

# Winnisquam Echo

THURSDAY, OCTOBER 31, 2024

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## Raider girls take sixth at Division III State Meet, boys 13th



JOSHUA SPAULDING

Jenna Laramie led the way for the Belmont girls at the Division III State Meet on Saturday.

BY JOSHUA SPAULDING  
Sports Editor

**MANCHESTER** — The Belmont cross country team wrapped up the season with a solid performance at the Division III State Meet at Derryfield Park in Manchester on Saturday.

The Raider girls finished in sixth place overall on the day while the boys finished in 13th place.

Leading the way for the Belmont girls was ninth grader Jenna Laramie, who finished in 33rd place overall with



Wyatt Divers rounds the final corner of the Division III State Meet in Manchester Saturday afternoon.

a time of 24:26. Clemence Lhermitte finished in a time of 26:51 for 65th place overall and Lyla McSheffrey was 67th in a time of 26:54. Hailey Clairmont finished in 68th place in 27:00 and Riley Degange rounded out the scoring for the



Lyla McSheffrey powers through the Division III State Meet course at Derryfield Park.

Raiders with a time of 28:06 for 80th place. Violet Smith finished out the field of Raider runners with an 82nd place finish in a time of 28:06.

Wyatt Divers led the way for the Belmont boys with a 40th place finish in a time of 20:02.



Brayden Townsend races to the finish line of Saturday's Division III State Meet.

Brayden Townsend finished in 66th place with a time of 21:06 and Sean Andrews finished in 82nd place with a time of 21:52. David Tripp finished in 113th place with a time of 23:00 and Daniel Tripp finished in 164th place in a time of

26:08. Henry Ashworth crossed the line in 27:09 to place 170th overall.

*Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or josh@salmonpress.news.*

## Belmont Public Library announces exciting November events for all ages!

**BELMONT** — This November, the Belmont Public Library is excited to offer a range of engaging programs for all ages. Whether you're looking for fun activities for children, teens, or adults, the library has something for everyone.

Families won't want to miss the Deck the Village holiday event sponsored by the Belmont Recreation Department on Saturday, Nov. 30 from 2-4 p.m. This festive gathering includes holiday crafts and a special

visitor, making it an excellent way for all ages to kick off the holiday season. From Nov. 9-23, the library will also be hosting a special opportunity for community members to give back by writing Holiday Letters of Thanks to U.S. troops and veterans. Everyone is encouraged to stop by and write a heartfelt note of appreciation, helping to spread holiday cheer to those who serve and have served the nation. In December, the library will host its

Mitten Tree, where community members can drop off new, handmade, or store-bought winter accessories for local distribution to those in need.

For younger readers, our My First Book Club will meet on Saturday, Nov. 16 at 11 a.m. to discuss "Boxcar Children: Mystery at the Snowflake Inn" by Gertrude Chandler Warner. Additionally, families can enjoy our Family Matinees, which will take place on Tuesday, Nov. 5 at 11:30

a.m. and Wednesday, Nov. 27 at noon. These midday movie sessions are a perfect opportunity for families to relax and enjoy a film together during school breaks—feel free to bring your lunch!

In addition to these special events, the library offers regular weekly programs designed to support early childhood development. Preschool Pals, held every Tuesday at 11 a.m., helps young children

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## Franklin Savings Bank grants \$7,500 to 603 United

**FRANKLIN** — Franklin Savings Bank recently granted \$7,500 to 603 United to support the purchase of a special projector system for their inclusive theatre. The projector will be used within their new stage and performance area. They will be using the projector to enhance the daily activities of their participants, including singing, dancing, Wii Fit and other interactive games, and weekly for their movie showings for the local community.

"We are proud to support 603 United's efforts to enhance the well-being of adults with intellectual disabilities in our area," explains Brian Bozak, President & CEO, Franklin Savings Bank. "We appreciate everything the organization does every day to assist our communities. It was our pleasure to support

SEE 603 UNITED, PAGE A7

## Swain, Wolfe lead Bears at Division III State Meet



David Swain charges toward the finish line at the Division III State Meet on Saturday in Manchester.

BY JOSHUA SPAULDING  
Sports Editor

**MANCHESTER** — The Winnisquam cross country team finished up the season with the Division III State Meet at Derryfield Park in Manchester on Saturday afternoon.

The Winnisquam girls finished in 16th place on the afternoon and the boys finished in 20th place.

