program that has had at least one athlete qualify to compete at the National Collegiate Skiing Championships each of the last six years. This winter, senior Karl Kuus will have the chance to become the first Panther to qualify for the sport's largest collegiate stage for a fourth time. Hamilton becomes the ninth head coach in program history, and the third since the program joined the Eastern Intercollegiate Ski Association (EISA) for the 2012 season.



part of the Plymouth Championships State staff," said Ham- Eastern ilton. "The ski program at Mont Tremblant, has a very strong histo- Sunday River Resort,

and CAN-AMs was one of two Eastern Staff for the Whistler Cup National Development System project, where he was selected as course setter for GS.

Hamilton led three Franconia Ski Club athletes to the Whistler Cup, two to US Nationals and three to the Tropheo Topolino ski games in Italy, called "the most prestigious children's ski event in the world" by SkiRacing.com. He coached two athletes to Junior Olympic podiums, had multiple athletes race at JII Nationals and claimed several team championships at various levels.

A USSA Level 300 certified coach, Hamilton is also a Level 3 Referee, Chief of Course and Chief of Race certifications. He resides in Franconia with his family, just minutes

Bob Walsh (Rhode Island College) - men's basketball (coach);

Sinisa Bajic (Southern Maine) - men's soccer;

Jessie Superchi (Southern Maine) field hockey;

Catherine Nathans (Western Connecticut) - women's soccer;

Melissa Teel (Western Connecticut) women's basketball.

Baugher '03 is one of the most decorated players in the history of the Plymouth State University women's basketball program, and led the Panthers to the most successful four-year run in program history.

The 1999-00 LEC Rookie of the Year was a three-time First Team All-Conference selection and was later named to the LEC's 25th Anniversary All-Star Team. She led the team in scoring in three of her four seasons, and to-date remains the Panthers' all-time leading scorer with 1,711 career points. She also holds the program records for field goals made in a career (667) and in a single season (206 in 2002-03).

In addition to her LEC honors, Albert was named an all-region selection by the Eastern College Athletic Conference (ECAC), New England Women's Basketball Assofrom Mittersill Ski ciation and D3hoops. com her junior and senior years. She received honorable

mention to the 2002-03 Women's Basketball Coaches Association (WBCA) All-America Team after averaging 16.6 points and 8.3 rebounds per game, and totaling 78 assists and 56 steals in her final collegiate campaign. Her combined efforts on the court and in the classroom earned her First Team Academic All-District honors from the College Sports Information Directors of America (CoSIDA).

Plymouth State won 20 or more games in each of her four seasons, posting an overall record of 84-33 while making a pair of LEC championship final appearances. PSU won a program-record 23 games her senior campaign, which culminated with the program's second consecutive ECAC title. The Panthers qualified for the ECAC Tournament in each of her four seasons.

Albert earned her bachelor's degree in Physical Education (Teacher Certificate option) from Plymouth State in 2003. She was inducted into the Plymouth State Athletics Hall of Fame in 2008, her first year of eligibility, and was inducted into the New England Basketball Hall of Fame in 2015.

Albert will be recognized during the 2019 Plymouth State Athletics Hall of Fame ceremony on Saturday, Oct. 19.

"I'm thrilled to be a

ry and I look forward to continuing that tradition."

As the program director of the Loon Race Team since the fall of 2012, Hamilton managed all aspects of the organization while also serving as head coach of the U10, U12, U14 and U16 programs, boosting program membership by more than 25 percent during his tenure. He coached different New two Hampshire Alpine Racing Association (NHA-RA) slalom champions, while earning multiple team championships for the program.

He also coached multiple U14 athletes to both U.S. Ski and Snowboard Association (USSA) Eastern

Whiteface Mountain and Sugarloaf. Hamilton served as Eastern USSA staff for multiple regional events and last season brought two athletes to the Eastern U16 Championships, where one was the top seed in the slalom.

Prior to running the Loon Race Team, Hamilton spent 11 years at Franconia Ski Club. After five years of coaching he was named the program director while continuing to coach, working with athletes from U12 local races all the way to U18s at National Championships. Under his direction, Franconia Ski Club hosted the Eastern Cup FIS and NHARA and USSA Championship events. In 2006, he Area, the home training facility for the Panthers.



