

Belmont Public Library announces October programs and events

BELMONT — The Belmont Public Library is welcoming the community this October with a full calendar of events for all ages. From hands-on crafts to engaging discussions, there's something for everyone at the library this fall.

On Thursday, Oct. 2 at 4:30 p.m., children are invited to Mini Pumpkin Painting, with paint, brushes, and pumpkins provided (while supplies last). The following week, Tuesday, Oct. 7 at 6 p.m., the library will host First Tuesday Artist Night, featuring rug-hooking with Kelly Rolfe, who will demonstrate her craft and share insights into her artistic process. On Thursday, Oct. 9 at 6 p.m., the AARP Speakers Bureau will present "The Scam Landscape: Staying Safe," a timely talk on recognizing and avoiding scams. Rounding out the month's highlights, families are invited to the Homeschool Toolbox on Friday, Oct. 10 at 1 p.m., where a veteran homeschooler will share tips and resources while children enjoy a simple, engaging craft.

Alongside these featured events, the library continues to offer creative spaces for adults with weekly self-guided gatherings. The Fiber Arts group meets Mondays at 10 a.m., while the Watercolor Workshop meets Mondays at 2 p.m. Both groups provide opportunities to work on personal projects, learn new techniques, and enjoy conversation.

Families can also take part in Storytime on Wednesdays at 10:30 a.m., designed for preschoolers with stories and activities. In addition, the 1,000 Books Before Kindergarten program continues to encourage early literacy for young readers.

Book lovers have plenty to choose from this month. The Nonfiction Book Group will meet on Thursday, Oct. 2 at 10:30 a.m. to discuss "You Could Make This Place Beautiful" by Maggie Smith. The Afternoon Book Group will gather on Thursday, Oct. 9 at 4:30 p.m. for "Where the Heart Is" by Billie Letts. The Friday Fiction Book Group meets on Friday, Oct. 17 at 10:30 a.m. to read Willa Cather's "My Ántonia." Finally, the Mystery Group will discuss P.D. James's "An Unsuitable Job for a Woman" on Thursday, Oct. 23 at 10 a.m. Copies of all titles are available at the library or through Libby.

Through the end of the month, Library patrons can also take advantage of discounted admission to several New Hampshire attractions, including Castle in the Clouds, McAuliffe-Shepard Discovery Center, NH State Parks, and Squam Lakes Natural Science Center.

For more information, visit belmontpubliclibrary.org, call (603) 267-8331, or stop by the library at 146 Main St., Belmont. Regular library hours are Monday and Friday 10 a.m.-5 p.m., Tuesday through Thursday 10 a.m.-6 p.m., and Saturday 9 a.m.-1 p.m.

Sanbornton Historical Society to hold Annual Meeting Oct. 9



SANBORNTON — On the morning (a big change here, please note!) of Thursday, Oct. 9, Sanbornton Historical Society will hold its Annual Meeting, beginning at 10:30 a.m. at the Lane Tavern, with

SEE MEETING, PAGE A8

Winnisquam Career Center holds ribbon cutting ceremony



COURTESY

Pictured above are WRSD School Board Members David Honeman, Jason Stock, Lance Turgeon, Dr. Ernie Roy, Jennifer Tupeck, John Cormier and Sean Goodwin, Rob Berry, WRSD Director of Facilities, Myles Duncansen, WiCC teacher, Andrea Wujick, WiCC Principal, Jay Doherty, Lance Whitehead and John Brie from Lavallee Biensinger Architects, and Barrett Ryan Salta from Bonnette, Page and Stone.

TILTON — A ribbon cutting ceremony for the newly renovated and expanded Winnisquam Career Center (The WiCC) marked the official opening of the state-of-the-art facility, which currently serves 125 students from Winnisquam Regional High School and seven surrounding school districts.

"We are excited to be offering regional high school students both a brand new facility and five new career and technical education programs designed to help them explore different career opportunities and gain on-the-job experience that will better prepare them for the choices they'll need to make after graduation," said Winnisquam Superintendent Dr. Shannon Bartlett.

The renovation project modernized classroom, lab, and shop spaces. The WiCC's new expanded lineup of career and technical education (CTE) programs integrates rigorous academic instruction with technical and employability skills. The five targeted CTE programs are: Animal Care and Management, Cosmetology, Outdoor Resource and Recreation, Business Enterprise and Entrepreneurship through Agriculture, Design and Create and Fabricate (precision manufacturing).

Since first opening in 1992 as the Winnisquam Ag Center, the

WiCC has been dedicated to connecting students to their career passions and ambitions. These career-focused programs will prepare students for college, career, and life success.

The Winnisquam Career Center (WiCC) provides students with forward-looking career and technical education. The WiCC uses contextual learning to help students realize the relevance of what they are being taught and its connection to postsecondary education, career opportunities, and life goals. The center serves students from Winnisquam Regional High School and several surrounding school districts.

Bernardez hat trick fuels Raiders past Bears

BY JOSHUA SPAULDING
Sports Editor

BELMONT — The Belmont and Winnisquam boys' soccer teams put on a solid show for the Belmont Homecoming fans on Saturday, with the Bears scoring first before the Raiders scored four goals in a row to take control. Each team added a goal late, but it was the Raiders prevailing by a 5-2 score.

Nolan Abbott got the scoring started for Winnisquam, scoring less than three minutes into the game to give the visitors the 1-0 lead, which held up for almost 20 minutes before the Raiders scored on a corner kick, with Wyatt Bamford sending the ball in from the corner and Sam Binder headed the ball to the back of the net to tie the game just more than 30 minutes into the game.

Less than two min-

utes later, the Raiders took the lead when they were awarded a penalty kick and Gabi Bernardez stepped to the line and delivered the shot for the 2-1 lead for the Raiders.

Bamford then scored

in the final minute of the first half and the Raiders took a 3-1 lead to the halftime break.

Winnisquam had an early chance from Xavier Mondesir that was turned back by Belmont goalie Ryan Monansky

and Bernardez went the other way, with Kaito Tamaru making a solid defensive stop for the Bears. Bernardez had a cross and Kyle Waldron sent a shot wide of the net for the Raiders.

SEE SOCCER, PAGE A8



JOSHUA SPAULDING

Belmont's Christian Edgren and Winnisquam's Jon Wright battle for the ball in action on Saturday.

Dust off your instrument — the band is back together!



New Horizons Band invites you to rediscover the joy of music, one note at a time

BELMONT — Have you ever played an instrument—or wished you had? Whether your clarinet is tucked away in the attic or you’re just now considering picking up a trumpet, the New Horizons Band in New Hampshire’s Lakes Region is ready to welcome you.

This friendly community concert band brings together people from all walks of life: some who haven’t played in decades, others who are complete beginners. The mission is simple—make music, have fun, and build connections.

Led by retired Laco-

nia High School music educator Debbi Gibson, the New Horizons Band offers an encouraging, no-pressure environment where musicians of every level can grow.

“It’s not just about the music,” Gibson says. “It’s about creating something beautiful together—and laughing along the way.”

Rehearsals take place Tuesday evenings at 7 p.m. at the Music Clinic

in Belmont. Beginners are paired with mentors, and everyone receives the support they need to learn, rehearse, and ultimately share music that inspires both players and listeners.