For the Bear girls, Natalie Wolfe led the way, finishing in a time



Penelope Sprague races through the course at Derryfield Park during Saturday's Division III State Meet.

of 30:51 for 113th place, with Bella Dalzell not far behind in 118th place in 31:03. Penelope Sprague was 133rd overall in a time of 33:33 and Elise Langevin finished in 35:05 for 135th place. Ariana Maxwell finished



Lazar Arbutina rounds the final corner of the Division III State Meet on Saturday in Manchester.

out the field of Bears with a 143rd place finish in a time of 39:24.

David Swain led the Bear boys, finishing in 39th place with a time of 19:59. Owen Bakis placed 96th overall with a time of 22:31 and Lazar Arb-

utina finished in a time of 23:45 for 128th place. Lucas Durphey finished in a time of 24:31 for 140th place and Kyren Whitmore finished in 156th place in a time of 25:09 to finish out the scoring. Luke Larrabee



Natalie Wolfe led the way for the Winnisquam girls at the Division III State Meet on Saturday.

rounded out the Bear boys with a time of 26:44 for 168th place.

*Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or josh@salmonpress.news.*



# Powerhouse announces auditions for winter events!

LACONIA — Pow-erhouse Theatre Col-laborative, the resident theatre company of the Colonial Theatre, is an-nouncing auditions for its annual fundraising event in January and its February 2025 Colo-nial Series production of John Cariani’s “LOVE/SICK.”

Billed as an “unro-mantic” comedy for the romantic in all of us, “LOVE/SICK” consists of 10 short two person scenes that look at re-lationships at all stag-es from “meet cute” through marriage and divorce. With roles for 10 men and 10 women in the 20’s - 40’s age ranges, this show is an opportu-

nity for people to get in-volved in a Powerhouse Colonial production with a smaller time com-mitment than one of its big shows. Each short play will only rehearse one hour, twice a week for about five weeks be-ginning in January. The production runs Valen-tine’s Day weekend, Feb. 14-16.

According to Cariani, “‘LOVE/SICK’ is perfect for Valentine’s Day be-cause some people love celebrating that holi-day, and others, well, it makes them sick!”

Auditions will be held at the Colonial on Thurs-day, Nov. 7 and Tues-



Drea Campo and Tyler Luff perform in the 2024 Just Duet Fundraiser.

day, Nov. 12, and all the information on how to sign up and prepare for auditions can be found at [powerhousenh.org/auditions](http://powerhousenh.org/auditions).

And due Dec. 1 will be video submissions for musical theatre duos to sign up for this year’s fundraiser, Just Duet: Broadway Style, which will be held on Jan. 25. Teams of two “compete” for prizes to raise funds for Powerhouse pro-gramming and the Co-lonial Theatre Advance-ment Fund.

This year, the event will have a twist in that each team of two can enlist a ringer to form a

trio for one of their pro-duction numbers. For the past two years con-testants have gone all out with costumes, props, choreography, and of course amazing vocals as they share their love of performing with the goal of raising money for the Colonial and its programs.

For all the details on Powerhouse Theatre Collaborative, auditions, and other events in the 2025 season check out [powerhousenh.org](http://powerhousenh.org) or email [info@powerhousenh.org](mailto:info@powerhousenh.org). There are still opportunities available for businesses to spon-sor events in the 2025 season.

## MVSB announces 2025 Community Photo Contest winners

MEREDITH — MVSB (Meredith Village Sav-ings Bank) is excited to announce the winners of its annual commu-nity photo contest. Photos representing the Lakes Region, Mount Wash-ington Valley and Sea-coast areas were selected through a blind review process. The reviewers included past winners, MVSB employees as well as MVSB Corporators and Board Members.

All community mem-bers are invited to stop by any MVSB branch in Alton, Ashland, Center Harbor, Exeter, Gilford, Laconia, Melvin Village,

Meredith, Moultonbor-ough, North Conway, Plymouth, Portsmouth, Rochester and Wolfeboro to pick up tent and/or wall calendars, which will arrive by mid-No-vember. Winning pho-tos will also be featured on [mvsb.com](http://mvsb.com) and social media – and may also be featured in other ways by the bank in 2025.

“We are proud to highlight photographers who celebrate the peo-ple, events and beauty of New Hampshire,” said Cindy Hemeon-Plessner, MVSB Senior Vice Pres-ident and Chief Market-ing & Experience Officer.

“We received hundreds of submissions this year and we are grateful to ev-eryone who participated. The judging gets harder each year because there are so many spectacular choices. “

“Because we use a blind process, we do not know who the artists are until the winning pho-tos are selected,” added Hemeon-Plessner. “This year, we have previous and new winners, ama-teurs and professionals, those who had multiple photos selected and even an employee.”

