

# Winnisquam Echo

THURSDAY, NOVEMBER 21, 2024

FREE

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

## Franklin Savings Bank grants \$8,000 to Crisis Center of Central New Hampshire

FRANKLIN — Franklin Savings Bank recently granted \$8,000 to Crisis Center of Central New Hampshire to support the set-up costs for a new location in Franklin. This new office will enable the organization to extend its support to survivors of domestic and sexual violence to a wider audience.

“The Crisis Center of Central New Hampshire, soon to be Thrive Survivor Support Center, is so grateful for the support of Franklin Savings Bank. This support will provide critical funding for our new office location in Franklin,” comments Jessica Vaughn-Martin, MSW, Executive Director, Crisis Center of Central New Hampshire. “With their support, we will be more accessible to survivors in the Franklin community, ensuring increased levels of safety and support without traveling to Concord. We look forward to building our new home in Franklin and creating partnerships throughout the community.”

The Crisis Center of Central New Hampshire has been instrumental in making an impact of offered services to survivors of violence in the greater Franklin area. They aim to create a safer commu-

SEE GRANT, PAGE A8

## Pair of Raiders earn volleyball All-State honors



Belmont's Liv Chandonnait was named Division III All-State First Team.

BY JOSHUA SPAULDING  
Sports Editor

REGION — Shortly after the volleyball season came to a close, the New Hampshire volleyball coaches announced the All-State honors for the fall 2024 season.

In Division III, First Team honors went to

Cecilia Hornkohl of the champion Inter-Lakes Lakers, Liv Chandonnait of Belmont, Mia LeBrun of Newfound and Sammy Nagle of Moultonborough. Earning Second Team honors were Belmont's Sophia Gilbert and Meadow True and Marissa An-



Sophia Gilbert of Belmont earned All-State Second Team for Division III.

astasio of Inter-Lakes Moultonborough. and Honorable Mention went to Ava Mardis of

SEE ALL-STAR, PAGE A8

## Winnisquam Regional Middle School students and staff honor veterans



COURTESY

Pictured above are Color Guard members Colton Flynn, Isaiah Glover, Noah Jenifer, Brody Patsfield, Alex Paquette, Tyler Robb, Owen Tupeck, and Mason Werner; Karmyn Simpson and Layla Wilsie share the history of the Star Spangled Banner; Aaron Baker addresses the audience; Mason Coleman, Renee Messier, Lilly Santos, Jesse Vienneau demonstrate how to fold the American Flag; Kaia Miller, Jaylyn McGirr, Charlotte Parent, and Isabella Warner prepare to share their quotes; WRMS staff member Marcia Roberts shares thoughts and memories of her father who served in WWII.

TILTON — Winnisquam Regional Middle School students gathered to honor the nation's veterans. Led by veteran staff member Aaron Baker, the assembly emphasized the importance of respect.

The assembly began with a color guard pro-

cession and the Pledge of Allegiance. Students Karmyn Simpson and Layla Wilsie shared the history of the Star-Spangled Banner, followed by a flag-folding ceremony. Students read quotes they had selected to reflect on the importance of respecting our veter-

ans.

Sophie Collins quoted John Doolittle: “American veterans have served their country with the belief that democracy and freedom are ideas to be upheld around the world.”

George W. Bush's comments, “Americans

should always honor our veterans. At this moment, we especially need the example of their character. And we need a new generation to set examples of its own, examples in service, sacrifice and courage. These

SEE VETERANS, PAGE A8

## Franklin VNA & Hospice holds free Drop in Holiday Grief Group

FRANKLIN — Franklin VNA & Hospice will be hosting two Drop-in Holiday Grief Support Group sessions that are open to the public. On Thursday, Dec. 5 from 1:30 – 3:30 p.m. and Tuesday, Dec. 10 from 10 a.m.-noon. Anyone who has suffered a death is welcome, whether they were the caregiver, family member, friend, or a community member. The grief groups will be facilitated by our Hospice Chaplain, Mark William, MDiv. There is no registration or fee to attend this group. For more information call 603-934-3454 or email info@franklinvna.org.

The holidays present unique challenges when you are grieving. This targeted, on-day program offered two times in December will provide support, under-

SEE GRIEF, PAGE A8

## Early deadlines for Thanksgiving

The offices of the Winnisquam Echo will be closed Thursday, Nov. 28 in observance of Thanksgiving.

To ensure that our Nov. 28 edition arrives in subscribers' mail boxes on schedule despite the holiday, the submission deadline for any press releases and letters to the Editor intended for publication that week has been moved up to Thursday, Nov. 21 at 4 p.m. Submissions can be e-mailed to Editor Brendan Berube at brenndan@salmonpressnews.

The staff of the Winnisquam Echo thanks our readers for their cooperation with this scheduling change, and wishes one and all a safe and happy Thanksgiving holiday.



# Winnisquam Regional High School seniors prepare for college with ApplyNH



**Pictured above are Leah Morrison with Johnson and Wales admissions representative Alex Boudreau; Bella Dill, WRHS School Counselor Laura Varon, and Colby Sawyer admissions representative Ryan Patten; Students Leah Morrison, Alexis Young, Bella Dill and Jayen Khim pose with admissions representative Alex Boudreau.**

TILTON — On Nov. 8, WRHS seniors gathered for the ApplyNH event, an initiative designed to help students complete their college applications with expert guidance from college admission representatives. The event provided an opportunity for students to submit applications to colleges and universities, trade schools, and professional programs with the support they

need to navigate the process successfully. During the event, participants received hands-on assistance from representatives from various colleges, ensuring that their applications were polished and ready for submission. In addition to the personalized help, students were also given application fee waivers for all New Hampshire schools, removing a financial

barrier that often deters students from applying. A special incentive for attending the event was the chance to win a \$500 scholarship, with all participants automatically entered into a raffle. This additional benefit added to the excitement and motivation for students looking to further their education. The event was a resounding success, with 25 students submit-

ting more than 70 applications to a variety of New Hampshire institutions. ApplyNH is part of ongoing efforts to support New Hampshire's high school seniors in their pursuit of higher education, ensuring that all students, regardless of their background, have the resources they need to succeed in the college application process.

# Around and About Tilton

BY GREGG DEVOLDER

Hello, and welcome back.

For me, this has always been a time of year that brings reflection, gratitude and new awakenings and of course, my favorite holiday next week, Thanksgiving. As I sit here today at my desk, I'm reminded of a few words I put to paper not so long ago.

Though we move through the months at a rapid clip, November brings a quieter and slower pace here on the farm. The growing season is over, the wood is stacked, the greenhouses are empty, and both the animals and I have once again put on our winter weight.

The autumn colors of red, yellow and orange have faded to brown and I'm reminded of the fact that I too am moving deeper into the autumn of my life. The spring in my step, the unwavering energy, the clarity of sight and mind are not what they were and nor should they be. The sun is lower in the sky now, the nights a bit longer, a chill is in the air. But I am grateful. I am grateful for the opportunity to take a nap when needed, to write something down that I'll too soon forget, for the glasses that I constantly misplace and most importantly, for having a spouse that is willing to spend the rest of our seasons together.

Farming is a wonderful teacher, even on our small holding. There's a practicality to it or as a wise old farmer, whom I miss dearly would say, "It's just common sense, and you can't find much of that anymore." Sadly, Steve was taken much too soon in the autumn of his life. How fortunate for us to have known him. But that's farming, you learn to grieve, you learn to grow, you learn to understand the subtleties of your animals, your land and most importantly the seasons of your farm and your life.

We are often reminded that twilight can be a special and beautiful time, and we are fortunate that it comes to us every day and in every season of our life. A bad day can easily be forgotten with a beautiful sunset if you take the time to enjoy it. Time, the one thing we can never have enough of or ever take back. Writing this column has given me the time to think. To witness what we have all around us, and to take stock in knowing how fortunate we are to live where we do. I am thankful there are so many folks willing to do so much for us.

Writing for you each week has given me an opportunity to get to know not only our town much better but also gain a greater sense of community. What a wonderful gift you have given me. I am grateful that you have taken the time each week to open the paper and read something that I have written. I am especially grateful for the kind words and emails I have received from you. This experience has truly been a pleasure and a blessing for me. Thank you.

So, it is with heavy heart that I let you know I will be finishing up my column at the end of December. It's hard to believe that it's been nearly a year since I began this journey and as with all journeys, you eventually get to where you are going. For me, as my life passes from autumn into my final season, I find there are still many things I have yet to do and as we know, time waits for no one. Thank you for being part of my journey. I set out to bring you news, events and interesting bits about Tilton each week. I hope I have brought that to you.

I'd be remiss if I didn't thank our Editor, Brendan Berube, and the Winnisquam Echo as well. They took a chance on someone with an idea, a pen, and no experience and allowed us to connect each week. I still find that amazing. Should any of you be interested in continuing this column in the new year, please reach out to the editor of this fine paper and let him know. Full disclosure, this is not a paid position, and it does take a fair bit of time each week, but I have found it to be a most satisfying endeavor.

Lastly, as we take a seat at our tables to celebrate and give thanks, let us remember all those less fortunate, those in harm's way and far from home, and all those that have done so much for us over the years. Our families, our friends and yes, even those strangers that provided a kind word of encouragement just when we needed it most. Rest assured I'll be including all of you at our table in our blessings and thanks.

How fortunate we are to live where we do and have what we have.

Wishing you a very safe and happy Thanksgiving, Gregg

# Anestis wins twice in dual meet for PSU wrestling

PROVIDENCE, R.I. — Senior Chase Anestis (Belmont) won both of his bouts at 165 pounds to pace the Plymouth State University wrestling team in a triangular at Rhode Island College on Saturday.

PSU's 48-5 setback to the host Anchormen, before finishing his day with a major decision win during a 48-8 loss to WPI. Graduate student Ty Miller (Groton, Conn.) was responsible for the Panthers' other victory, taking a major decision at 184 pounds against the


Engineers. Competing in its first dual meets of the season, Plymouth State starts the year at 0-2. RIC goes to 1-1, while the Engineers start 2-0. Senior Nick Antonucci (Windham) tried to spark the Panthers against RIC, putting up

a fight at 157 pounds, but he came up short in an 18-11 decision. Anestis secured Plymouth State's first points when he recorded a 15-0 technical fall win at 165 pounds. RIC was in control the rest of the way to secure the season-opening win. The Engineers got out to a quick start with wins in the first five weight classes. Anestis stopped the streak with an 11-1 major decision at 165 pounds. Miller added to the PSU scoreline with a major decision victory of his own, 15-2, at 184 pounds. WPI was strong in its remaining bouts to close out the victory. Miller's win gives him 51 for his career, while Anestis is inching toward the 50-win threshold himself with 46.

The Panthers head to Springfield College for the Doug Parker Invitational next Saturday, Nov. 23.

**Northfield Police Chief Jesse Colby and Officer Kyle Dombrowski were on hand when their newest officer, Michael Jansen, graduated from the 198th N.H. Police Academy last Friday. Jansen, a member of the Wisconsin National Guard, which took part in two overseas deployments, made the decision to move to New Hampshire last summer to become part of the Northfield Police Department. "I'm excited to be here and look forward to getting to know this town and the people. I'll do my very best to help keep everyone safe," he said. The Northfield Police Department was also happy to welcome him to both their department and the Town of Northfield. "We are very excited for Officer Michael Jansen to start patrolling and getting to know this community better. Welcome to the team," they said in press release last weekend.**





## Ossipee Owl

**Used books and collectables**

**Cookbooks • History • Military • Sci-fi • Kids  
New England • Novels • Poetry • Mysteries**

**Used Tools / Bargain Shed**

**50% off Craft Supplies**

---

**Open 9:30 am to 5 pm Monday-Thursday-Friday and Saturday  
Rte 16 Ossipee, NH • 603-539-4296**



**Saturday, Nov. 23 from 10 a.m. -1 p.m. at the Belknap Mill Museum is our next Needle Felting workshop! In this three-hour class, you'll learn how to create two unique projects: a three-dimensional turkey and a beautiful sunflower wool painting. All supplies are provided, and you'll leave with your finished pieces to proudly display for the holidays! This workshop is perfect for all ages and skill levels—whether you're a complete beginner or have tried needle felting before, you'll find it easy and enjoyable. Needle felting is a fun, affordable hobby that allows you to create endless possibilities with just wool and a needle. Visit [belknapmill.org/classes](http://belknapmill.org/classes) to sign up!**

# Greater Lakes Region Children's Auction seeks donations

LACONIA — The Greater Lakes Region Children's Auction is seeking items to auction off at its annual event, and several dozen collection locations are available around the area for convenient drop off.