“Being part of a band is like being part of something bigger than yourself,” Gibson adds. “It’s energizing for the

mind, soul, and body.”

Whether you’re looking to rekindle your musical spark or light it for the very first time, New Horizons Band offers a place to belong—and a chance to be heard.

Join us for our Open House Oct. 7 from 7–8 p.m. at the Music Clinic in Belmont.

Can’t make the Open

House? Visit www.newhorizons-lakesregion.org to learn more and take your first step back into music.

Still interested but unable to attend? Reach out—we’d love to hear from you.

Graveyard Tours back for October at Castle in the Clouds

MOULTONBOROUGH — Join team members from Castle in the Clouds for a walk around the property to view the remnants of cemeteries from long ago! This informative

history walk will discuss the families that lived here and the funerary traditions from each time period. Along the journey, guests will also stop at cellar holes to see where the families, now

buried on the property, used to live.

The Graveyard Tour is a two mile walk outdoors that includes inclines and uneven ground. Guests are advised to wear appropriate footwear, dress for the weather, and bring sunscreen and bug spray as desired.

Graveyard Tours will be taking place most Mondays and Thursdays from 3 to 5 p.m. in October, as well as most October Saturdays from 11 a.m. to 1 p.m. Registration is \$15, and can be found on our website, along with a full schedule, at <https://www.castleintheclouds.org/calendar-of-events/category/tours/graveyard-tour/>.

For more information, please contact programs@castleintheclouds.org or visit www.castleintheclouds.org.

About Castle in the Clouds

As the premier historical museum in the beautiful Lakes Region of New Hampshire, Castle in the Clouds provides each visitor with a look into the past while providing contemporary comforts to make every visit memorable. Originally called Lucknow, this breathtaking 6,300-acre property was developed in 1913 by Thomas G. Plant, a wealthy shoe manufacturer, to create a luxurious lifestyle with state-of-the-

art amenities, beautiful hand-made furnishings, and a large staff to run the estate. These days, visitors come from all around the world to tour the mansion and exhibit gallery, dine in the Carriage House Restaurant or Café in the Clouds, explore miles of hiking and walking trails maintained by partner organization the Lakes Region Conservation Trust, or enjoy one of our many programs and events. Operated by the Castle Preservation Society, a 501(c)(3) nonprof-

it organization, Castle in the Clouds is revered as a cultural and educational resource. The Lucknow Estate was designated a National Historic Landmark in 2024, recognizing its national significance in architecture and landscape architecture. Castle in the Clouds is also available as a fairytale wedding location and versatile private event rental venue. For more information about Castle in the Clouds, visit www.castleintheclouds.org.

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Graveyard Tours will be taking place most Mondays and Thursdays from 3 to 5 p.m. in October, as well as most October Saturdays from 11 a.m. to 1 p.m. Registration is \$15, and can be found on our website, along with a full schedule, at <https://www.castleintheclouds.org/calendar-of-events/category/tours/graveyard-tour/>.

For more information, please contact programs@castleintheclouds.org or visit www.castleintheclouds.org.

Birches & Boats exhibit celebrates New Hampshire’s iconic Autumn beauty

TILTON — Set against the vibrant backdrop of New Hampshire’s colorful October landscapes, the Lakes Region Art Association proudly presents the Birches & Boats Exhibit at the Lakes Region Art Gallery, located in the Tanger Outlets, 120 Laconia Rd., Tilton. This special exhibition will be on view from Oct. 2 through Oct. 26, showcasing a collection of fine art that celebrates two of the state’s most iconic and beloved symbols.

From the shimmering white bark of birch trees lining woodland trails to the timeless charm of boats gliding across autumn-kissed lakes, Birches & Boats brings together painting, photography, and mixed media to reflect the natural elegance and cultural heritage of New Hampshire’s forests and waterways.

The public is warmly invited to attend a free Artist Reception on Friday, Oct. 11, at 2 p.m., where guests can meet the artists, enjoy light refreshments, and share in the inspiration behind their work.

“This exhibit is a tribute to the landscapes and traditions that define our region,” said Sherwood Frazier, Association President. “We hope visitors will not only be moved by the beauty of birches and boats but also discover a deeper connection to the places and stories that make New Hampshire so special.”

Event details:
Exhibit Dates: Oct. 2 – Oct. 26
Artist Reception: Friday, Oct. 11, 2 p.m.
Location: Lakes Region Art Gallery, Tanger Outlets, S-300, 120 Laconia Rd., Tilton
Admission: Free & Open to the Public
For more information, please visit <https://www.lakesregionartgallery.org/> or follow us on Facebook and Instagram @LakesRegionArtGallery.

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Eastern Propane and Oil returns as Runaway Pumpkin 10K and 5K sponsor

LACONIA — Eastern Propane and Oil returns this year as the presenting sponsor for the 10th annual Runaway Pumpkin 10K and 5K Run/Walk - a community fundraiser for the WOW Trail - at Opechee Park on Saturday, Oct. 25, as part of the New Hampshire Pumpkin Festival.

“We’re thrilled to lace up our sneakers and join the celebration for the 10th annual Runaway Pumpkin 10K and 5K,” says Whitney Cloutier, brand and marketing manager at Eastern Propane and Oil. “There’s something truly special about watching the Lakes Region come alive with energy and community spirit - all in support of the WOW Trail’s continued growth. As a family-owned business, supporting events that bring people together is at the core of who we are. We can’t wait to see familiar faces and new ones alike on Oct. 25, soaking up the fall magic that only New England can deliver.”

In addition to sponsoring the event to show its support for the WOW Trail, its team also shows up and adds fun to the family-friendly event. “We really value their enthusiasm and partnership,” says Jennifer Bee-



COURTESY PHOTO

The Runaway Pumpkin 10K and 5K will take place in Laconia on Oct. 25.

tle, event director/WOW Trail Board member. Beetle adds, “It’s a great way for the whole family to get out and have some fun while supporting the WOW Trail. The Kids Fun Run, put on annually by the Downtown Gym, is a big hit. We also invite all ages to come in a Hallow-

een costume or just wear orange for fun.”

Participants are encouraged to register by Oct. 10 to receive a Meredith Village Savings Bank sponsored long-sleeve tech shirt.

For event details and online registration, visit wowtrail.org. For more information, e-mail info@wowtrail.org.

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Holycow! Music Productions is new Pub Mania team



COURTESY

Jeff Lines, co-captain of Pub Mania’s newest fundraising team, Holycow Music Productions, DJ-ing at last year’s Pub Mania.

GILFORD — This year’s Pub Mania fundraiser, to be held by Patrick’s Pub & Eatery on Thursday, Dec. 11, will also welcome a new Pub Mania team - Holycow! Music Productions with team captains Jeff Lines and Wanda Keenan.

“Jeff Lines has long been a part of the Patrick’s Pub family as part of our music entertainment and he’s also been involved with Pub Mania from the beginning,” said Allan Beetle, co-owner of Patrick’s

and the “Head Referee” of Pub Mania. “It’s great to see him heading up a team with Wanda.”