Cheryl Lemos, a first-time winner with her picture of a porcupine in an apple tree, is the Assistant Vice Pres-ident and Information Technology Project Of-ficer for MVSB as well as MVSB’s sister banks, Merrimack County Sav-ings Bank, Savings Bank of Walpole and NHTrust.

The winning selec-tions for the 2025 Com-munity Calendar in-clude:

January: Winter Vis-ta by Ron Bowman

February: Littleton Snowstorm by Corey McKean

March: Maple Sugar-ing by Robert Kozlow

April: Tugboats by John Gisis

May: Watching the Kits by Thomas Gump

June: Spring Fawn by Mikayla Eaton

July: Chocorua Sun-set by John Gisis

August: Humming-bird Enjoying Her Bee Balm by Peter Bolton

September: Porc-N-Apple by Cheryl Lemos

October: Ashland Au-tumn by Cathy Ahrens

November: Israel Riv-er by David Gorke

December: Happy Holidays from Squam Lake by Robert Kozlow

In addition, the follow-ing photographers will have seasonal images added to the Bank’s Web site and social media:

Peter Bolton for Icy Harry Lauder Walking Stick

Victoria Bona for Green

Pamela Curilla for Jackson Falls

Karla DeVincent for three photos, Defined, Treasure and Quintes-sential

Colleen Eliason for The Perfect Tree

Ida Gould for Beauti-ful Butterfly

Gail Hubbard for Sug-ar Hill Lupine

Melissa Jette for Strike a Pose

Robert Kozlow for two photos, Ice Skating on Winnepesaukee and Hap-py Holidays from Squam Lake

Joe Lovell for Artists’



Porc-N-Apple by Cheryl Lemos was chosen at the September 2025 feature photo for the MVSB Community Calendar.

Bluff

Elizabeth Marston for A Visit to the Garden

Corey McKean for two photos, Fall Reflec-tion and Littleton Snow-storm

Erica Nardone for two photos, Winter Swell and Isle of Shoals

Kim Ramsdell for Paint by Alton

Lindsay Wells for Galehead Hut

MVSB accepts sub-missions of community photos to their contest each spring between April and June. Infor-mation about the contest and calendar photos can be found at [mvsb.com/annual-community-pho-to-contest](http://mvsb.com/annual-community-photo-contest).

MVSB has been serv-ing the essential banking needs of people, busi-nesses, nonprofits and municipalities for more

than 150 years. As a mu-tual savings bank, MVSB has no stockholders, but rather operates for the benefit of its customers, employees and commu-nity. Since our founding, one thing has always re-mained true: caring is at the heart of everything we do. By building and nurturing relationships, we believe that we can cultivate a community where we all thrive. It all starts with caring about our customers and neighbors. To learn more, visit any of the lo-cal branch offices locat-ed in New Hampshire in Alton, Ashland, Center Harbor, Exeter, Gilford, Laconia, Melvin Village, Meredith, Moultonbor-ough, North Conway, Plymouth, Portsmouth, Rochester or Wolfeboro, call 800-922-6872 or vis-it [www.mvsb.com](http://www.mvsb.com).

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CRAFT FAIR  
Nov 16th  
Senior Class  
Fundraiser

### Winnisquam Regional High School seniors to host craft fair

Join us for the WRHS Holiday Craft Fair on Saturday, Nov, 11 from 9 a.m. to 2 p.m. Find unique holiday gifts handmade by local crafters! The fair is organized by the WRHS Senior Class, including officers Beni Griffin, Rebecca Wittenberg, Peyton Collins, and Leah Morrison, with guidance from advisors Catherine Rand and Nicole DiBiaso. For more information, contact Catherine Rand at [crand@wrdsau59.org](mailto:crand@wrdsau59.org). We look forward to seeing you there!



# Around and About Tilton

BY GREGG DEVOLDER

Hello, and welcome back.

Well, there’s no shortage of beautiful weather to spread around these days and with only a few meetings this week it’s nice to catch up on all those chores before winter finally sets in.

Last Monday evening, the School Board invited the area Selectmen to their meeting for an update on various activities and projects taking place within the district. The slide presentation started with the end of summer professional development program that was well attended, with eighty staff taking part. There was also a welcome and introductory day for the new teachers giving the board and new staff a chance to meet. It was mentioned that the transportation issues experienced at the beginning of school have been sorted out with the company and are now working as they should.

Enrollment continues to drop with 1,182 students currently in the system. In comparison to 2019-2020 there were 1,465 students enrolled. The average class size is approximately seventeen to eighteen students per class for three of the schools, with the high school coming in between nineteen to twenty students per class. The board did ask the Selectmen to keep them informed of any large building projects that may impact the school system going forward.