Jennifer Kelley, executive director of the auction, said, "We're looking for new, unused items, big and small. Gift cards are always a hit with our bidders. Other popular items include electronics, tools, tickets to sporting events, experiences, toys and services. You name it, we need it."

The 43rd annual Greater Lakes Region Children's Auction, presented by Hannaford Supermarkets, will be held this year from Tuesday, Dec. 10 to Friday, Dec. 13, at the Belknap Marketplace in Belmont.

Drop off locations are in:

**ALTON:** Irwin Marine, 396 Main St., and Meredith Village Savings Bank, 82 Wolfboro Highway

**ASHLAND:** Meredith Village Savings Bank, 5 Riverside Drive

**BELMONT:** Baron's Major Brands, 225 Daniel Webster Highway; Belmont Fire Dept, 14 Gilmanton Road; Mattress Firm, Belknap Marketplace, 96 Daniel Webster Highway

**BRISTOL:** Tapply Thompson Community Center, 300 North Main St.

**CENTER HARBOR:** Meredith Village Savings Bank, 28 State Route 25

**FRANKLIN:** Franklin Savings Bank, 933 Central St., and Grevior Fur-

niture, 440 Central St.

**GILFORD:** Children's Dentistry, 369 Hounsell Ave, Suite 1; Franklin Savings Bank, 11 Sawmill Road; Gilford Country Store, 1934 Lakeshore Road; Gilford Tennis and Fitness Club, 314 Old Lakeshore Road; and Meredith Village Savings Bank, 1383 Lakeshore Road

**LACONIA:** Body Covers, 94 Primrose Drive North; Irwin Automotive Group, 59 Bisson Ave; Irwin Automotive Group, 446 Union Ave.; Irwin Chevrolet, 623 Union

Ave.; Irwin Marine, 958 Union Ave.; Meredith Village Savings Bank, 379 South Main Street Rt. 106; The Wellness Complex, 827 North Main St.; and WORKS Lakes Region, 51 Elm St., #107

**MEREDITH:** Edward Jones, 164 NH Route 25 #1A; Meredith Insurance Agency, 2 Lakes St., Suite 1; and Meredith Village Savings Bank, 71 NH Rt. 104 and 24 NH Rt. 25

**MOULTONBOROUGH:** For Your Eyes Only, 517 Whittier Highway and Meredith Vil-

lage Savings Bank, 991 State Rt. 25

**PLYMOUTH:** Meredith Village Savings Bank, 131 Main St.

**TILTON:** The Country Store at Tanger Outlets, 120 Laconia Road and Dox on Winnisquam, 927 Laconia Road

**WOLFEBORO:** Meredith Village Savings Bank, 66 North Main St.

For more information, visit [childrensauction.org](http://childrensauction.org) or call 603-527-0999.

## Dharma Down debuts at Hermit Woods Winery's Loft Listening Room

MEREDITH — Hermit Woods Winery & Eatery is thrilled to present Dharma Down, an ensemble pushing the boundaries of jazz with influences spanning centuries and cultures. On Thursday, Nov. 21, this dynamic group will deliver an immersive evening of music, dining, and wine at Hermit Woods Winery's Loft Listening Room as they celebrate the release of their debut album, "Owl Dreams."

Dharma Down's music fuses jazz with East European and Middle Eastern influences, making each performance a true musical journey. This four-piece ensemble — featur-

ing Mike Effenberger on piano, Duncan Hardy on alto sax and qanun, Scott Kiefner on upright bass, and John Mettam on percussion — captivates audiences with their virtuosic playing and intimate sound. Owl Dreams introduces audiences to 10 original tracks, blending ancient Arabic melodies with modern jazz, a unique listening experience that explores both familiar and unfamiliar soundscapes.

The Loft at Hermit Woods provides an intimate, focused setting ideal for music lovers who appreciate close connections with artists. Guests are encouraged to arrive

early to savor a complimentary wine tasting from 5:30 to 6 p.m., followed by dinner from our celebrated kitchen. Once the show begins at 7 p.m., we invite guests to embrace the quiet intimacy of the space, creating a shared atmosphere of focus and immersion.

This event is an invitation to explore the cross-cultural magic of Dharma Down's sound, meet the artists, and celebrate the release of Owl Dreams, a remarkable debut album.

Tickets for this exclusive event are available now. Refunds are available up to five days before the event. For tickets and



more information, visit [www.hermitwoods.com/music](http://www.hermitwoods.com/music) or call 603-253-7968.

Hermit Woods Winery & Eatery offers locally crafted wines, seasonal

cuisine, and unique musical performances as part of the Loft Listening Room Series. Located in scenic Meredith, NH, Hermit Woods is dedi-

cated to delivering exceptional experiences that celebrate the best of New England's music, food, and wine.

## Celebrate the music of Chicago at The Colonial



LACONIA — The Colonial Theatre of Laconia will present Beginnings: A Celebration of the Music of Chicago on Saturday, Feb. 22 at 8 p.m. Tickets are on sale now at [ColonialLaconia.com](http://ColonialLaconia.com) or by calling 1-800-657-8774.

Beginnings - A Celebration of the Music of Chicago brings the magic of a live Chicago performance to life and exceptionally recreates their enormous songbook of contemporary hits.

The music of Rock and Roll Hall of Fame inductees Chicago spans more than five decades and includes five #1 albums and more than 20 top-ten hits. The band transports the listen-

er back to a time of big arena concerts with all the sound, excitement, and emotion generated from Chicago's extensive catalog of gold and platinum recordings. Beginnings has one of the most entertaining live performances you can see today. Expect a family-friendly entertainment event that is pleasing to music lovers of all ages!

First opened in 1914, the Colonial Theatre was designed by George I. Griffin. Original owner Benjamin Piscopo was from Italy, and the theatre featured a fire curtain depicting Venice as seen from the water. The theatre hosted a variety of stage productions and photoplays. By the early

1930s the Colonial had pivoted to show motion pictures. In 1983, the theatre was divided up into 5 separate movie screens. In August of 2002, the theatre closed after 87 years of operation.

On June 15, 2015, the City of Laconia announced a partnership with the Belknap Economic Development Council (BEDC) to purchase, renovate, and reopen the Colonial. 609 Main Street LLC was created to conduct the capital campaign for the renovation. The restoration of the Colonial began in March of 2016 and concluded in early 2021.

The newly reopened Colonial Theatre has a seating capacity of 750 and plays host to a wide

range of performances, including music, theatre, comedy, and civic events. The Colonial Theatre is managed by Spectacle Management and is home to the Powerhouse Theatre Collaborative. The Colonial Theatre is located at 609 Main St., Laconia, NH 03246. [www.coloniallaconia.com](http://www.coloniallaconia.com)

Spectacle Live was founded in 2012 to provide performing arts venues throughout New England with expert services in venue operations, booking and programming, venue and event marketing, venue programming and operational management,

consulting, and event production. Since its founding, Spectacle Live has worked with more than a dozen New England venues on facility management, and in promoting, marketing, and producing hundreds of concerts, comedy, civic, educational, theatrical, and family entertainment events. Spectacle Live has also been a valuable consulting partner to municipalities and non-profit venue owners, developers, programmers, and operators. Spectacle Live has offices in Lexington and Lowell, Mass. and Laconia. For more information, please

contact Pete Lally, [plally@spectaclelive.com](mailto:plally@spectaclelive.com) or 617-531-1257. [www.spectaclelive.com](http://www.spectaclelive.com)

Wonderful Things Come In Small Packages...

Old Man Pendant from \$35

especially if they're from

**Alan F. Soule Jewelers**  
286-8649  
422 W. Main St. Tilton, NH  
(across from Winnisquam HS)

Gold • Sterling • Diamonds  
Colored Stones • Repairs  
Custom & Handcrafted Items  
Wedding & Family Jewelry

### BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests during the week of Nov. 4-11.

Luis Miguel Dominguez, age 40, of Belmont was arrested on Nov. 6 for Domestic Violence-Simple Assault causing Bodily Injury.

A 58-year-old male from Belmont was taken into protective custody on Nov. 6 for Driving After Revocation or Suspension due to DUI.

Edward W. Osta, age 43, of Belmont was taken into protective custody and subsequently charged with Criminal Threatening with a Deadly Weapon on Nov. 7.



LEGACY STRATEGIES, PLLC  
EXPERIENCE MATTERS

We provide the tools to pass on  
your property  
and your wisdom  
to the ones you love.



Attorney Ora Schwartzberg, CEO

572 Tenney Mountain Hwy, Plymouth, NH 03264  
603-536-2700 | [www.NHLAWYER.NET](http://www.NHLAWYER.NET)  
[ora@Legacy-strategies.us](mailto:ora@Legacy-strategies.us)

# 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.

## Save Main Street: Shop local and keep our towns alive

In a world dominated by two-day shipping and digital convenience, it's easy to forget the personality of our communities, the small businesses that line our Main Streets. These aren't just shops; they're the heartbeats of our towns, and the places where neighbors gather. They are the framework of New England's charm, the pillars of local economies, and the custodians of our town's character. Without them, what remains?

The reality is stark: every time we opt for an online order instead of visiting a local shop, we make a choice about the future of our communities. Small businesses are facing a relentless uphill battle, competing not only with giant corporations but also with the shifting habits of modern consumers. And when these businesses close, they take more than their storefronts with them—they take jobs, vibrancy, and a sense of belonging.

Shopping locally isn't just about buying goods; it's about investing in the people around us. That cup of coffee from the corner café supports a family. That thrift store find funds local charities. That gift shop purchase puts money back into the local economy, where it's reinvested to improve schools, roads, and public services. Your dollar goes further when spent locally because it stays local.

But this requires a conscious effort. Yes, online shopping is convenient, but at what cost? Do we really want to trade ease for a future of shuttered windows and hollowed-out Main Streets? Do we want our children to grow up in communities where "downtown" is a relic of the past?

We have a choice. This holiday season and beyond, let's make an intentional effort to visit our local bookstores, bakeries, and boutiques. Explore the unique treasures of thrift shops. Say yes to the farmer's market, the family-owned hardware store, and the independent art gallery. These businesses are run by our neighbors—people who support our schools, sponsor our Little League teams, and show up when we need them most.

If we don't invest in them, who will? Let's work together to keep our towns alive, vibrant, and full of opportunity. Let's shop local—not because it's trendy, but because it's essential.

Our communities depend on it. Let's not let convenience rob us of connection. Together, we can ensure that our Main Streets remain places we're proud to call home.



COURTESY

The Tilton Senior Center recently held its Annual Pie Contest. From left to right: Emily LaPlante entered a pumpkin pie that took first place. Carol Morrison won second place for her grasshopper pie and Denise Girard won third place for her peach pie. Donna Damon and Walter Beaudoin were the judges. All the center attendees enjoyed an afternoon of pie tasting!

## Dream of holidays

As the holiday season heats up and the smell of roasted turkey and pumpkin pie fills the air, it's easy to get caught up in the magic of the season—and just as easy to let your dreams slip into the background.

Between family gatherings, festive celebrations, and endless to-do lists, the holidays can feel like both a time of joy and a reminder of what you haven't yet achieved. But what if this season could be the spark to reignite your fire for your dreams?

