

Winnisquam Echo

THURSDAY, AUGUST 15, 2013

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

FREE



DONNA RHODES

Chris Fogg and Wallace Rhodes of the Belmont Historical Society had a perfect location for their booth on Old Home Day, appropriately set up with a backdrop of the historic Belmont Mill.



DONNA RHODES

Girl Scout Troop 21532 took home the Selectmen's Award for their Old Home Day parade float that spotlighted their pride in the history of Belmont.

Old Home Day makes a triumphant return to Belmont Village

BY DONNA RHODES
DRHODES@SALMONPRESS.COM

BELMONT — The Village District in Belmont blossomed during Old Home Day with the ambiance of an old time open air marketplace when vendors lined the new loop road behind the library, connecting it to Mill Street and the Belmont Mill.

Because of construction in the village last summer, the 2012 Old Home Day was held on the grounds of Belmont High School. But earlier this spring, the dump trucks and bulldozers finished their work, the grass grew green again, flowers and trees were planted and the newly refurbished village was set for the return of the annual celebration.

For more than 100 years, residents of Belmont have gathered to celebrate small town life and welcome home friends and family who return home each year to not only share their memories, but have fun making new ones. The day is filled with many traditions, like the presentation of the Belmont Good Citizen Award,

which this year went to recent Belmont High School graduate Kaleb Brace. There was also the fire department's annual Chicken Barbecue, the 45 annual Old Home Day 10 Mile Road Race that attracted runners from all over New England, and of course the parade, and fireworks.

This year's theme was "Belmont Pride" and the town recognized the Belmont Rotary as the parade's Grand Marshall as a thank you for all their work in the community.

Enjoying the new look of the village, residents and visitors spent the day shopping for locally made candles, tie-dyed tee shirts, jewelry, and souvenirs at the many vendor tents along the green.

Food also played a big part in the festivities and besides the ice cream, SnoKones, fried dough and other treats, there were plenty of hot dogs, hamburgers and other good foods to select from for lunch in the afternoon. The newly reformed BHS Par-

ent Teacher Organization also had a delicious taco bar to not only raise funds for their group but to help spread the word that they are up and running once again at the high school.

"We've had a fabulous response so far," members reported last weekend. "Our focus this year is to keep parents connected with their students at a time when they need them the most."

Live music by Crunchy Western Boys Band, a kiddie tractor pull, games and a dunking booth from the Belmont Bogie Busters snowmobile club kept everyone entertained until the first sounds of the parade could be heard as it made its way along Main Street.

"Belmont Pride" was evident in the many parade entries, which were led by the Rotary and its oldest member, Arthur Stewart. Most notable of the floats was that of local Girl Scout Troop 21532. The girls and their leaders, Diane Cleveland and Judy

Hayes, put a lot of time, effort and research into recreating historic sites and demonstrating their pride in Belmont's early days. Dressed in colonial

costumes, the girls waved to the crowd as they posed amidst their rendition of the Gale School, bandstand, and other buildings and artifacts that played a role

in Belmont history. Their hard work paid off with the presentation of the Selectmen's Award for 2013.

BHS marching band and
SEE OHD, PAGE A4

4-H Fair keeps a local tradition alive

BY COURTNEY PELLETIER
STAFF WRITER

BELMONT — The Belknap County 4-H Fair celebrated its 70th anniversary this weekend with a family-friendly line-up of events, such as horse and tractor pulls, animal shows, and live entertainment.

The Belknap County 4-H Fair began in 1943 as a place where children could practice the competition of showing their dairy animals, and has since developed a strong reputation as a family-friendly event and an opportunity for people of all ages to demonstrate their skills in showing farm animals, home improvements, and natural resources.

This year's fair featured more than 40 events that included live musical performances by Joel Cage, Lauren Hurley, and the Jandee Lee Porter Band. There were multiple state qualifying animal showings, including a dog show, a horse show, and dairy and beef showings. In the Junior Goat Fitting and Showmanship competition, there were three participants under the age of 13, showing for their second year.

Many animals were on exhibit for fair attendees to observe and pet, including



COURTNEY PELLETIER

Eleanor, an animal lover from Ashland, celebrates her first time at the Belknap County 4-H Fair by riding a pony for the first time.

rabbits, sheep, and cows. Kathy Salanitro, Miss New Hampshire Senior America 2011, and owner of Ox-K Farm, had her four Brown Swiss oxen on exhibit at

the fair. All nine years old and weighing in at about 2,500 pounds each, the oxen will be a little heavier when they are full grown at age eleven.