The team’s first fundraiser will be a Holycow! Music Bingo game on Friday, Oct. 10 at Pub 23 in Alton from 7-9 p.m. Holycow! Music Bingo is easy to play with fun prizes for Bingo winners. Game cards are \$10 each, with all proceeds going to Pub Mania and the Greater Lakes Region Children’s Auction. For more information, email holycowband@

gmail.com.

Last year, Pub Mania teams raised a record total of \$386,722, all to support charities providing assistance and opportunities for children of the Lakes Region and their families. To learn more about Pub Mania and the charities it supports, go to <https://www.patrickspub.com/pubmania>.

BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests during the week of Sept. 15-22.

Zoltan Gregory Stefan, age 21, of Gilford was arrested on Sept. 19 for DUI-Impairment and Unlawful Activities-Litter Control.

Kevin Justin Thibaudeau, age 41, of Laconia was arrested on Sept. 21 in connection with multiple bench warrants.

Granite VNA offers Caregiver Connection in Belmont

BELMONT — Granite VNA offers Caregiver Connection on Wednesday, Oct. 15 from 9:30 to 11 a.m. at Tilly Market Café at the Belknap Marketplace, located at 96 Daniel Webster Highway.

Join us and connect with other family caregivers, while enjoying an opportunity to unwind and have discussions rich in empathy and resources.

Pre-registration is not required. For more information, call (603) 224-4093 or (800) 924-8620, ext. 85664 or visit www.granitevna.org. This program is offered at no charge.

About Granite VNA

Granite VNA is a not-for-profit licensed and certified home health and hospice care provider. The agency serves people of all ages in 72 communities across the Greater Capital Region and Central New Hampshire by providing home care, hospice care, pediatric and maternal child health services, and wellness programming. The agency has offices in Concord, Laconia and Wolfeboro. Formed through the merger of Concord Regional VNA and Central New Hampshire VNA & Hospice, Granite VNA has served New Hampshire since 1899. For more information about Granite VNA, visit www.granitevna.org.



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Opinion

Letter submission policy

Letters to the Editor must include the author's name, address, and a day-time phone number for purposes of verification in order to be considered for publication. Only the author's name and the town in which they reside will be published. Letters submitted without all of the required information will not be accepted.

It is the sole prerogative of the Editor to determine whether a submission satisfies our requirements and decency standards, and any submission may be rejected at any time for any reason he or she might deem appropriate.



COURTESY

LRAA announces Artists of the Month

LRAA members have the opportunity to enter a piece of artwork into the Artist of the Month Program at each monthly Member Meeting. Winners are able to display and sell a single work for a month in various public venues throughout the Lakes Region in participating Banks and Libraries or Local Businesses. Pictured, left to right, are the September Artists of the Month — Back Right: Sherwood Frazier, James Cryan; Front Row: Melanie Kray, Gail Brunt, Susie French, Martha Aucoin, Sally Hibberd. The winning artists' artwork will be on display in locations in the Lakes Region until the third week of October. Martha AuCoin, this month's First Place winner has the distinct honor of displaying several pieces of her artwork at Annie's Cafe & Catering in Laconia NH. Warm up with some scrumptious homemade soup and sandwiches and enjoy the art while you eat! The art pieces for the Honorable Mention artist will be on display through the third week of October in the following locations: Sherwood Frazier - Gilford Library; Gail Brunt - Camden Bank, Meredith; Susie French- Camden Bank, Tilton; Melanie Kray- Franklin Savings, Gilford; Sally Hibberd - Laconia Public Library; James Cryan - Franklin Savings Bank, Franklin.

Small-town festivals, big impact

When autumn settles across the Winnisquam Region, it brings more than crisp air and fiery leaves. It brings neighbors out of their homes and into the shared spaces that define us—church halls, school gyms, library lawns, and fairgrounds. From Tilton to Sanbornton, our calendars are filling with harvest suppers, scarecrow contests, and craft fairs. These events may seem simple, but their impact is anything but.

Local festivals and gatherings give residents a chance to connect in ways that digital life never will. A raffle at the Belmont library funds new programs for children. A bean supper in Northfield helps keep a historic church heated through the winter. A school PTO fundraiser in Laconia pays for field trips that students will remember for years. Every dollar raised, every ticket sold, and every pie auctioned ties directly back into the health of our community.

Equally important, these events introduce neighbors to one another. A first grader from Tilton might meet a retiree from Sanbornton while painting pumpkins. A new family in Belmont may find themselves welcomed into a circle of longtime residents at the cider press. The bonds created in these small, informal settings make our towns stronger when challenges come—whether it's a budget debate at town meeting or a snowstorm that knocks out the power.

There is also the matter of pride. When out-of-town visitors arrive for a fall fair, they see a community that cares for itself. Volunteers staffing booths, children performing music, and local businesses donating prizes all showcase a spirit of generosity and resilience. That impression matters; it is part of what makes the Winnisquam region attractive not only for tourism, but for families and employers considering a place to call home.

These next few weeks are an invitation. Attend the events. Buy the raffle tickets. Bring a friend. It may not feel like a grand gesture, but your presence adds to the sense of belonging that is so easily lost in modern life. In small towns like ours, showing up is what turns a collection of households into a community.

Psychic driving!

In the late 1950s, patients walked into Montreal's Allan Memorial Institute expecting treatment for anxiety, depression, or everyday struggles of the mind. What many of them encountered instead was the work of Dr. Ewen Cameron, a psychiatrist with an outsized reputation and a dangerous obsession with "reprogramming" the human brain. Cameron believed he could break down a person's mind and rebuild it from scratch. His methods were as crude as they were cruel.

He called it "Psychic Driving." Patients were put under heavy sedation, often for weeks at a time, and then forced to listen to negative phrases looped again and again through speakers or headphones. Sometimes the messages ran for 16 hours a day.

The results were devastating. Patients developed crippling fear, confusion, and dependency. Families reported that their loved ones came home like strangers—haunted not by their original illnesses, but by the relentless flood of negative suggestions that had hollowed them out.

One former patient described her experience years later. She recalled being placed in a hospital room, sedated, and wired to a tape recorder that played commands, accusations, or statements of worthlessness, repeated until they carved themselves into her mind like grooves in a record. "You are weak. You will never get better. You're worthless!" Hour after hour, day after day, the messages ran until they became the background noise of her mind.

POSITIVELY
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While most of us were never subjected to cruel experiments, many of us know what it's like to live with words that cut deep. Some of those words didn't come from strangers in a lab coat, but from the people closest to us.

The child who was told "you'll never amount to anything" grows into an adult who whispers the same phrase to themselves before every job interview.

The athlete who was told, "you always choke under pressure," starts to believe it, replaying the line before every big game until it becomes a self-fulfilling prophecy.

The student who constantly hears "you're not smart enough" can carry that soundtrack into adulthood, replaying it in moments of stress until it feels like the truth.

I recall a history teacher in high school who would stand in front of the class and call us "a bunch of losers." He didn't just say it once—he said it often, as if repeating it might make it accurate. Thankfully, I'd been raised to believe otherwise.

For years, psychologists have documented what happens when people are repeatedly exposed to harsh or abusive words. Over time, those external voices get internalized, turning into the person's own inner critic.

Researchers at UCLA found that repeated negative self-talk actually reshapes the brain. The brain begins to treat your own words like weapons. A single negative phrase repeated often enough rewires your entire system of motivation, and the only way to cope is to shut down and detach.

