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Spaulding Academy & Family Services President and CEO announces retirement

NORTHFIELD — Spaulding Academy & Family Services is announcing the upcoming retirement of Todd Emmons, its president and CEO. Emmons has led the organization since 2020 after joining Spaulding as its chief financial officer in 2017. During his tenure, Spaulding has significantly enhanced its resources and facilities and created a more vibrant living and learning environment for hundreds of New Hampshire youth.

Spaulding Academy is a provider of educational, residential, therapeutic and community-based programs and services for families, children and youth with neurological, emotional, behavioral, learning or developmental challenges.

“Todd’s vision for the future and expertise in



Todd Emmons

finances gave the board and staff the confidence to grow and think differently as an organization. His leadership has been instrumental in expanding the school, building a new playground and cafeteria, and completing other capital improvements. Most of all,

Todd cares deeply for the students, families and employees,” said Michael Ventura, chair of the Spaulding Academy Board of Directors.

Emmons came to Spaulding with more than 30 years of executive experience in financial management

operations for education institutions, as well as a decade as an economic analyst on Wall Street. He holds an MSc in economics from the London School of Economics and Political Science, an MBA in finance from the Stern School of Business at New York University, and a BA in economics from Saint Anselm College. He continues to serve as an active member of the board of directors for New Hampshire Health and Education Facilities Authority (NH HEFA).

Under Emmons’ leadership, Spaulding secured construction bonds for capital improvements, strengthened its finances, grew the team, enhanced technology, and created an organizational culture that unified staff around

SEE EMMONS, PAGE A8

Sanbornton man pleads guilty to possession of child sexual abuse material

CONCORD — A Sanbornton man pleaded guilty today in federal court in Concord to possession of child sexual abuse material (CSAM), U.S. Attorney Jane E. Young announces.

Timothy Ryan, 35, pleaded guilty to a superseding information charging him with an additional count of possession of CSAM, for a total of two counts of possession of CSAM. On Dec. 12, 2022, Ryan was originally charged by complaint with one count of possession of CSAM. U.S. District Court Judge Steven McAuliffe scheduled sentencing for October 8, 2024.

The defendant was identified as a top offender in the state of New Hampshire for supplying CSAM through the peer-to-peer network BitTorrent. Investigators traced the illicit internet activity to his residence. On Dec. 13, 2022, a federal search warrant was executed on search his electronic devices. Forensic examination of the defendant’s cell phone revealed the presence of

SEE RYAN, PAGE A1

Ducks Unlimited holds annual banquet auction in Franklin

FRANKLIN — The Daniel Webster Chapter of Ducks Unlimited held its 35th annual dinner banquet auction on Saturday, May 11, at the Franklin Lodge of Elks in Franklin. James Cropsey was Area Chairman again this year. This is a group effort from the committee consisting of Bob Mazur and Pam and Steve Saulten. Tom Rochette, CPA, the New Hampshire State Chairman and the new Regional Director, Christian Crock-

er attended. Mazur won the MVP award.

Nearly 4,600 local Ducks Unlimited fundraising events throughout the country last year contributed towards Ducks Unlimited’s national fundraising effort of almost \$319 million. Last year Ducks Unlimited achieved 84 percent efficiency, resulting in 84 cents of each dollar raised being spent on wetland acquisition or improvement, to total one million acres in 2023 alone.

Each year the United States loses some 140,000 acres of wetland habitat. Since its inception, Ducks Unlimited has raised more than one billion dollars and enhanced and restored nearly 15 and a half million habitat acres, encompassing more than 15,000 wetland projects, in an effort to reverse this destructive trend. DU’s projects provide habitat for more than 600 wildlife species, includ-

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Make-A-Wish to celebrate 14th Annual Rafting for Wishes event in Meredith Bay

MEREDITH — Make-A-Wish New Hampshire is thrilled to announce the 14th Annual Rafting for Wishes fundraising event, set to take place in Meredith Bay and on land at Hesky Park. This beloved event will span 24 hours of fun and fundraising, kicking off with an Opening Ceremony on Friday, July 19 at 3:30 p.m. and concluding with a Closing Ceremony on Saturday, July 20 at 3:30 p.m.

Rafting for Wishes is a unique fundraising event, open to the public,

where teams, whether participating virtually or in Meredith, come together to support the mission of Make-A-Wish New Hampshire. Each team, comprised of one to 20 participants, is tasked with the goal of “rafting” together over the course of the event. For those participating in Meredith, this means a 24-hour journey on the water, while virtual teams have an eight-hour event at their own location.

“We are incredibly excited to bring back Raft-

ing for Wishes for its 14th year,” said Nikki Lyons Lahey, Vice President Community Outreach at Make-A-Wish New Hampshire. “This event not only raises vital funds to help grant wishes for children battling critical illnesses, but it also brings our community together in a fun and meaningful way.”

This event is open to the public. There are activities all weekend for everyone to participate in right at Hesky Park.

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COURTESY

Citizens of the Year

On June 24, Tilton-Northfield Old Home Day Committee Treasurer and President Debra Shepherd (left) and Jen Weisensee (far right) surprised Glen Brown and William “Billy” Lawrence with plaques recognizing them as this year’s Citizens for the two communities. Among their many civic contributions, Brown has served as a selectman for the Town of Northfield and Lawrence not only is the owner of Bryant & Lawrence Hardware in Tilton but has participated on several boards and committees in his community. The two were also honored in the 2024 Old Home Day parade on June 29.



Singer-songwriter Katie Dobbins wins Best of Lakes Region Award on Latest Single “Giants”



GILFORD — On June 20, Katie Dobbins, renowned local singer-songwriter and host of the Lakes Region’s monthly Songwriter Round-Up series, received gold for Best Music Act - Solo Artist at the 2024 Best of the Lakes Region Awards.

This achievement, earned through community nomination and voting, comes on the heels of Dobbins celebrating

over one year of joyful Songwriter Round-Up shows and the release of her latest single Giants. Growing up in Gilford and returning as an adult, Dobbins expresses gratitude for the community welcome and support she has been given here in her hometown area. The years away along with her deep roots in the Lakes Region have provided her a great foundation to share her message, Be You Be Brave Be Free, and bring the feeling of “home” with her wherever she goes.

“The journey of coming back to my passion for music as an adult hasn’t been easy, but it’s been so gratifying,” Dobbins reflects, continuing “it’s never too late to follow the dreams in your heart.”

This message deeply resonates through her latest single, “Giants,” an empowering anthem that encourages listeners to overcome life’s obstacles and believe in their own strength. The song draws inspiration from Katie’s personal experiences, delivering a powerful message of resilience and self-confidence.

For Dobbins, the way the lyrics evolve through the course of the song reflects her own journey battling the giants in her life, culminating with the mantras “Giants are make-believe,” “Acting small just makes me good at lying,” and undertone echoes that sing out “I’m not afraid.” The song aims to serve as a source of inspiration for anyone facing self-limiting beliefs or seemingly insurmountable circumstances, and draws comparisons to Sara Bareilles’ “Brave” and Rachel Platten’s “Fight Song.” Listeners can find “Giants” on Spotify, Apple Music, Pandora and other streaming platforms.

“Receiving this latest award for Best of the Lakes Region means a lot to me. So many incredible folks were nominated for enriching this community through their talents, and it’s such an honor to be recognized among them. It gives me encouragement to keep going and to keep fighting those giants in my mind. Following your dreams is worth it for you the individual and the people positively impacted by your pur-

suit along the way,” concludes Dobbins.

You can find Dobbins performing live all around the Lakes Region, other areas of New Hampshire, and throughout New England. Her monthly Songwriter Round-Up series occurs on the last Wednesday of every month at Hermit Woods Winery (Meredith). Tickets and more information can be found on her website katedobbins-music.com/tour.

