



Walkers/runners gather for a Cure

BY ERIN PLUMMER
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TILTON — People of all ages from many communities came together on Sunday morning for one cause: the fight against breast cancer. Nearly 900 participants took part in the Tanger Outlet's fifth annual Fit for a Cure 5K Run/Walk.

The parking lot of the Tanger Outlet was a sea of pink as runners and walkers gathered for the event benefiting LRGHealthcare's oncology program and breast cancer initiatives.

Eric Proulx, General Manager of the Tanger Outlets of Tilton, said around 850 people pre-registered to be part of the event, and around 30 to 40 registered the day of.

The proceeds of from the race will go to LRGHealthcare's breast cancer initiative, specifically to digital mammography services.

The course started in the back parking lot of the Tilton Outlets, went around the J. Jill property, up

Route 132, and around the loop at Vista Heights, where it went back the same direction.

While numbers were a little shy of the 1,000-person goal, Proulx said he was extremely happy with the turnout.

"This is our fifth year, and it has grown every year since," Proulx said.

LRGHealthcare President Tom Clairmont thanked all the participants, sponsors, and volunteers for their efforts.

"This walk and run is about hope, and most of curing cancer is surrounded by hope," Clairmont said.

Clairmont said this fundraiser has raised more than \$400,000 for cancer services at LRGHealthcare.

"I think it's important for you to know how far the funds you raise for this event go, and how far the funds go for cancer patients," said Suzanne Stiles, Chair of Human Resources and Senior Vice President/

Administrative & Support Services at LRGHealthcare.

Pamela Ryan of Danbury shared her story of fighting breast cancer. She said she gets regular mammograms and exams, though noticed a crease she found suspicious. The results of one mammogram came back clear, though she noticed the crease was more pronounced several months later. After more testing, a small tumor was detected this past spring.

She met with different doctors from LRGHealthcare who helped her make treatment decisions she said she felt were best for her. She will be taking part in a trial treatment offered by Dana Farber Cancer Institute of Boston and available right through LRGH. She said if she received this treatment in Boston it could take months to receive. Instead she will soon begin on her three cycles of treatment at LRGH and will be part of a five-year study.

Ryan said a gift the Tanger Outlets donated a few years back helped the hospital revamp its oncology suite. She said she never would have dreamed these services would be available right at LRGH.

Overall, Ryan encouraged people to be advocates for their own health.

"If something doesn't feel right, there's a good chance it isn't," Ryan said. "You are your own best advocate."

The overall first place finisher of this year's 5K was Ryan LaFrance of Gilford. LaFrance is a sophomore at Gilford High School, and runs cross-country. Last year, he came in second in the Tanger 5K.

LaFrance said there were parts of the course that were difficult.

"The hill is always really hard; it always gets me," LaFrance said.

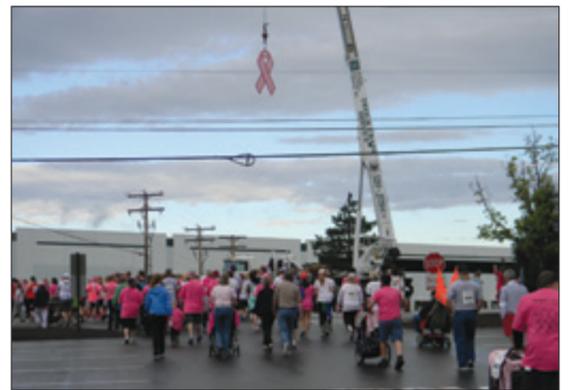
He said he thought someone was ahead of him

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Runners and walkers take off at the Tanger 5K.

PHOTO BY ERIN PLUMMER



Runners and walkers take off on the course under a big pink ribbon.

PHOTO BY ERIN PLUMMER

Robinson asked to serve as interim chief of TNFD

BY DONNA RHODES
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NORTHFIELD — With the impending departure of yet another fire chief for the Tilton-Northfield Fire District, commissioners last week named current Deputy Chief Mike Robinson the acting chief and Capt. Tim Joubert the acting deputy chief, effective Oct. 18 when current chief Brad Ober departs for a new job as deputy fire chief in Gilford.

Ober was promoted to his job as chief of TNFD in December of 2010 after then chief Steve Carrier also took a position as deputy chief of the Gil-

ford Fire-Rescue Department. Carrier was later promoted to chief in Gilford when the position became available.

On Sept. 17, Ober attended the previously scheduled work session for the commission, which was changed into an emergency meeting, to personally deliver his resignation to the board.