But here's the good news—those stories aren't permanent. Psychic driving can work both ways. As hard as it feels at the moment, you can interrupt them.

The next time you catch yourself repeating the same old phrases, flip the script. Tell yourself: "I'm a winner. I'm strong. I'm healthy. I am loved. I'm rising higher. I have what it takes."

You won't believe it at first; it will feel fake, as if you're lying to yourself. But keep saying it—because the more you speak life over yourself, the more your mind and spirit will begin to believe it. You'll feel empowered; you'll see opportunities where you once only saw dead ends.

Repetition works both ways. If negative words can burrow deep and take root, then positive ones can heal, strengthen, and grow.

While we can't all be star athletes or famous actors, every one of us carries strengths that no one else can duplicate. It may be your creativity, kindness, or ability to solve problems in ways others can't.

When you begin to recognize and honor those gifts, you stop measuring yourself against someone else's spotlight and start shining on your own. That's when success becomes inevitable—not because you copied anyone else's path, but because you walked on your own with confidence. I believe in you. Now it's your turn to think the same.

Toby Moore is a columnist, the star of Emmy - Nominated A Separate Peace, and the CEO of Cubestream Inc.

Winnisquam Echo

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Goodlander convenes roundtable at Franklin Middle School on impacts of cuts to education funding

FRANKLIN — Last week, Congresswoman Maggie Goodlander convened a roundtable at Franklin Middle School with students, educators, parents, principals, superintendents, school board members, and advocates from across New Hampshire who have been impacted by the Trump Administration’s decisions to cut millions in education funding promised to communities across New Hampshire. These cuts are hitting the hardest-hit schools in our state, in-

cluding in Franklin, Claremont, Pittsfield, Stewartstown, Lisbon, Berlin, Newport, and Nashua. During the two-hour discussion, Goodlander heard directly from the dozens of Granite Staters about what these cuts mean for their communities and their futures. “The lives of thousands of Granite Staters across generations have been changed for the better because of the very programs that the Trump Administration has put on the chopping

block,” said Goodlander. “These cuts are truly tragic and utterly senseless. They will hurt communities that are counting on us most — from Franklin to Stewartstown, Claremont to Lisbon, Pittsfield to Berlin, and Newport to Nashua. I will not stop working to deliver every penny that was promised to New Hampshire.”

Two of the programs

impacted by the Trump Administration’s decisions to cut millions in education funding for New Hampshire are GEAR UP and TRIO, which collectively serve 5,500 students across the state. GEAR UP is a career exploration, tutoring, and mentorship program for low-income students starting in middle school, focused on increasing their college

and career readiness. TRIO programs are designed to help students from disadvantaged backgrounds thrive in the academic pipeline and be successful beyond high school, in college and in pursuing higher education.

“Eliminating this highly successful program will be a major loss to families,” explained Nicole Shedd, Project Director of GEAR UP New Hampshire. “This decision will drive up the cost of college for students who need help the most. It will also do damage to our efforts to prioritize workforce development in our state. We have almost no time to urge Secretary McMahon to reconsider this decision, so we must act fast. You cannot make this kind of decision with little to no advance notice, not when you are shuttering a program that supports New Hampshire students

most at risk of failing.” “GEAR UP has been honored to walk alongside over 8,000 students statewide since 2016, providing college and career readiness opportunities that make a real difference: academic support, mentoring, caregiver engagement, financial literacy, workforce development, and so much more,” explained Stephanie Lesperance, Chief Strategy Officer at the Education Alliance for New Hampshire. “Together, we have seen firsthand how these services open doors for students who might otherwise feel hopeless. Losing this funding would be a devastating setback. Without GEAR UP support, many may lose access to resources that help close achievement gaps and support their transition beyond high school. The inequities we have worked so hard to lessen will only deepen.”

Rising talent Rebecca Turmel to perform at Franklin Public Library



Rebecca Turmel

FRANKLIN — The Franklin Opera House, in partnership with the NH Music Collective, announces singer/songwriter Rebecca Turmel will perform live at the Franklin Public Library on Saturday, Oct. 11. Brendan Gill, a longtime friend and fellow New England musician, will join in on a handful of tracks, bringing his own guitar flair to the performance.

Turmel, a Franklin native, first caught national attention in 2022 with her debut single “Am I Missing Something.” The track quickly topped 10,000 streams on Spotify, signaling the arrival of a fresh voice capable of pairing infectious hooks with relatable storytelling. Since then, she has issued four singles in 2023 and built a reputation for relentless touring, playing hundreds of shows each year across the region.

“I feel my success is a result of my grit,” she told Nashville Voyager in an August 2023 interview. “I just keep persevering despite how challenging and exhausting it can all be. Chasing your dreams is hard work, but I force myself to continue because this is what I am passionate about. I have hope that if I keep moving forward, it will all be worth it in the end. Music is my heart and soul. What else would I do?”

Tickets can be purchased online at FOH.NH.org, adults \$1.8, student and children \$1.6. Tickets at the door will be \$20.

HIGH SCHOOL SLATE

Thursday, Oct. 2

BELMONT
Girls’ Soccer vs. Gilford; 4
GILFORD
Girls’ Soccer at Belmont; 4
WINNISQUAM
Field Hockey vs. Sanborn; 6:30
Friday, Oct. 3

BELMONT
Cross Country at Kearsarge; 4
Volleyball at Farmington; 6:15
WINNISQUAM
Volleyball vs. Fall Mountain; 6
Saturday, Oct. 4

BELMONT
Boys’ Soccer at Gilford; 11:30
GILFORD
Boys’ Soccer vs. Belmont; 4
Field Hockey vs. Newfound; 12
Football vs. Campbell; 7
Girls’ Soccer vs. Campbell; 1
Volleyball vs. Kingswood; 4
WINNISQUAM
Football at Mascoma; 2
Monday, Oct. 6

BELMONT
Golf at Farmington Country Club; 4
GILFORD
Golf at ConVal; 4
Tuesday, Oct. 7

BELMONT
Cross Country at Gilford; 4
GILFORD
Cross Country Home Meet; 4
Field Hockey at Hopkinton; 4
WINNISQUAM
Boys’ Soccer vs. Prospect Mountain; 4
Wednesday, Oct. 8

BELMONT
Boys’ Soccer vs. Berlin; 4
Girls’ Soccer at Berlin; 4
Volleyball vs. Farmington; 6:15
GILFORD
Girls’ Soccer vs. Newfound; 4
Volleyball at Winnisquam; 6
WINNISQUAM
Volleyball vs. Gilford; 6
Thursday, Oct. 9

GILFORD
Boys’ Soccer at Somersworth; 4
WINNISQUAM
Boys’ Soccer vs. Newfound; 4
Field Hockey vs. Hopkinton; 4
Volleyball at Prospect Mountain; 6
All schedules are subject to change.

Local students contribute through Emmanuel Day of Service

BOSTON, Mass. — More than 360 first-year students at Emmanuel College to make an immediate impact in the community through the New Student Day of Service.