New Hampshire native Katie Dobbins is a singer-songwriter living out her motto Be You Be Brave Be Free. Releasing several singles this past year, earning recognition at the 2023 New England Music Awards and Best of Lakes Region Awards, and hosting/performing in her successful monthly songwriter-in-the-round series at Hermit Woods Winery’s premier listening room, Katie has established herself as a powerful voice in the music industry. “Giants” is the latest addition to her impressive catalog, showcasing her commitment to empowering and inspiring her audience.

Around and About Tilton

By Gregg DeVolder

Hello and welcome back. I’m afraid there isn’t a lot to report with the Fourth of July now upon us. The summer once again feels like it’s on fast forward. Given the holiday, this will be a shorter update for you as there were only two meetings last week, the Planning Board and Selectmen. Unfortunately, you’ll have to wait until next week for the Selectmen’s report as my deadline was prior to their meeting. The Planning board approved two lot line adjustments, one for 246 and 232 Laconia Rd., and the other for 35 Range Rd.

I stopped by the Town Hall and learned something interesting about dog licensing that I wasn’t aware of. I just assumed that the policy and fee was a town thing, and of course I was wrong. The State mandates that cities and towns must collect the fee and police the policy. With well over seven hundred pups in town it’s a time-consuming and thankless task. Not to mention the cost to the town as we only get about a dollar a license for our trouble. If you don’t register your dog, you can be fined \$32 plus penalties. Now I understand the cleverness of the dog raffle! As of last week, the town was still chasing about fifteen dogs. I’d say that’s not bad, given the numbers.

I’ve had a few folks asking about the recycling center. It looks like the town is waiting for the final phase of the electrical work to be completed for the baler. Once that is done, they should be up and running, likely late August

early September. I’ll keep you posted.

I did watch the June 17 School Board meeting, and it looks like absenteeism this past year has improved. The board also announced their new student representative, Emma Davidson, congratulations and good luck Emma. There were a few important changes made to the student handbook, so parents, please review as the new school year approaches. The Southwick School has an underground oil tank that will eventually need to come out and the CTE groundbreaking date is still to be determined. Probably the most impressive statement of the night was the \$86,000 in scholarships given out to a wide variety of students at Class Night. Wow, that’s a very large number, and certainly deserves a big “Thank You” to all those that made it possible.

The Senior Center will be celebrating “Social Wellness Month,” with plenty of activities for everyone. I can’t think of a better way to socialize than at the Senior Center. I’ve never seen anything but smiling faces and good times when I stop in. As a reminder, you can join in with the Bone Builders Exercise classes every Tuesday and Thursday, 9:30 to 10:30 a.m. And don’t miss “Creatures of the Night,” presented by the Squam Lakes Natural Science Center. Learn all about these nocturnal animals and meet live creatures with the Science Center Naturalist, all on Tuesday, July 9 at 12:15 p.m. at the Senior Center.

The Hall Memorial Library will be kicking

off the Nooners Book Group, beginning on Tuesday, July 16 from noon to 2 p.m. There’s also a monthly “Summer Craft Shows” event where vendors bring their handcrafted items for sale. If you would like to sell your handmade crafts, there’s a \$15 registration fee and the items must be handmade. The next event will be on Saturday, July 20 between 10 a.m. and 2 p.m. You can find more information on this and other events on their Web site.

I crossed over to the other side of Main Street last week to continue my exploration of downtown businesses. I have no doubt you’ve seen the bright blue and yellow building with the sign, Gemini Health Emporium, Natural Foods, above the door as you enter town. I had the pleasure of meeting Jim Auger, who has been open at this location since 2001. Jim has a host of organic health and beauty supplies, specialty teas and spices as well as a unique and plentiful vitamin selection. Jim makes a great effort to source organic and local products whenever possible, including J.R. Liggett’s of Cornish. Who knew there’s a shampoo bar available that you can wash your hair with. I had no idea! If you’re downtown and in need, be sure to stop in and see Jim.

Well, that’s all I have for now. Thank you for reading and all your comments! As always, you can email me at: aroundandabouttiltonnh@gmail.com. I can’t promise I’ll respond to everyone, but I will read them all.

Have a great week!

BNH Wealth Management voted Gold in Best of Lakes Region Awards



Deanna Guyer, Wealth Management Relationship Administrator, represents Bank of New Hampshire Wealth Management at the 2024 Best of the Lakes Region celebration.

LACONIA — Bank of New Hampshire’s Wealth Management division was recently voted Gold in the Financial Advisor/Planner category at the sixth annual Best of the Lakes Region awards for 2024. This is the third consecutive year that they earned Gold in this category, after previously winning Silver in 2019.

“Winning the Gold award for Best Financial Advisor/Planner in the Best of the Lakes Region

for the third consecutive year is an incredible honor,” said Robert Magan, Senior Vice President, Senior Wealth Management Officer for Bank of New Hampshire Wealth Management. “This recognition reflects our unwavering commitment to providing exceptional financial guidance and personalized service to our clients. We are deeply grateful to our clients and the community for their trust and support. Our team remains dedi-

cated to helping our clients achieve their financial goals with integrity and excellence.”

Bank of New Hampshire is proud to be the presenting sponsor of Best of the Lakes Region, which received more than 302,000 votes in 205 categories this year. For more information on Best of the Lakes Region and for a full list of the 2024 winners, visit BestoftheLakesRegion.com.



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Hundreds to Descend on Lake Winnepesaukee for HK Powersports Land & Lake Poker Run

LACONIA — Get ready for a treasure-hunting, swash-buckling good time in New Hampshire's Lakes Region this summer. On Saturday, July 13, hundreds of attendees will participate in the 23rd annual HK Powersports Land & Lake Poker Run, followed by an all-ages pirate-themed “Buccaneer Bash” at The NASWA Resort in Laconia, all to benefit Easterseals NH's core programs.

Beginning at 10:30 a.m., participants will travel by boat, car, or motorcycle to four different checkpoints on or around Lake Winnepesaukee and collect sealed envelopes containing playing cards. The fifth and final card stop for all players will be at the resort's NazBar & Grill, where they will reveal their hand to a panel of judges for a chance to win cash prizes of \$750, or \$1,000 for High Rollers Club members.

The Buccaneer Bash, to kick off at 12:30 p.m., will feature a grand buffet, beach games, a live auction, raffles, and other family-friendly entertainment and activities. The grand prize for the day is a brand-new Sea-Doo personal watercraft

from HK Powersports of Laconia including a trailer, valued at more than \$14,000. Other prizes from Laconia businesses include a new Saber stainless steel grill from Fireside Living, an Old Town Saranac canoe, and an Old Town Heron kayak provided by Irwin Marine.

Additional prizes will be awarded to attendees in multiple categories, from Best Pirate Costume and Best Pirate Crew to Best Pirate Boat, Best Pirate Land Ship, and Best Little Pirate.

“Having attended the event myself in the past, I can say without question that Poker Run is one of the premier highlights of the entire summer,” said Maureen Beauregard, President & CEO of Easterseals NH & VT. “We are so grateful for everyone to have the opportunity to come together and enjoy all the Lakes Region has to offer while supporting the work we do at Easterseals NH.”

Since its inception in 2001, the HK Powersports Land & Lake Poker Run has raised more than \$1.7 million for Easterseals NH's core programs, which consist of thoughtfully

integrated services and on-the-ground supports to thousands of individuals of all ages and abilities annually, including children, adults, seniors, and veterans. This year's event is dedicated to the memories of both Peter Makris, the late father of NASWA Resort owner Cynthia Makris; and Brian Connelly, founder of Fireside Living and a longtime Lakes Region community activist who passed away last fall.