Ober's resignation letter, a follow-up to the initial call he made on Sept. 11 to Chairman Paul Auger, stated that he had mixed emotions about his move from Tilton-Northfield to Gilford, but was grateful for his time in

the district.

"I am thankful for the opportunities, experiences and support I have obtained from the residents of the district, the commissioners, and most importantly, the staff over these past eight and a half years," Ober wrote in his letter.

His final day, he concluded, will be Oct. 15, 2013, but he also promised to provide the district with a draft for the 2014 budget process before his departure. Ober said he would also continue his work on preparing the district's newest ladder truck for service

before he moves on to his new position.

Before the decision on who would fill Ober's shoes in the interim was made, Robinson, who has stepped into this role before, told commissioners he would take on the challenge once again on a part time basis, but would encourage them to move quickly in their search for a new chief.

"Will I do it? Of course, but I will do it on my terms, and they're reasonable terms," Robinson said.

With a full time job outside his typical role as Deputy Chief for the fire

department and a "new girl" in his life, a three-year-old granddaughter, Robinson said his time would be limited.

"We're going to give it a try, but it's got to be a team effort. You know my schedule. I'm not available from 5 a.m. until 5 p.m., and never on a Tuesday night, when my granddaughter is over. I'm going to do everything in my power not to interrupt that time with her," said Robinson.

Auger agreed that, not having a full time position with the district, Robinson was justified in his terms. He person-

ally felt that bumping the deputy into the temporary position was not the only option, though, and wanted time to consider other avenues for filling the chief's vacancy.

"If we're going to come up with another alternative, that would be to your benefit," said Auger to Robinson.

Robinson and others from the department, however, voiced their concern that those "other options" would be to bring in an outside person as an interim chief, and they did not feel comfortable with that idea.

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Historians re-visit Belmont resident's foiled assassination attempts against JFK

BY DONNA RHODES
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BELMONT — In 1960, an attentive young postmaster in Belmont pieced together bits of information, and was instrumental in preventing an assassination attempt on President John F. Kennedy.

Last week, former police chief Earl Sweeney and Postmaster Tom Murphy's widow, Pauline "Polly" Murphy, sat down with members of the Belmont Historical Society and the Heritage Commission to remem-

ber those days in Belmont's history, which will soon be chronicled on the Travel Channel.

Thomas Murphy, who was 34-years-old at the time, had heard many rants against Pres. Kennedy from Belmont resident Richard Pavlick whenever he stopped by the post office but Murphy thought little of them at the time. Pavlick, who himself was a retired postal worker from Boston but had since moved to Dearborn Street in Belmont, was known to have a "mental disorder" and

his outbursts were not uncommon in the town.

When Pavlick moved away, however, Murphy began to notice postcards he sent to friends

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PHOTO BY DONNA RHODES

Right: Pauline "Polly" Murphy and former Belmont Police Chief Earl Sweeney sat down at the Belmont Library with Library Trustee Mary Louise Charnley and other town historians last week to recount their memories of Richard Pavlick, whose original assassination attempts on President John F. Kennedy were thwarted by Polly's husband, Belmont Postmaster Tom Murphy, in 1960.



Volunteers from around the region answer the call during Day of Caring

BY DONNA RHODES
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REGION — From all around the Lakes Region, they answered the call, employers who rallied their employees to spend one day outside the norm, doing good in the community for the 19th Annual United Way Day of Caring.

The Day of Caring is focused on community service, where volunteerism is the key to success.

This year, 180 employees from companies throughout the Lakes Region took time out to do something extraordinary for 24 nonprofit and service organizations for a total of 40 different projects.

"You all will be serving 10 towns today and when you're done you'll have a

Better understanding of what your organization does in the communi-

ty," said Kevin Conway, Resource Development Operations Manager for Granite United Way.

Annette Otis of LRGHealthcare and a half dozen other volunteers spent their day clearing brush at Pennstock Park in Belmont and found it to be a great learning experience.

"I never even knew this park was here until SEE VOLUNTEERS, PAGE A11



Annette Otis of LRGHealthcare and Christine Fogg of the Belmont Conservation Commission helped bag up brush cuttings as volunteers spent the day clearing a section of Penstock Park in Belmont during the 2013 Granite United Way Day of Caring.

PHOTO BY DONNA RHODES

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CURE

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around the hill part, then he went downhill and realized he was out in front. Overall, he said he enjoyed taking part in the race.

"It's local, and it's just a fun event," LaFrance said.

