

## Raiders, Bears earn baseball All-State honors



Belmont’s Anakin Underhill earned First Team All-State honors for Division III.

JOSHUA SPAULDING

BY JOSHUA SPAULDING  
Sports Editor

REGION — With the conclusion of the 2025 season, New Hampshire’s high school baseball coaches announced the selection of the All-State Teams for the season.

In Division III, Belmont’s Anakin Underhill, Wyatt Divers and Owen Waldron, Prospect Mountain’s Colby Whitehouse and White Mountains Regional’s Noah Covell and Dea-

gan Stover all earned First Team honors. Named to the Second Team were Belmont’s Jaxson Embree and Brayden Townsend, Gilford’s Ryan Folan and Drew Smith, Prospect Mountain’s Blake Pappaceno, White Mountains Regional’s Jake Silver and Winnisquam’s Carter Lloyd. Earning Third Team honors were Belmont’s Michael Collette, Berlin’s Boyd Poulin, Gilford’s Mikey Giovan-

ditto, Nolan Streeter of Inter-Lakes, Ben Hicks of White Mountains and John Shea of Winnisquam.

Also earning First Team honors were Owen Thornton, Winn Thomas and Jack Speiss of Bishop Brady, Luke Delia and Bradon White of Campbell, Kaden Kirby and Hunter Schultz of Conant, Jackson Cote of Kearsarge, Kaden Smith and Sumner Hill Goodell of Monadnock, Simon Grandmaison of Somersworth and Logan Minckler of Ste-

vens.

Second Team honors were also presented to Luke Bedard, Kolt Gaudrault and Max Guerra of Bishop Brady, Noah Reed of Campbell, Braeden Dion of Conant, Keith Townsend of Derryfield, Cole Garrow of Fall Mountain, Bronson Ammann of Hopkinton, Tanner Moulton of Mascoma, Koby Kidney of Monadnock and Matt Goss of Stevens.

Also earning Third Team honors were Dan Shedd of Bishop

Brady, Michael Grace of Campbell, Dylan Adams and Chance Derosier of Conant, Adam Willett and Jake Larson of Derryfield, Devyn Cheeney of Fall Mountain, Michael Depiano of Hopkinton, Ethan St. Clair of Kearsarge, Xavier Thompson and Chris Rouleau of Monadnock and Nevin Marsh of Stevens.

In Division IV, Gorham’s Jack Saladino and Isaac Langlois, Linwood’s Liam Manning, Littleton’s Max Butson and Woodsville’s Jacob

SEE ALL-STATE, PAGE A8

## Lakes Region Art Association celebrates 85th Annual Exhibit

TILTON — The Lakes Region Art Association (LRAA) proudly announces its 85th Annual Exhibit, a landmark celebration of regional creativity and enduring artistic tradition. The exhibit will be open to the public from July 31 through Sept. 2 at the Lakes Region Art Gallery located at LRAA Gallery, Suite 300, 120 Laconia Rd., Tilton.

An Evening Reception will be held on Friday, Aug. 8, beginning at 6 p.m., offering guests a chance to meet the artists, view the work, and enjoy light refreshments. This festive evening is free and open to all.

Founded in 1940, the Lakes Region Art Association has played a vital role in nurturing the arts across central New Hampshire. What began as a small gathering of local artists has grown into a robust community of painters, photographers, sculptors, and mixed media creators. LRAA has proudly supported generations of artists through exhibitions, workshops, and public engagement.

“This year’s show not only honors the incredible work of our members today but also pays tribute to 85 years of artistic legacy,” said Sherwood Frazier, President of LRAA. “We invite the community to celebrate with us and experience the diversity and talent that continues to thrive in our region.”

SEE EXHIBIT, PAGE A8

## Franklin VNA and Hospice receives grant from Vermont Mutual Insurance Group Charitable Giving Fund

FRANKLIN — Franklin VNA and Hospice is pleased to announce that it has been awarded a grant from the Vermont Mutual Insurance Group Charitable Giving Fund in the amount of \$2,500. This grant will have a substantial impact on the amount of charitable care we will be able to offer our patients this year.

Franklin VNA and Hospice provides support and aid for those requesting our services including those with families in challenging circumstances, low-income, the underinsured, and non-insured. This grant will be utilized to increase the amount of charitable care we provide to families in need, as well as increase and improve our outreach and services to the community. This financial support will play a crucial role in ensuring that Franklin VNA and Hospice is able to provide high-quality and personalized Home Health and Hospice services to individuals in the 14 communities that we serve.

The Vermont Mutual Insurance Group Charitable Giving Fund provides financial support to organizations that help build, maintain, and enrich healthy lives while building strong communities. We are deeply grateful for the Vermont Mutual Insurance Group Charitable Giving Fund for choosing Franklin VNA and Hospice as a recipient of this honor. This grant allows us to advance the commitment to provide comfort, dignity, and support for the patients that we serve.

Franklin VNA & Hospice is a non-profit, 501(c)3, certified home health and hospice care provider. For 80 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.

## New watercolor classes start Aug. 12

TILTON — Juried artist Stephanie C. McQuade is pleased to announce the return of its popular watercolor classes. Beginning Aug. 12, two five-week courses will be offered in person at the gallery, located in the Tanger Outlets in Tilton.

Watercolor for Beginners will run Tuesdays from 10 a.m. to noon and is designed for absolute beginners and aspiring artists. Students will explore foundational techniques, color mixing, and brush control in a supportive, hands-on environment.

Following that, Intermediate Watercolor

takes place Tuesdays from 1 to 3 p.m., and is perfect for students who already have basic experience. The class dives deeper into color theory, composition, and personal style development through both guided and independent projects.

Both classes are five weeks long, cost \$200 each, and will be held at Lakes Region Art Gallery, 120 Laconia Rd., Suite #300, Tilton.

“We want to create a space where everyone feels confident picking up a brush, whether for the first time or to take their work further,” said McQuade. “It’s all about exploring creativity and



enjoying the process.”

For more information and to sign up, visit <https://www.mcquade->

[finearts.com/art-classes](https://www.mcquade-finearts.com/art-classes) or call 603-568-3761.

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# Join League of NH Craftsmen for Beginner Leather for Young Adults with Molly Grant

CANTERBURY — Join artist Molly Grant at her studio in Canterbury on Saturday, Aug. 9 from 9 a.m. – 5 p.m. for Beginner Leather for Young Adults (ages 12-17) with juried artist Molly Grant.