She said, "I just love oxen. I've been working with them for thirty years, and I have trained mine as therapy oxen for nursing homes, and for children."

Salanitro says they are great animals for enriching the lives of children because, through interaction with the animals, kids can develop self-discipline, patience, and self-confidence. When she was competing for Miss New Hampshire
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National Night Out offers Belmont safety officials a chance to engage with community

BY DONNA RHODES
DRHODES@SALMONPRESS.COM

BELMONT — All across America, Tuesday, Aug. 6 was known as the 30th annual National Night Against Crime, inviting communities to join their local police departments in taking a stance against crimes of all types.

In Belmont, that translated into a wonderful evening of family fun as residents joined the Belmont Police in Sargent Park for food, fun and camaraderie.

"It's something we've always wanted to do, but it's the very first time we've been able to participate here in Belmont, and what a great turnout we've had," said Chief Mark Lewandoski.

Lewandoski, who took over the reins of the BPD in January, said his goal is to have the department be more active within the community. A bike safety day in June and the Night Against Crime are just two ways they have recently stepped out to interact in a positive fashion with residents.

The Belmont Rotary also took part in the evening, serving up free hot dogs, drinks, chips and Sno Kones.

"We're here just giving back to our community,"

Rotary members said as they kept an eye on the grill and scooped up colorful icy treats for the little ones.

While children enjoyed the playground equipment, bouncy house, face painting, as well as some activities provided by the Parks and Recreation Department, adults joined in some

lively games of horseshoes. The tennis courts attracted many of the teens, who played street hockey, volleyball and basketball, and all of the fun was set to the back drop of music from DJ Rondo.

"This is good," said Selectman Ruth Mooney. "It's
SEE BELMONT, PAGE A11

Veterans Home residents cruise down memory lane

BY DONNA RHODES
DRHODES@SALMONPRESS.COM

TILTON — It was all about celebrating summer and reliving fond memories during the annual Cruise Night at the New Hampshire Veterans' Home last week, when the pavilion and grounds behind the facility were ringed with everything from antique military jeeps and "souped" up old trucks to Model T's, "woodies," luxurious old sedans, and some high performance vehicles.

In all, there were 47 classic and antique vehicles on display for veterans to explore and the owners were on hand to show off all the time and energy that was put into their restoration and upkeep. Veterans were even able to get a peek under the hood and see what powered each one.

Helping those in wheelchairs get to enjoy the



DONNA RHODES

Air Force veteran Andrew West enjoyed the many memories brought back by Carlton MacLeod's 1956 Chevy wagon during Cruise Night at the New Hampshire Veterans' Home last Thursday.

including Tilton-Northfield, Franklin, Gilford, Laconia, Keene, Nashua West and the Capitol Area.

As the crowd perused all the vehicles and enjoyed some refreshments, The Be-
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Call us at (603) 279-4516
email: steamer@salmonpress.com

The most wonderful time of the year?

BY KRISTEN WELCH
GENESIS BEHAVIORAL HEALTH

The parents among us have likely had a laugh at the annual back to school commercial that touts this time period as “the most wonderful time of the year.” Fall is fast approaching, and that means getting back into the school year routine. It’s a time of anticipation and excitement, but, for children and parents alike, it is also a time of transition and adjustment. Many children may feel anxious about going back to school after the summer break, and for those starting school for the first time, they may be unsure of what to expect.

Back-to-school anxiety is normal and understandable. Children require some time to figure out their comfort zone and adjust to a new environment – a new school, new teacher, new classmates, new schedule. It can be helpful to take away as many “unknowns” as possible in the weeks leading up to the first day of school. Talk to your child about what they’re going to be doing in the upcoming school year, and make sure to attend any orientations offered by the school so they can become familiar with their surroundings. Take them to the playground with a friend who they may not have seen much over the summer, and allow them to get reacquainted. Talk to them about any social situations that may have caused them stress, and review strategies on how to handle bullies or other negative situations. Role play with them and remind them of their options when confronted with a situation that causes them distress.

Other ways to help your child cope with his or her school anxiety include:

1. Send your child to school. Keeping an anxious child home from school tends to make the anxiety worse. We want to help children manage their fear, not reinforce it.

2. Encourage your child to talk about their fear or the things at school that

they find upsetting.

3. Listen with an open mind, and with empathy. Don’t try to talk them out of what they are feeling. Say things like “It sounds like you were really nervous,” instead of “You just need to toughen up,” or “You are being too sensitive.”

4. Offer encouragement. You can say “It sounds like you were really nervous but you got through it—and you made a new friend. I am proud of you.”

5. Help your child identify the positive, and learn to expect positive outcomes, instead of expecting the worst to happen.