The overall second place finisher was Michael Roy of Northfield, a senior at Winnisquam Regional High School. This was Roy's second year in the race.

"It's for a good cause, and I just like doing road races," Roy said.

Roy said the course was tough and while he said he did not get the time he wanted, he was overall hap-

py with how he placed.

A number of teams came out for the event in support of the cause.

Athletes from Winnisquam Regional and Belmont High Schools made a strong showing in support of Coach Amy Dutton, who has battled the disease for two years.

Members of the Gilford High School field hockey team came out to the run for the first time. Team co-captain Mollie Dignan said the team came out in support of the cause and also to do an activity as a team.

"We were going to come rain or shine because we support breast cancer (efforts), it can happen to anyone," Dignan

Dignan said this activity was an overall community effort and as well as making a good name for the team.

Co-captain Rachel Blandford said the effort was a way of supporting their fellow women.

The members of the Tinker Team were family members based in the Tilton-Northfield area with many coming from farther places. The family has taken part for two years.

"Two years ago, I lost 155 pounds; this is new to me," said Deb Shepard of Tilton.

The race has been encouragement for getting her out and more active. She said she also knows people in the community touched by cancer.

"Everybody knows someone who has had it or is battling it, or has lost someone to it," Shepard said.

Team members range from occasional runners to serious competitors. Adam Tinker was visiting from New York City, he has run in the Vermont City Marathon four times and in this year's Tanger 5K and took tops in his age division.

Shepard said the family plans to make this an annual event.

For the second year, members of the Allar family and family friends gathered for the race in support of Robin Allar, a breast cancer survivor. Robin's husband David, her children, and other family members and friends, joined her in the



PHOTO BY ERIN PLUMMER

Pamela Ryan (with LRGHealthcare President Tom Clairmont) tells her story of fighting breast cancer at the beginning of the Tanger Fit for a Cure 5K.

race; all wearing t-shirts in support of her battle.

Team members said the race went well this year with perfect conditions. Megan Leahey of Concord said this event was a strong

support system for people with cancer.

"It's the least that we can do," said Heather Allar of Northfield. "They fight for their lives; the least we can do is run a race."

VOLUNTEERS

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I volunteered today, and I've already learned a lot about land conservation," Otis said.

In some instances, the volunteers don't stop at just one day of giving to an organization they come to know. AutoServ of Tilton has now made their work for Carey House and the Salvation Army a year round project.

"We came out three years ago for the Day of Caring, and worked at the Carey House (a homeless shelter operated through the Salvation Army).

Now they're like a part of our family," said Carolyn Gaudet of AutoServ in Tilton.

Each year since that time, they have donated food, clothing, Christmas gifts and other items to the organization.

At a kick off breakfast early in the day, GUV President and CEO Patrick Tufts addressed the volunteers before they headed out for their assigned work locations. Tufts was grateful for all who were willing to donate their time on one of his favorite days of the year. Volunteers, he said, should brag about all they accomplished in one short day and be proud that they could help make

the community a better place.

"What would our communities look like if we didn't give back to them?" said Tufts. "It warms our heart and gets us out to raise the money needed to serve these agencies."

People in bright blue tee shirts could be spotted from Plymouth to Alton last Friday as they painted, organized lunches, stocked pantries, cleaned, and worked in local parks and gardens.

At the Pemi Youth Center in Plymouth, volunteers from Genesis Health Care and Meredith Savings Bank gave the facility a good cleaning. Down the road at Whole Village Family Resource Cen-

ter, others helped clean and organize toys inside Lakes Region Childcare while a second crew prepared the garden beside the center for the winter months ahead.

Over in Gilford, volunteers planted 100 bulbs around the athletic fields and others who would normally spend their day in an office instead took time off to cut brush and place trail markers at the Chapman Sanctuary and Visny Woods in Sandwich.

In Meredith, Inter-Lakes Day Care Center was helped by crews helped with cleaning while a Harvest Dinner for Seniors was prepared in Moultonboro.

TNFD

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"From the perspective of the full time officers in the department, with over 50 years combined experience, we feel very strongly that every option in house should be exhausted," said Captain David Hall. "We will fight the commission if that doesn't happen."

Hall said the officers are also involved in the budget process each year and would do their best to maintain business as usual within the depart-

ment until a permanent replacement could be found.

Robinson agreed. He said that once he and others on the staff learned of Ober's pending resignation, they immediately began to formulate a plan for the future. With the assistance of fulltime Fire Prevention Capt. Tim Joubert and Administrative Secretary Kathy Tobine, he said, he and the rest of the department could make things work on a temporary basis.