Young adults, ages 12 through 17, will learn about leather craft by working for a day with Molly Grant, an experienced leather artist in her well-equipped studio in Canterbury, NH. Students will develop a project of their choice, whether it's a purse, carry-all, or a roll-up tool case, and learn pattern-making skills while using an industrial sewing machine to conceptualize and complete their project. Students can come to class with suggestions or ideas of

what they want to make, and Molly will confirm or compromise to ensure the project can be completed in the allotted time. Parents or guardians who accompany students are welcome to stay in the classroom or sit on the deck attached to the studio. It will be a fun adventure, and students will go home with a useful, handmade item of their own design! Please bring a bagged lunch and drink as students will be given a lunch break.

Tuition is \$155 per student with a \$35 materials fee paid to the instructor on the day of class. Class will be at Molly's studio: 355 Hackleboro Rd., Canterbury, NH 03224. Bring a bagged lunch.

Space is limited and pre-registration is re-

quired.

Those who wish to take the class must sign up by Monday, Aug. 4.

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

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

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



## Belknap House seeks sponsors, golfers for 11th Annual fundraiser

LACONIA — Belknap House is proud to announce its 11th Annual Fundraiser Golf Tournament, taking place on Monday, Sept. 8 at Laconia Country Club.

This event is the organization's largest fundraiser of the year, with all proceeds supporting safe shelter and essential services for homeless families and children throughout Belknap County.

"This tournament is a fun and meaningful way to bring together local businesses and community members in support

of our mission," said Bill Giles, President of Belknap House.

Participants will enjoy a day of golf in a scramble format, with 18 holes at the Laconia Country Club. The event includes lunch, exciting contests, and chances to win incredible prizes—including a new car in the Hole-in-One Contest, \$10,000 in

the Putting Contest, and awards for Air Cannon Closest to the Pin. The fun continues at the reception, where one finalist will take a shot at the final Putt for \$10,000.

Sponsorship opportunities are still available

for local businesses interested in supporting Belknap House's mission while gaining visibility in the community.

Golfers may register as individuals or teams. The early bird rate is available un-

til Aug. 15, with final registration closing on Sept. 2, or earlier if capacity is reached.

For more information, or to register as a sponsor or golfer, please visit [www.belknap-house.org](http://www.belknap-house.org).

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## Robert Hooghkirk is “Fully Committed” at the Winnepesaukee Playhouse

Robert Hooghkirk

MEREDITH — A fan favorite since first stepping on a Lakes Region stage in 2022, New York-based actor Robert Hooghkirk returns to the Winnepesaukee Playhouse for this season's comedic play, “Fully Committed.” The production runs from July 25-Aug. 2.

Hooghkirk burst onto the Playhouse stage in both “Robin Hood” and “Lionel Bart's Oliver!” his first season, and made such an impression that he has now performed in 10 produc-

tions in just four years. With impeccable comic timing, an impressive singing voice, an array of accents in his repertoire, and a clownish physicality, Hooghkirk delights audiences of all ages with roles ranging from Poirot in “Agatha Christie's Murder on the Orient Express” to The Night Watchman in “Corduroy.”

Hooghkirk is tackling one of his biggest challenges yet with this season's “Fully Committed.” This devastatingly funny play follows a day in the life of an out-of-work actor who mans the red-hot reservation line at Manhattan's number-one restaurant. Coercion, threats, bribes, histrionics—a cast of desperate callers will stop at nothing in their zeal to land a prime reservation, or the right table. Hooghkirk plays not only the actor, Sam, but all the other characters in the show.

Director Tyler Christie, who also helmed last season's “Witch,” says, “I have no doubt that witnessing the feat that is Robert playing over thirty characters in 90 minutes will leave you entertained and charmed, as I have been while working with the comic dynamo that he is. You are all in for a real treat!”

The creative team also includes scenic designer Dan Daly, lighting designer Libby Hinshaw, costume designer John Beltre, and sound designer Elizabeth Atkinson.

“Fully Committed” is generously sponsored by Northeast Mill Services, Lakes Region Community College, Birch Hill Bookkeeping, LaValley Building Supply, Dead River Company, and Bank of New Hampshire. Tickets are available at [www.winnepesaukeeplayhouse.org](http://www.winnepesaukeeplayhouse.org).

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# A Listening Room experience at July 30 songwriter show



**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. Held on the last Wednesday of each month, this intimate series features two different songwriters each month alongside host performer Katie Dobbins.

The series has been steadily gaining in popularity with a growing number of area residents and visitors attending 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."

The next Songwriter Round-Up show takes place on Wednesday, July 30, featuring the Lakes Region's own Katie Dobbins, a singer-songwriter who delivers her artistry with beautiful vocal tones wrapped in guitar and piano melodies, Holly Furlone, a singer-songwriter from the seacoast area of New Hampshire that delivers lyrical stories with passion and power backed with her acoustic guitar, and Leo DiSanto, an imaginative songwriter and storytell-

er from Pennsylvania that has been described as a modern-day minstrel and shares his craft throughout the US and many parts of the world. 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., the Loft

opens at 6 p.m. for seating & dinner orders, 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](http://hermitwoodswinery.com/the-loft) or in-person at the Winery.

## League of NH Craftsmen hosting Woven Rocks class with Jean Reed



**MEREDITH** —Join artist Jean Reed at the League of NH Craftsmen – Meredith Fine Craft Gallery on Saturday, Aug. 2 from 10 a.m. to 2 p.m. for a Woven Rocks class.

Let me share my weaving knowledge with you, allowing you to create your own weaving patterns on rocks. This unusual art form will give you some very basic weaving techniques with materials such as jute, leather, waxed linens and other cordages.

This is a wonderful way to embellish rocks you may have picked up on the trails or at the beaches, during your travels. Some of my rocks have come all the way from Ireland and Colorado. Others that were gathered from a New Hampshire river bed will be supplied to you, along with all the materials and tools needed to create unique weaving patterns.

I urge you to bring

some rocks of your own and a couple of small branches (twisted grapevine is great or tiny pieces of driftwood). Keep in mind as you collect rocks, that no shape or size should be overlooked. As you can see from the photos, I've used a variety of large (5-6"), small (at least 3"), flat rocks are easiest to work with but round ones are a good challenge.

Don't forget a brown bag lunch and a good sense of humor. Feel free to contact me at [Murrayhillweaving.com](http://Murrayhillweaving.com) with questions.

Tuition is \$70 per stu-

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dent, which includes all materials.