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**B3** • Thursday, August 15, 2019

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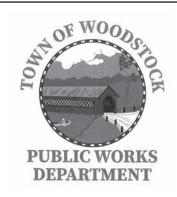
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B6 • Thursday, August 15, 2019

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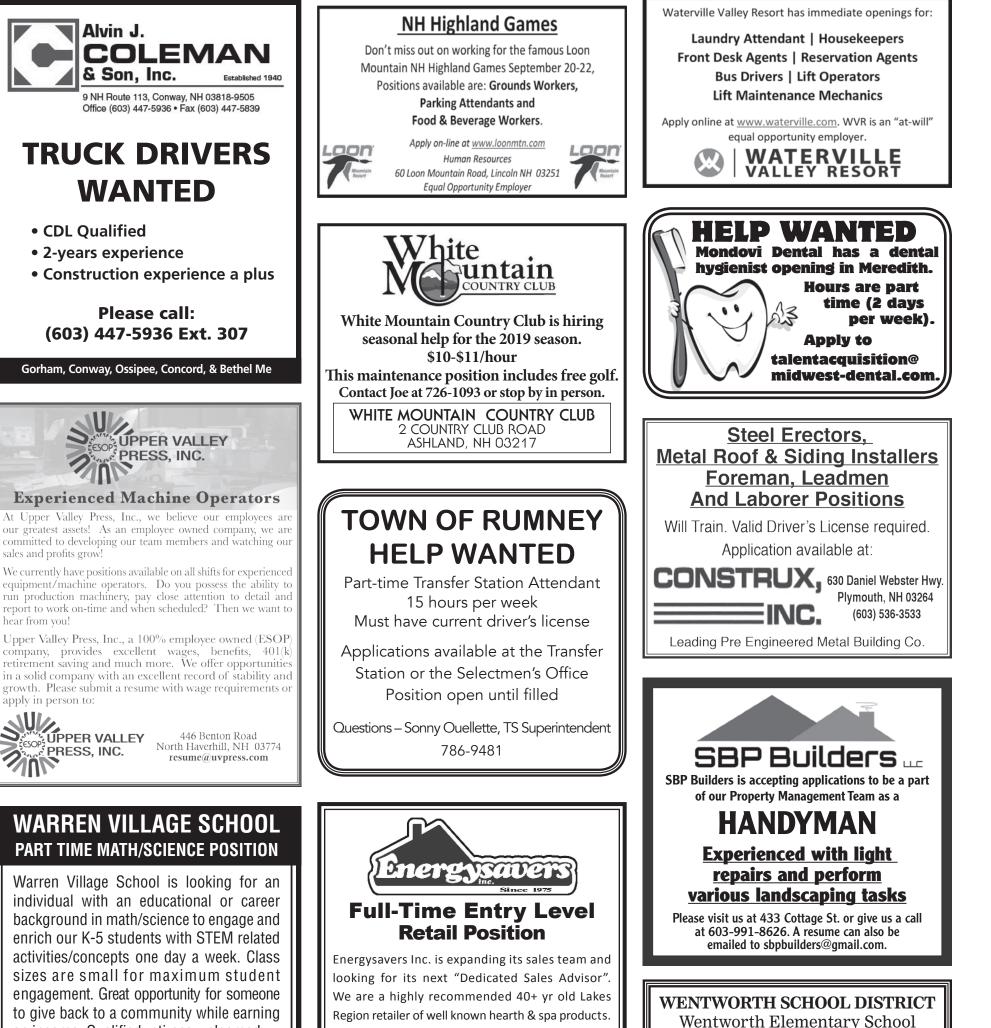


The Mountain Club on Loon 90 Loon Mountain Road, Lincoln, NH 03251 mtnclub.com



## Help Wanted

MEREDITH NEWS/THE RECORD ENTERPRISE/WINNISQUAM ECHO



Classifie

Thursday, August 15, 2019 • B7

an income. Qualified retirees welcomed. To apply please send cover letter, resume and references to:

sales and profits grow!

hear from you!

apply in person to:

Michael Galli, Principal Warren Village School 11 School Street Warren, NH 03279 Email: cmathews@sau23.org You can earn while you learn! No prior experience required. All Energysavers employees are expected to participate in all aspects of the business. Must have a valid driver's license & be able to lift/carry an 80lb min. Hourly pay plus commission. Stop in to fill out an application:

Energysavers Inc, 163 Daniel Webster Hwy, Meredith NH 2019-2020 School Year

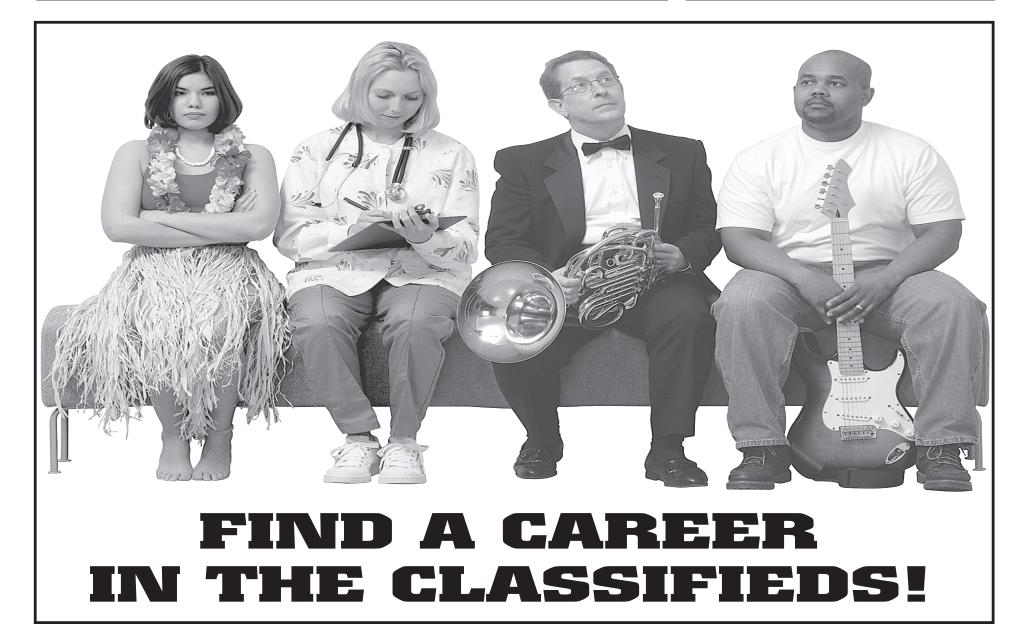
## **GRADES 5-8 CO-ED SOCCER COACH GRADES 5-8 BOYS BASKETBALL COACH**

### **GRADES 5-8 GIRLS BASKETBALL COACH**

Please send letter of interest to:

Melanie McCoy, Principal Wentworth Elementary School PO Box 139 Wentworth, NH 03282 mmccoy@pemibaker.org

## www.NHFrontPage.com





#### Misc. For Sale

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, \$10. Call 603-788-4939 or email lori@salmonpress.news

#### **Barn/Garage/Yard** Sale

#### HUGE ESTATE SALE/Moving Sale SAT. AUG. 17th, 9AM-2PM

28 Trivett Lane, Holderness Complete Contents of Home & Work Shop of Dr. John Messinger and Messinger. Furniture, Susan tools, Plow Truck and much more. Everything must go. Reasonable offers will be accepted. For more information go to 603EstateSales.com. Don't miss this sale!

#### Lost & Found

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

Lost Ads Are Charged at our regular classified rates.

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

#### **Still Lost!**

Shane - Shetland Sheepdog White/Tan/Black 10 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

## **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

Brewster Academy is currently seeking candidates for the following positions. If you are interested in becoming a member of the Brewster Community please contact the HR Departе n

Part-time Dining Services

- positions Substitute Teachers Full-time Help Desk Support Assistant
- Registered Nurse Parttime and Per Diem

Please visit the Brewster website for more detailed information www.brewsteracademy.org at or contact Maryann Biedak, HR Director mbiedak@brewsteracademy.org or 603-569-7148.