"We're fire fighters. We handle emergencies very well," said Robin-

son. "We will endure, no question about it. I want Brad back, but will I do it if you ask? I will to the best of my abilities."

Commissioners then met for a half hour or more in a nonpublic session to discuss their options, after which they announced that they would like to have Robinson and Joubert lead the district as they search for a new chief.

Commissioner Pat Clark said he would arrange for a meeting with Municipal Resources, Inc. out of Meredith to discuss how they might assist in the new search

since the Local Government Center, used in the last search for a fire chief, no longer performs those services.

Tilton Select Board Chair Pat Consentino was concerned about the expense of yet another hiring process, the last of which Commissioner Pat Clark estimated to be approximately \$4,500.

Hiring MRI to do the initial search, Clark admitted, could cost more than that amount today, but he felt it was worth hearing from the company and getting their input before any final decision was made.

Commissioner Les Dolecal is a resident of Northfield, and served on that town's search committee for candidates for a new police chief in the town. She said that, with no cost to taxpayers, Northfield was able to go through resumes, testing and other details of the process to narrow down the search on their own. While the candidate they selected recently declined the offer and that search goes on, Dolecal felt it was an economical and common sense approach.

"After all, it's all about the people in the community and who's going to be served. I think it's an exciting process, and hope there's going to be some internal interest in the position, too," said Dolecal. "It's a good opportunity for some of these employees to even just go through the process."

Commissioners said the final decision on how the hiring process will take place will be made in the near future. A meeting this week with MRI was scheduled after this paper went to press.

JFK

FROM PAGE A1

in Belmont were coming in from cities where the president was campaigning.

"You're going to be hearing from me in a big way," Sweeney recalled one of the post cards as stating. "Tom then said he thought (Pavlick) was stalking the president."

As a result, Murphy contacted the federal government about his concerns.

Not long afterward, in December of 1960, Kennedy was in Palm Beach when Pavlick decided to enact his plan to ram his car, rigged with 10 sticks of dynamite, into the president's vehicle

"He saw that the President had John-John and Carolyn with him, though. He had a conscience and decided he wasn't going to be a part of killing innocent children," said Sweeney.

Instead, Sweeney recalled from later findings, Pavlick devised another plan to rig himself with dynamite, go into the church during church mass the next week and kill both the president and himself during com-

munion rituals.

An alert police officer in Palm Beach spotted Pavlick's car just a few days before that church service, however, and he was taken into custody before he could act out his deranged hatred for Kennedy.

After his arrest, Pavlick was held in federal custody, and later indicted on the charge of attempted assassination. He was determined unfit to stand trial, though, and remanded to psychiatric care.

Charges against him were dropped in 1963, 10 days after Kennedy was assassinated in Texas, but the judge ordered Pavlick to remain in a psychiatric hospital. All federal charges were also dropped in 1964 and, eventually, in 1966 he was released from New Hampshire State Hospital where he had been held.

Murphy had gained some notoriety for alerting federal authorities and when Pavlick was released he became quite concerned about his family's wellbeing. The would-be assassin was spotted many a night outside the Murphy home and as the father of six young girls, the postmas-

ter who had blown alerted federal authorities about Pavlick, feared for his family's safety.

Sweeney, who was chief at that time, would often be called to go over to the Murphy home to keep an eye on Pavlick or send him on his way.

"That was all part of a very scary time," said Polly Murphy. "Tom's name never should have been released."

Her husband had done his best to protect the family and Polly said he never even showed her any of the post cards Pavlick had mailed. In fact, his girls never even knew about their father's fears until they were older.

"Our oldest daughter was only 11 at the time, and Tom didn't want to scare us," she said.

Pavlick, who had resided on Dearborn Street in Belmont, finally fell ill and died on Nov. 11, 1975 at the Veterans Administration's hospital in Manchester at the age of 88.

Polly Murphy kept records of all that transpired in those days, including many news clippings from the Boston Globe that praised her husband for saving the president's life. He was also commended by the

U.S. Postal Service for his actions and received the "Beyond the Call of Duty" pin, awarded only "to those who have performed risks of heroism, endangering their personal safety in matters of national emergency."

At the time, Tom Murphy was believed to be only the second person in New England to have received the prestigious award.

"He wore that pin all the time," Polly said. "He was quite proud of it."

A detailed video of the story about Belmont's role in saving the president's life in 1960 will be shown on the Travel Channel in November and on the Smithsonian Channel on Direct TV sometime in November.

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