Space is limited and pre-registration is required. Those who wish to attend must sign up by Tuesday, July 29.

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

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

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

## 4-H STEMfest Castle in the Clouds

**MOULTONBOROUGH** —Come together to celebrate all you've learned in 4-H this summer at a 4-H

STEMfest at Castle in the Clouds Aug. 2 from 10 a.m.-1 p.m.! All 4-H Discovery Days participants are invited to register as exhibitors. Show off your STEM projects, host a demonstration, or lead an interactive activity. Invite your family and friends! Public is welcome to attend.

**Schedule of events**  
10 a.m.-noon: 4-H STEM Activities and Challenges  
Boat regatta  
RC Spheros  
Scavenger Hunt (with prizes)  
Self-directed hikes  
Optional tours of Luc-know Mansion (tour fee paid to Castle in the Clouds)

Noon: Picnic Lunch (bring your own)  
12:30-1 p.m.: Celebration



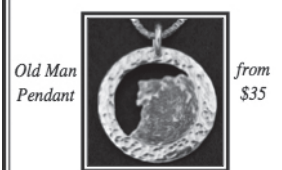
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# Opinion

## Letter submission policy

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

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

## Make it a summer of no regrets

As the final days of summer approach, we find ourselves standing at a crossroads. The days grow shorter, the evenings cooler, and the carefree essence of summer seems to slip away. It's time to seize the moment, to cherish every opportunity, and to make August a summer of no regrets.

Living in the picturesque region of New England, we are fortunate to be surrounded by a breathtaking landscape. From majestic mountains to serene lakes, our backyard is a playground of adventures waiting to happen. The time has come to embark on those road trips we have been postponing and explore the hidden gems that lie within our reach.

Whether you're an avid hiker or a casual nature lover, our region's mountains offer an escape from the hustle and bustle of everyday life. Take a day to venture into the wilderness, breathe in the crisp air, and marvel at the natural wonders that lie before you. The memories forged amid the towering pines and breathtaking vistas will last a lifetime.

Equally enticing are the serene lakes scattered across the area. Pack a picnic, gather your loved ones, and head to the waterside. Be it swimming, kayaking, or simply basking in the sun's warmth, lakeside retreats provide a tranquil refuge to unwind and savor the joys of summer.

For those who seek a taste of city life, why not take a drive to the vibrant metropolises of Boston and Portland? These urban centers share a rich cultural heritage, bustling streets, and delectable culinary scenes. Lose yourself in the museums, explore the historic landmarks, and indulge in the local cuisine – each moment a treasure to hold on to.

However, amid our grand adventures, we must not forget the simple joys that have brought us together year after year. Backyard barbecues offer a nostalgic charm that fills the air with laughter and the scent of sizzling goodness. Gather family and friends for a fun filled evening, where the flames of the grill light up not only the darkening skies but also our hearts with warmth and camaraderie.

And as the sun sets lower, take the opportunity to relive the carefree days of youth by playing hoops at the local park. Feel the thrill of competition and the joy of teamwork as you shoot hoops and chase the ball. The courts become a canvas for unforgettable moments and lasting memories. August is our chance to make amends for any missed opportunities from earlier in the summer.

As we look back on this summer, we'll be filled with the contentment of knowing that we embraced the season wholeheartedly. We laughed with abandon, explored with wonder, and lived with joy. When we bid farewell to August, we'll do so with hearts full of cherished memories, knowing that we made the most of every fleeting moment.

So, unite in spirit and determination to make August a summer of no regrets. Whether we climb mountains, swim in lakes, stroll through cities, or gather in backyards, seize the remaining days with gusto.

Courtesy

Officer Guerriero and Officer Somogyi of the Northfield Police Department stopped in to see young Ollie for some yummy lemonade to help relieve the heat on the afternoon of July 13. Photo courtesy of the department's Facebook page.



## Cymatics

Through a branch of study called cymatics, scientists discovered something astonishing: Sound doesn't just move air—it shapes matter.

This field emerged in the 18th century with the work of German physicist Ernst Chladni, often regarded as the father of acoustics. In his experiments, he took a metal plate, sprinkled it with fine sand, and ran a violin bow along the edge. The vibration caused the sand to shift and form symmetrical patterns—now called Chladni figures. It was the first glimpse of invisible vibration becoming a visible design.

In the 1960s, Dr. Hans Jenny, a Swiss medical doctor and scientist, gave this field its name: cymatics, from the Greek kyma, meaning “wave.”

Using tones played through a tonoscope, Jenny discovered that different frequencies consistently produced specific shapes: low frequencies tended to create simple shapes—circles, triangles, and lines. But as the pitch increased, the patterns became more intricate. Hexagons appeared. Then mandalas. Even flower-like lattices began to take form. At certain exact pitches, symbols long considered spiritu-

al or mathematical would emerge—not by chance, but repeatedly, predictably.

The sound didn't just move matter. It is organized, formed by frequency alone.

Jenny called this phenomenon “visible music.”

You can see an experiment online where a woman sings, “Una Donna A Quindici Anni,” into a tonoscope and a perfectly symmetrical seven-pointed star is created—not generated by a machine, but by resonance. Sung—with breath, with intention, with the human voice.

This idea—that sound can shape the unseen—was not foreign to the ancients. The Vikings had a word for it: Galdr.

Galdr wasn't just melody—it was spoken intention, sharpened into sound. It was the intentional chanting of runes. Warriors, seers, and shamans would speak or sing these runes aloud, believing they could influence the forces of nature, shield themselves in battle, or open gateways to hidden knowledge.

Each rune had a sound, and each sound had power. To chant a rune was to call a pattern into being, much like the seven-pointed star rising from the sand on the tonoscope.

Galdr was the under-

standing that the human voice—charged with intent—was not passive. It was a tool for shaping.

In early Chinese tradition, the philosopher Confucius taught that the key to harmony in the kingdom was to “rectify names”—to speak words that accurately reflected truth and order. If names became distorted, if language no longer matched reality, society would unravel. Disorder in words meant disorder in the world.

And this idea? It's not foreign to Christian tradition.

The Apostle James called the tongue “a small part of the body, but it's like a spark that can set a whole forest ablaze. The tongue, he warned, carries disproportionate power.

Paul compared it to a rudder on a ship—tiny, yet able to steer the entire vessel. In other words, your words guide your direction.

But the most striking example comes from the prophet Isaiah.

In a vision, Isaiah finds himself in the throne room of the Almighty. He sees the Lord, high and exalted, surrounded by seraphim.