The holidays are distracting. There's shopping to do, meals to prepare, and social media posts showing everyone else's highlight reels. That can leave you comparing your progress to others and wondering if you've fallen behind. But here's the thing—the holidays aren't about competing; they're about connection, reflection, and renewal. And that goes for your dreams, too.

Think about the power of this time of year. Latch onto the holiday spirit, express gratitude, reflect on where you've been, and just as importantly, set your sights on where you're headed.

What about that

POSITIVELY SPEAKING

TOBY MOORE

book you're writing, the weight you're losing, or the business you started that hasn't quite taken off yet? Now is not the time

to hold back. Wake up a little earlier, stay up a little later—don't let your dreams take a holiday break only to resurface as New Year's resolutions. Keep the fire burning!

Let the warmth of the season fuel your ambitions. Let the love and laughter of family remind you why you're chasing your dreams in the first place. Let the joy of giving inspire you to give your all in pursuit of your goals.

Even history's greatest dreamers didn't take the holidays off when their vision was on the line. In the winter of 1879, Thomas Edison worked tirelessly at his lab in Menlo Park, perfecting the electric light bulb. His assistants reported working through snowstorms and late into the night by lamp-light. The breakthrough came on New Year's Eve when his bulb successfully burned for over 13 hours, proving it was commercially viable.

Edison later said, "Genius is 1 percent

inspiration and 99 percent perspiration." His dedication reminds us that even in the season of comfort, a little extra effort can lead to monumental breakthroughs.

Of course, no one wants to become a workaholic. Ebenezer Scrooge learned the hard way that all work and no play leads to misery, though his ghostly intervention came at Christmastime. Thanksgiving reminds us of balance. Gratitude is as much about appreciating where you are as it is about striving for more.

Here are a few ways to stay motivated while savoring the season:

Reflect: Take a moment to look back—not to beat yourself up, but to celebrate the progress you've made. Even small steps matter.

Write down your dreams: Grab a notebook and jot down your biggest aspirations. Putting them on paper makes them more real.

Visualize success: As you sip on cider or watch the leaves fall, close your eyes and imagine achieving your goals. What does it look like? How will it feel?

Share your passion: Talk about your dreams with family and friends who support you. Their

encouragement can spark new ideas or give you a much-needed boost.

Set a small goal before the New Year: Don't wait for January 1 to start fresh. Take one small, actionable step toward your goal now.

The holidays are the perfect reminder that life combines work and play, effort and joy, dreaming and doing. As you prepare your Thanksgiving plans—whether it's organizing a menu, tidying up the house, or coordinating with loved ones—take a moment to prepare for your goals.

Just like a well-thought-out meal comes together with care and attention, your dreams need thoughtful planning and action to thrive. Let the spirit of the season inspire you to dream bigger and work harder.

Gratitude and ambition go hand in hand. Some might argue that being happy with what you have might stifle your drive to achieve more. But think of an athlete who cherishes every victory while relentlessly training for the next one.

Here's to chasing your dreams as fiercely as you chase seconds on pumpkin pie!

## Comfort Keepers When in-home care is a great option for seniors

BY MARTHA SWATS

Owner/Administrator  
Comfort Keepers

As we age, maintaining independence while staying safe and comfortable becomes increasingly important. For many older adults, in-home care provides the ideal solution, offering personalized support

that helps them thrive in familiar surroundings. This type of care, delivered by trained caregivers, focuses on assisting with daily activities, providing companionship, and enhancing quality of life.


In-home care is especially beneficial for individuals who need sup-

port with daily activities but do not require medical intervention. The goal is to enhance quality of life by addressing personal and emotional needs while promoting independence. This type of care can be short-term—such as during recovery from surgery—or long-term for older

adults who need continued assistance. Examples of in-home care services include:

- Assistance with bathing, dressing, and grooming
- Meal preparation
- Light housekeeping
- Companionship

SEE COMFORT, PAGE A9



### Winnisquam Echo

**TO PLACE AN AD:**  
ADVERTISING EXECUTIVE  
Tracy Lewis  
(603) 575-9127  
tracy@salmonpress.news

**SUBSCRIPTION SERVICES:**  
KERRI PETERSON  
(603) 279-4516 x303  
kerri@salmonpress.news

**TO PRINT AN OBITUARY:**  
E-MAIL: obituar ies@salmonpr ess.news  
CALL: 603-677-9084

**TO SUBMIT A LETTER TO THE EDITOR:**  
E-MAIL: br endan@salmonpr ess.news

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.

**THE WINNISQUAM ECHO PUBLISHED BY SALMON PRESS**

**PRESIDENT & PUBLISHER**  
FRANK G. CHILINSKI  
(603) 677-9083  
frank@salmonpress.news

**BUSINESS MANAGER**  
RYAN CORNEAU  
(603) 677-9082  
ryan@salmonpress.news

**OPERATIONS DIRECTOR**  
JIM DINICOLA  
(508) 764-4325

**DISTRIBUTION MANAGER**  
JIM HINCKLEY  
(603) 279-4516

**MANAGING EDITOR**  
BRENDAN BERUBE  
(603) 677-9081  
brendan@salmonpress.news

**PRODUCTION MANAGER**  
JULIE CLARKE  
(603) 677-9092  
julie@salmonpress.news

## GOING OUT OF TOWN

# The many sides of Barnstable and Hyannis



PHOTOS BY ERIN PLUMMER

A look at the Artist Shanties in Bismore Park in Hyannis, Mass., at night.



Hyannis harbor on an October night under a nearly full moon.



Main Street in Hyannis on a sweltering Day in September of 2023.



Dinner with a view: a delectable seafood dinner overlooking gorgeous harbor views at Mattakeese Wharf Waterfront Seafood Restaurant in Barnstable, Mass.



Exploring the Cape Cod Mall in Barnstable.

BY ERIN PLUMMER  
mnews@salmonpress.news

Both of my adventures to Cape Cod took stops in the center part of the region to a town and a village with a few different personalities. In 2023, I explored downtown Hyannis on a sweltering late summer day. The next year I found myself back in the area and experienced everything from the art shanties on the harbor in Hyannis, the more bustling business district that's home to a mall and many more chain businesses, to a small dockside area and a restaurant with a seafood dinner that was to die for. These are the many sides of the Barnstable and Hyannis area and exploring all of them was amazing.

In September of 2023 I traveled to Cape Cod for the first time since sixth grade and I wanted to see everything. My main objective was Provincetown, and I spent a lovely couple days walking down its streets, docks, and beaches. I headed back east on a Thursday afternoon with the aim of visiting other places around the Cape and kill time until rush hour was over on every road anywhere near Boston and points north. My next stop was Hyannis, a village in the town of Barnstable and another place I heard of that was the epitome of Cape Cod.

On the day I went to Hyannis, it was pushing 100 degrees with full sun. It was a hot day for anyone but heat and I especially don't get along. Taking that last walk down Commercial Street in Provincetown was difficult enough, but after an hour drive the sun got higher in the sky and the air felt like an oven. I made it into Hyannis, found a parking spot, and pressed on against the scorching temperatures to enjoy some of Main Street. I found a row of lovely shops and did some exploring. I was also thrilled to find a Kilwin's Chocolate and Ice Cream Shop. I had visited the Portsmouth location so many times that it was nice and familiar, plus ice cream was so welcome on a day like this.

After enjoying my sweet treat, I found my way to the John F. Kennedy Hyannis Museum across the street that I wrote about last year around the 60th anniversary of JFK's death. It was an interesting museum with artifacts and stories about the Kennedy family especially their strong connection to Hyannis.

After the Kennedy museum, I took a walk along Ocean Street toward the docks, passing by Michael K. Aselton Memorial Park and its unique stone pathways

and buoys mounted on high poles alongside. I walked around the Hyannis HyArts Artist Shanties, colorful shacks about the size of a bobhouse where artisans sold their creations. This was a concept I first saw in Provincetown and was delighted to see them here. The ones in Hyannis are managed by Arts Barnstable, an organization dedicated to the arts across Barnstable's seven villages. I walked around the docks and enjoyed the view of the water, but the high heat was draining my energy and I decided it was best to head back to the car.

A year later I kept this whole area in mind when planning my next Cape adventure. This time I decided to stay in a hotel around Barnstable that was just a few minutes from downtown Hyannis. It seemed like this area would make a good center hub for greater exploration of the Cape.

One thing I noticed is the area of Barnstable is one of the more developed places in the Cape. Driving around the Cape I saw mostly smaller, more rural towns. Even a big town like Provincetown felt a little more remote. Barnstable, however, is a bit more urban with a lot more commercial properties.

The Cape Cod Mall

was just a few minutes from my hotel. I stopped by on my first day and found a nicely bustling mall with a lot of great stores. It was fun to be able to crawl around a newly discovered mall and get all of its personality. From a convenience standpoint there was a Target right along the strip, so it was perfect for snagging basic necessities, including the box of tissues and decongestant from when I got sick during the trip (grumble grumble).

Later that night I made a goal to go to a restaurant I first discovered on a webcam and a peek at its online menu made it look amazing. I had been watching the view from the roof of Mattakeese Wharf Waterfront Seafood Restaurant looking over Barnstable Harbor from my couch, now it was time to see it in real life. The fact they were closing for the season just a few days after my trip sealed the deal.

Mattakeese Wharf is in a more remote part of Barnstable past some commercial and residential properties. At the end of the road, I was right on the harbor and by fishing charters and marinas. I drove into the restaurant and experienced valet parking for the first time ever. The restaurant was nicely busy but

not slammed. I got a seat right by a huge picture window overlooking that same area I had seen so many times on a screen. The sun was setting at the time. On one hand, this meant dealing with some sun glare, but this was immediately followed by the sky going orange and then purple right over the water. I happily watched an angler walked on the nearby docks carrying fishing gear with his two excited dogs following along.

I started off with a cup of lobster bisque and it was seriously the best lobster bisque I have ever had: rich, buttery, and with nice chunks of lobster meat. My main course followed: baked sea scallops in a sherry butter sauce with roasted baby potatoes and green beans on the side. This was in fact the greatest seafood dinner I ever had; it was almost a spiritual experience how good this was. I was even dipping my bread rolls in the sauce alongside the scallops. I left very full, but it was all worth it. I took a few photos of the harbor and took off, finding my car in the lot thanks to the care of the friendly valet.

It was nightfall when I drove back to Hyannis. I passed down Barnstable's Main Street, seeing more small shops though most were closed

because of the hour and one more thing was added to a future list.

I drove through Hyannis, this time wanting to check out more of the docks. I found a parking spot right by the art shanties and went for a walk around Bismore Park, only having to go back to my car to get a sweatshirt which was a much nicer development than last time. This time I took my time walking the docks. The moon was almost full and illuminated the harbor, making for silvery streaks in the water beside fishing boats and yachts. I took my time strolling around and experiencing everything here. I walked back toward Aselton Park and past the John F. Kennedy Memorial as well as the Peace Corps Memorial. As it got later and darker, I decided now was a good time to go back to my car, rest at the hotel, and get ready for my adventures for the next few days.

This trip, I found other sides of the Barnstable and Hyannis areas that I want to further explore. This is an area with a lot going on with different sides from extremely commercial to extremely remote. This area has a lot of resources and a lot of things to see. It is also a great hub for getting a sense of the Cape, a good middle point to start a lot of exploring.

# Lakes Region Tourism Association announces awards, scholarship at Annual Meeting



Mildred Beach Scholarship: Anna Herrmann - presented by LRTA Board Member Jared Marai.



Mel Borrin Scholarship — Aleksandr Green, presented by LRTA Board Member Gail Batstone.



Lifetime Tourism Achievement Award: Warren Bailey - presented by the 2023 Award winner Kathy Fairman.



Tourism Award: Dox on Winnisquam and Dox on Winnepesaukee - presented by LRTA Board Member Ryan Cardella.

MEREDITH — The Lakes Region Tourism Association recently held its annual meeting and celebration at Hart's Turkey Farm in Meredith.