#### **GROUND PERSON NEEDED** IMMEDIATELY

Working with chainsaw, chipper and lugging brush. We have all the equipment to do the job efficiently, working smarter not harder. Drivers License required top pay for the industry. No experience necessary just show up and we will show you a great way to make money, have fun and spend most of your days on the lake. We are the next big tree service in the lakes region. Call, text or write because we are anxious to meet you. Call 476.7214 text 393.2757 or write. brianh@greenleaftreenh.com

## Professional/ **Technical**

Looking for full time Early

## **Rental Sharing**

LACONIA: 2 ROOMMATES WANTED Clean, quiet, sober environment. Will go Fast! \$160/\$130/week. Call 603-455-2014



When Placing You	r Classified Ad:
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Please give a full description of what you are selling & don't abbreviate your words.

Always remember to include an asking price for the item you're selling.

Place your ad early in the week (Tues.-Fri.). The Monday Morning 10 AM deadline is for the papers of that week. Keep in mind we are a weekly publication and for best results you should run your ad more than once. Read your ad carefully the first time it appears in the paper.

If it contains any errors, or if you wish to make a change, call us immediately. Errors will only be credited after the first run date.

## **SUBSIDIZED APARTMENT** FOR RENT

## **Country Manor Bristol**, NH

Elderly Preferenced Community. No smoking. Must pass criminal, landlord, credit and sex offender registry checks.

For information or an application contact: **Beno Management Company LLC** Ġ 603-744-3890 or 711 NH Relay

## **3 EASY WAYS** TO PLACE YOU ASSIFIED LIN E ADS! **EMAIL:** Salmon press

classifieds@salmonpress.news

**ONLINE:** 

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

## Thank-You

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Thank you for browsing The Town To Town Classifieds in the

West **Meredith News Record Enterprise** Winnisguam Echo **Newfound Landing** 

Publication Rates (30 words)

- \$12 1 Week \$20 - 2 Weeks \$27 - 3 Weeks
- \$36 4 Weeks

Call Our main Call Center 1-877-766-6891 Mon-Fri 8:00-4:00

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

> Deadline: Monday 10:30 am

## **Estate Sale**

Collectors Estate Sale Saturday Aug 17 9am-3pm. 1608 Mt Major Hwy Alton. Collectibles, antique furniture, dolls. hats, cameras, tools, hundreds of Coca Cola collectibles, knickknacks. for Something everyone! Come dia!

Childhood Associate Teachers 9 ECE credits needed. Small, fun, loving caring and environment! Please email your resume to teloca@yahoo.com

## Cleaning

Professional cleaning residential, vacation home, small commercial. 15 years experience. Environmental friendly cleaning products also available. Call 986-6820

## **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 at 603-271-2767 or write The Commission at 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.

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## **KIDS CORNER**



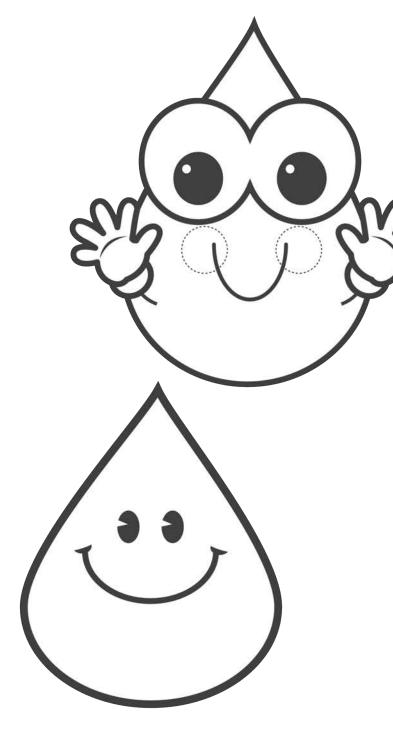
THIS CHEMICAL IS OFTEN ADDED TO WATER SUPPLIES IN SMALL AMOUNTS TO KEEP IT CLEAN.

ANSWER: CHLORINE



## **Creative Coloring**

Celebrate clean, fresh water. Color in this picture to create your own masterpiece.





• **1851:** ISAAC SINGER PATENTS THE SEWING MACHINE.

• **1981:** THE IBM PERSONAL COMPUTER IS RELEASED.

• 2000: THE RUSSIAN MILITARY SUBMARINE KURSK EXPLODES AND SINKS IN THE BARENTS SEA.





HOMEOWNERS CAN TEST THEIR WATER QUALITY FROM HOME WITH



**ITALIAN:** Pulito

FRENCH: Propre

**GERMAN:** Sauber

KITS PURCHASED AT 10 A. 10 HOME IMPROVEMENT RETAILERS.