It is a scene of perfect glory. But Isaiah doesn't feel worthy to join in. He falls to his knees and cries,

“Woe is me! For I am a

man of unclean lips...”

He doesn't say, I am unclean because of what I've done.

He says, I am unclean because of what I've said.

In that moment, a seraph flies to him with a burning coal, taken from the altar. And touches Isaiah's mouth. In this divine encounter, it's not Isaiah's actions that are purified—it's his speech.

It all seems to point in one direction:

What we say has power:

Today, in the field of modern psychology, we've rediscovered the same truth. The language we use—especially the words we speak about ourselves—shapes our perception, our emotions, even our identity.

Say “I'm worthless” enough times, and it becomes more than a thought—it becomes a worldview.

Say “I'm loved. I'm here for a reason.” You carry yourself differently, with a spring in your step. You begin to live into the shape of the words you've spoken.

Just as sand arranges itself under sound, your life begins to align with your language.

Your words do not vanish. They echo. Speak with care, for what you say becomes a reality.

## Manners matter

BY DAVID POOLE  
Chaplain  
Lakes Region VNA

I recently found myself in a conversation about etiquette — also known as manners: those written and unwritten rules that guide proper behavior and social grace.

Certainly, the rules seem to have relaxed over these recent years. People have become much more informal, and some of that I appreciate. Go to Church on Sunday, and men no longer wear suits and ties. Funerals? Same. And Black is not required. We are more likely to be on a first name basis, rather than “sir” or “ma'am.”

However, whatever happened to a degree of dignity? These days, it seems like people can roll out of bed and head straight to Walmart without even changing

out of their pajamas. Walmart's definitely not a place to dress up, but honestly, running around in slippers just feels kind of lazy to me. I must agree with the comedian Sebastian Maniscalco, who says – “Isn't anyone embarrassed anymore?”

One of my biggest pet peeves is hats — or more specifically, the lack of hat etiquette. Traditionally, good manners meant removing your hat when greeting someone, entering a building, or sitting down at the dinner table. Whether you're at a formal dining room or just grabbing a drink at the bar, the rule remains the same: hats off at the table — it's simply a sign of respect.

The same goes for the National Anthem. Even if you choose to take a knee — which I respect as a courageous and rightful expression — removing your hat is still a

powerful gesture of courtesy and consideration for those around you. When someone takes a knee and removes their hat, they're not only standing (or kneeling) for what they believe in — they're also showing respect for the rest of us.

Those little rules — whether learned from Miss Manners or from Mom and Dad — are expressions of respect, dignity, courtesy, and kindness. Sadly, those things seem to be fading from our world — not only in how we treat one another, but even in the respect we have for ourselves. When we take the time to put on clean clothes for a grocery run, wave another car ahead in traffic, or offer a smile and a kind word to the stranger next to us in line — those small acts reflect something bigger: George Bush once called it “a kinder, gentler nation.” I'd love to see America

return to those values.

It starts with us. Yep, Us normal everyday folk. That vision of America as a beacon of light and hope – the leader of the world - It all starts with being polite. Saying hello to the stranger: It starts with kindness. Like offering a casserole to the neighbor who is struggling with unemployment, or a sick child or parent. It starts with treating each other with some patience and dignity.

Our world, our country, our neighborhood will be what it is because of us. Love them or hate them, government officials aren't the ones truly responsible for making the world a better place. It's not protests, or vetoes, or huge displays and legal documents. It starts with removing your hat as you smile and say hello.

Manners. They matter.



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# Winnepesaukee Playhouse holding auditions for Bob Montana musical

MEREDITH — The Winni Players Community Theatre is mounting an extra special production in conjunction with the Meredith Historical Society and the M/S Mount Washington and local performers are encouraged to audition. Auditions are open to anyone aged 18 and above and will take place, by appointment, at the Winnepesaukee Playhouse on July 27 and 28.

Last year, the Meredith Historical Society approached the Winnepesaukee Playhouse with a script called “Mutiny on the Mount,” a musical written by “Archie” comics creator and Meredith resident Bob Montana. The show was last performed in Meredith in 1952 and is a musical comedy based on the songs from Gilbert and Sullivan’s “H.M.S. Pinafore.” As it is, in fact, set on the M/S Mount Washington, the Playhouse presented the idea for a dinner, cruise, and show experience to the Mount Washington which they readily accepted!

This charming musical has parts for all ages and abilities and newcomers are encouraged to audition. It will be directed by award-winning local director Rick Morten with music direction by Karen Jordan. The show will be performed on the Mount Washington on Oct. 1-3 and 8-10.

Information about auditions, including what to prepare, a rehearsal schedule, a character list, and more can be found under the “Get Involved” tab at [www.winnepesaukeeplayhouse.org](http://www.winnepesaukeeplayhouse.org). The 2025 season at the Winnepesaukee Playhouse is generously sponsored by Northeast Mill Services in Plymouth.

## Granite VNA offers Walk-In Wednesday in Laconia

LACONIA — Granite VNA offers Walk-In Wednesday on Wednesday, Aug. 27 from 10 a.m. to noon at Granite VNA – Laconia, 780 North Main St.

Walk-In Wednesday is an opportunity to get your questions answered. A Granite VNA Social Worker/Notary Public is available to:

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- Provide information about resources and services that may benefit you or a family member

This program is offered at no charge and is on a first-come, first-serve basis. Pre-registration is not required. For more information, call (603) 224-4093 or (800) 924-8620, ext. 85664 or visit [www.granitevna.org](http://www.granitevna.org).

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



COURTESY

The Lakes Region Planning Commission has launched its 2025 Household Hazardous Waste Collection program, and held our first events on June 21 in Franklin and Wolfeboro, serving over 300 households. Household hazardous wastes are substances that can poison or contaminate the water supply, and these collections provide a safe and responsible way to dispose of these materials. Upcoming collections will take place on July 26 in Gilford (55 Cherry Valley Rd.) and Meredith (17 Jenness Hill Rd.), and on Aug. 2 in Alton (74 Hurd Rd.) and Moultonborough (68 Highway Garage Rd.). Both events will run from 8:30 a.m. to noon, and residents or taxpayers may bring up to 10 gallons or 50 pounds of household hazardous waste at no cost. For more information, visit [www.lakesrpc.nh.gov](http://www.lakesrpc.nh.gov) or call 603-279-5336.