Rising early on the last day of summer vacation, the students volunteered at food shelves, homeless shelters, and other organizations that meet vital community needs through the day of service. The following local students participated:

Madelyn Besegai of Belmont
Broc Pelchat of Tilton

In addition to encouraging new students to embrace Emmanuel’s rich history of serving the common good, the day of service helped them connect with Boston and each other.

“By engaging with the city from day one, our new Saints began their Emmanuel journey grounded in service, connection, and purpose,” said Emmanuel VP of Mission & Ministry Fr. Federico Cinocca. “It sets the tone not only for their year, but for their entire Emmanuel experience.”

With more than 80 majors and areas of study, Emmanuel College combines outstanding classroom instruction and real-world experience to prepare students for lives of achievement, learning, and purpose. Voted the #1 college location in America by Niche.com in 2023, 2024, and 2025, Emmanuel offers easy access to world-class medical, cultural, and business organizations from 400 The Fenway in Boston. Learn more at Emmanuel.edu.



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Speare Expands Breast Cancer Education During Awareness Month

PLYMOUTH, NH –September 2025 – October is Breast Cancer Awareness Month, a time to spotlight the importance of early detection, advanced treatment, and ongoing support for women and families facing breast

cancer. At Speare Memorial Hospital, those priorities come together in both the technology offered in our women’s imaging center and in the educational resources we are working to provide for our community. Accredited by the American College of Radiology, Speare’s imaging center offers 3D mammography and image-guided breast biopsies, giving patients access to the latest tools in early detection and diagnosis. Image-guided biopsy is a minimally invasive procedure that allows radiologists to pinpoint suspicious areas of breast tissue with precision. Compared to traditional surgical biopsy, this approach is faster, safer, and less stressful for patients.

But care does not end with diagnosis and treatment. Many women struggle with questions about how to live well after breast cancer—managing side effects, reducing the risk of recurrence, and rebuilding strength both physically and emotionally. To meet this need, Speare is developing new educational materials focused on two areas: Image-guided breast biopsies—to help patients feel informed and reassured before undergoing the procedure. Living healthy after cancer treatment—resources that offer guidance on wellness during survivorship.

“We know that information can be empowering,” says Linda Nestor, director of imaging services at Speare. “When patients understand

their procedures and have the tools to take care of themselves after treatment, it makes a real difference in their confidence and recovery.”

This October, Speare is inviting the community to help bring these educational efforts to life. Donations will directly support the printing and distribution of these materials, ensuring patients and families have access to clear, compassionate information when they need it most.


Those interested in supporting this project can visit www.speare-hospital.com/donate/breast-cancer-awareness/ or scan this QR code.

By working together, we can make sure women in our community not only receive top-tier im-

aging care but also the knowledge and resources to move forward with strength and hope.

Speare is dedicated to providing central New Hampshire communities with the same high-quality imaging services available in larger cities. By combining advanced technology with a personal touch, Speare ensures that women in the region receive top-tier care close to home. With a patient-centered approach, state-of-the-art imaging technology, and a commitment to personalized care, Speare Memorial Hospital remains a trusted partner for women’s imaging services in rural New Hampshire.

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Or visit www.dhhs.nh.gov/bccp

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Join League of NH Craftsmen Gallery for Fungi Fun with Patsy Frasier

MEREDITH — Join artist Patsy Frasier at the League of NH Craftsmen - Meredith Fine Craft Gallery on Saturday, Oct. 11 from 10 a.m. to 1 p.m. for a Fungi Fun Class.

Learn the art of needle felting and create your own felted mushrooms in this fun one-day workshop. Transform wire and wool into a beautiful three dimensional mushroom. Once you make one mushroom you'll want a foraging basket full! Students will learn to felt over a simple armature for the stem, and then will create the mushroom cap and add special effects. Great for beginners and experienced felters as well.

Tuition is \$45 per student with an additional materials fee of \$20 paid by cash or check to the instructor at the time of the class.

Space is limited and pre-registration is required. Those who wish to attend MUST sign up by Wednesday, September 10th.

To register for this workshop, please call the League of NH Craftsmen - Fine Craft Gallery at (603) 279-7920 or stop by the gallery located at 279 Daniel Webster Highway in Meredith.

For more details, visit our Web site at <http://meredith.nhcrafts.org/classes/> and our Facebook page at <http://www.facebook.com/nhcraft/>.

The League of NH Craftsmen Meredith Fine Craft Gallery is located at 279 DW Highway, Meredith, and is dedicated to the education and support of New Hampshire's fine craft tradition since 1932.



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As a load builder you will be responsible for accurately building and staging outgoing loads for delivery and will need to read and interpret work orders and load sheets. This position requires operating forklift and other material handling equipment. Maintaining a clean, safe and organized work area is important as well as working closely with dispatch and lumberyard workers to ensure timely order fulfillment. Heavy lifting is required. Previous warehouse experience is a plus.

Belletetes is a 5th generation, family-owned building materials supply company that has been in business for over 125 years. With 10 locations throughout NH and MA, we believe our employees are our biggest asset!

When you join our team, you will be working in a family-friendly atmosphere where career growth is important, and we try to promote from within. We offer an industry leading benefits package that includes competitive wages, health insurance, life insurance, paid vacation, paid time-off, paid holidays, paid bereavement leave, profit sharing, 401k and store discounts.

You may apply in person or download an application from our website. All applications should be submitted to:

Dan Uhlman, Manager
20 West Street, Ashland, NH 03217
or you may email to duhlman@belletetes.com

E.O.E.

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Belletetes has an immediate opening in our Moultonborough location for a full-time Non-CDL delivery driver/Lumber Materials Handler. Must have a valid driver's license with a clear driving record. As part of the job requirement, a DOT medical card is required (employer will assist candidate in obtaining medical card). The successful candidate is responsible for assisting customers and contractors locate materials and load vehicles, receive incoming shipments and select loads for delivery trucks. Computer skills and prior lumber and building material experience is beneficial. Heavy lifting is required. Saturday hours on a rotating basis.

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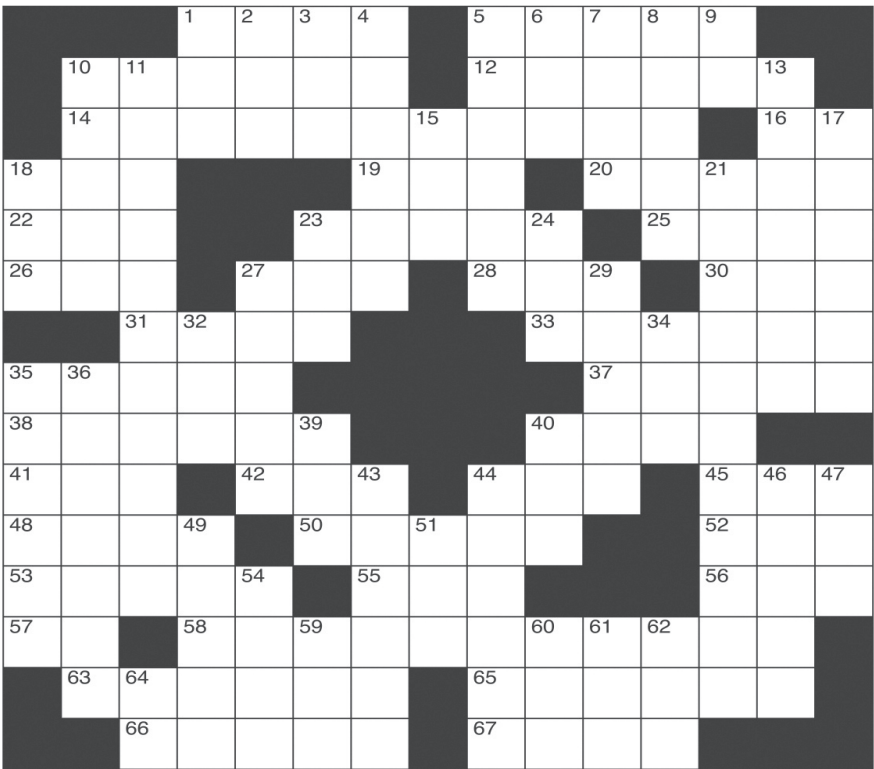
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CLUES ACROSS