Easterseals NH appreciates the support of its major event sponsors: HK Powersports, The NASWA Resort, Mix 94.1 FM Radio, Sea-Doo, Brady-Sullivan Properties, and Seachoice Products. Other sponsors include Amoskeag Beverages, Bank of New Hampshire, Baron's Major Brands, Belknap Subaru, Bellman's Jewelers, Bio-Kleen, Coca-Cola, Cohen Family, Crown Special Events, East Coast Flightcraft of New England, Fireside Living, Goodnight Johnny's, Irwin Marine, Kellogg Marine Supply, The Laconia Daily Sun, Mark Abare, North Water Marine, Northwing Offshore Racing, Paugus Bay Marina, Pie Guys Pizzeria, South End Me-



COURTESY

Hundreds of attendees are expected to participate in the 23rd annual HK Powersports Land & Lake Poker Run for Easterseals NH on Saturday, July 13. Participants will travel to four different checkpoints on or around Lake Winnepesaukee and collect sealed envelopes containing playing cards. At the fifth and final card stop, they will reveal their hand to a panel of judges for a chance to win cash prizes.

dia, Sysco of Northern New England, Watermark Marine Supply, West Point Waste Services, White Mountain Fiberglass, Winnisquam Marine, and ZUP.

About Easterseals NH & VT Established in 1936, Easterseals NH & VT provides exceptional services to ensure that all people of all abilities and their families have equal

opportunities to live, learn, work, and play in their communities. Throughout New Hampshire and Vermont, the organization serves the diverse needs of about 18,000 children, adults, seniors, military personnel, and veterans with a wide range of abilities and needs each year. The organization does this through comprehensive, outcome-driven services

and programs covering early intervention, autism, intellectual and developmental disabilities, behavioral health, family and physical disability services, substance use treatment, and care coordination.

For more information, visit eastersealsnh.org or follow us @EastersealsNH on Facebook.

NHBM invites public to see ‘Museum in the Making’



MOULTONBOROUGH — The New Hampshire Boat Museum (NHBM) is preparing to open for the season on Friday, July 5 at their new campus on Route 25 in Moultonborough.

“This season is all about a museum in the making, so visitors can see some of the work that is underway” said Executive Director Martha Cummings. “Right now, we’re working on large-scale exhibition designs.”

According to Cummings, staff and volunteer excitement about the new campus open-

ing rests on substantial “sweat equity.”

“We have been very busy moving our small objects collection and several boats from our location in Wolfeboro to the new 24,000-square-foot building,” she said.

Noting NHBM purchased the property in 2022, Cummings said the building includes a mezzanine and climate-controlled exhibits.

“The structure is ADA-compliant, too,” she added. “Long-term, exhibits will showcase previously unseen artifacts and boats, which is pretty exciting.”

According to Jaime

Laurent, Co-Chair of NHBM's Board of Trustees, 2024 represents a chance to take “a glimpse of NHBM's future.”

“We will feature temporary exhibits that reveal the incredible diversity of our state's boating culture,” she explained.

In the future at the Moultonborough campus, Cummings said visitors will be able to explore and interact with history through “compelling” exhibits that showcase boat building, sport and speed, and many styles and types of boats powered by wind, steam, gas, and paddles.

“This new space allows us to do so much more with programs and events while also providing the best care for our collections,” added Cummings.

Laurent agreed and said the Moultonborough Campus underscores an important element of NHBM's deeper mission.

“We believe boating, the outdoors, lake life, and historic and modern

boating culture is for everyone,” she said.

NHBM's new campus is located at 130 Whittier Highway (Route 25) in Moultonborough. The season runs from July 5 until September 29, Thursday through Saturday, 10 a.m. to 4 p.m., and Sunday, noon to 4 p.m. For this season, NHBM will offer free admission, but a \$10 donation per person is encouraged to support programming and event experiences.

Featured programs at the Moultonborough Campus this summer include Lake Discovery Drop In Days on July 19 and August 16 and Hulls and Hops speaker series with Twin Barn Brewing on July 25, Aug. 22, and Sept. 12. NHBM will also host monthly featured artist receptions for NHBM members.

Founded in 1992 by antique and classic boating enthusiasts, NHBM offers dynamic exhib-

its, and engaging events and programs 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 Coastal, Lake and Mountains, Taylor Community, Belletetes, and North Water Marine. To learn more about NHBM, visit nhbm.org.

SANBORNTON POLICE LOG

SANBORNTON — The Sanbornton Police Department responded to 77 calls for service from June 8-22. The breakdown was as follows: one aggravated felonious sexual assault, six requests to assist other departments, one abandoned 911 call, three animal involved incidents, one civil standby, one report of criminal threatening, one report of criminal trespassing, four domestic incidents, one report of disorderly conduct, one DWI, two reports of fraud, one house check, two requests for motorist assistance, seven motor vehicle accidents, one money relay, two medical/fire calls, one report of lost property, one house check, one bad check, eight motor vehicle warnings, nine requests for police information, one pre-employment fingerprinting, one property check, one recovery of stolen property, five road hazard complaints, four sex offender registrations, one sexual assault, two reports of suspicious vehicles, one report of stalking, two untimely deaths, and two V.I.N. verifications.

BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests during the week of June 17-24.

Joseph S. Sanborn, age 33, of Belmont was arrested on June 20 for Reckless Conduct with a Deadly Weapon and Criminal Mischief.

Eric P. Poire, age 39, of Belmont was arrested on June 21 for Breach of Bail.

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Opinion

Facts about Independence Day

One of our favorite holidays to write about is Independence Day. We all know the stories of our forefathers, John Adams, Sam Adams, George Washington, Paul Revere, James Madison, Benjamin Franklin, and Alexander Hamilton to name a few. However, the history is endless. We thought we would shine a light on aspects surrounding Independence Day that aren't commonly known.

The famous painting that depicts the signing of the Declaration of Independence isn't exactly an accurate portrayal. All of the delegates were never together at the same time in Philadelphia. The final signing took place roughly a month later on Aug. 2. The Declaration was formally dated and adopted by Congress on July 4, however Congress voted for independence on July 2.

Celebrating their new independence, soldiers along with civilians tore down a statue of King George III and melted it into bullets. In Georgia, people burnt the King in effigy and even held a faux funeral service. In Philadelphia, the King's coat of arms was burned in a bonfire. Massachusetts was the first state to recognize July 4 as a holiday in 1781.

In 1777, fireworks could be seen in the sky and the ringing of bells rang through the night in Philadelphia. Ships were decorated and lined the coast and streamers could be seen flying in celebration everywhere. The oldest annual parade takes place in Bristol, R.I.; 2020 will be the town's 235th consecutive celebration after its start in 1785.

In New England, dining on salmon became tradition. The story behind the popular cuisine, is due to the influx of salmon that summer. Along with the salmon, people had peas and turtle soup.

One common fact is that Thomas Jefferson and John Adams both died on July 4, 1826. James Monroe also died on the fourth of July in 1831. President Calvin Coolidge was born July 4, 1872.

Left out of mainstream history was the story of Crispus Attucks, the first to die in the patriot cause. Attucks was a black/Native American patriot who was shot, and the first to fall during the 1770 Boston Massacre. Attucks was a runaway slave who was a rope maker and sailor. History says he was shot by two musket balls to the chest. In 1778, it became legal in Rhode Island for free and enslaved blacks to serve the cause, with freedom as part of their payment.

Educated by her owners, Phillis Wheatley was a well-known poet during those times. Wheatley was kidnapped in West Africa and brought to America. At the age of 20, in 1773, she became the first African American and third female to publish a book of poetry. She eventually became free. She also advocated for independence, writing in support for George Washington's Revolutionary War in her poem, "To His Excellency, General Washington." Washington, impressed by her talent invited her to a meeting.

In 1958, when Alaska and Hawaii were on deck to become states, a history teacher assigned his class to design a flag depicting the two new states. Robert Heft, 16, received a B- on the project. Unhappy with the mark, Heft sent the flag to Dwight D. Eisenhower. After the flag was chosen, Heft had his grade changed to an A.