It is important to remember that children need to learn to manage their own feelings. Sometimes the hardest thing for a parent to do is resist the urge to rush in and try to fix everything. Parents who see their child struggling can become anxious themselves, and children are quite attuned to these feelings. Try to be as relaxed as possible (easier said than done!). It’s a hectic time for parents, too! Eat right, get enough sleep, exercise, and plan ahead. Make lunches the night before, establish a homework time and area, and try to be as available as possible in those first weeks of school.

If a parent feels like their child’s anxiety is holding them back academically, socially or emotionally and nothing they have tried seems to work, it may be time to get professional help. Anxiety can be very serious and can impact a child’s emotional and physical health. The good news is that anxiety is very treatable, and responds well to a variety of interventions. Your child’s teacher, school counselor or primary care physician may be able to offer suggestions or referrals. Genesis Behavioral Health is a resource as well. We can work with you and your child to alleviate anxiety issues. For more information or to schedule an appointment, call 524-1100 or visit the Web site at www.genesisbh.org.

Genesis Behavioral Health is designated by the

State of New Hampshire as the community mental health center serving Belknap and southern Grafton Counties. A private,

non-profit corporation, Genesis Behavioral Health serves over 3,000 individuals each year. For more information or to schedule

an appointment, call 524-1100 or visit the website at www.genesisbh.org. Find us on Facebook and join our mailing list to stay in-

formed, and visit www.biddingforgood.com/genesisbh for information on our Third Annual Mental Illness Awareness Auction!

PET OF THE WEEK



Mack aptly named because he was found in the car park of a MacDonald’s in Pennsylvania. A kindly traveler en route to New Hampshire scooped him up, rescuing him from starvation. That Good Samaritan also took him to their veterinarian who advised he was injured his front left leg damaged, and his tail broken.

Through it all Mack is the sweetest, gentlest cat you will have the pleasure of meeting. A quiet purr, a serene manner,

and eyes that beg “please adopt me, I’ve been on the road too long.”

We had to remove his front leg but he has recovered remarkably well and is no longer in pain. Mack is about 9lbs of lap cat and would do well in any secure home that will commit to his safety.

Don’t miss the Paws for a Cause Comedy Night & Auction Aug. 8 at Church Landing. For tickets, or to learn more about Mack, please call us at 524-3252 or check www.nhhumane.org.

MACK

LETTERS TO THE EDITOR

Thank you for supporting Main Street boot drive

To the Editor:

You may have noticed an additional delay traveling down Main Street in Tilton on Thursday the 8th. Tilton-Northfield Professional Firefighters Local 4659 (TNPFF) was able to collect \$1,600 for the Muscular Dystrophy Association.

We want to thank you

for emptying your cup holders and wallets; as you may have heard us say, every little bit adds up.

On July 9 this year, four of our members had the chance to witness how these funds collected are utilized. Each year, MDA holds a week-long overnight summer camp for children with muscular dystrophy at a

handicapped accessible camp in Bedford. Tuesday of that week is IAFF day; firefighters get to spend the day at the camp, playing games, doing projects, and preparing and sharing a meal with the campers.

“It was great to see all the MDA does for the kids at Camp Foster!” recalls Paramedic Gilman.

It was clear from our interactions — this camp is a highlight in these children’s difficult lives.

\$1,600 is enough to pay for two kids to attend next year’s camp; thank you for your generous contributions and patience!

TRULY,
TIM AMES
TNPFF LOCAL 4659

Masons hosting monthly breakfast/bake sale Aug. 24

TILTON — The Masons of Doric-Centre Lodge #20 are continuing their public breakfasts and bake sales on the fourth Saturday of each month from 7 to 9:30 a.m. at the Masonic Build-

ing, located at 410 West Main St. (Route 3/11 West) in Tilton (where “The Ark” day care center is). Put it on your calendar and come socialize with friends each month.

This month’s breakfast will be held on Saturday, Aug. 24. They serve a full breakfast, including eggs cooked to order, and the cost is \$7. Proceeds will benefit the various charities

the Lodge supports. The Masonic Lodge will also be open for public tours and information. For more information about the breakfasts or about the Masons, contact Woody Fogg at 524-8268.

Belmont man facing several charges following accident

BELMONT — On Aug. 8 at 9:39 a.m., the Belmont Police Department responded to a single car motor vehicle accident.

The vehicle was driven by Trevor M. Partridge, age 19, of Belmont. Partridge had two passengers

in the car at the time of the collision — one identified as a 21-year-old male, the other a juvenile.