After a time of networking and refreshment, Executive Director Amy Landers welcomed members, sponsors and guests. She shared the Association's marketing report, highlighting the marketing results for in-state; out of state and international visitors; groups and second homeowners. Following her presentation, two Tourism Awards and scholarships to area students were awarded.

The Association's Tourism Award is presented each year to an individual or business that has made a difference in the past year to bring

visitors into the Lakes Region and Central New Hampshire. The 2024 Tourism Award was presented to a pair of new waterfront restaurants Dox on Winnisquam and Dox on Winnepesaukee. These restaurants are committed to delivering exceptional food and service in a welcoming atmosphere where both locals and tourists can come together to enjoy the natural beauty of the Lakes Region. Both locations have enjoyed supporting the community, and both the owners and employees of these two restaurants certainly deserve this recognition.

The evening wrapped up with the presentation of the Lifetime Tourism Achievement Award. This Association award is given to an individual who has made

a long-standing dedication, commitment, and permanent contribution to the visitor industry, displaying leadership, and providing inspiration to others for many years. This year, the 2024 Lifetime Tourism Achievement Award was presented to Warren Bailey. A well-known radio personality in the Lakes Region, Bailey was named Broadcaster of the Year in 2000 by the New Hampshire Association of Broadcasters. With a strong commitment to community, Bailey started the Greater Lakes Region Children's Auction in 1982. Since then, the event has raised over \$8 million helping families and children in need.

Bailey served on the Lakes Region Tourism Association Board of Di-

rectors where he assisted with offered his professional guidance and expertise to help shape the organization's marketing efforts.

The Mildred Beach Hospitality Scholarship was named in honor of Mildred Beach who was the director of the Lakes Region Tourism Association for almost 50 years. She was involved in State Legislature and was very active in the tourism industry for the entire State. This year's Mildred Beach Scholarship recipient grew up in Loudon. She is a second year Culinary Arts Major at the Lakes Region Community College and Student Senate President and Hospitality Club Treasurer. She has had two jobs in the industry, her first job was a busser at T-Bones Great American Eatery. The second job is at the Bank of NH Pavilion doing backstage catering for the performers and their crews. She plans on working there again next season. Once she completes her associate's degree at Lakes Region Community College, she is planning on transferring to another school to continue her education. This year's scholarship is presented to Anna Herrmann.

Mel Borrin was the owner of Preferred Vacation Rentals and active in tourism organizations for many years. He served on various Boards for over 30 years and was a Past President and Board of Director of our Association. Named in honor of Mel, the 2024 Mel Borrin Scholarship was awarded to Aleksandr Green. Adopted from overseas, Green lived his entire life in New Hampshire. A student at Lakes Region Community Col-

lege, Green is dual-majoring in Culinary Arts and Pastry Arts. He is currently employed at 70 North Kitchen and Market in Weirs Beach.

The Lakes Region Tourism Association is a non-profit marketing organization represent-

ing more than 400 businesses that promotes the Lakes Region and Central New Hampshire year-round to bring more visitors that will have a positive economic impact on businesses.

## Winnisquam Regional School District celebrates school psychologists



Pictured above are Nicole Beeso, School Psychologist for Sanbornton Central School and Southwick School and Nicole Bartlett, School Psychologist for Winnisquam Regional Middle and High Schools.

TILTON — The Winnisquam Regional School District joins the nation in recognizing National School Psychology Week, a time to honor the invaluable contributions of school psychologists to the well-being and academic success of students.

School psychologists play a critical role in creating safe, supportive, and positive learning environments for all students. They work collaboratively with educators, parents, and community members to address the social, emotional, and behavioral needs of students. Their expertise is essential in promoting mental health, preventing bullying, and fostering positive school climates. Assessment, intervention, consultation, crisis intervention and prevention are the key roles of school psychologists.

This year's theme, "Spark Discovery," recognizes the work that school psychologists do to help their communities seek out new ideas, effect change, and expand horizons for children and youth.

OUR "NO CAVITY CLUB" WINNERS!

Congratulations LILA!

Congratulations ELLIOT!

CHILDREN'S DENTISTRY

Lakes Region | White Mountains | North Country | North Conway

www.ChildrensDentistNH.com

THE EXPERTS IN ALL THINGS PAVED

BRYANT PAVING

603-279-1499

GRADING  
PAVING  
CRACK FILLING  
SEALCOATING  
REPAIRS  
PLOWING

FREE ESTIMATES

WWW.BRYANTPAVING.COM

# HO-HO-HOLIDAY Gift Guide

## Why you should shop local for the holidays and beyond

Various components come together to make the holiday season a festive time of year. There is a lot to get done in a short amount of time during the holiday season, and part of that includes shopping for all of the family members and friends on your shopping list. Shopping can be a complicated process that involves identifying which stores will be the best places to shop. Local retailers make the perfect place to shop for holiday items.

According to the American Express Business Economic Impact Study, more than two-thirds of every dollar spent with a local business stays in the community. Indeed, shopping local benefits consumer and community alike. The following are some of the many

perks to shopping locally throughout the holiday season.

- Personalized attention: Small businesses are known for their personalized customer service and owners and staff are often lauded for taking the time to interact and learn about their customers, a dynamic that is impossible at larger retailers.

- Meet and interact with people: Shopping in-person at local stores, you'll see faces from your community and become better known in the local area.

- Shorter lines: Local stores are bound to have smaller crowds and thus shorter lines. That translates to less stress and hassle when it comes to getting in and out with holiday gifts.

- Smaller carbon footprint: Pollution, traffic

congestion, habitat loss, and resource depletion may not occur on the same levels when shopping locally compared to patronizing big box stores. That's because local retailers tend to create or source their products locally, whereas many big box stores secure their goods overseas.



- Easier parking: This goes hand-in-hand with smaller crowds, as shopping locally does not typically require driving up and down endless aisles at malls or standalone retail stores in an effort to find a parking spot.

Local retailers in town may have on-street parking or closed lots that are convenient to shoppers.


- Small batch shopping experience: Consumers can secure items in small businesses that are not carbon copies of those found across the country at major retail chains. When seeking a unique, thoughtful gift, shopping locally is the way to go.

Shopping locally this holiday season provides an array of benefits to consumers, and helps to solidify a strong Main Street in communities.

Happy Holidays!

The North Country Tradition Continues  
December 13 - 15  
in Lincoln, NH



We've also got Gift Certificates available online and don't miss our North Country Comedy Show on Dec. 28 & the latest Warren Miller Film on Dec. 30  
[www.jeansplayhouse.com](http://www.jeansplayhouse.com) for tickets



**WINTER HOURS:**  
Open Thursday thru Monday at 7AM-2PM  
Closed Tuesdays & Wednesdays

WE HAVE  
**GIFT BASKETS AND GIFT CERTIFICATES**

Our Own Stone-ground Whole Grain Pancakes Served With Our Pure Maple Products

603-823-5575  
1-93 Exit 38, Rte. 117 - Sugar Hill, NH  
Order Online: [www.pollyspancakeparlor.com](http://www.pollyspancakeparlor.com)

Mountain Fare Inn  
in Campton Village  
603-726-4283



Warmest Holiday cheer  
from Mountain Fare in Campton Village

Give the gift of a Getaway in the White Mountains!  
[WWW.MOUNTAINFAREINN.COM](http://WWW.MOUNTAINFAREINN.COM)

Seasons Greetings from  
The Loon's Feather Gift Shop!



The Loon Center  
Holiday Open House  
Saturday November 30<sup>th</sup>  
10am-2pm

Free and all Welcome!

Horse & Wagon Rides | Holiday Crafts |  
Balloon Animals | Refreshments  
A visit from SANTA!

Store Wide Savings in our gift shop!

THE LOON CENTER  
183 Lees Mill Rd, Moultonborough  
Winter Hours: Thu - Sat, 9am-5pm  
Hiking trails open dawn-dusk, everyday.  
[www.loon.org](http://www.loon.org)

"Really-Aged"  
Cheddar  
Cheese  
Vintage May 2022



Fine Gourmet Items - Pure Maple Products  
Smoked Cheeses - Flavored Cheeses  
NH-Made Jams, Pickles, Relishes, Mustards

Ship 2 Pounds of  
Harman's really-Aged  
Cheddar Cheese  
with Westminster Cracker Squares  
Gift wrapped for the Holidays  
Only \$47.25 to anywhere in the USA  
Order by Dec. 3rd for Christmas Delivery

Harman's Cheese & Country Store  
1400 Route 117 ~ Sugar Hill, NH 03586  
Phone: 603-823-8000  
E-Mail: [Cheese@HarmansCheese.com](mailto:Cheese@HarmansCheese.com)

November Hours: Open 9:30 am - 4:30 pm  
Wed, Nov 27: Closing at 1:30 pm  
Closed Thanksgiving Day  
Open Sunday, Dec 1 until 2:30 pm



HAPPY  
HOLIDAYS

**Belletetes** Your One Stop Holiday Shop

We have something for **every one** on your shopping list. Come shop with us and see everything we have to make your holiday shopping easier -- all in one place!

**Shopping for last minute gifts?** Visit one of our 9 locations, we bet you can find a gift or if not, a Belletetes Gift Card would be perfect!

**Make sure you shop our "Holidays are on the Way" sale starting November 21- December 31!**



JAFFREY, NH 603.532.7716	ANDOVER, NH 603.735.5544	PEMBROKE, NH 603.224.7483
PETERBOROUGH, NH 603.924.9436	SUNAPEE, NH 603.763.9070	MOULTONBOROUGH, NH 603.253.4404
NASHUA, NH 603.880.7778	ASHLAND, NH 603.968.7626	WINCHENDON, MA 978.297.1162

[www.belletetes.com](http://www.belletetes.com)

**Recycle Better™ for a Sustainable Thanksgiving**



**Reduce food waste by sending leftovers home with guests.**



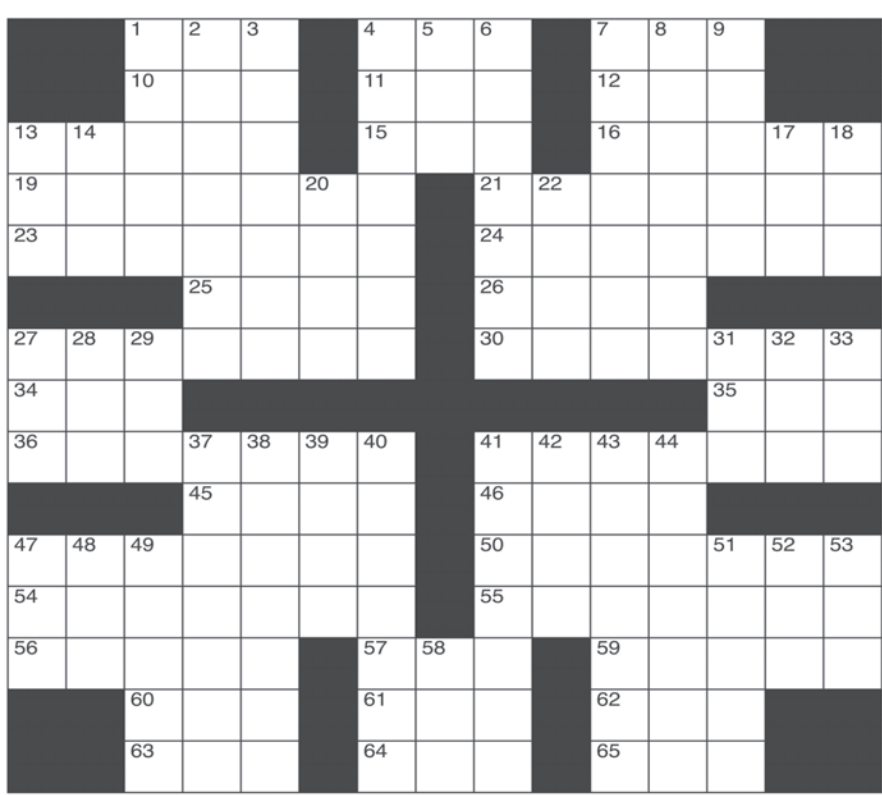
**Consider using regular plates and cutlery instead of disposable.**