1. Native American people of CA

5. Long periods of time (Brit.)

10. Classroom tool

12. Rods

14. One who renews

16. They start the alphabet

18. Periodical (slang)

19. Smooth singer Cole

20. Dorsal sclerites in insects

22. One from Utah

23. The world of the dead

25. Singer Redding

26. Mafia head

27. Wrongly

28. Unhappy

30. Anger

31. Dark olive black

33. Places to sit and eat

35. Made a mistake

37. Damp
38. Banned fuel type

40. Actor Damon

41. What thespians do

42. A polite address for a woman

44. Disallow

45. Swiss river

48. A banana has one

50. Afrikaans

52. Relative biological effectiveness (abbr.)

53. Agave

55. Journalist Tarbell

56. One-time tech leader

57. Incidentally (abbr.)

58. Intestinal bacterium

63. Loose sheats around the spinal cord

65. Accompanies nook

66. Vogue

67. Highly excited

CLUES DOWN

1. Witch

2. Utilize

3. Writing utensil

4. Where rockers work

5. Becomes less intense

6. Consume

7. Type of catfish

8. “Horsetown, U.S.A.”

9. Atomic #50

10. The Muse of lyric poetry

11. Brings back to life

13. Humorous critiques

15. Cool!

17. Worst

18. Wet dirt

21. Useful

23. Hebrew unit of liquid capacity

24. High schoolers’ test

27. Internet device
29. City in India

32. A place to rest

34. Chat responder

35. A way to move on

36. What consumers are given

39. Digital audiotape

40. More (Spanish)

43. Disfigured

44. White (Spanish)

46. Church building

47. Georgia rockers

49. Surgeon’s tool

51. “Much __ about nothing”

54. Make by braiding

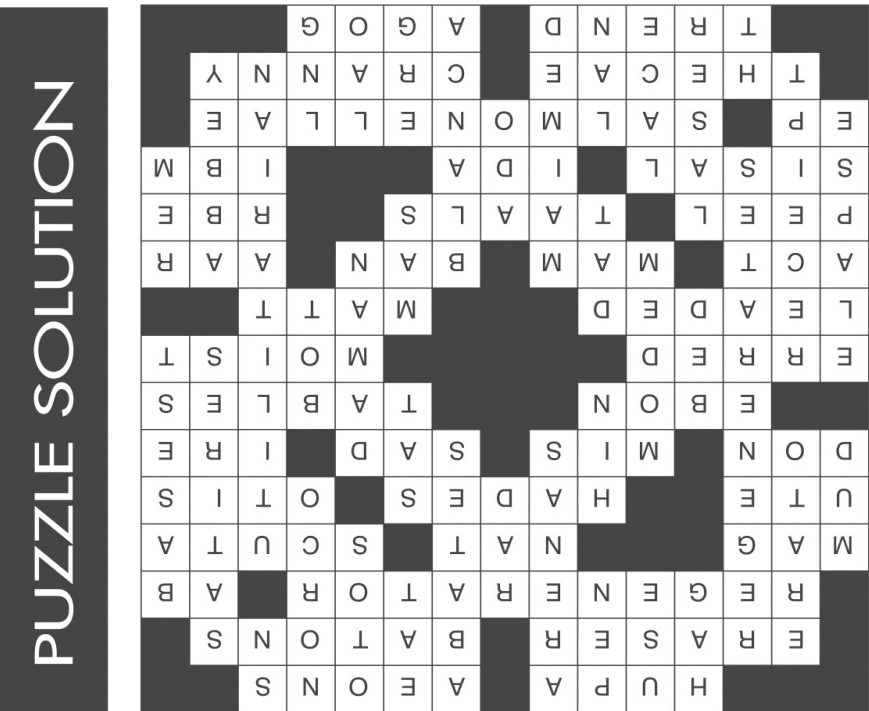
59. Local area network

60. Unit of work

61. Indigenous person of Thailand

62. Liquefied natural gas

64. Distance to top



MEETING

CONTINUED FROM PAGE A1

brunch at 11 a.m. Hosts are the SHS board. We are at Lane Tavern, 520 Sanborn Rd., Sanborn-ton. Same side of the street as the nearby Post Office.

Come and eat/enjoy for free, for the companionship. We’ll have the Annual Meeting with election of officers, followed by (successful oth-

er years and fun!) “Attic Treasures.” Everyone attending who can, bring something significantly “ancient” from your life that you can offer for puzzlement or with story. A courting letter from another century (the 1800s) was highly popular one year. One year, a locally-made/vintage woolen hunter’s outfit. We may also show off historical, newly acquired items. If you come up with nothing, just bring yourself.

We need new members! Have a new neighbor who’s home at this early part of the day? Bring along a potential new member. That’s a great help to us. All are welcome.

Call program director Linda Salatiello with any questions at 603-286-4526. Let her phone message run a bit, and she’ll probably be on her way to pick up.

SOCCER

CONTINUED FROM PAGE A1

Braeden Perrault made a run for Winnisquam that was stopped by the defense of Aaryn Durand for Belmont. Derik Matthews also had a nice clear for the Raiders.

Belmont upped the lead to 4-1 with 33:55 to go in the game, as Evan Martinez sent a nice ball in to Bernardez and he buried the ball for Belmont’s fourth goal. Brennen Geoffrey had a nice defensive stop for the Raiders and Waldron made a good run the other way. Perrault had another run into the zone that was turned back by Durand and Brock Smith also had a nice defensive stop for Belmont. Winnisquam goal-

ie Jacoby Keith came out for a big booth and Mondesir just missed connecting with Perrault. Abbott made a run into the zone that was turned back by Smith and Durand did another nice job stopping a run from Perrault. Mondesir had a direct kick go wide of the net as well.

Winnisquam got their second goal of the game with 26:10 to go, as Mondesir ripped a shot to the back of the net to cut the lead to 4-2. The Bears continued to pressure, with Perrault sending a shot high and then sending a cross into the middle that Brady Fysh cleared out. Belmont came back with a Bernardez bid that Noah Bassett cleared out. Bro-

dy Ennis had a direct kick go wide of the net for the Raiders as well.

The final goal of the game came in the final minute, as Bernardez put the ball in off a corner kick for the 5-2 final score for the Raiders.

The Bears are scheduled to be in action on Tuesday, Oct. 7, at home against Prospect Mountain and Thursday, Oct. 9, at home against Newfound, both at 4 p.m.