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ALL-STATE

CONTINUED FROM PAGE A1

Putnam, Landon Kingsbury and Ryan Walker all were named First Team. Second Team honors went to Gavin Corrigan of Gorham, Dylan Simino of Groveton, Colt Sothard of Lin-Wood, Jake Houghton of Lin-Wood, Miles Butson of Littleton and Alex Gundersen of Moultonborough. Earning Third Team honors were Mason Roberge of Gorham, Ashton Kenison of Groveton, Reece Cook of Littleton, Brett Johnson of Moultonborough and Gabe Roy of Woodsville. Also earning First Team honors were

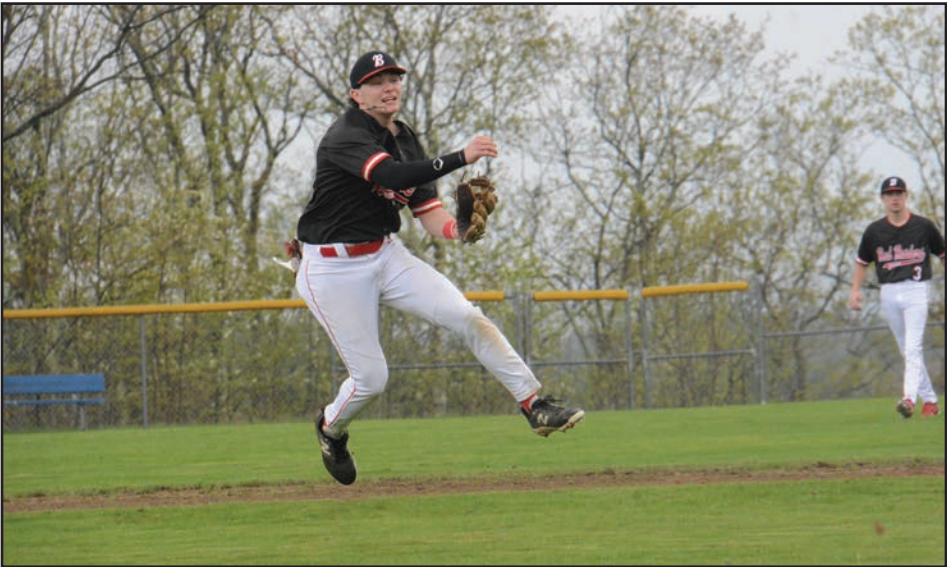
Jackson Weir and Jack Kyller of Colebrook, TJ Charbono of Concord Christian, Nolan Schmal of Epping, Parker Ketola of Mascenic, Nate Fluet and John Schlieder of Newmarket, Brayden Viveiros of Nute, Cai Summers and Grady Howe of Portsmouth Christian and JJ Benson of Wilton-Lyndeborough. Second Team honors also went to Vinny Santamaria of Colebrook, Danny Stopyro of Concord Christian, Benjamin Follansbee and Logan Abbott of Epping, Brady Kivela and TJ Edgar of Mascenic, Matt Napoletano and Jackie Prompradit of Newmar-

ket, Beckett Viveiros and Brady Leeman of Nute, Landon Hasty of Portsmouth Christian and Colby Collins of Wilton-Lyndeborough. Also earning Third Team were Dylan Dauphinais of Colebrook, Andrew Doyle of Concord Christian, Jon Winters of Hinsdale, Lucas Leroux and Logan Lucas of Mascenic, Cason Donahue of Newmarket, Cooper Janis and Ethan Burrows of Nute, Joey Christoforo of Pittsburg-Canaan, Brayden Leland of Portsmouth Christian, Sam Gaudet and Brock Kangas of Sunapee and Trevor Sullivan of Wilton-Lyndeborough.

In Division II, Kennett's Jake Brown earned First Team honors while teammates Devin Jakubec and Mat Charrette, Kingswood's Nate Cloos, Kolby Brown and Hayden Eastman and Plymouth's Luke Diamond all earned Second Team honors and Kennett's Guillermo Chavarria-Burns and Plymouth's Cavan Sarnborn and Noah Shaw earned Third Team. Joining Brown in earning First Team honors were Jake Reardon and Peyton Larrabee of Bow, Isaac Clough of ConVal, Wyatt Daigle and Alex Boone of Hanover, Tyler Gryniwicz and Dylan Morelli of

Hollis-Brookline, Aiden Harris of John Stark, Jonas Weed of Merrimack Valley, Logan Howard of Milford, Louis Goldberg of Oyster River, Kevin Hardy of Pelham, Owen Stewart of Pembroke, Joe Mayo, Drew Reagan and Brayden Hickman of Souhegan and Graham Willerer of St. Thomas. Also earning Second Team honors were Owen Webber, Brady Lover and Dillan Abbatte of Bow, Casey Colby of Coe-Brown, Ian Sinclair of Hollis-Brookline, Joey Dykstra and Hayden Pond of John Stark, Cam Sengenberger and Owen Jacques of Oyster River, Devin Riel of Pembroke and Ethan Gaudet and

Matt Silk of Souhegan. Third Team honors also went to Owen Cray and Troy Konstantakos of Bow, Liam Marquette of Coe-Brown, Garrett Rousseau of ConVal, Jorgen Drent of Hanover, Paul Gehan and Connor Gryniwicz of Hollis-Brookline, Brendan Dee of Laconia, George Tafe of Lebanon, Bryce Larco of Milford, Landon Wolusky of Oyster River, Jake Davidson of Pelham, Josh Maccarone of Pembroke and Kenny Avery and Thao Papakonstantis of St. Thomas. Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or josh@salmonpress.news.



Wyatt Divers of Belmont was named Division III First Team All-State.



Belmont's Owen Waldron earned First Team All-State honors for the spring season.



Jaxson Embree of Belmont was named All-State Second Team for Division III.



Belmont's Brayden Townsend was named All-State Second Team for the spring season.



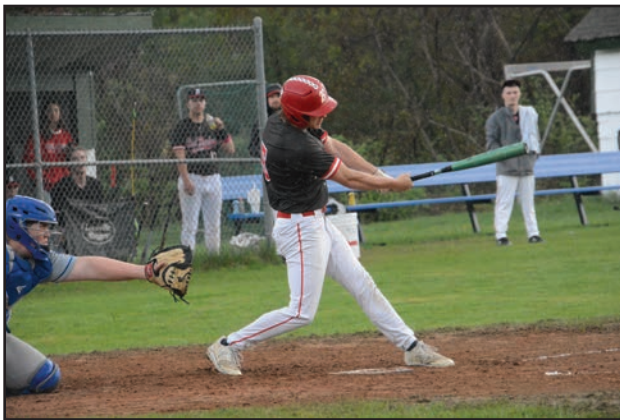
Carter Lloyd of Winnisquam was named to the Division III All-State Second Team.