Another fun fact is that Thomas Jefferson wrote the Declaration on what was referred to as a laptop. A writing desk that could fit over a person's lap.

In 1778, Washington ordered a double ration of rum for soldiers to celebrate with.

In 1776, there were roughly 2.5 million people living in America. The current population is now 325.7 million.

Wearing an American flag, whether it be on a tee-shirt, headband, towel or shorts, is in violation of the Flag Code. The code says that you are in violation if you sell, display any "article of merchandise, upon which shall have been printed, painted, attached, or otherwise placed a representation of [the flag... in or der to] advertise, call attention to, decorate, mark, or distinguish the article or substance on which so placed." The code, however, is not enforceable.

Letter submission policy

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

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



COURTESY

Juggernaut Fitness hosting family-friendly 5K July 13

Juggernaut Fitness is hosting its Fourth Annual Raise the Run 5k on July 13 from 8-10 a.m. at the gym, 24 Lexington Dr. in Laconia. Proceeds from this family-friendly, dog-friendly fun run/walk will go toward the Greater Lakes Region Children's Auction. The event is open to the public, and will also feature a food vendor, silent auction, 50/50 raffle, bounce house, t-shirt sales and more. Cash or Venmo accepted. Register online at <https://juggernaut-fitness.sites.zenplanner.com/event.cfm?eventId=AF2FE582-9315-4D0B-B9C8-AA40244EA711> or contact Juggernaut Fitness at 603-527-8021 or info@juggernaut-fitness.com for more information.

Leading by example

Many who've studied history have heard the stories of Alexander the Great, who famously led his troops into battle, always at the front lines, putting his life in danger but doing exactly what he expected his soldiers to do. Similarly, Joan of Arc inspired her followers by fearlessly leading French troops during the Hundred Years' War. These leaders weren't just commanding from a safe distance. They led from the front, instilling a vision in their soldiers' minds of what they should do.

In the 21 Irrefutable Laws of Leadership, John C. Maxwell states, "People do what people see."

The idea is that people will tend to mimic the actions of their leaders rather than follow verbal instructions.

Whether a soldier following a commander, an employee observing a CEO, a child watching a parent, a student emulating a teacher, or athletes on a team, people are likelier to do what they see their leaders do. This underscores leaders' immense power and responsibility in shaping the behaviors and actions of those they lead.

Leaders are interesting. They tend to be visionaries entrusted with bringing their dreams to

life. To do that, they must thoroughly understand their purpose, vision, and strategy for achieving it, but that's not all.

Leaders must articulate what they want from their team members, but more than verbal communication is needed to create a lasting impact. Vision without action achieves nothing. A leader must exemplify the behaviors they wish to see. The better a leader's actions, the better their team's actions will be.

If a restaurant manager tells their staff that maintaining a clean kitchen is essential, yet they catch them leaving dirty dishes in the sink and not correctly storing ingredients, do you think the staff will adhere to it?

Consider a sports coach who emphasizes the importance of punctuality and discipline but frequently arrives late to practices. Do you think the players will take the coach's words seriously and maintain punctuality and discipline?

Remember that famous public service announcement from the late '80s where an angry father bursts into his son's room, yelling because he discovered his son was smoking mar-

ijuana? After a tense standoff, the son yells, "I learned it by watching you!" This commercial perfectly highlights the point.

Teaching what is right is far easier than doing what is right. It's easier to tell the team what to do than to do it. It's easier to instruct someone on how to behave and then retreat to a private space where no one can see any contradictions. This type of leadership, often justified with thoughts like, "Well, they need to do it, not me. I'm just here to tell them how they should be," can be ineffective.

It's a hypocritical form of leadership.

An effective leader is in a challenging position. They must hold not only those under their guidance accountable but also themselves.

A good leader is a visionary, a teacher, a figure of accountability, and an agent of change. Leaders are responsible for improving their team's performance and embodying the values they wish to instill. Leaders who don't achieve good results are often seen as not leading by example.

A leader must also lead themselves.

Maxwell states, "Followers may doubt what leaders say, but they'll always believe what they do."

So, what's the most valuable thing a leader can do to be effective? Lead by example.

St. Francis of Assisi said, "Preach the Gospel at all times. Use words if necessary."

There are many historical figures who emphasized the importance of leading by example.

Nelson Mandela lived out his commitment to peace and reconciliation during his struggle against apartheid in South Africa, even after 27 years of imprisonment. Similarly, Florence Nightingale revolutionized healthcare by tirelessly working alongside her nurses during the Crimean War, setting high standards of hygiene and care through her actions.

Leaders who lead by example bring their vision to life. When leaders act with integrity, demonstrate the behaviors they expect, and consistently align their actions with their words, they inspire their teams to do the same. Are you ready to step up and be the example your team needs to achieve greatness?



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PRESIDENT & PUBLISHER
FRANK G. CHILINSKI
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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

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GOING OUT OF TOWN

Taking in art and culture at the MFA



PHOTOS BY ERIN PLUMMER

Visitors at the Museum of Fine Arts in Boston look over works by Claude Monet.

BY ERIN PLUMMER
mnews@salmonpress.news

The Museum of Fine Arts is rapidly becoming one of my favorite attractions in Boston. Go down any hallway and you'll find art pieces and artifacts from all over the world representing different styles, perspectives, and cultures. There is so much you can find in just one building and you can always find something new with every visit. I went back there just a few weeks ago with a whole list of different exhibits I had to see before they closed while also looking at some old favorites and marveling at the talent and history on display.

If there is one kind of place I have developed a huge appreciation for in the past few years, it's art museums. In any art museum I have gone to, I have found rooms filled with variety of creative works from various parts of the world and many different points in history. So much talent is on display from varying different techniques as well as artifacts from major historical events and periods.

One place that has become like a creative home to me is the Museum of Fire Arts in Boston. For the past few years I have found myself passing through the doors of the MFA at least a few times a year checking out different exhibits that caught my attention. If you have any kind of an art, history, or cultural interest you can find something about it at the MFA.

I first walked through its halls in senior year of high school as part of a school trip and can still locate some of the exhibits now that I first saw so long ago. I went back on a weekend in Boston about 10 years ago, but only really started appreciating its different exhibits in recent years. I went to the "Fashioned by Sargent" exhibit with some of the real-life outfits featured in John Singer Sargent's paintings. There was "Hokusai: Inspiration and Influence" featuring the works of Japanese artist Katsushika Hokusai from the 19th century, including the famous "The Great Wave off Kanagawa" print in person. There was also "Fabric of a Nation" with various quilts from around the world from traditional blankets to quilted murals and more.

The MFA also has artifacts from Boston's Revolutionary War his-

tory. John Singleton Copley's painting of Paul Revere is here along with many portraits of Revolutionary War historical figures. They also have a collection of silver pieces created by Paul Revere himself. It is so fascinating to see these pieces that were directly created by such an important figure in US History.

If you want to see works by famous painters there are plenty of them. The MFA has a big collection of works by Claude Monet including a few paintings from the "Water Lillies" collection. You can also see works by Picasso, Rembrandt, Frida Kahlo, and so many others.

There are so many different artifacts from the ancient world here too including Egyptian sarcophagi, Greek statues, sculptures of Hindu gods and more.

The MFA recently reopened their Japanese art galleries. For a few years you could go into that section of the museum and see some hundreds year old statues being restored in a workshop surrounded with plexiglass. Now those statues are back on display.

Another lovely area of this gallery was the Japanese Buddhist Temple Room, an area in the form of a Buddhist temple with large statues and places to sit and meditate. This section has been under renovation for a few years, though it recently reopened. I made sure to walk through it a few weeks ago and was reminded how serene and beautiful this space is, it felt so great to come back to it.