Belmont is scheduled to be in action on Saturday, Oct. 4, at 11:30 a.m. at Gilford and will be hosting Berlin at 4 p.m. on Wednesday, Oct. 8.

Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or josh@salmonpress.news.



Kyle Waldron pushes the ball up the field during action Saturday against Winnisquam.



Xavier Mondesir races up the field with the ball in action against Belmont on Saturday.

PETS OF THE WEEK



Meet Jessie!

Jessie is a quiet lady who loves to cuddle. Her hobbies include sunbathing in the warm sunshine, receiving endless affection, and getting tons of tasty treats.

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Meet Winnie!

Winnie is a 6-year-old with a quiet spirit and a heart full of love just waiting to bloom. This sweet girl is on the shy side and takes a little time to warm up, but once she feels safe, her gentle nature shines through. She enjoys soft voices, slow walks, and a cozy spot to curl up and watch the world go by.

Winnie would thrive in a calm, patient home where she can come out of her shell at her own pace. She’s not the life

of the party—but she’ll be your loyal shadow, happy just to be near you. She is hesitant about new people entering her household and can become protective of her people.

If you’re someone who understands that trust takes time and love is quiet, Winnie might be the perfect companion for you. Come meet this tenderhearted girl and let her show you how special a shy dog’s love can be.

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Mountaineers push past field hockey Bears

BY JOSHUA SPAULDING

Sports Editor

TILTON — The Winnisquam field hockey team's Homecoming matchup was about as tough as you can get in Division III, as the Bears welcomed Berlin to town on Saturday morning, Sept. 27.

The Mountaineers scored two goals in the first half and then pulled away with five goals in the second half to take the 7-0 win.

The Bears got in the zone first, with Berlin's Emma Rancloes clearing the ball out of the zone. Zariah Moore had a run in the zone for the Bears but Berlin came back with a shot from Harmony Horne that was stopped by Winnisquam goalie Autumn Smith, who then stopped the rebound shot from Olivia Richard. Caitlin Kelley had a shot for the Mountaineers that was stopped by Denessa Williams in the Bear defense.

The Mountaineers got on the board with 10:42 to go in the first quarter, as Emily Smith scored on an assist from Kelley on a corner for the 1-0 lead, as Smith backhanded an elevated shot past Smith and into the net. Rancloes and Kenah Scott teamed up on a corner bid that went wide for Berlin and Winnisquam's Camilla Cote stopped a nice run from Horne in the circle. Iris Viera went the other way for the Bears, finding Williams with a bid, but Kelley did a nice job clearing the ball. Horne came the other way, with Mylie Keith making a solid defensive stop for the Bears.

Emily Smith had a bid denied by Autumn Smith and the Bear goal-

ie also stopped the rebound shot from Kelley. Viera had a shot denied by Berlin goalie McKenna Kelley and Berlin came back with bis from Caitlin Kelley and Emily Smith that were turned away. Williams had a nice defensive stop for Winnisquam and Emily Smith had a bid turned back by Keith. Williams and Moore combined on a chance that McKenna Kelley stopped in the Berlin goal and the first quarter ended with the Mountaineers up 1-0.

Emily Smith and Horne combined on a shot that went wide for the Mountaineers and Berlin had a corner chance that was stopped by the defense of Brianna Gammon and Williams. Viera and Taylor Dearden also had solid defensive plays for the Bears and Kelce Hayes turned back a run from Marlee Wedge for the Mountaineers. Richard had a shot denied by Autumn Smith and Cote had a rip that Caitlin Kelley cleared out of the zone.

The Mountaineers doubled the lead with 5:56 to go in the first half, with Wedge poking the ball home after solid pressure in front of the net for the 2-0 lead. Winnisquam had a corner chance that was turned back by Rancloes and Ava Sargent had a nice defensive stop for the Bears as the first half ended with the Mountaineers up 2-0.

The Mountaineers scored their third goal with 11:47 to go in the third quarter, as Caitlin Kelley sending a nice cross to Emily Smith, who buried the shot for the 3-0 lead. The Mountaineers continued to



JOSHUA SPAULDING

Berlin's Harmony Horne and Winnisquam's Denessa Williams go after the ball in action on Saturday morning.



Winnisquam goalie Autumn Smith kicks the ball out of the circle during action Saturday against Berlin.

pressure, with Caitlin Kelley and Rose Kelley coming up with chances.

With 9:13 to go in the third, Wedge found the back of the net for the 4-0 lead and Cote just missed connecting with Brooke Gammon at the other end of the field. Moore and Brooke Gammon had runs in for the Bears, but the Berlin defense held tight.

With 3:58 to go in the third quarter, Caitlin Kelley found the back of the cage with a rip from

outside for the 5-0 lead.

Berlin had a couple of corners and connected on the second of the two, with Wedge scoring her third goal of the game in the final seconds of the third quarter and the teams went to the fourth quarter with Berlin up by a 6-0 score.

The Mountaineers scored the final goal of the game just 1:11 into the fourth quarter, with Rose Kelley scoring for the 7-0 lead. Winnisquam had some good pressure

later in the quarter, getting four corners in a row. Cote and Sargent had good chances, with McKenna Kelley making the saves in the Berlin net. Williams sent a shot wide and had another denied by the Berlin goalie. Berlin had two late corners, with Scott getting off a chance in to Rancloes, who had her shot blocked and time ran out on the 7-0 win for the Mountaineers.

Winnisquam is slated to be in action Thursday,

Oct. 2, at 6:30 p.m. against Sanborn and will be hosting Hopkinton at 4 p.m. on Thursday, Oct. 9.

Berlin is slated to be in action Wednesday, Oct. 1, at Kennett at 4 p.m. and will be hosting Kearsarge on Tuesday, Oct. 7, at 4 p.m.

Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or josh@salmonpress.news.

Play Like a Panther lax clinic set for Oct. 26 at PSU

PLYMOUTH — Plymouth State University women's lacrosse head coach Becky Dale announced the program will hold its annual Play Like a Panther clinic for high school players this October.

The popular clinic for girls in ninth-12th grades will take place from 12 to 3 p.m. on Sunday, Oct. 26, at Panther Field, with on-site registration and check in beginning at 11:30 a.m.

Designed for players interested in competing at the next level, attendees will work one-on-one with the PSU coaching staff and current student-athletes. The clinic will take place outdoors, so attendees are encouraged to bring weather-appropriate clothing, lacrosse protective equipment – goggles, mouth guards, goalie equipment – sticks, cleats, and water bottles.

The clinic rate is \$50 per player. To expedite the check-in process, athletes should also bring printed, signed waivers.

Online registration is required for all Plymouth State Athletics camps and clinics. Registration and waiver links are available at athletics.plymouth.edu/camps.

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Atomic Bent 100	Reg. \$800, Sale \$499

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PSU softball sets dates for fall and winter clinics

PLYMOUTH — The Plymouth State University softball program will host its annual pitching, hitting and defensive clinics this fall and winter, head coach Mike Bernier announced on Thursday.