ESTABLISHED 1975



For more holiday waste & recycling tips, visit  
[casella.com/RecycleBetter](http://casella.com/RecycleBetter)



**CLUES ACROSS**

- 1. Defunct airline
- 4. Beverage container
- 7. A team's best pitcher
- 10. Unit of liquid capacity
- 11. It comes before two
- 12. Male child
- 13. Type of wheat
- 15. One's mother
- 16. Upper side of an organism
- 19. United is one
- 21. Extraction process
- 23. A being with lesser divine status
- 24. People living together in a community
- 25. Luxury automaker
- 26. This (Spanish)
- 27. Semitic language
- 30. Period for a defined purpose
- 34. Wander aimlessly in search of pleasure
- 35. Up in the air (abbr.)
- 36. American marsupial
- 41. Decadent dessert
- 45. Aquatic plant
- 46. About aviation
- 47. Summer footwear
- 50. Rugged mountain ranges
- 54. With tin
- 55. Cut on the surface of a hard object
- 56. Wrapped in cloth
- 57. Defensive nuclear weapon
- 59. "American Idol" contestant Clay
- 60. Midway between east and southeast
- 61. Court decision "\_\_ v. Wade"
- 62. Born of
- 63. Soviet Socialist Republic
- 64. Actress \_\_-Margaret
- 65. Not even

**CLUES DOWN**

- 1. Heat unit
- 2. \_\_ Faulkner, American writer
- 3. Guatemalan town
- 4. Of funny things
- 5. Actress \_\_ de Armas
- 6. Agents of one's downfall
- 7. Takes forcibly
- 8. Body lice
- 9. Large nest of a bird of prey
- 13. Unhappy
- 14. Popular holiday dessert
- 17. Habitual drunkard
- 18. Used of a number or amount not specified
- 20. Complications
- 22. Fail to win
- 27. Before the present
- 28. Musical genre
- 29. Flurry
- 31. 007's creator
- 32. Indiana Pacer Toppin
- 33. Midway between north and northeast
- 37. Feeling
- 38. Damage another's reputation
- 39. Mottled citrus fruit
- 40. Beauty product
- 41. They man first, second and third
- 42. Harness
- 43. Herb
- 44. Expressed concern
- 47. Mississippi scientific area (abbr.)
- 48. Consumed
- 49. Nostrils
- 51. Gathered fallen leaves
- 52. Express good wishes
- 53. Monetary unit of Brunei
- 58. Japanese Buddhist festival

**GRANT**

*CONTINUED FROM PAGE A1*  
 nity where survivors have immediate access to the help necessary to rebuild their lives. The Franklin office will offer services including crisis intervention, accompaniment, legal advocacy, and prevention education in the Franklin schools. They plan to have the Franklin office fully up and running by the end of 2024.

"We are thankful that The Crisis Center of Central New Hampshire has chosen Franklin to build their new location, and we are happy to be a

part of their expansion," comments Brian Bozak, President & CEO, Franklin Savings Bank.

Established in 1869, Franklin Savings Bank is an independent, mutually-owned community bank, offering a full array of commercial lending, personal banking, and investment services. Headquartered in Franklin, the Bank has offices in Bristol, Boscawen, Tilton, Gilford, Merrimack, and Goffstown. Through its wholly-owned subsidiary, Independence Financial Advisors, the bank also offers investment and

financial planning services. A recognized leader in providing the latest in financial services technology, Franklin Savings Bank is committed to serving the needs of businesses, families, and the communities it serves, through a dedicated team of employees, a diverse line of financial products and services, and continued investment in emerging technology.

Visit [www.fsbnh.bank](http://www.fsbnh.bank) to learn more, or follow the bank on Facebook, Instagram, LinkedIn and YouTube.

**ALL-STATE**

*CONTINUED FROM PAGE A1*

Also earning First Team honors were Lylah Shumway of Concord Christian, Quinn Arico of Portsmouth Christian, Abby Santom of Trinity and Lyla Somero of Mascenic.

Joining Gilbert, True and Anastasio in earning Second Team honors were Anna Cardinal of Farmington, Sadie Thompson and Abby Owens of Concord Christian, Heidi Geyer of Portsmouth Christian, Emma Reed of Sunapee and Sophia Romano of Trinity.

Joining Mardis in earning Honorable Mention were Lucille Donohue of Raymond, Rachel Mazzone of Epping, Lauren Souza of Trinity, Madi Ricker of Farmington and Emma Eisner of Portsmouth Christian.

Kiera Moynihan of

Inter-Lakes was named Division III Player of the Year while Kevin Carreiro of Portsmouth Christian was named Coach of the Year and Maddy Jordan of Portsmouth Christian was named JV Coach of the Year.

In Division II, Second Team honors went to Gilford's Sydney Boudreau and Plymouth's Joanna Doyle while Honorable Mention went to Kingwood's Lily Scott.

Earning First Team honors were Haile Comeau and Emma Zeb-lisky of Coe-Brown, Ivy Armstrong-McEvoy of ConVal, Aubrey Young and Gracy Spirito of Oyster River, Emily Runions of Somersworth, Ava Grant of Campbell and Abby Krulis of Milford.

Joining Boudreau and Doyle in earning Second Team honors were Macy Swormstedt of Laconia,

Paige Demers of Somersworth, Reagan Pepin of Souhegan, Ellie Molina of Hanover, Piper Greenhalgh of Milford, Alaina Hathaway of St. Thomas and Hannah Kelly of Pelham.

Also earning Honorable Mention were Souhegan's Juliana Koch and Julia Colantuoni, John Stark's McKayla Rogers, Somersworth's Kylie Pettengill and Oyster River's Claire Jorgenson.

Sya McKay of Somersworth was named Player of the Year; Haley Patch of Milford was named Coach of the Year and Sarah Wilson of Somersworth was named JV Coach of the Year.

*Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or [josh@salmonpress.news](mailto:josh@salmonpress.news).*

**VETERANS**

*CONTINUED FROM PAGE A1*

veterans have shaped out history, and with their values, your generation will help guide our future," was shared by Sophia Orsini.

Mr. Baker's remarks included the following statement: "There's a reason why the Golden Rule, which is treating others how you want to be treated is something

cultures of all types agree on. Treating other with respect is the best way to be treated with respect yourself."

He then challenged the students, staff and others in attendance to be an example in their community, to treat others with respect and offer empathy and support to others in need. "I am looking for leaders—someone who is willing

to step up and build an atmosphere of respect in our school community."

He ended his remarks by saying, "Please remember our country is we the people. To truly respect the flag and the country it represents, you have to respect all of the people who live in this country. If you want to thank a soldier, but the kind of American worth fighting for."

**GRIEF**

*CONTINUED FROM PAGE A1*

standing, and the tools to navigate through them.

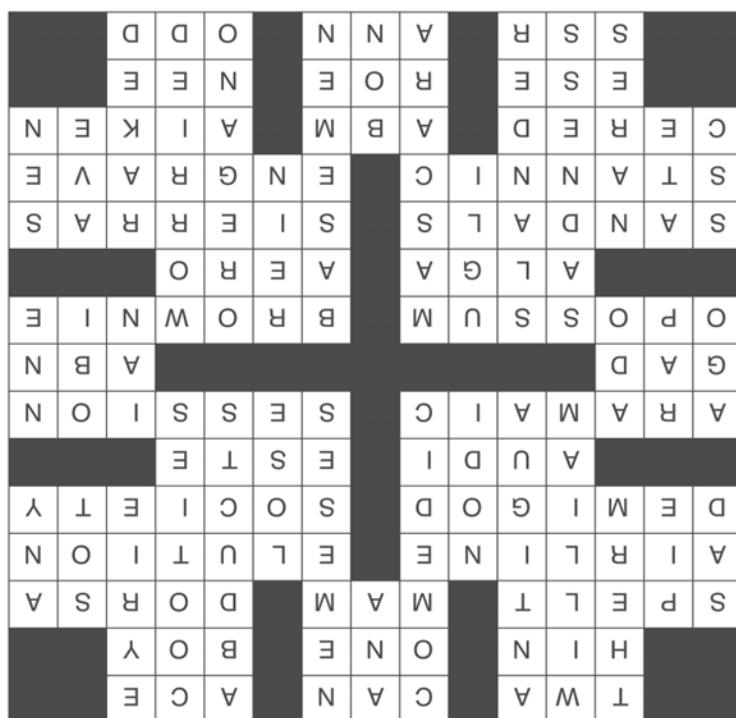
Grief has no timetable. It may come in waves during the turbulent months of a loved one's illness and then intensify after he or she has passed away. Each experience is unique and deeply personal. Emotions run the gamut from sadness, anxiety and guilt to anger, helplessness, and depression. What many

people who've lost someone they love want, is the opportunity to be able to talk about their loved one in a space where they can safely share what they are going through with people who have had a similar loss in an environment structured to help them navigate the grieving process.

This drop in grief group is designed to help people on that journey. Grieving is our response to sorrowful change, and grief takes as long as it

takes. There is no magic length of time until you are better. But with support and the freedom to share what you are going through it can help you accept and learn to live with your new reality.

**PUZZLE SOLUTION**



**PETS OF THE WEEK**



**Meet Brandy!**

Brandy is the sweetest girl with a whole lot of love to give. Her favorite thing to do is to play and lay with her people, but she won't say no to a romp in the woods either! She'd do best in a home where she's the only animal - she deserves to be the star of the show! Come meet Brandy and you'll want to bring her home with you right then and there!



**Meet Baby!**

Baby is a lovely lady who would do best in a home where she can get some adventures. She loves to lay in the sun and hang out with her people, but she won't say no to a romp in the woods either! She'd do best in a home where she's the only animal - she deserves to be the star of the show! Come meet Baby and fall for her smile today!

**Forest Pump & Filter Co.**

Serving The Greater Lakes Region Area for Over 50 Years

**WE DO IT ALL**

**WELL DRILLING PUMP SYSTEMS  
 FILTERS**

*Family Owned Business for 40 Years*

**CALL FOR SERVICE**

**FOREST PUMP & FILTER CO., INC.  
 603-332-9037**





# Lineup set for next Songwriter Round-Up at The Loft

MEREDITH — The partnership between Katie Dobbins Music (Gilford) and Hermit Woods Winery & Eatery (Meredith) which has brought the monthly music series Songwriter Round-Up to the Lakes Region is set to deliver another great show at the end of this month.

Held in the region's premier listening room, The Loft located on the second floor of the Winery, this series has been giving audience members a chance to experience the original music of talented singer-songwriters from the New England area and beyond. At each show, three artists share their songs and stories in a unique in-the-round style performance. This intimate series features two different songwriters alongside host performer Katie Dobbins on the last Wednesday of every month.

The series has been steadily gaining in popularity with many sold-out shows and a growing number of area residents attending as many shows as possible to experience the show "magic" that each new lineup creates. Winery co-founder and owner Bob Manley is thrilled to have his establishment

be home to the monthly Songwriter Round-Up Series.

Remarking on the success of the series, Manley reaffirms the valued partnership the Winery has developed with Katie Dobbins Music expressing "Working alongside Katie Dobbins and her Songwriter Round-Up Series has been an absolute delight. Katie brings an engaging presence to the stage, effortlessly connecting with our audiences and showcasing incredible talent with each performance."

Dobbins, who previously hosted this series in the Boston area, is grateful to be able to bring it to her New Hampshire community.

Reflecting on the Songwriter Round-Up Series at Hermit Woods Winery, she says "Bob Manley and his fellow co-owners, along with the Winery staff, have been so supportive in the creation and delivery of this songwriter series."