Partridge’s vehicle was traveling northbound on Province Road at a high rate of speed when it left the roadway and struck

the Dow Cemetery’s stone wall. The vehicle sustained heavy front end damage, and all three occupants sustained non-incapacitating injuries. They were transported to the hospital for treatment of their injuries.

Partridge was issued a summons for Reckless Driving and Operating a Motor Vehicle Without a Valid License, and is scheduled to be arraigned on those charges on Sept. 19 at the Fourth Circuit Court of Laconia District Division.

VETERAN

CONTINUED FROM PAGE A1

LAirs musical group played “The Best Songs from the Best of Times.” Many of the guests also lined up to buy raffle tickets for a 50/50 drawing to benefit the Resident Activity Fund.

“This is tremendous, absolutely tremendous,” said Air Force veteran Andrew West. “There are so many memories. My brother had a Chevy wagon, same color and everything, just like this one.”

While it was a real nostalgic journey for many of the veterans, it was also a wonderful social event. Leonard Stuart, who heads up public relations for

NHVH, said the night allowed the men and women a chance to interact with the crowd and just have some fun.

For resident Dave Clark, the night turned into an unexpected treat when he ran into an old acquaintance from his time in the military.

“I saw ‘Yo-Dad’ here tonight. He was one of the guys who saved my life in Viet Nam. What an awesome thing to run into him here after all this time,” said Clark.

Besides all the fun, veterans also had a task at hand as they looked over the cars that took part in Cruise Night. Each resi-

dent was given four tags to cast their vote for Best In Show, Veterans’ Choice, Most Memorable, and Most Likely to Get a Ticket. As the men and women made their rounds, the tickets were dropped into a bag in front of any entry they felt was worthy of their vote.

“That ‘48 Plymouth is definitely the one to most likely receive a ticket,” said Clark with a grin.

While Clark’s choice was a wise one, when all the votes were tallied, there were other vehicles that also stood out in that category and it was Ron Cote’s shiny red 1966 Corvette convertible that most veterans felt would get

stopped for speeding on the open road.

Richard Gilbert’s beautiful two-door 1947 Chevy Stylemaster took home the Veterans’ Choice Award, but there was a tie this year between Richard and Betty Philibert’s classic ‘57 Belair Wagon and Don Alati’s ‘50 Chevy Wagon for the Most Memorable Category.

Overall, the men and women of NHVH felt that Dennis Akerman’s luxurious 1958 Rolls Royce won them over for Best in Show.

“It turned out to be a really nice event this year and the weather, even though it looked threatening for a bit, couldn’t have been better,” said Stuart.

OHD

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Moulton’s Band provided music for the parade, which was also highlighted with antique cars, a patriotic float from Heavenly Sunshine Preschool and other entries from Carrigan Watch Shop, local athletic cheer groups and more.

“This is awesome. What a great way to bring Old

Home Day back to the village,” said Town Administrator Jeanne Beaudin.

Heading the effort this year was the newly hired Event Coordinator Shana Agan. Agan was very pleased with how hard all the dedicated volunteers worked to make the day a real success.

“Everything came along just great, and I couldn’t

be happier,” she said. “Seeing everyone having such a good time is the most important thing of all though.”

Later last Saturday, the focus of Old Home Day activities moved to Bryant Field where a Home Run Derby, live music by AXIS ‘80s band, a rock wall and bungee jump, and other games all culminated in a

spectacular fireworks display after dark.

Agan said she has other events planned for Belmont in the near future, including the return of Deck the Village in December and other fun community activities. Next up will be a rededication of the bandstand when it is moved to its new location on the Town Green in October.

Winnisquam Echo
Established October 14, 2004
Published every Thursday at
5 Water Street, Meredith, New Hampshire 03253
Telephone: (603) 279-4516
Toll Free: (877) 766-6889
Fax: (603) 279-3331
Frank Chilinski, President & Publisher
Brendan Berube, Editor
Donna Rhodes, Reporter
Josh Spaulding, Sports Editor
Jeff Lajoie, Sports Reporter
Donna Fraser, Advertising Representative
Judy Manning, Classified & Circulation Manager
Jim Hinckley, Distribution Manager
Ryan Corneau, Information Manager
Email: echo@salmonpress.com
Classifieds: jumbo@salmonpress.com
USPS 024-975
The Winnisquam Echo is published weekly by Salmon Press, P.O. Box 729, 5 Water St., Meredith, NH 03253. Periodicals postage paid at Meredith, NH 03253. POSTMASTER: Send address changes to the Winnisquam Echo, P.O. Box 729, Meredith, NH 03253.
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