The fall pitching clinics are scheduled for three Sundays in November – Nov. 2, 9, and 16 – at the Bank of New Hampshire Field House at ALLWell North. Open to players in grades 6-12 of varying ability levels, the sessions will cover proper warm-up drills, pitch grips, and the mental approach to pitching. Clinics run from 2 to 4 p.m., with on-site registration beginning at 1 p.m. Pitchers should bring a personal catcher. The cost is \$75 per session, with discounted rates available for athletes who register for multiple sessions. Indoor footwear is required.

The hitting and defense clinics will be held in February – Feb. 1, 8, and 15 – also at the Bank of New Hampshire Field House. Designed for students in grades 6-12, the sessions will focus on throwing, fielding, hitting, and base-

running, with instruction provided by PSU coaches and players. Clinics run from 11 a.m. to 2:30 p.m., with on-site registration opening at 10:45 a.m. The cost is \$80 per clinic, with discounts available for multiple sessions. Participants should bring gloves, bats, sneakers, and water.

For more information and links to the mandatory online registration and waiver forms, please visit athletics.plymouth.edu/camps.

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Volleyball Bears battle past Manchester West for Homecoming win



JOSHUA SPAULDING

Caidyn Carter stretches out in front of her teammates on the bench to reach the ball in action last Wednesday evening.

BY JOSHUA SPAULDING

Sports Editor

TILTON — The Winnisquam volleyball team battled to a hard-fought win to celebrate Homecoming on Wednesday, Sept. 23, defeating Manchester West 26-24, 18-25, 25-14, 25-10.

Danica Weymouth got the Bears out to a great start with a trio of service aces while Caidyn Carter added a hit as Winnisquam got out to the 4-0 lead. After the Blue Knights put a couple of points on the road, Alexis Mingolla added a service ace. West fought back and cut the lead to 7-6 before Anna Drinkwine had a nice tip at the net and then added a pair of service aces to open the lead to 12-6.

Manchester West slowly battled back into the game, cutting the lead to 14-12 and 15-13 before Weymouth got a key point for the Bears. The Blue Knights were able to rally again and got it to 18-15 before Carter made a couple of nice plays on the same point. West was able to pull even at 20 and took a 24-20 lead to get to within one point of the opening set win.

However, the Bears

battled back and scored six points to walk off with the 26-24 win and the 1-0 lead.

Weymouth had another ace to start the second set and Drinkwine also added an early ace. Avrill Labranche had a key kill as the Bears opened up a 7-3 lead before West came back with a good run, taking the 17-7 lead before Carter got the Bears back on the board. Addie Bernier added a couple of service aces as the hosts tried to claw their way back in, cutting the lead to 19-15 with an ace from Abby Meunier.

Mingolla had a nice tip at the net and added a hit for a key point but the Blue Knights were able to close out the 25-18 win to tie the match at one.

Carter, Labranche and Weymouth had key points early in the third set before Carter added a pair of aces to give the Bears an early 8-3 lead. Weymouth added a nice tip and Mingolla had a hit to up the lead to 10-4. The two teams went back and forth and the visitors cut the lead to 16-14 before Labranche had a key hit and Drinkwine added a service ace.

Labranche had a nice

tip at the net and added a nice shot down the line while Carter had a pair of hits and Mingolla chipped in with an ace as the Bears closed out the 25-14 win for the 2-1 lead.

Mingolla helped get the Bears off to a 5-1 lead and Carter also added a hit early in the fourth set. The Blue Knights battled back to cut the lead to 5-3, but Carter added a hit and then stepped to the service line and chipped in a pair of aces. Drinkwine had a nice tip at the net as Winnisquam went up 11-4.

Labranche added another hit before Bernier settled in with three service aces to up the lead to 16-5. Weymouth had another hit and then Mingolla added two service aces to increase the lead. Carter and Labranche then helped finish out the 25-10 win with hits and Winnisquam had the 3-1 win.

Earlier in the week, Winnisquam struggled in the third set after splitting the first two on Monday, Sept. 22, and Hanover finished with the 3-1 win over the Bears.

“Hanover is a very good team,” said coach Mark Dawalga. “I



Danica Weymouth goes up for a hit during Homecoming action against Manchester West last Wednesday.

thought tonight we really matched their intensity.”

The two teams split the first two sets by identical scores, with Hanover winning the first set 25-18 and Winnisquam winning the second set 25-18. Hanover dominated the third set by a 25-4 score but Winnisquam did bounce back in the fourth set, making it a close battle before

falling 25-19.

Carter had five kills, three aces and seven digs, Weymouth had three kills, four digs and three aces, Drinkwine had seven assists, Meunier had four assists, Mingolla had six digs and Bernier, Labranche, Alyssa Jean and Kinzie Nelson all played well for the Bears.

The Bears will be back in action on Friday, Oct. 3, at home against Fall Mountain and will be hosting Gilford on Wednesday, Oct. 8, both at 6 p.m.

Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or josh@salmonpress.news.

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THE SEARCH IS ON FOR TILTON'S OLDEST RESIDENT

Town Officials are searching for the oldest Tilton resident so that they can present that person with the Boston Post Cane, continuing the tradition that began over 110 years ago. The last cane was presented to Cecile Robert in 2019. Cecile passed away earlier this year at age 97.

One of the criteria set by the Board of Selectmen is that the recipient has been a resident of Tilton for at least 10 years in order to be eligible.

When the cane is presented, the recipient will receive a certificate noting that he or she is the oldest resident, along with a replica of the Boston Post Cane. A name plaque honoring the recipient will be added to the cane's case at Town Hall, where the original Boston Post Cane is on display.

Anyone knowing of an eligible candidate for oldest resident must submit a nomination form to the Tilton Town Clerk at 257 Main Street or email ksowles@tiltonnh.org. The submission must include the nominee's name, date of birth, and an original or certified copy of the nominee's birth certificate. Also, please include the nominator's contact information.

Nominations must be received by Wednesday October 15. Nomination forms can be found on the Tilton website www.tiltonnh.org and at Town Hall. If you have any questions please contact Kim Sowles, at 286-4425 ext. 104.

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FRANKLIN — Franklin Opera House presents its annual Murder Mystery Dessert Theatre, with three performances on Oct. 24, 25 & 26, and all proceeds benefit Franklin Opera House.

Members of Franklin Footlight Theatre share their talents in this event to benefit Opera House operations. The fun takes place at the Franklin Elks Lodge, where the Company Halloween party is in full swing. But real estate tycoon Roy “Takeover” Tackett has “crashed” the party and announced his plans to buy a local landmark business. Afraid for his own safety, he has hired his own security detail. His young bride, Bobbie, is upset to find that her former lover and ice dancing partner, Robbie, is among the guests. The “home office” has sent its best troubleshooter, Marshall Monroe, to head off disaster, but to no avail.

Spoiler alert: Someone dies. And the audience is enlisted to help identify the killer. Interacting with the characters, guests will try to figure out which one of them had the greatest motive for murder! Join your friends for a night of intrigue, entertainment, and community spirit. Desserts this year are catered by Lady Liberty’s Confectionery. Tickets are limited and must be purchased by Oct. 19. Performances Friday and Saturday, Oct. 24 and 25, start at 6:30 p.m., and a Sunday matinee on Oct. 26 at 2 p.m. Doors will open 30 minutes before showtime. Visit www.FOHNH.org for tickets, or call (603) 934-1901.



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