Dobbins adds, "I've met and shared this stage with so many talented artists through these shows and the reception and support from the Lakes Regions community has been amazing and rewarding for all of us. Though I perform throughout New En-

gland, this monthly series in my home community is something really special to me."

The next Songwriter Round-Up show takes place on Wednesday, Nov. 27, featuring New Hampshire artist Katie Dobbins, who blends folk and pop into a genre of her own, Americana artist Sam Luke Chase from Massachusetts, and Jay Psaros, an established artist from Boston who wraps several musical genres around compelling themes. All of these artists bring their own unique life-lyrics, melodies, and styles to the stage. This promises to be an evening of great original music and dynamic entertainment that you won't want to miss. Learn more about each of these artists on the Hermit Woods Winery Web site.

A complimentary wine tasting will begin at 5:30 p.m., Loft seating opens at 6 p.m., and music starts at 7 p.m. Patrons can further enhance their evening by selecting from a menu of tasty items available from Chef Kaylon Sweet of Sweet Mercy's kitchen. Tickets can be purchased in advance at hermitwoodswinery.com/the-loft or in-person at the Winery.



## Franklin VNA and Hospice receives grant from Eastern Bank Foundation

FRANKLIN — Franklin VNA and Hospice is pleased to announce that it has been awarded a grant to further enrich our services to low-income, underinsured, and individuals with chronic conditions. This grant has been graciously provided by the Eastern Bank Foundation in the amount of \$2,500. It will enable Franklin VNA and Hospice to further enhance its mission to provide quality Home Health Care, Hospice, and Education to individuals and families in our communities so that they may reach their highest level of independence.

This grant will be utilized to strengthen various aspects of the services that we provide and allow us to increase the amount of healthcare we can give to families in need. This financial support will play a crucial role in ensuring that Franklin VNA and Hospice will continue to offer high-quality and personalized physical, emotional, and spiritual support to terminally ill patients, their family, and loved ones.

We will continue to remain dedicated to delivering exceptional care to our patients and fostering a compassionate environment for individuals navigating their health care needs.

Franklin VNA & Hospice is a non-profit, 501(c)3, certified home health and hospice care provider. For 79 years, Franklin VNA & Hospice has been providing services to people of all ages in 14 communities in Merrimack and Belknap counties.

For more information about our organization, please visit our Web site at <https://franklinvna.org/> or contact us at (603) 934-3454.

## COMFORT

CONTINUED FROM PAGE A4

Seniors benefit from care at home

As healthcare professionals, you understand the critical role that individualized care plays in maintaining a high quality of life for older adults. Home-based care offers a valuable opportunity for seniors to receive essential support while remaining in the comfort of their own environment. This approach respects their independence and provides tailored care that adapts to each individual's unique needs and preferences. From personal care and meal preparation to companionship, home care encompasses a wide array of services designed to enhance both physical health and emotional well-being. By opting for care at home, older adults can continue living life on their own terms, supported by compassionate care that helps them thrive. Below are some of the key benefits of home-based care for seniors:

Provides safety, comfort, and convenience at home

Creating a safe, comfortable, and convenient home environment is essential for the well-being of older adults. By putting the right measures in place, seniors feel more secure and improve their quality of life. Home-based care providers play a crucial role in supporting safety through fall prevention, medication reminders, and maintaining a clean, organized living space. Comfort is enhanced by allowing seniors to stay in familiar surroundings, surrounded by their cherished belongings and memories. Also, incorporating convenient features like smart home technology

and ergonomic adjustments can make daily activities easier and more efficient. By focusing on safety, comfort, and convenience, home-based care creates an environment where seniors can truly relax, maintain their independence, and enjoy an improved sense of well-being.

Assist in preventing hospital readmittance

Hospital readmission can occur due to challenges like insufficient follow-up care, medication issues, or a worsening of the initial condition. This experience can be difficult for patients and their families and puts additional strain on the healthcare system. To help prevent readmissions, comprehensive discharge planning and patient education are key. By working closely with patients and their caregivers—ensuring effective medication management, timely follow-up appointments, and understanding the signs of potential complications—we can reduce the risk of readmission. These proactive measures enhance the health and well-being of patients, allowing them to recover more confi-

dently at home.

Personalized care for seniors

For many seniors and individuals with chronic health conditions, aging at home is an important aspect of maintaining their quality of life. Advances in telemedicine and remote health monitoring have made it easier to integrate a mix of home health and in-home care services. This personalized approach not only offers a convenient care experience but also helps patients stay in control of their health journey.

Family members benefit from a dedicated caregiver

Having a dedicated professional caregiver can greatly benefit not just the individual in need of care, but also their family members. A dedicated professional caregiver provides a sense of relief and comfort to family members who may have been feeling overwhelmed and stressed by taking care of their loved one alone. With a professional caregiver's support, family members can take a much-needed break from their caregiving responsibilities and focus

on their own well-being and personal needs.

An NIH – National Library of Medicine study reports that 86.5% of caregivers found that helping care for a loved one gave them the satisfaction that their loved one is well cared for. However, it is essential to also take care of oneself so one can take care of others. One of the key benefits of respite care is that it helps prevent caregiver burnout. Respite care allows family caregivers to step away temporarily and recharge and enabling them to provide better care for a loved one in the long run.

Comfort Keepers® can help

Comfort Keepers® provides uplifting in-home care that helps seniors thrive. Our specially trained caregivers focus on developing genuine relationships with clients, keeping them physically and mentally engaged while ensuring they experience joy in their daily activities. If you know a patient or family that could benefit from Comfort Keepers' services, they can reach out for a free consulta-

tion. Let's work together to help individuals age comfortably and confidently at home.

About Comfort Keepers

Comfort Keepers is a leader in providing in-home care consisting of such services as companionship, transportation, housekeeping, meal preparation, bathing, mobility assistance, nursing services, and a host

of additional items all meant to keep seniors living independently worry free in the comfort of their homes.

Comfort Keepers have been serving New Hampshire residents

since 2005. Let us help you stay independent.

Please call 603-536-6060 or visit our Web site at [nhcomfortkeepers.com](http://nhcomfortkeepers.com) for more information.

References:  
NCO, National Council on Aging: What is In-Home Care?  
NIH National Institute on Aging: Aging in Place: Growing Older at Home  
NIH National Center for Biotechnology Information: Reducing Hospital Readmissions  
ComfortKeepers.com: Respite Care: Providing Support and Relief for Family Caregivers



**SEEKING  
EXCAVATOR OPERATORS**  
GPS EXPERIENCE DESIRED BUT NOT NECESSARY  
(603) 279-4444 or email [tracy@ambrosebros.com](mailto:tracy@ambrosebros.com)  
Route 3 • Meredith, NH 03253

Lakes Region  
**Chimney Pro**

Sweeps • Stonework  
Brick Repairs • Liners  
Caps • Installations  
Fire Place Makeovers

Sweeps as low as \$244

CHIMNEY SAFETY INSTITUTE OF AMERICA  
CERTIFIED CHIMNEY SWEEP

Video Chimney Inspections

603-520-7217

BETTER BUSINESS BUREAU  
BBB  
Fully Insured

**NORTH COUNTRY  
COINS, LLC**  
BUYING • SELLING • APPRAISALS  
Est. 1989  
[WWW.NCCNH.COM](http://WWW.NCCNH.COM)  
TUES - FRI 10-5 • SAT 10-3

**HIGHEST PRICES PAID**  
All US and foreign silver and gold coins, estate jewelry, scrap gold, diamonds. Free oral appraisals.  
NORTH COUNTRY COINS.  
Main St., Plymouth, NH 536-2625.

# Winnisquam Regional School District recognizes STEAM programs

TILTON — Celebrated annually on Nov. 8, National STEAM Day raises awareness of the importance of science, technology, engineering, arts, and mathematics education

and careers. Founded in 2015 by

MGA Entertainment, this day inspires students to explore and pursue their interests in these fields.

Students in the Winnisquam Regional School System have numerous opportunities to engage in STEAM activities. Elementary students developed cartography skills by mapping a stream salamander habitat, harvested vegetables from the greenhouse for the high school, and practiced surveying techniques in the woods. At the Middle School, the unified arts teachers incorporate STEAM projects into their art, PE, and health classes. Their projects have included building bridges for the NHDOT Popsicle Stick Bridge Competition and creating interactive games for physical education classes.



COURTESY

Pictured above are elementary students Sophia Hall, Olivia Bullock, Lillian Schofield, Aura Atwood, Emily Halloran, Aiyah Preston, Landyn Berney, Aliyah Preston, Landyn Berney, Aliyah Deleon, Logan Walsh, and Oliver Rayno; High School Students Crystal LaDuke, Sam Weisman and Jack Propri; Also pictured are STEAM teachers Brian Winslow, Debi Rapson, and Andrew Veilleux as well as the Middle School unified arts teachers Jessica Diedrich, Tom Bucklin, and Jessica Cobbett. (Not pictured is WRMS Library Media Specialist Elaine Pottle.)

High school students have repurposed recycled materials to build marble runs and applied engineering principles to construct the strongest, weight-bearing two-story tower.

STEAM skills such as critical thinking, communication, collaboration, and problem solving are essential for success in both education and the 21st-century workforce.

# GENERAL SERVICES

## 1 & 2 BR APARTMENTS

GILFORD, N.H.

RENT BASED ON INCOME

USDA Rural Development Property

- Income Certification and Reference Checks required
- Applicants must meet USDA-RD Income Guidelines
- Non Smoking, No Pets

Equal Opportunity Provider and Employer

Call Now:

(603) 485-5098

TDD RELAY:

1-800-735-2964



# REAL ESTATE

**97 Daniel Webster Highway**  
Meredith, New Hampshire

Call us at:  
**(603) 279-7046**

Find us @rocherealty

**Search New Hampshire properties at [www.rocherealty.com](http://www.rocherealty.com)**

<p><b>\$360,000</b></p> <p>MLS# 5018106</p>	<p><b>\$689,000</b></p> <p>MLS# 4982100</p>	<p><b>\$1,175,000</b></p> <p>MLS# 4999477</p>	<p><b>\$1,300,000</b></p> <p>MLS# 4991710</p>
---	---	---	---

Hooksett: 2BR/2BA townhome with an upgraded kitchen, open concept floor plan great for entertaining, and hardwood floors. Enjoy the wood burning fireplace in the living room or go through the sliders and onto the deck!

Gilford: 3BR/2BA ranch to be built in desirable Gunstock Acres. There's still time for qualified buyers to make modifications to the floor plan and material choices. Enjoy deeded beach rights on Lake Winnepesaukee.

Laconia: 3BR/2.75BA, 3,200 sf. luxury home in South Down Shores on Lake Winnepesaukee. Meticulously designed interiors and exceptional outdoor living space with an in-ground salt water pool this home is perfect for entertaining.

Sandwich: 3BR/4BA gentleman's farm. It boasts breathtaking 360-degree views, gorgeous stone walls, and a bonus room above the 3-car attached garage with a kitchenette and 3/4 bath. It is in an ideal location for hiking. Seller is a licensed Realtor in New Hampshire.

\* Statistics obtained from NEREN for the past 26 years since 1997 for all real estate firms reporting sales in the entire state of NH during that time.

**Over 10,000 CLOSED transactions in New Hampshire!**  
**Voted #1 BEST Real Estate Company in NH's Lakes Region six years in a row, and #1 BEST Commercial Real Estate Broker!**

**For Advertising Information**  
Call  
**603-279-4516**  
email: [Tracy@salmonpress.news](mailto:Tracy@salmonpress.news)

Advertise Here

**For Advertising Information**  
Call  
**603-279-4516**  
email: [Tracy@salmonpress.news](mailto:Tracy@salmonpress.news)

Advertise Here

## Franklin VNA and Hospice receives grant from Eastern Bank Foundation

FRANKLIN — Franklin VNA and Hospice is pleased to announce that it has been awarded a grant to further enrich our services to low-income, underinsured, and individuals with chronic conditions. This grant has been graciously provided by the Eastern Bank Foundation in the amount of \$2,500. It will enable Franklin VNA and Hospice to further enhance its mission to provide quality Home Health Care, Hospice, and Education to individuals and families in our communities so that they may reach their highest level of independence.