The one exhibit that got me to the MFA that particular day was "Hallyu! The Korean Wave," an exhibit on South Korean history and pop culture. The first part for the exhibit shows the history of Korea from the Joseon Dynasty, Japanese occupation, to the country being divided into North and South after World War II and the subsequent Korean War. In the 1980's, South Ko-



John Singleton Copley's painting of Paul Revere along with a case of silver creations including those made by Paul Revere himself.

rea experienced an economic boom that led to an explosion of culture like fashion, music, films and TV shows, cuisine, and more that swept around the world known as "Hallyu." This exhibit features outfits worn by K-pop stars, costumes from the show "Squid Game," a set piece from the Best Picture winner "Parasite," a collection of outfits inspired by the traditional hanbok, and so much more. "Hallyu! The Korean Wave" is on display until July 28.

The other exhibit I had to see that day was "Dress Up." This exhibit includes fashion pieces from famous designers like Alexander McQueen, Oscar de la Renta, and others as well as many costume jewelry pieces. It was

fashion eye candy and fascinating to see how these items were all put together.

If there's one thing that absolutely fascinates me about art galleries, it's seeing these pieces created by famous artists and designers up close. It's fun to look at all the little details these artists put into creating their works: the brushstrokes, the sculpture details, the different stitches and fabric choices, and other indicators of someone's creative process. It shows these masters were people whose skills, efforts, and techniques created this art.

Visiting galleries has also given me direct exposure to art pieces and genres I might have passed over. At one point, I didn't have much



Costumes from the popular TV series "Squid Game" are on display with many other pieces of South Korean culture at the exhibit "Hallyu! The Korean Wave" at the Museum of Fine Arts in Boston.

of an interest in modern art, but after seeing more of it up close and understanding the perspectives and inspiration I developed more of an interest in it. You can also see a plethora of art styles, from photorealism to something more abstract, and recognize the talent and viewpoint that went into each one.

The MFA is also great about putting up different exhibitions with different cultural themes and shares perspectives from people of many cultures and their history. I have learned a lot from exhibits like this. One that particularly stuck with me was "Paper Stories, Layered Dreams: The Art of Ekuda Holmes." Holmes is an artist who puts together images from pieces of colorful paper and has created pieces and books that shares a Black per-

spective and tells stories from her community. It was a fascinating art style with eye-opening stories and themes.

My last trip to the MFA felt like a whirlwind as there were so many exhibits I wanted to see all over the building. I know it will be a matter of time before more pop up and I am always paying attention to when they're next big events and exhibits will be. I highly recommend checking them out at least once. There is plenty for people of all ages there and there are a lot of different perspectives to savor.

The Museum of Fine Arts is located at 465 Huntington Avenue in Boston's Back Bay neighborhood and has its own stop on the T. For more information visit mfa.org.

Lakes Region Board of REALTORS® announces 2024 award recipients

REGION — The Lakes Region Board of REALTORS® recognized several deserving members for their unwavering dedication to our organization and contributions to our community at the board's quarterly meeting recently.

Sara Holland was named REALTOR® of the Year. Each year the recipient of this prestigious award is determined by the Board's 1,000+ members and is determined by the his/her contribution to the betterment of community life and conduct of business under the Code of Ethics of the National Association of REALTORS®. She has demonstrated outstanding commitment and service to her fellow REALTORS® through her dedication representing our organization at the local, State and National levels.

Wendy Bagley was recognized as the 2024 Affiliate of the Year. The affiliate members play a crucial role in Board's success collaborating with REALTOR® members to successfully complete transactions. Wendy stands out for her longtime support of our members through her energetic devotion to her business and community involvements.

Nancy LeRoy received honorary recognition for her years of extraordinary service to her fellow REALTORS® and her community. Her leadership, vision and generosity during her time as a REALTOR® have impacted so many in our local and national REALTOR® community.

Donna Ward, Board President, said, "We were extremely fortunate to have many of our past REALTOR® of the Year recipients join us for this year's celebration. Their selfless contributions over time have been instrumental in shaping our community and our presence in throughout the state."

The Lakes Region Board of REALTORS® will submit the name and record of their REALTOR® Of the Year in the New Hampshire Association of REALTORS® statewide competition for the State REALTOR® Of the Year, where all Board ROTYs are recognized at their awards ceremony in September.



COURTESY

Annual July 4 outdoor concert with singer-songwriter Katie Dobbins

Celebrate July 4th with local singer-songwriter Katie Dobbins in the Hermit Woods Winery outdoor Beverage Garden at 62 Main St. in Meredith from 3 to 6 p.m. Come enjoy a portion of this great American Holiday catching up with friends & family as award-winning artist Katie Dobbins shares a mix of original music and popular covers. Katie has been performing at this outdoor space almost every year since 2015 for the joy of recognizing the freedoms our country offers to all of us. Admission is free and you can purchase wine, beer, and food that is available from Hermit Woods. This could be a fun way to celebrate together before the fireworks display over Meredith Bay that follows at 9 pm.



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AUCTION

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Experience the timeless magic of Pink Floyd with Floydian Trip at Lakeport Opera House

LACONIA — Fans of the legendary progressive rock band, Pink Floyd, are in for a treat as New England's premier Pink Floyd tribute band, Floydian Trip, is set to take the stage at the historic Lakeport Opera House in Laconia. On Wednesday, July 10 at 7:30 p.m., audiences will be transported on a mesmerizing journey through Pink Floyd's iconic discography as Floydian Trip delivers an unforgettable live performance. Doors will open at 6:30 p.m., allowing concert-goers to soak in the ambience of this beautiful venue before the show begins. Known for their exceptional musicianship and faithful interpretations of Pink Floyd's music, Floydian Trip promises an evening filled with classics like "Comfortably Numb," "Wish You Were Here," and "Another Brick in the Wall." Following their awe-inspiring performance earlier this year at the Lakeport Opera House, the band's return is highly anticipated. Fans can expect stunning visuals, immersive soundscapes, and a true celebration of Pink Floyd's timeless music. Don't miss this opportunity to witness the magic of Pink Floyd brought to life by Floydian Trip at the Lakeport Opera House. Get your tickets now for what promises to be an unforgettable night of music and memories. For ticket information and reservations, visit www.lakeportopera.com or call (603) 519-7506.



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Belknap Mill Kids in the Park Family Series returns

LACONIA — On Monday, July 1, the Belknap Mill began its fifth year of Kids in the Park. This series offers fun in the Mill and Rotary Park for children and families each Monday, Wednesday, and Friday in July. Events are free and start at 10:00am. The full calendar of events can be found on the Mill’s Web site, belknapmill.org.

This year’s summer series includes the return of North Country for the Arts’ IMPACT Theatre. These 45 minute fairy tale theatre performances will take place Mondays on the third floor of the Mill. Wednesdays and Fridays in Rotary Park will feature kid-focused activities including learning about the radio with Lakes Media, dancing fitness with Dancing Feet Studio, hiking safety with Lakes Region Search and Rescue and NH Fish & Game, karate with Sachem Health, yoga with Cassie’s Yoga and Mindfulness and safety vehicle’s with Laconia Police and Laconia Fire Departments.

“Collaborating with community partners to provide engaging and fun family programs is an important part of our mission at the Belknap Mill,” says Associate Director, Jill Desruisseaux.

The Belknap Mill Society is a 501(c)(3) nonprofit organization whose mission is to preserve the Belknap Mill as a unique historic gathering place and to celebrate the Lakes Region’s cultural heritage through the arts, education and civic engagement.

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EMMONS

CONTINUED FROM PAGE A1

a shared vision. Emmons points to teamwork as essential to the success of all efforts, particularly the organization’s ability to expand its health and clinical services areas to meet the demands of residential contracts for students.

“Everyone that I work with plays an integral part in the progress we made,” he said.

The board of directors for Spaulding Academy has prepared for Emmons’ retirement with a transition plan to smoothly onboard a new CEO. Currently, the board is assessing potential internal candidates for the leadership position. Emmons will be retiring in December 2024.