Can you guess what the bigger picture is?

ANSWER: FAUCET

Fun By The

Like puzzles? Then you'll love

sudoku. This

mind-bending

square off, so sharpen your

pencil and put

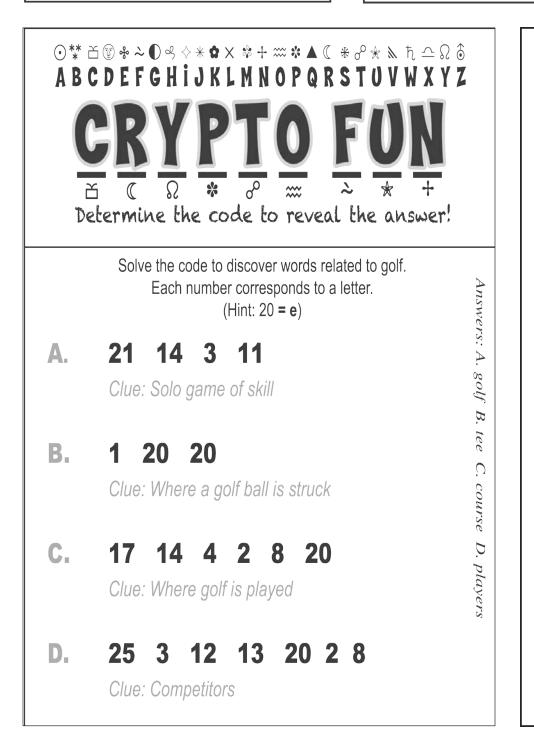
savvy to the test!

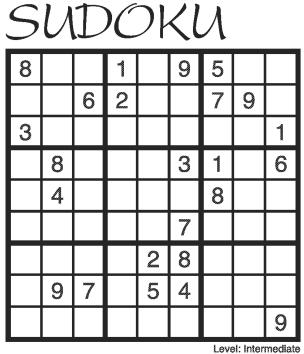
your sudoku

puzzle will have

you hooked from the moment you

Numbers





## Here's How It Works:

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

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L	-	ε	8	5	6	4	9	S
7	3	6	٢	8	ç	***	Σ	9
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8	6	L	S	3	S	9	mada	7
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	:Alswer:							NА

## **Run Your Buns Off race is Aug. 31**

BRISTOL — When is the last time you ran your buns off? Well, this Labor Day weekend you can. Come and see what locals and vacationers have been talking about for the last several years.

On Saturday, Aug. 31, at 9 a.m., runners and walkers will leave from **Basic Ingredients Bakery** located on Route 3A in Bristol to "run their buns off" for a 4.2-mile professionally timed run/walk. The reward for the hard work is a homemade sticky bun that will be waiting at the finish line.

Hosted by the Newfound Area Charitable Fund (NACF), the Run Your Buns Off race committee is excited to announce that four charitable organizations were selected through an application process by the NACF board as this year's beneficiaries. The Newfound Area Nursing Association (NANA) will be utilizing funds to initiate a Chair Yoga program twice a week for eight weeks offered twice a year; and to create "hospice caring bags," which will offer items for client comfort and care and family/caregiver edu-



The Run Your Buns Off race will take place on Saturday, Aug. 31.

cation. Also selected is the Bristol Elementary School to hire an architect to design a plan for an outdoor classroom/ natural playscape space for students. In addition, race proceeds will also fund the New Hampton Community School PTO who will be sending 90 K-5 students to the Boston Museum of Science

this fall. Lastly, NACF is happy to assist the Tapply Thompson Community Center (TTCC) with purchasing six cameras to be loaned out annually to their Westward Bound students.

"This year we are honored and excited to be able to assist not one, not two, not three, but four of our region's deserving non-profits with the good work they are doing for our region, our residents and the environment," says Garlyn Manganiello, NACF vice-president and co-founder of the race.

"The NACF board is dedicated to assisting local charitable groups and causes, which promote wellness, fitness and health education and activities in the Newfound region," says Audrey Goudie, NACF President. "Each year, we have selected one or more local charities which exemplify these goals as the race's beneficiary. Since the first Run Your Buns Off road race in 2009, we have given back over

\$68,500 to worthy causes and programs in our community and that continues to make us very proud. It's unbelievable we've been doing this for 10 years now."