This grant will be utilized to strengthen various aspects of the services that we provide and allow us to increase the amount of healthcare we can give to families in need. This financial support will play a crucial role in ensuring that Franklin VNA and Hospice will continue to offer high-quality and personalized physical, emotional, and spiritual support to terminally ill patients, their family, and loved ones.

We will continue to remain dedicated to delivering exceptional care to our patients and fostering a compassionate environment for individuals navigating their health care needs.

Franklin VNA & Hospice is a non-profit, 501(c)3, certified home health and hospice care provider. For 79 years, Franklin VNA & Hospice has been providing services to people of all ages in 14 communities in Merrimack and Belknap counties.

For more information about our organization, please visit our Web site at <https://franklinvna.org/> or contact us at (603) 934-3454.

285 Daniel Webster Highway  
(603) 677-7007 • [www.MeredithLanding.com](http://www.MeredithLanding.com)

<p><b>MEREDITH: NEW PRICE!</b> Welcome to Lake Waukegan. This 4BR/2BTH home on .78 acres features 200' of lakefront on a protected cover, nice level lot, wood-burning fireplace, walkout basement, and just 1 mile to downtown. <b>NOW \$1,250,000</b> (5020453)</p>	<p><b>SANDWICH: NEW PRICE!</b> This c.1880 Federal style home features 4BR/2BTHs, open concept living, exposed beams and wide pine floors, new drilled well, maver heating system, and a large barn! Great property close to Main Street. <b>NOW \$499,900</b> (5019608)</p>
---	--

**Camelot Home Center**  
ALWAYS OPEN DAILY • 10 TO 6 SATURDAYS & 10 TO 5 SUNDAYS

NEW 14' WIDES

<p>List Price: \$86,995 <b>\$77,995*</b> 66' 3 Bed, 2 Bath</p>	<p>List Price: \$89,995 <b>\$86,995*</b> 68' 2 Bed, 2 Bath</p>
--	--

DOUBLE WIDES

<p>List Price: \$119,995 <b>\$115,995*</b> 56' 3 Bed, 2 Bath</p>	<p>List Price: \$130,995 <b>\$127,995*</b> 48' 3 Bed, 2 Bath</p>
--	--

\*PRICES SUBJECT TO CHANGE

Homes From COLONY, MARLETTE, NEW ERA & TITAN

MODULARS

<p><b>\$119,995*</b> 2 Bed, 1 Bath</p>	<p><b>\$179,995*</b> 1,568sq ft. 2 story, 3 Bed, 2.5 Bath.</p>
--	--

Visit Our Website: [WWW.CM-H.COM](http://WWW.CM-H.COM)

WE HAVE DELIVERED OVER 10,000 HOMES TO SATISFIED CUSTOMERS. CAN WE DELIVER ONE TO YOU?  
Rt. 3, Tilton NH, exit 20 on Rt. I-93 across from Lakes Region Factory Mall

**Equal Housing Opportunity**

All real estate advertising in this newspaper is subject to the Federal Fair Housing Law which makes it illegal to make, print, or published any notice, statement, or advertisement, with respect to the sale, or rental of a dwelling that indicates any preference, limitation, or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination. (The Fair Housing Act of 1968 at 42 U.S.C. 3604(c)) This paper will not knowingly accept any advertising which is in violation of the law. Our readers are hereby informed, that all dwellings advertised in this newspaper are available on an equal opportunity basis. To complain of discrimination call HUD toll free at 1-800-669-9777 or write For The Washington DC area, please call HUD at 202-727-9200. The toll free telephone number for the hearing impaired is 1-800-927-9275. You may also call The New Hampshire Commission for Human Rights at 603-271-2767 or write The Commission at 163 Loudon Road, Concord, NH 03301 Neither the Publisher nor the advertiser will be liable for misinformation, typographical errors, etc. herein contained. The Publisher reserves the right to refuse any advertising.

**TO VIEW THESE AND OTHER PROPERTIES, VISIT:**

Alpine Lakes Real Estate: [www.alpinelakes.com](http://www.alpinelakes.com)  
Badger Peabody & Smith Realty: [www.peabodysmith.com](http://www.peabodysmith.com)  
Bean Group: [www.beangroup.com](http://www.beangroup.com)  
Century 21 Country Lakes Realty: [www.countrylakesrealty.com](http://www.countrylakesrealty.com)  
Century 21 Twin Rivers Realty: [www.nhreal21.com](http://www.nhreal21.com)  
Coldwell Banker: [www.cboldmill.com](http://www.cboldmill.com)  
Coldwell Banker Residential Brokerage [www.newenglandmoves.com](http://www.newenglandmoves.com)  
ERA Masiello: [www.masiello.com](http://www.masiello.com)  
Exit Lakeside Realty Group: [www.exitlakeside.com](http://www.exitlakeside.com)  
Granite Group Realty Services: [www.granitegrouprealtyservices.com](http://www.granitegrouprealtyservices.com)  
Gowen Realty: [www.gowenrealty.com](http://www.gowenrealty.com)  
Kressy Real Estate: [www.kressy.com](http://www.kressy.com)  
Lakes Region Realty: [www.lakesregionrealestate.com](http://www.lakesregionrealestate.com)  
Lamprey & Lamprey Realtors: [www.lampreyandlamprey.com](http://www.lampreyandlamprey.com)  
Maxfield Real Estate: [www.maxfieldrealestate.com](http://www.maxfieldrealestate.com)  
McLane Realty: [www.mclanerealtyplymouth.com](http://www.mclanerealtyplymouth.com)  
Mountain Country Realty: [www.mountaincountryrealestate.com](http://www.mountaincountryrealestate.com)  
Nash Realty: [www.nashrealty.com](http://www.nashrealty.com)  
New Hampshire Colonials Real Estate: [www.squamlake.com](http://www.squamlake.com)  
Noseworthy Real Estate: [www.noseworthyrealestate.com](http://www.noseworthyrealestate.com)  
Old Mill Properties: [www.oldmillprops.com](http://www.oldmillprops.com)  
Pine Shores Real Estate: [www.pineshoresllc.com](http://www.pineshoresllc.com)  
Preferred Vacation Rentals: [www.preferredrentals.com](http://www.preferredrentals.com)  
Remax Bayside: [www.baysidenh.net](http://www.baysidenh.net)  
Roche Realty: [www.rocherealty.com](http://www.rocherealty.com)  
Strawberry Lane Real Estate: [www.strawberrylane.com](http://www.strawberrylane.com)  
Town & Forest Realty: [www.townandforest.com](http://www.townandforest.com)

**Belmont Village Apts, Belmont, NH**  
**NOW AVAILABLE!**  
Accepting applications:

Subsidized two bedroom town house style apartment. On-site laundry, parking, 24-hr maintenance, close to center of town, No Pets, NO SMOKING. Must meet income limit guidelines; rent starting at \$1,135.00, plus utilities; security deposit required.

Download application at  
<https://www.sterling-management.net>  
or call office at 603 267 6787



# New Hampshire Boat Museum board welcomes Cheryl Goebel



Cheryl Goebel

MOULTONBOROUGH — New Hamp-

shire Boat Museum (NHBM) has elected Cheryl Goebel to serve on its Board of Trustees. Goebel, who resides in Meredith with her husband Bill, expressed enthusiasm for her new role.

"I want to help capture the history of boating and lake life in New Hampshire," she explained. "I also hope to play a role in helping the museum introduce the next generation to all that the Lakes Region

has to offer."

Regarding her own appreciation for the Lakes Region, Goebel said she and her family "fell in love" with it more than 20 years ago when they first vacationed in the area.

"Our goal was to retire here and build a life in this area," she said.

She began to build this life by volunteering for various events at NHBM to give back to the community,

"I happened to meet

some wonderful people involved in the museum when I volunteered," she explained. "I was able to combine my interests in the water, boats, and lake life along with helping out a great organization."

Now retired with three grown children living in Hudson, Chicago, Ill., and Washington, D.C., Goebel said she feels that organization and planning are two skills she brings to the Board.

"I also enjoy meeting new people and introducing them to all the NHBM has to offer in the way of programs, events, and history," she added.

Before retiring to raise her children, Goebel worked for AT&T in various positions. She attended SUNY Potsdam where she earned a BA in Mathematics. She also has an MBA from Clarkson University.

Founded in 1992 by antique and classic boat-

ing enthusiasts, NHBM offers dynamic exhibits and engaging programs and events tailored to the diverse boating lifestyles and values of people of all ages. NHBM is sponsored in part by Goodhue Boat Company, Eastern Propane and Oil, Kingswood Press and Design Studio, KW Lakes and Mountains, Taylor Community, Belletetes, and North Water Marine. To learn more about NHBM, visit nhbm.org.

## Winni Players stage annual radio drama



Local radio personality Pat Kelly who will once again take to the stage in our live radio drama.

MEREDITH — A live reading of a traditional radio drama is always one of the highlights of the Winni Players Community Theatre season. This popular event has

been happening yearly for more than a decade, and the February offering of "Sherlock Holmes" was captured on WMUR's "NH Chronicle."

The segment was such a hit that viewers requested another chance to see live radio drama this year. The Winni Players were happy to oblige, and "The WXYZ Radio Hour: American Radio Classics Live On Stage" will be performed at the Winnepesaukee Playhouse from Nov. 21-24.

On the March 14 episode of "NH Chronicle," host Jean Mackin got a behind-the-scenes look at the intricacies involved in staging a live radio drama — most notably the live Foley sound effects.

"There's a lot of timing... that goes into it," said Foley artist Robin

Dorff. "It really is something that you practice and have to get the timing right."

Mackin herself took a turn at the special effects, which she found not as easy as it sounds. She tried her hand at train sounds and a clock striking on the hour and declared, "it's no mystery why the audience keeps coming back!"

The second offering of the 2024 season includes a trio of classic radio scripts: "The Green Hornet," "The Lone Ranger," and "Challenge of the Yukon." Local radio superstar Pat Kelly returns for this production, joining a dozen performers will enact

beloved characters from those scripts, including many faces which will be familiar to loyal radio play enthusiasts. Brendan Berube of Laconia helms this production. Though he has appeared onstage in several of the radio dramas, this will

be Brendan's first time in the director's chair. Performances are Thursday through Saturday at 7:30 p.m. and Sunday at 2 p.m. Tickets are \$15 and available at [www.winnepesaukeep-layhouse.org](http://www.winnepesaukeep-layhouse.org) or by calling (603) 279-0333.

For Advertising Information Call 603-279-4516 email: Tracy@salmonpress.news

HELP WANTED

FRIENDLY & RELIABLE NIGHT CASHIERS needed at the Following Location:

**Bosco Bell** on Route 28 Barnstead Please apply in person.

## Susan Dagostino promoted to MVSB Branch & Business Development Manager in Laconia



Susan Dagostino

LACONIA — Susan Dagostino has been promoted to oversee MVSB's (Meredith Village Savings Bank) Laconia Office as Branch and Business Development Manager. In this role, she will support the location's customers, employees and community involvement initiatives. Susan previously served

as Branch Services Supervisor at the same location and takes the place of Jessica Ruel, who recently transitioned to oversee the Bank's new North Conway office.

"Susan has proven to be a caring and thoughtful leader at the Bank, and she is well regarded by her team members and customers," said Cathy Sleeper, MVSB Regional Vice President. "We know she will flourish in this new role and continue to be an asset to our customers and neighbors in the Laconia community."

"It's an honor to lead such an incredible team that genuinely cares for local people and businesses we serve and always strives to provide exceptional service," said Dagostino. "I have thor-

oughly enjoyed my career at MVSB and I look forward to continuing to promote the wonderful values of our community-focused organization here in Laconia."