Spaulding Academy & Family Services was established in 1871 in Northfield. Formerly known as Spaulding Youth Center, today the organization. It serves youth from ages four through 21 at its 500-acre Northfield campus and offers services such as foster family licensing, Individual Service Option (ISO) foster care, ISO in-home services, child health support services, and more. For more information, visit www.spauldingservices.org.

RYAN

CONTINUED FROM PAGE A1

approximately 2,600 files of apparent CSAM.

In November 2023, while Ryan was on bond for his original federal CSAM charge, investigators with the Department of Veteran’s Affairs received information that an IP address associated with one of its residential facilities in Massachusetts was being used regularly to distribute known CSAM on the BitTorrent network. Further inves-

tigation revealed that Ryan had moved into that facility around the same time that the illicit activity was first observed. In December 2023, federal authorities executed a second search warrant for Ryan’s private room at the facility, resulting in the seizure of more electronic devices containing hundreds of images of CSAM.

The charging statute provides a sentence of no greater than 20 years in prison, a minimum five years of supervised

release, a fine of \$250,000 and mandatory restitution. Sentences are imposed by a federal district court judge based upon the U.S. Sentencing Guidelines and statutes which govern the determination of a sentence in a criminal case.

Homeland Security Investigations and the United States Department of Veterans Affairs Office of the Inspector General led the investigation. Valuable assistance was provided by the United States Secret Service, the

New Hampshire Internet Crimes Against Children Task Force, the Nashua Police Department, the Grafton County Sheriff’s Department, and the Sanbornton Police Department and the U.S. Veterans Affairs Police Service. Assistant U.S. Attorney Kasey Weiland is prosecuting the case.

This case was brought as part of Project Safe Childhood, a nationwide initiative to combat the growing epidemic of child sexual exploitation and abuse, launched in

May 2006 by the Department of Justice. Led by the U.S. Attorneys’ Offices and the DOJ’s Child Exploitation and Obscenity Section, Project Safe Childhood marshals federal, state, and local resources to locate, apprehend, and prosecute individuals who exploit children, as well as identify and rescue victims. For more information about Project Safe Childhood, please visit <https://www.justice.gov/psc>.

AUCTION

CONTINUED FROM PAGE A1
ing ducks, geese and endangered or threatened species like the whooping crane and bald eagle.

While Ducks Unlimited has accomplished a great deal since its founding in 1937, the rapid draining of wet-

lands demands that the organization continue to accelerate its work. Efforts like those of the Daniel Webster Chapter are a vital part of Ducks Unlimited’s efforts. The Daniel Webster Chapter Committee raised \$29,506.30, just about \$800 shy of its best-ev-

er effort. The average cost per prime acre conserved last year was \$880 with a little under one waterfowl nest per acre. About 0.39 metric tons of carbon is sequestered each year on average on each acre of prime wetlands.

This year the chapter

received a grant from the Bass Pro Shops and Cabela’s Outdoor Fund to build and erect 40+/- mallard hen houses across New Hampshire according to Delta Waterfowl’s proven design. This is the first implementation of the design in the Northeast. They

need volunteers to build or adopt these hen houses. Please join the effort. Ducks Unlimited thanks everyone for their support. Please call Jim Cropsey at 603-286-9633 for more details or to assist.

RAFTING

CONTINUED FROM PAGE A1

Whether you’d like to play cornhole, fireworks, a glow dance party, yoga and chair massage in the park, face-painting, live music, or other fun; there’s something for the whole family to enjoy. All teams, whether virtual or participating in Meredith, are welcome and encouraged to join us for the Opening Ceremony and Closing Ceremony,

where the spirit of camaraderie and support will be palpable. Our goal is to have individuals representing various businesses and groups from all over the state, raising funds and awareness for Make-A-Wish New Hampshire.

To learn more about Rafting for Wishes, register a team, and donate, please visit [https://friends.nh.wish.org/campaign/2024-raft-](https://friends.nh.wish.org/campaign/2024-rafting-for-wishes/c506278)

[ing-for-wishes/c506278](https://friends.nh.wish.org/campaign/2024-rafting-for-wishes/c506278). Together, let’s make waves of hope, joy, and strength for wish kids in New Hampshire.

About Make-A-Wish® New Hampshire

Make-A-Wish® creates life-changing wishes for children with critical illnesses. We seek to bring every eligible child’s wish to life because a wish is an integral part of a child’s treatment journey. Re-

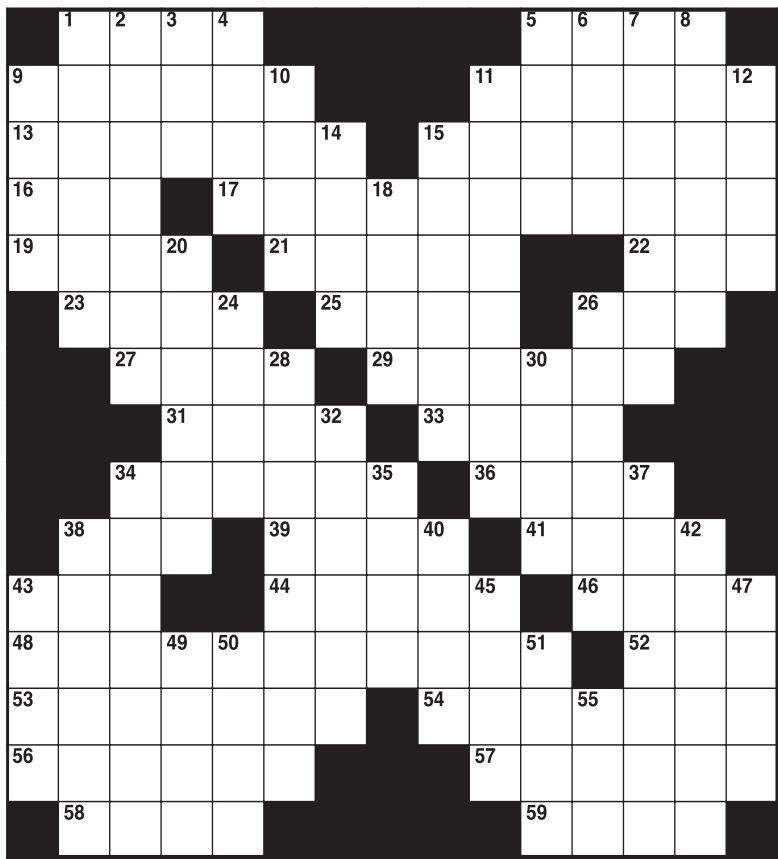
search shows children who have wishes granted can build the physical and emotional strength they need to fight their illness. Since 1986, Make-A-Wish New Hampshire has granted wishes to children all across the state of New Hampshire from all walks of life, allowing each child to dream and create their own inner strength.

Sound fiscal management practices and com-

mitment to accountability and transparency have earned Make-A-Wish New Hampshire a Platinum rating from Charity Navigator; America’s largest independent charity evaluator. For more information, please visit wish.org/nh.

Make-A-Wish, Make-A-Wish Foundation and the Make-A-Wish swirl-and-star logo are marks of Make-A-Wish Foundation of America.