EXHIBIT

CONTINUED FROM PAGE A1

The exhibit features works in a variety of mediums and styles, reflecting the vibrant voices of both emerging and established artists. Many pieces will be available for purchase. For more information, visit [www.lakes-regionartgallery.org](http://www.lakes-regionartgallery.org) or follow LRAA on social media.

About the Lakes Region Art Association The Lakes Region Art Association is a non-profit organization dedicated to promoting the visual arts in the Lakes Region of New Hampshire. Through exhibitions, classes, and community outreach, LRAA provides artists with opportunities to showcase their work, grow their skills, and connect with audiences.



Belmont's Michael Collette earned Third Team All-State honors for Division III.



John Shea of Winnisquam was named Division III All-State Third Team for the spring season.

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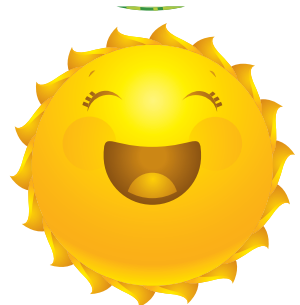
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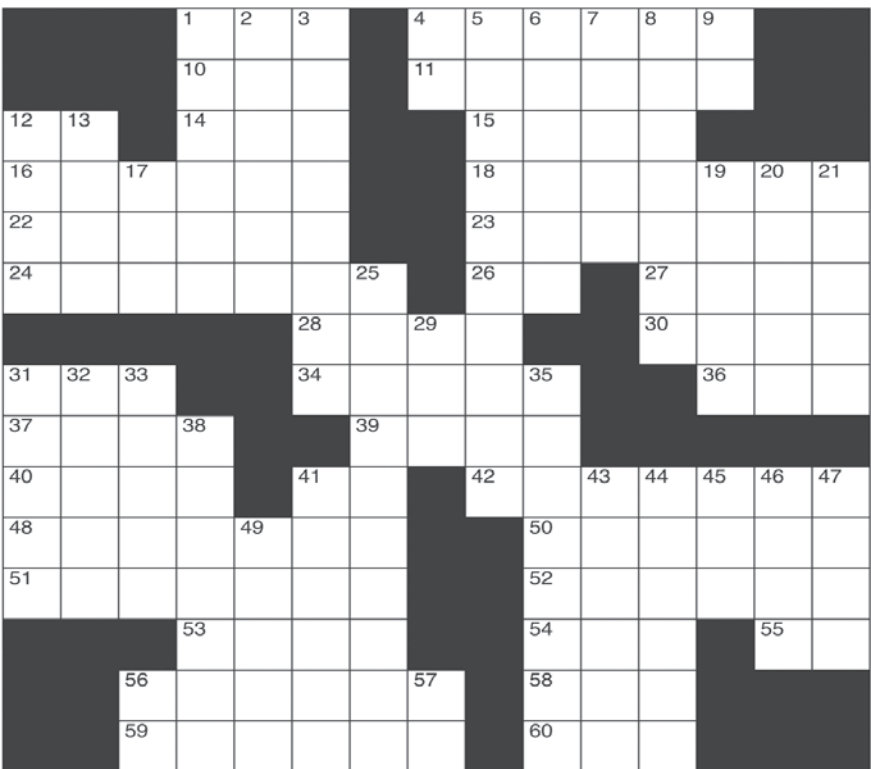
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CLUES ACROSS

1. Pacific standard time

4. Extracts through heating and melting

10. Express delight

11. More curvy

12. Expression of uncertainty

14. Indicates before

15. Daughter of Hera and Zeus

16. Southwestern CA city

18. Unified

22. Less attractive

23. Base of jellies

24. A large and noisy party

26. He was traded for Luka

27. Wolverine genus

28. "Happy Days" actress Moran

30. Root of taro plant

31. Student environmental group (abbr.)
34. Silk garments

36. Unique power

37. Ray Liotta cop film

39. Leak slowly through

40. Notion

41. Atomic #55

42. Fixed in one place

48. About heat

50. Type of baseball pitch

51. Seedless raisin

52. Large wading birds

53. Similar

54. Time zone

55. Atomic #34

56. Program

58. Old world, new

59. Contrary belief

60. "To the \_\_ degree"

CLUES DOWN

1. Plain-woven fabric

2. Classed

3. Suppositions

4. Midway between south and west

5. Tropical American trees

6. Leveled

7. Published false statement

8. Adolescent

9. Junior's father

12. Aurochs

13. Not low

17. Boxing's GOAT

19. Short musical composition

20. Small immature herrings

21. Eavesdropper
25. Parcels of land

29. Anger

31. Irritations

32. Hindu holy man

33. Wicker basket for fish

35. Natural object

38. Transporting in a vehicle

41. A dog is one

43. Smaller portion

44. Sew

45. Belonging to a thing

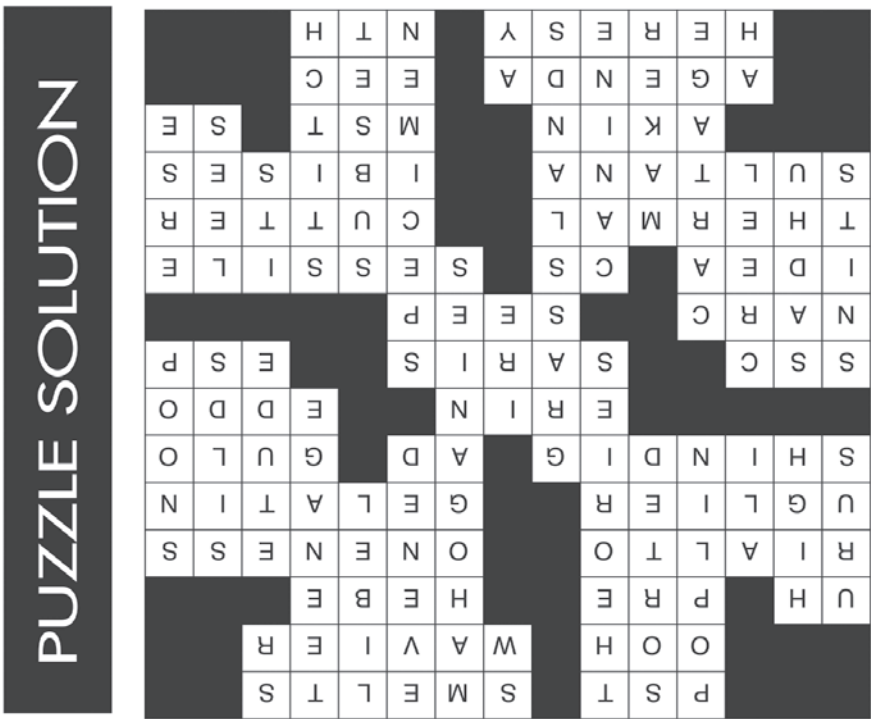
46. Horsley and Greenwood are two

47. Scottish language

49. Producer

56. Exclamation of surprise

57. Russian river



Post 1 falls to Bedford in season finale



JOSHUA SPAULDING

Jaxson Embree fires a throw to second base during American Legion action last Tuesday.