Costs per student preK-12 was an interesting slide and I’m sure always garners attention. In the 2022-2023 school year that number came in at \$19,618. The state average was \$20,322 so we’re roughly \$700 below that. Numbers are a funny thing and like everything in life it’s how you look at things that can be tricky. Because it was on the slide, I will reference the 2017-2018 number which was \$15,968 per student. Over that six-year period the cost per student has gone up a roughly eighteen and a half percent, the state average is up nearly twenty-two percent. I honestly have no idea all the factors that drove this increase, but I imagine a dropping enrollment is one of them. It’s also important to remember that we, the taxpayers of the surrounding towns, approve the school budget each year so there’s nothing untoward going on here.

My main concern is simply, is this sustainable or will we end up like so many other communities in New Hampshire where folks are being taxed out of their homes? One could argue that viewed over the six-year time period, that’s not a bad number. But it’s like inflation, it’s the cumulative growth that gets you. The numbers aren’t retreating, they only grow. A cumulative eighteen plus percent increase over the next six years from 2023 numbers puts us just below \$4,000, or close to \$23,250 per student. I’m pretty sure Social Security hasn’t and isn’t providing that type of growth for those on a fixed income. I have no doubt there are far better ways to look at the numbers than what I have done here. I just hope it starts a conversation given where taxes are likely to go in the future.

There was also some impressive news on the educational front that many of you may have heard about. The Middle School Math team took second place in the regionals and two Formula 1 school teams made it to the Nationals and brought home a number of awards. Congratulations to all.

It was nice to hear the Ag renovation project which started in July remains on time and on budget. Let’s not forget the state is picking up approximately seventy percent of the costs. What a great opportunity this will be for our students when it’s completed.

And finally, it was great to hear the High School has a new classroom cell phone policy, though not popular with many of the students, it is helping the teachers a great deal.

The Selectmen’s meeting focused primarily on next years budget with the department heads presenting their preliminary numbers. Our town Moderator also reviewed the upcoming election requirements. If any of you are concerned about election fraud, please watch the beginning of the video to put those worries aside. It’s serious business and nothing is left to chance.

It looks like the Police Department has finally found the right vehicles for the right price and I’m happy to report the Selectmen approved the purchase of two lightly used autos that fit the bill, literally. The cost for both is \$49,300 with just over \$33,142 of government funding being used just under the wire before having to return it at year end.

There was a discussion with regard to minute taking of meetings. The question was raised whether recording these meetings might be an improvement, where handwritten notes are being taken. I’m sure we’ll hear more on this going forward.

Let’s not forget, the American Legion Post 49 Auxiliary is sponsoring “The Day of the Dead” celebration on Saturday, Nov. 2. There will be a taco buffet and dancing for only \$10 per person and you can pay at the door. All are welcome to come and celebrate those that have left us.

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!

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# Bank of New Hampshire partners with NHIAA to Launch “Banking on Kindness & Sportsmanship” Program

LACONIA — Bank of New Hampshire is proud to announce its latest community initiative, the “Banking on Kindness & Sportsmanship” program, in partnership with the New Hampshire Interscholastic Athletic Association (NHIAA). This new program is designed to celebrate and promote acts of kindness and sportsmanship among student-athletes and coaches throughout New Hampshire’s high schools.

“We believe that sportsmanship and kindness are the cornerstones of a strong community,” said says Chris Logan, President and CEO of Bank of New Hampshire. “By recognizing and rewarding these qualities in our student-athletes and coaches, we hope to foster a culture of respect, kindness and sportsmanship across the Granite State.”

As part of the “Banking on Kindness & Sportsmanship” program, participating schools will receive special pins of recognition, provided by Bank of New Hampshire. School administrators will award these pins to students or coaches who demonstrate true sportsmanship, whether it’s helping an opponent up after a tough play, expressing gratitude to officials after a hard-fought game or encouraging a teammate during a challenging moment.

Throughout the school year, administrators will have the opportunity to share these inspiring stories with Bank of New Hampshire through a nomination process. Individuals who are nominated for an award will be eligible to receive a donation to their school’s athletic program, courtesy of Bank of New

Hampshire. At the end of the school year, one exceptional school will be selected to receive a \$1,000 donation towards their athletic programs and will be publicly recognized for their outstanding commitment to sportsmanship.

“Our goal is to shine a spotlight on those who embody the spirit of kindness and sportsmanship in New Hampshire high school athletics,” added Jeffrey Collins, Executive Director, for the NHIAA. “We are excited to see the positive impact this program will have on our communities.”