TAKE A BREAK



ACROSS

- 1. Six (Spanish)
- 5. Invests in little enterprises
- 9. Large dung beetle
- 11. Gored
- 13. Partially paralyzed
- 15. Still a little wet
- 16. Legal field media company
- 17. Not working
- 19. 500 sheets of paper
- 21. Church structure
- 22. Sheep disease
- 23. Small drink of whiskey
- 25. Weaving tradition
- 26. Pestilence

DOWN

- 2. Mounted
- 3. Assign
- 4. Self-immolation by fire ritual
- 5. Parts of an organism
- 6. Person from England
- 7. Tropical plants of the pea family
- 8. Body part
- 9. Practice boxing
- 10. Containers
- 11. Contrary beliefs
- 12. Bleached
- 14. Pre-Islamic Egyptian
- 15. A group of similar things ordered one after another
- 18. Innermost spinal cord membranes
- 20. Cassava
- 24. A restaurant’s list of offerings
- 26. Annoy constantly
- 28. Orchestrate
- 30. Z Z Z
- 32. Astute
- 34. Highly decorated tea urn
- 35. Teach to behave
- 37. Endurance
- 38. Urinating
- 40. Barbie friend dolls
- 42. Repents
- 43. Man-eating giant
- 45. Jewish calendar month
- 47. Accelerated
- 49. Husband of Sita in Hindu
- 50. Lump of semiliquid substance
- 51. Lying in wait
- 55. Cease to exist

- 54. Canned fish
- 56. Inspire with love
- 57. Sent down moisture
- 58. Wrest
- 59. Partner to carrots

DIVE RIGHT IN WORD SEARCH

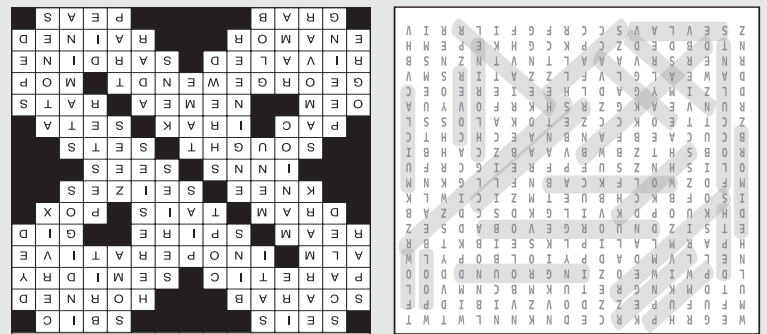
W E G R H P K R C E D N K N N L W T W T
M F U F U P E Z Z D O V Z V I B I D P F
U T D M K N G R E T U K M B C N M V O L
L D P W I W E O Z I N G R O U N D D O O
N E L L V M D A D P Y I O L B O P Y L W
H P A R M L A L I P L K S E I B K T B R
E T S I Z D N U O R G E V O B A D S E Z
D H K U O P D K V I L G K D S C D Z A B
I S O F B K C H B U E T M Z I C I W L K
M F D Z W O L F K C A B N F L L G K N M
O L I S H N Z S U C F P F R E I G C R F U
R O B S H T Z B W B V A A B Z C A H B I
B C U C A E B F A N B N A E C H C H T C
Z C T T E O K C C Z E T O K A L O S S L
R U N V E A K G Z R S H K R F O V Y U A
D L Z I M Y G A D L H E E I E R E O E C
D A W E A L G L V F L Z Z A T I R S M V
R N E R S R V A A A L T N V T Z N S B
N T D B D E D Z C P K C G H K E P E M H
Z S E V L A V S C C R F G F I L R R I V

Find the words hidden vertically, horizontally, diagonally, and backwards.

DIVE RIGHT IN WORD SEARCH

ABOVE GROUND, ALGAE, BACKFLOW, BACKYARD, BROMIDE, CALCIUM, CHLORINE, CLEANER, COVER, DEPTH, DRAIN, FLOCCULANT, FLOW, HEATER, IN-GROUND, LINER, POOL, PUMP, SCALE, SHOCK, SKIMMER, STABILIZER, VALVES

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Leadership group graduates its 24th annual class



COURTESY

The graduates of Class 2024.

LACONIA — Leadership Lakes Region, the professional development non-profit, recently concluded its 24th annual year with its Lakes/Environmental Issues Day at Rockywold-Deep Haven Camp, followed by a

graduation ceremony at the Belknap Mill. The program was formed in 1996 by a group of concerned citizens looking for a mechanism to create more Lakes Region volunteers for charitable pursuits as well as

a network of informed people from diverse backgrounds. To date, Leadership Lakes Region can boast an alumni cadre of 457 graduates.

Lakes/Environmental Day was again sponsored by Meredith Village Savings Bank; a more than 20 year partner; and featured a series of presentations, a nature hike and other activities. The afternoon included a boat tour of Squam Lake by the Rockywold crew. Then it was off to the graduation ceremony at the Belknap Mill sponsored by Bank of New Hampshire, also a more than 20 year sponsor. At the Mill, the class of 23 and their guests enjoyed hors d'oeuvres catered by Leadership Lakes' graduate and current board member Willow Furey-Calder.

The graduation speaker was renowned visually-impaired mountain

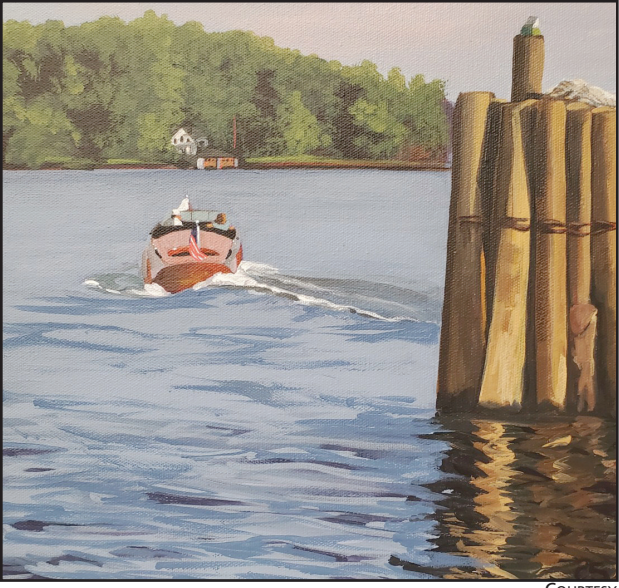
climber, marathoner and motivational speaker; Randy Pierce, accompanied by his wife and his four-legged partner, Swirl. Pierce, as in previous leadership engagements, held the audience spell-bound as he spoke of the challenges faced by a blind hiker/climber and how determination will always win out. Following Randy's remarks, each graduate's name was read as he or she came forward to receive a plaque and certificate.

The Class of 2024 graduates included: Stephanie Bartlett, Wendy Robb, Joe Vano, Jen Stone, Louis Loutrel, Adriana Komst, Courtney DeVost, Scott Lewandowski, Katie Dobbins, Leia Fabian, Cierra Pinkney, Shelby Swanson. Heidi Beaulac, Jill Desruisseaux, Tracy Beane, Tami Dubois, Katheryn Dumais, Deanna Guyer, Christine Painchaud, Skyla Normand, Joshua Ritson, Michelle Melius and Caralyn Russell.

After recognizing all the graduates, Leadership Lakes Board Chairman Don Morrissey announced the recipient of the annual Leadership Award in honor and memory of a co-founding member of Leadership Lakes Region, the late Adrienne Stevens. Four years ago, the Leadership Board chose to honor Stevens for her efforts not only in helping to start the non-profit group but also for her volunteerism throughout the Lake Region. Thus was born the annual Adrienne Stevens Founder's Award for Leadership. Voted by the members of the class, the award represents that member, who in the opinion of his/her classmates best exemplifies the leadership and community involvement of Adrienne Stevens. Previous recipients include Andrea Condodemetraky, Meghan Noyes, Alyssa Raxter, Jennifer Kelley

and Brian Keyes. Keyes and his wife were present this year to help present the award which had two recipients due to a tie in the voting. Morrissey's announcement was met with hearty applause as he identified the two recipients; Joshua Ritson and Joseph Vano. Ritson is a local realtor while Vano works for the Partnership for Public Health. Also recognized at the graduation was Leadership Lakes Region Program Coordinator, Jennifer McLean, for her outstanding efforts in providing an excellent program across eight program days.