BY JOSHUA SPAULDING  
Sports Editor

LACONIA — The Laconia Post 1 American Legion baseball team struggled to get the bats going and dropped a 10-2 decision to Bedford on Tuesday, July 15, at Robbie Mills Park in Laconia.

Jaxson Embree got the start on the mound for Post 1 and set the side down in order in the top of the first inning and Brendan Dee had a one-out base hit in the bottom of the inning but was stranded on the bases.

Bedford got two hits, a walk and a fielder's choice to plate the first run of the game and after Owen Waldron made a nice play on a pop up down the right field line, a wild pitch made it 2-0. Embree came back with a strikeout and after a walk, a base hit plated the third run of the game, but Zach St. Onge in left, Dee at short and Jake Tryon behind the plate combined to cut down the second runner at the plate to end the inning.

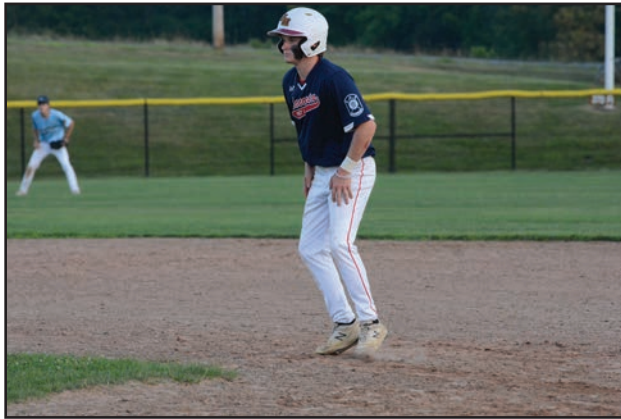
Ryan Folan reached on an error with one out in the bottom of the second but was forced at second on a grounder from Cam Cook. Tryon followed with a base hit, but both runners were stranded on the bases.

Folan took over on the mound in the top of the third inning and a double, an error and a base hit plated two runs and another double made it 6-0. The hosts again cut down a runner on the bases, as St. Onge fired to Dee to Embree behind the plate and then down to Waldron at third to record the out. Folan then got a strikeout and groundout to end the inning.

TJ Charbono led off



Owen Waldron toed the rubber for two innings for Laconia Post 1 against Bedford last week.



Zach St. Onge takes a lead off first base during Legion action against Bedford last week.

the bottom of the third inning with an infield hit and Dee reached on an error, but a fly ball to left and a double play ended the inning. Bedford got a walk, and a base hit and two hit batters to push across another run and a grounder to third made it 8-0. Embree then gunned down a runner stealing second to end the inning.

Folan doubled with one out in the bottom of the inning and after a Cook base hit, a Tryon double got Laconia on the board but that was all they could get on the board. Folan worked around a base hit and a walk in the top of the fifth inning.

In the bottom of the fifth, Dee led off with a walk and moved up on a wild pitch. Will Wallace grounded out and Embree reached on an error to plate Dee to make it 8-2.

Waldron came on to pitch in the top of the sixth inning and a hit

batter, walk and base hit drove in the ninth run of the game for Bedford before Laconia got out of the inning. Reece Cook walked with one out in the bottom of the sixth and St. Onge reached on an error. However, a double play ended the inning.

Bedford got a walk to start the inning and an error and two base hits plated another run. St. Onge snared a line drive at short and turned it into a double play to help Laconia get out of the inning.

Waldron beat out an infield hit with one out in the bottom of the seventh and moved up on a wild pitch. Wallace then singled but was gunned down at second base and a fly ball to right ended the game with Bedford taking the 10-2 win.

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

PETS OF THE WEEK



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# Winnepesaukee Playhouse partners with Paintings for a Purpose for artful fundraiser



COURTESY  
From left, Cathy Sleeper, MVSB Regional Vice President, Sue Dagostino, MVSB Branch & Business Development Manager, Betsy Damon, GOT LUNCH! Laconia Board of Directors Chair, Timothy L'Ecuyer, The Winnepesaukee Playhouse Producing Artistic Director, Artist Dr. Marc Bard, Jacqueline Truesdale, Winnepesaukee Playhouse Board Vice Chair, and Trish Poliquin, GOT LUNCH! Laconia Board of Directors Vice-Chair.

MEREDITH — Local watercolor artist Dr. Marc Bard will host the final installation of his 6th annual Paintings for a Purpose art show at The Winnepesaukee Playhouse in Meredith in August. The community is invited to a special launch party at the Playhouse on Aug. 6 from 4-8 p.m. to view and purchase Bard's beautiful, New Hampshire-inspired watercolor art.

The show will remain on display at the theater until the end of August. All are welcome to stop

in at the launch party or on performance nights to view and purchase art. We encourage those attending to also take in one of the theatre's performances of "Once on this Island" and "The Woman in Black." All proceeds from the event will benefit the Winnepesaukee Playhouse and GOT LUNCH! Laconia.

"I'm excited to bring Paintings for a Purpose back to the Lakes Region this year," shares Dr. Marc Bard. "The Winnepesaukee Playhouse's mission to uplift the community through live theater mirrors my own aspiration to inspire through the medium of art. It is an honor to be able to use my art to support their wonderful programming as well as GOT LUNCH! Laconia, who work to ensure local children have access to nutritious meals during the summer. I'm eager for everyone to see the

artwork we've selected for this show."

MVSB (Meredith Village Savings Bank) is proud to continue its support of Paintings for a Purpose as presenting sponsor of the event. Moulton Farm will also once again support the event by providing refreshments for the opening reception.