Individual runners, walkers and teams of all ages are encouraged to participate. The top three male and female runners, as well as the fastest team will be awarded prizes and everyone has a chance to win at the huge raffle filled with goodies donated by local businesses and beyond. Runners who pre-register by Aug. 16 will receive a quality wicking shirt and the Basic Ingredients Bakery and gift

shop items are for sale throughout the day.

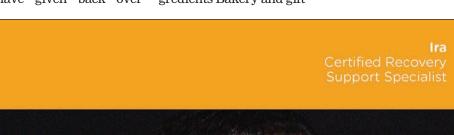
Why not do your part to help support four great local causes all the while indulging in a delicious treat, having fun with family and friends and getting yourself some exercise on Labor Day weekend? You can register for the Run Your Buns Off 4.2-miler online today at www.lightboxreg.com/buns\_2019. For more information on becoming a sponsor or for registration questions, please e-mail runyourbunsoff@gmail.com and you can always stop by **Basic Ingredients Bakery** and register in person.

# **Register now for** fall flag football

MEREDITH — Registration is open for the fall 2019 season of Lakes Region Flag Football. The LRF-FL is a 100 percent non-contact NFL Flag youth flag football program and is open to all boys and girls in the Lakes Region area in the following five age divisions: 6U, 8U, 10U, 12U and 14U, player's age as of Sept. 1. The fee for the Fall 2019 season is \$85, with discounts for siblings. Each player will receive an NFL Flag reversible team jersey and a set of NFL flags to keep. Register online at lrffl.com. Credit card payments are accepted online and checks are also accepted.

are played primarily on Sunday afternoons at Inter-Lakes High School.

The league will also be offering travel teams to boys and girls age 7-12 with poten-The fall 2019 season tial tournaments to be



schedule is posted at lrffl.com. Team practices for the 8U, 10U and 12U divisions are one hour per week, typically on Wednesday nights in Meredith, while the 6U and 15U divisions practice on game days. Games are one hour long and

played across New England and potentially national tournaments in Florida. More information is available at lrffl.com.

Like the league on Facebook at lakesregionflagfootball.

Questions? E-mail lrffl@metrocast.net.

## Granite Man Triathlon scheduled for Saturday

WOLFEBORO The date for this year's 38th Annual Granite Man Triathlon has been set for Saturday, Aug. 17.

The triathlon will begin and finish at Carry Beach, which is located on Forest Road in Wolfeboro. The annual race regularly draws upwards of 375 triathletes from throughout New England and as far away as Europe and South America.

The race starts beautiful Carry at Beach on Forest Road in Wolfeboro and involves a three-quarter-mile swim, 15-mile bike ride and a 4.2-mile run. The event is open to individuals and teams and the Wolfeboro Department of Parks and Recreation welcomes first time and experienced racers. Maps, race details,

registration information and more can be found on the home page of the Wolfeboro Department of Parks and Recreation at www.wolfeboronh.us/ parks.

The triathlon's proceeds sustain the Albert Dow III scholarship, which is awarded to "that Kingswood High School graduate who exemplifies unselfish devotion to the service of mankind." Albert Dow III grew up in Tuftonboro and gave his life in the mountain search and rescue of two complete strangers on Jan. 23, 1982. The Scholarship Fund memorializes both Dow's heroic acts and his outstanding life while seeking to inspire others with his acts of service and selfless devotion.

Please be aware that from 8 a.m. to ronh.us or at 569-5639.

12 p.m. on Saturday, Aug. 17, there will be bikers and runners on roads in Wolfeboro and Tuftonboro. The primary traffic will be on Forest Road, North Main Street, Union Wharf Road, Route 109A and Waumbeck Road. Please slow down as you drive through these areas and help ensure a safe race for all. If you have any questions about the race, please call the Wolfeboro Department of Parks and Recreation at 569-5639 or visit the Parks and Recreation web site at www.wolfeboronh.us/ parks-recreation.

As always they are looking for volunteers to help make this race successful. If you are available to help, please contact Justin Chaffee at parksassistantdirector@wolfebo-



## YOU ARE NOT ALONE.

And you're never far from help. Find a Doorway near you.



visit theDoorway.NH.gov OR Call 2-1-1.