McLean announced that she already has half of the next class of leadership, which begins in October, 2024, filled but applications are still being accepted. Anyone interested in applying should visit www.leadershiplakesregion.org for more details.



COURTESY

"Sunset Cruise" by Cheryl Shanahan.

Cheryl Shanahan is NHBM featured artist in July

MOULTONBOROUGH — Cheryl Shanahan will be the featured artist in July at the New Hampshire Boat Museum (NHBM), which will host a reception on Wednesday, July 10 from 5:30 to 7 p.m. for members.

"We are especially excited because people can not only see Cheryl's work but also experience our new Moultonborough Campus," said NHBM Executive Director Martha Cummings. "Our Moultonborough Campus provides a wonderful backdrop for local artists."

With a background in writing and music and more than 40 years of photography experience, Shanahan started painting in 2020. Using acrylic paints, she described her style as "contemporary impressionism."

"I find inspiration in the natural wonders that New England offers, particularly the sparkling lakes, scintillating blue skies, and range of textures and colors found in the forests and on the hills and mountains," she said.

At the reception, she said people can expect to see "a collection featuring the best that the Lakes Region has to offer in views, vintage boats, and boat-houses." Shanahan splits her time between New Hampshire's Lakes Region and Richmond, Va.

Founded in 1992 by antique and classic boating 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 Belletetes, Eastern Propane & Oil, Epoxy Floor New England, Goodhue Boat Company, Kingswood Press and Design Studio, KW Coastal, Lake and Mountains, North Water Marine, and Taylor Community. To learn more about NHBM, or upcoming events and programs, visit nhbm.org.

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On the road to see a few more MLB ballparks

Over the past few years in this space, I have chronicled my visits to Major League Baseball parks around the country. I have a long-term goal of trying to visit each of the parks and have been working in with my travel schedule whenever I can. My short-term goal is to try and visit two different stadiums each year, which has gone relatively well. Last year I got to Pittsburgh's PNC Park for a few games and had a trip to Milwaukee scheduled, though that got cancelled by a flight issue.

Heading into this season, my list included Major League ballparks in Boston, New York City (both), Baltimore, Washington D.C., Tampa, Cincinnati, Philadelphia, Pittsburgh, Cleveland, Detroit, Minneapolis, St. Louis, Denver, Seattle and Houston. Obviously, my biggest gap right now is the five California parks, which will only be four after the Athletics leave Oakland.

During the spring sports season, I made a trip to Chicago for a Rob Has A Podcast Survivor event for a few days and one of the outings during the two days was



Wrigley Field in Chicago was a big one on the bucket list of Major League Baseball parks. I checked that one out during a spring journey to Chicago for a live Survivor event.

SPORTING CHANCE



By JOSHUA SPAULDING

a trip to see a game at Wrigley Field. Obviously, along with Fenway, this is one of the most historic parks in all of Major League Baseball and it was great to check out a game there. I was also able to walk there (it was a few miles) from my hotel, so I got to see a lot of the area around Wrigley, which was also pretty cool. The Cubs didn't win, but I did get a chance to see Xander Bogaerts, my former favorite Red Sox player, take

the field for the Padres.

While in Chicago, I didn't get the chance to see the other Major League stadium there, though that is obviously not as historic and cool as Wrigley, so we'll save that for another trip in the future.

For Christmas last year I bought tickets for myself, my mother and her boyfriend, Michael, to see the Red Sox play in Toronto. Last week was the trip and I left Wolfeboro after the bakery shift on Monday afternoon and made my way to upstate New York, where my aunts and uncles live. I met my mother and Michael there, spent the night and left the next morning for To-



Last week I made the trip north of the border to see a game at Toronto's Rogers Centre. The roof was open for the entire game.

ronto.

We made our way across New York state on the Thruway, stopping a few times for various reasons until we made it to the Canadian border near Niagara Falls. We had no problem clearing customs and continued on to Toronto, getting there a little after 3 p.m. By the time we got to the hotel, we were unable to make it to the CN Tower in time for the reservations that I made. I went up to the top of the tower the last time I was in Toronto and was looking forward to doing that again, so I was bummed to miss it.

We did get to the Rogers Centre in plenty of

time. I spent a little time walking around the concourse, checking out the park from different angles. The last time I was in Toronto, the Jays were not there, but I went in the team store and was able to look in from the window there to see it. I continued my tradition of buying a hat and a souvenir cup at each stadium as I visit.

The Blue Jays got out to an early lead, but the Red Sox eventually rallied and came out with a win as part of a three-game sweep of the hosts, so that was an added bonus to the trip.

We headed out of Canada the next day, again

with no problems passing through customs, and made our way back to upstate New York. My mother and Michael stayed there for the night while I continued on back to Wolfeboro so I could be at work the next morning at the Yum Yum Shop.

The objective for the year, seeing two different ballparks, is complete, though future years will be a bit harder, as I've pretty much hit up all of the "nearby" stadiums. I would like to see the new Yankee Stadium, as my visit to the Evil Empire was at the old park, but other than that, the closest is either the Chicago White Sox or Atlanta. We shall see what next year brings.

Joshua Spaulding is the Sports Editor for the Granite State News, Carroll County Independent, Meredith News, Gilford Steamer, Winnisquam Echo, Plymouth Record-Enterprise, Littleton Courier, Newfoundland Land-ing, Coos County Democrat, Berlin Reporter and The Baysider. He can be reached at josh@salmonpress.news, at 279-4516, or PO Box 729, Meredith, NH 03253.

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11:00 am **Kiddies Parade** (Starts at Ed Fenn School)
Sponsored by Gorham American Legion Auxiliary & Sons of the American Legion

12:00 pm - 5:00 pm Miller Amusements Carnival Midway Opens
Afternoon Bracelet Pay ONE PRICE On The Rides \$25.00

1:00 pm Parade Line up begins

2:00 pm - 4:00 pm DJ Music at the Bandstand by Mountain Music

2:00 pm **Main Parade**
(Starts at Dublin Street down Rt 16 to Railroad St.)

5:00 pm - 11:00 pm Miller Amusements Carnival Midway continues
Night Bracelet Pay ONE PRICE On The Rides \$25.00

7:00 pm - 10:00 pm **Concert : Cantrip**

10:00 pm **Fireworks Display** by JPI Pyrotechnics

Friday, July 5th

12:00 pm - 5:00 pm Midway Open: Miller Amusements Carnival
Afternoon Bracelet Pay ONE PRICE On The Rides \$25.00

5:00 pm - 10:00 pm Miller Amusements Carnival Midway
Night Bracelet Pay ONE PRICE On The Rides \$25.00

6:30 pm - 8:30 pm **CONCERT:** LA Harley Band

Saturday, July 6th

12:00 pm - 5:00 pm Miller Amusements Carnival Midway Opens
Afternoon Bracelet Pay ONE PRICE On The Rides \$25.00

2:00 pm & 4:00 pm Wildlife Encounters Outreach Program
Two Shows! Come and Meet Live Animals on the Common!

5:00 pm - 10:00 pm Miller Amusements Carnival Midway
Night Bracelet Pay ONE PRICE On The Rides \$25.00

6:30 pm - 8:30 pm Come visit with "Lollipop The Clown"

6:30 pm - 8:30 pm **CONCERT:** Jeremy Dean

Sunday, July 7th

11:00 am Classic Car Parade Line Up (Ed Fenn School)

11:30 am **Classic Car Parade**
Sponsored by ColorWorks (Down Rt 16 to Railroad St)

12:00 pm - 5:00 pm Midway Open: Miller Amusements Carnival
Afternoon Bracelet Pay ONE PRICE On The Rides \$25.00

12:00 pm - 2:00 pm **Classic Car Show** on the Common

12:00 pm - 2:00 pm Come visit with "Lollipop The Clown"

12:00 pm - 2:00 pm Music at the Bandstand by Mountain Music

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