"Paintings for a Purpose' has evolved into a cherished tradition that celebrates New Hampshire's beauty, appreciates local art, and bolsters incredible local nonprofits that make a significant difference in our communities," expressed Marcus Weeks, MVSB President. "We're thankful for the chance to support Dr. Bard as he generously shares his talents to create such a profound impact."

In addition to the sale of original artwork and

high-quality prints, community members can also purchase note cards, request commissioned art, and special-order prints of any original piece thanks to the support of Meredith Frame Shop. Examples of artwork can be previewed online on the organization's website, paintingsforapurpose.org, which has been designed and maintained by Bard's grandson, Benjy Levine.

The Art Show is open to the public at no charge, but tickets are required to attend theatre performances. Go to winnepesaukeeplayhouse.org to learn more and purchase tickets to the upcoming shows.

About Dr. Marc Bard  
Now in double overtime of a fulfilling career as a medical illustrator, practicing physician, author, health care executive, and national health care consultant, Marc Bard currently devotes his time to embracing the Squam Lake environs with his wife Carol and, whenever possible, his children and grandchildren. He enjoys studying watercolor painting and contributing to the success of local non-profit charitable organizations by donating all proceeds from his artwork to support their missions. Learn more at paintingsforapurpose.org.

About The Winnepesaukee Playhouse  
The Winnepesaukee Playhouse is a nonprofit organization that serves to develop and stage professional and community-based theatrical productions and to provide opportunities in theatre and the performing arts for the community. Learn more at winnepesaukeeplayhouse.org.

About GOT LUNCH! Laconia  
Got Lunch! Laconia is a community-based effort that supports children in need by delivering healthy groceries to their home during the summer.

About MVSB  
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(The Fair Housing Act of 1968 at 42 U.S.C. 3604(c))


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## Employment Opportunity: Chief of Police – Town of Woodstock, New Hampshire

The Town of Woodstock, New Hampshire, is seeking a progressive, community-oriented leader to serve as its next Chief of Police. This is a terrific opportunity to lead a full-service department with an approximate annual budget of \$800,000, a team consisting of five full-time officers of varying ranks, and one part-time officer. Nestled in the heart of the White Mountains, Woodstock is a vibrant town with approximately 1,400 year-round residents and a thriving visitor economy. Centrally located with easy access to I-93, Woodstock is just minutes from Plymouth and Littleton, making it an ideal place to live and work.

**Qualifications:**  
The ideal candidate will bring a proven track record of leadership, professionalism, and community engagement. Candidates should have:

- A bachelor's degree in a relevant field from an accredited college or university (preferred).
- At least ten (10) years of progressively responsible law enforcement experience, including at least five (5) years in supervisory, command, and administrative roles—or an equivalent combination of education and experience that demonstrates the required knowledge, skills, and abilities.
- Certification as a full-time police officer by the State of New Hampshire, or the ability to obtain such certification through reciprocity with the New Hampshire Police Standards and Training Council.

**The Role**  
The Chief of Police works under the direction of a three-member Select Board and an appointed Town Administrator. The Chief will be responsible for overseeing day-to-day operations, department budgeting, personnel management, community relations, and continuing the department's commitment to proactive, community-focused policing.

**Compensation & Benefits:**  
Starting salary will be commensurate with qualifications and experience. The Town of Woodstock offers an excellent benefits package.

**How to Apply:**  
Interested candidates should submit a cover letter, resume, and three professional references to:

Town Administrator  
Town of Woodstock  
PO Box 156  
Woodstock, NH 03262  
Or via email: [admin@woodstocknh.gov](mailto:admin@woodstocknh.gov)

Application deadline: July 31, 2025  
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### 2025-2026 School Year Openings

#### Paraprofessionals Needed!

- Bristol Elementary School
- Newfound Memorial Middle School
- Newfound Regional High School

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#### Bristol Elementary School

- Special Education Teacher/ Case Manager
- Long-term Substitute Teacher - Grade 4

#### New Hampton Community School

- Academic Interventionist

#### Newfound Regional High School

- Math Teacher
- Special Education Teacher
- Robotics Team Advisors (2)

The District uses School Spring, an online application program.

All candidates can view and apply for vacancies safely and securely by using this tool.

#### Facilities Department-IMMEDIATE OPENINGS!

Custodians - 2nd Shift (Full and part time positions available)

If interested, please send a letter of intent, resume, and 3 references to:

Armand Girouard, Facilities Director  
Newfound Area School District  
20 N. Main Street, Bristol, NH 03222  
[agirouard@sau4.org](mailto:agirouard@sau4.org)

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**163 Daniel Webster Hwy., Meredith NH**

## SHAKER REGIONAL SCHOOL DISTRICT

### MIDDLE SCHOOL BOYS SOCCER (B TEAM) COACH

Shaker Regional School District is seeking a coach for the 2025-2026 season for Middle School Boys Soccer (B Team) Coach. Interested individuals should contact Cayman Belyea, Athletic Director, by phone at 603-267-6525 ext. 1362 or email at [cbelyea@sau80.org](mailto:cbelyea@sau80.org). Successful completion, with satisfactory results, of a post-offer, pre-employment physical and criminal background check, including fingerprints, is required. Shaker Regional School District serves the communities of Belmont and Canterbury, New Hampshire and is an Equal Opportunity Employer.

## SHAKER REGIONAL SCHOOL DISTRICT

### MIDDLE SCHOOL CROSS COUNTRY COACH

Shaker Regional School District is seeking a coach for the 2025-2026 season for Middle School Cross Country. Interested individuals should contact Cayman Belyea, Athletic Director, by phone at 603-267-6525 ext. 1362 or email at [cbelyea@sau80.org](mailto:cbelyea@sau80.org). Successful completion, with satisfactory results, of a post-offer, pre-employment physical and criminal background check, including fingerprints, is required. Shaker Regional School District serves the communities of Belmont and Canterbury, New Hampshire and is an Equal Opportunity Employer.

## SHAKER REGIONAL SCHOOL DISTRICT

### GIRLS VARSITY LACROSSE COACH

Shaker Regional School District is seeking a coach for the 2025-2026 season for Girls Varsity Lacrosse. Interested individuals should contact Cayman Belyea, Athletic Director, by phone at 603-267-6525 ext. 1362 or email at [cbelyea@sau80.org](mailto:cbelyea@sau80.org). Successful completion, with satisfactory results, of a post-offer, pre-employment physical and criminal background check, including fingerprints, is required. Shaker Regional School District serves the communities of Belmont and Canterbury, New Hampshire and is an Equal Opportunity Employer.



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