Dagostino has more than 22 years of banking and customer service experience. She joined the MVSB as a Teller in 2010 has gone on to serve as Branch Services Representative, Teller Supervisor and Branch Services Supervisor. She holds an Associate Degree in Business Management from Castle College and completed the Northern New England School of Banking program.

MVSB has been serving the essential banking needs of people, businesses, nonprofits and municipalities for more than 150 years. As a mu-

tual savings bank, MVSB has no stockholders but rather operates for the benefit of its customers, employees and community. Since our founding, one thing has always remained true: caring is at the heart of everything we do. By building and nurturing relationships, we believe that we can cultivate a community where we all thrive. It all starts with caring about our customers and neighbors. To learn more, visit any of the local branch offices located in New Hampshire in Alton, Ashland, Center Harbor, Exeter, Gilford, Laconia, Melvin Village, Meredith, Moultonborough, Plymouth, Portsmouth, Rochester or Wolfeboro, call 800-922-6872 or visit [mvsb.com](http://mvsb.com)

## Lakes Region Scholarship Foundation celebrates successful leadership



LACONIA — The Lakes Region Scholarship Foundation is pleased to announce that Christopher Guilmett has been promoted to Interim Executive Director of the Foundation following the announcement by Karen Switzer, Executive Director, of her upcoming retirement!

Guilmett has been in the position of Assistant Director for three years, and has been instrumental in successful fundraising campaigns, representing the Foundation at countless community events and together with Karen, managing the daily operations of the Foundation.

"He is well-prepared to follow in Karen's footsteps, and continue the strong leadership

and community commitment by the LRSE," said Gayle Price, Board Chairperson of LRSE. "Karen's decade of leadership has given strength to the organization, positioning it for

Don McLelland, Vice President, Laura Larson, Treasurer, Chris Guilmett, Gayle Price, President and Karen Switzer.

the future and the next transition. The Board of Directors wishes to express their sincerest gratitude for Karen's service, and feel very confident in Guilmett's commitment and leadership in this next chapter! We are thrilled that Karen Switzer will remain as Director throughout this transition and beyond and continue to foster the Foundations Mission with staff, Board of Directors, Donors and

the greater community." Guilmett resides in Laconia with his family, and is a native of the Lakes Region. His familiarity of the foundation began early, with his mother and aunt serving the organization when he was a teenager. As a recipient of scholarship himself when going to college, he experienced the value and importance of charitable gifting.

### WINNISQUAM REGIONAL SCHOOL DISTRICT

The WRSD Budget Committee has a vacancy it seeks to fill from the town of Tilton until the 2025 annual meeting of the School District. Registered voters from the town of Tilton who are interested in applying for this position may submit a letter stating their intentions by November 27, 2024 to:

Chairperson

Winnisquam Regional Budget Committee  
433 West Main Street, Tilton, NH 03276

**Full-Time Installers Apprentice**  
Energysavers Inc., a 48 year old hearth & spa product retailer in the Lakes Region, is looking for a motivated individual that wants to learn the trade of installing hearth products. You must be comfortable working on roofs when necessary and able to work with an installer to move heavy items. Energysavers pays for all educational costs to get and maintain NFI wood, gas and pellet certifications as well as a NH gas fitters license for gas hearth installations and service. Starting pay, \$18-\$20 hour based on experience.  
**LEARN WHILE YOU EARN!**  
No prior experience required. Must have a valid driver's license and pass the pre-employment drug screening.  
Stop in to fill out an application:  
**ENERGYSAVERS INC.**  
163 Daniel Webster Hwy., Meredith NH

**ALLSTAFF**  
TEMPORARY AND PERMANENT PLACEMENT SPECIALISTS  
260 Main Street, Littleton, NH  
603-444-1261  
Apply online: [WWW.ALLSTAFFCORP.COM](http://WWW.ALLSTAFFCORP.COM)  
2023 WORLD'S MOST ETHICAL COMPANIES™ ETHISPHERE 3-TIME HONOREE  
**HIRING EVENT - Hubbell/Burndy Lincoln, NH**  
Hubbell Recognized as One of the World's Most Ethical Companies  
Located: Allstaff 260 Main Street, Littleton, NH  
In person interview or call to schedule an online interview.  
November 21st and 22nd  
9AM - 2PM  
Looking to change Careers! Sign on bonus!  
All shifts available! Excellent Benefit Package  
We are in search of filling the following entry level positions!  
\$1,000.00 Sign on bonus after 90 days based on performance and attendance.  
Plating:  
1st shift - 7AM - 3:30PM - \$19.75  
2nd shift - 3PM - 11:30PM - \$23.25  
3rd shift - 11PM - 7:30AM - \$24.25  
Machine Operators:  
1st shift - 7AM - 3:30PM \$18.00  
2nd shift 3PM - 11:30PM - \$21.50  
3rd shift - 11PM - 7:30AM - \$22.50  
4th shift - 6AM - 6PM -  
Fri, Sat & Sun: work 36 hours and get paid 40 hours.  
Benefits: ALL POSITIONS COME WITH AN EXCELLENT BENEFIT PACKAGE: Medical & Dental Plans, Flexible Spending Accounts, Vision Insurance, Disability, Life & AD&D Insurance, Tuition Assistance, 401K Savings Plan plus company retirement contributions, Paid Holidays & Vacation Time, Wellness program and Employee Assistance program.  
You will find an environment that encourages creativity, ingenuity, and supports new ideas.  
HUBBELL

# Sarah Goodrum joins Lakes Region Chamber as Membership Director



Sarah Goodrum

LACONIA — The Lakes Region Chamber is excited to announce the addition of Sarah Goodrum as its new Membership Director. Sarah, who brings an

impressive background in marketing and community engagement, is Leadership Lakes Region class of 2025, holds an MBA and a Graduate Certificate in Strategic Marketing from Plymouth State University. She also earned her bachelor's degree from Granite State College and an associate degree from Mt. Washington College. With her expertise and dedication, Sarah will play a vital role in fostering connections and enhancing the Chamber experience for

members across more than 30 communities in the Lakes Region.

Sarah's professional background, paired with her active involvement in the Alton community, positions her well for this role. She serves as Membership Director for the Alton Business Association, Vice Chair of Friends of Alton Parks & Recreation, and Technology Coordinator for the Alton Swap Shop. In her new position at the Lakes Region Chamber, Sarah will serve as the primary point of contact for entrepre-

neurs, business leaders, government representatives, and community members alike. Her work will encompass managing member onboarding, coordinating networking events, and engaging with members to ensure they maximize the benefits of Chamber membership.

Reflecting on her new role, Goodrum shared, "I'm honored to serve the Lakes Region and its many communities in this position. I look forward to building stronger, more cohesive relationships that support

the growth and vibrancy of our local businesses and organizations."

The Lakes Region Chamber, serving more than 30 communities including Alton, Alexandria, Andover, Barnstead, Belmont, Bridgewater, Bristol, Campton, Center Harbor, Danbury, Effingham, Franklin, Freedom, Gilford, Gilmanton, Groton, Hebron, Hill, Holderness, Laconia, Madison, Meredith, Moultonborough, New Hampton, Northfield, Ossipee, Plymouth, Rumney, Salisbury, Sanbornton, Sandwich,

Tamworth, Thornton, Tilton, Tuftonboro, Weirs Beach and Wolfeboro strives to create value for members, promote a thriving economy, and foster an engaged community. With Sarah's leadership and commitment, the Chamber looks forward to continued success in achieving its mission. For inquiries or more information, please contact the Lakes Region Chamber at 603-524-5531 or visit [LakesRegionChamber.org](http://LakesRegionChamber.org).

**Patrick's**  
IRISH ROOTS - AMERICAN SPIRIT

Weekdays Open @ 4pm  
Weekends Open @ Noon  
Closed Tuesdays

**OPEN MIC MONDAY NIGHTS**  
6PM - 8PM

**LIVE MUSIC! FRIDAY & SATURDAY NIGHTS**  
6PM - 9PM

18 Weirs Rd. Gilford • (603) 293-0841 • [Patrick'sPub.com](http://Patrick'sPub.com)

## Look what's coming to Great Waters!

REGION — It may only be November, but Great Waters has planned an excellent summer of musical entertainment for 2025. There are so many fantastic performances that you won't want to miss either at the Castle in the Clouds in Moultonborough or at Brewster Academy in Wolfeboro.

Starting on July 10, Human Nature will open the season at the Castle. Begun as a boy band in the late nineties at their high school just outside Sydney, Australia, this group quickly became popular throughout the continent. Today, they are one of the world's greatest pop vocal groups and have played various residencies on the Las Vegas strip for over a decade. Their show "Back to the Sound of Motown" celebrates the greatest songs ever. Brothers Andrew, Michael Tierney, and Toby Allen are three of the greatest vocal harmony singers in the world. Smokey Robinson first introduced Human Nature to the United States and said they are "Making Motown Proud - a must-see show!"

On July 24, Broadway's Abby Mueller, former star of "Beautiful The Carol King Musical," will open the Concerts in Town series at Brewster's Anderson Hall. She, her musical



director, composer, lyricist Sharon Kenny, and actor and singer Andrew Mueller will present an evening celebrating the iconic hits and stories of musical legends and three real-life friends, Carole King, Joni Mitchell, and James Taylor.

Other performances to look forward to this coming season at the Castle are Alter Ego - an 80's and '90's MTV Dance Show, Brass Transit performing the Musical Legend of Chicago, Proud Tina - The Ultimate Tribute to Tina Turner and Elements - The Earth, Wind and Fire Tribute.

The Daily News says, "The only thing you can say about Peter Cincotti is that he is sensational."

If you were lucky enough to attend Great Waters' first performance at the Castle in 2021, you know that is true. This year, he will return as part of the Concerts in Town series.

Great Waters Music Festival is a non-profit organization whose mission is to present and create outstanding and unique musical and educational events appealing to a wide variety of tastes that enrich the cultural lives of those living in and visiting the Lakes

Region of New Hampshire. Are you eager to buy tickets? Sorry, they won't go on sale until mid to late January, but in the meantime, a gift certificate would make an excellent gift for family and friends for the upcoming holidays. Gift certificates are available for purchase on our website at [www.GreatWaters.org](http://www.GreatWaters.org) or by contacting the Great Waters office by email at [info@greatwaters.org](mailto:info@greatwaters.org) or by phone at 603-569-7710. The office has limited hours during the off-season, but phone messages are checked daily, Monday through Friday.

**LRSO LAKES REGION SYMPHONY ORCHESTRA**

## HOLIDAY CONCERTS

**SATURDAY DECEMBER 7, 2024:**  
COLONIAL THEATRE  
LACONIA, 7PM

**SUNDAY DECEMBER 8, 2024:**  
INTER-LAKES AUDITORIUM  
MEREDITH, 3PM

**TICKETS:**  
[WWW.LRSO.ORG](http://WWW.LRSO.ORG)

**TIME IS RUNNING OUT  
CALL MARIE TODAY TO SAVE YOUR SPACE!!!**

*Painted Canyons of the Southwest*

June 1 - 9, 2025  
\$3999pp  
Air Included

Join us on an amazing adventure to our National Parks!  
Denver to Las Vegas - 9 Days - 11 Meals • Air included!

Call Marie today to reserve your spot...

**Best of the Lakes Region 2024 WINNER**

**collette**

**penny pitou Travel**

58 Canal Street • Laconia, NH • 603-524-2500

**Efficient heating and cooling**

Enjoy 0% interest for 18 months.\*

\*Offer through Synchrony Financial. Balance must be paid in 18 months or interest will be applied.

**MITSUBISHI ELECTRIC**  
HEATING & AIR CONDITIONING

**DIAMOND CONTRACTOR**  
ELITE

170 Daniel Webster Highway  
Belmont, NH 03220  
603-524-2308  
[www.homeenergyproducts.net](http://www.homeenergyproducts.net)

**HOME ENERGY PRODUCTS**  
Your Local HVAC Experts for 35 Years!