Bank of New Hampshire is excited about this partnership as we aspire to remain an independent mutual financial institution, delivering innovative solutions and exceptional service,

while assisting our employees, customers and communities to build brighter futures.

Bank of New Hampshire, founded in 1831 provides deposit, lending and wealth management products and services to families and businesses throughout New Hampshire and southern Maine. With 21 banking offices and assets exceeding \$2.5 billion, Bank of New Hampshire is the oldest and one of the largest independent banks in the state. Bank of New Hampshire is a mutual organization, focused on the success of the bank’s customers, communities and employees, rather than stockholders. For more information, call 1-800-832-0912 or visit BNH.Bank.

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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.

## The joy of America's pastime

As the leaves change colors and the air turns crisp, the onset of fall brings with it the arrival of one of America's most cherished traditions: baseball playoffs. For generations, baseball has held a special place in the hearts of Americans, to become a timeless pastime that brings happiness, unity, and a sense of belonging.

Baseball's roots in America run deep, tracing back to the 19th century when it evolved from a simple game into a full-fledged professional sport. Over the decades, baseball has become more than just a game. From the crack of the bat to the roar of the crowd, baseball's enduring appeal lies in its ability to evoke nostalgia and a sense of belonging. It reminds us of our history, spanning generations to connect grandparents, parents, and children through the love of the game.

During playoff season, this connection becomes even more profound. The excitement of watching your favorite team battle it out on the national stage, the suspense of each pitch, and the thrill of a game-winning home run all create moments of genuine joy and a bit of adrenaline as well!

But it's not just the game itself that brings happiness; it's also the sense of community and camaraderie that baseball fosters. Ballparks across the nation become gathering places for fans of all backgrounds to come together and share in the experience. Whether you're tailgating in the parking lot, high-fiving strangers after a big play, or singing along to "Take Me Out to the Ball Game" during the seventh inning stretch, baseball erases our differences, just like that.

Baseball has seen the nation through some of its darkest days, offering a distraction and a source of comfort during times of crisis. From the Great Depression to the aftermath of 9/11, baseball has been a constant, reminding us that there is always something to look forward to and that, together, we can overcome adversity.

With that, we all have our favorite teams, so please indulge us as we take this opportunity to say, in lieu of the Red Sox...go Dodgers!

Well, I know I said last week that my spooky season series was done, but with many requests for one more, I said, why not? I couldn't resist sharing just one more story for Halloween. And this one might be the strangest yet. It's the tale of a place where the mysterious meets the unexplained—where eerie lights dance across the horizon, and science and folklore collide. I'm talking about the Marfa Lights.

In a remote stretch of West Texas desert near the small town of Marfa, strange, glowing orbs have illuminated the night sky for centuries. According to local history, the first recorded sighting was in 1883, when a rancher named Robert Ellison noticed lights flickering in the distance, initially thinking they were Apache campfires. But as he traveled closer, the lights seemed to move farther away, as if intentionally evading him.

Interestingly, Native American tribes in the area, including the

Apache, were aware of these lights long before settlers arrived, referring to them as "fallen stars" and interpreting them as celestial or supernatural phenomena. The Marfa Lights, which appear as bright orange, red, or blue orbs, have been seen shifting, darting, and splitting apart only to rejoin moments later. Some say they float, while others claim they hover above the ground, weaving in and out of view.

During World War II, the Marfa Lights caught the attention of pilots stationed at the nearby Midland Army Air Field. Intrigued, these pilots attempted to locate the source of the lights, thinking it might be a natural or man-made structure. Despite multiple attempts, they never found the origin. It was as though the lights were aware of the pilots' presence, evading discovery every time they tried to pinpoint their source.

What causes these lights?

Some say they are cars from a nearby interstate, Route 67, but that doesn't explain how they've been observed long before the automobile.

Some theories range from the scientific, like reflections or naturally occurring gases, to the supernatural, with legends suggesting they're spirits or entities keeping watch over the land. But one thing's for certain—the lights behave in ways that defy easy explanation, especially in encounters that seem almost personal.

Consider the story of a film crew that arrived in Marfa hoping to capture the lights on camera. After setting up equipment for hours, the crew finally spotted the lights flickering in the distance. But as they moved in, strange things began to happen. Cameras shut down inexplicably, and batteries drained without reason. Some crew members reported feeling as though the lights were watching them, reacting to their

every movement. No matter how they tried, they couldn't get a clear shot—the lights would appear just out of reach, then disappear, only to reappear elsewhere. By the time they left, the crew was convinced that the Marfa Lights weren't just a natural phenomenon, but something else—something almost... aware.

Another tale comes from a local rancher who encountered the lights late one night while driving home. As he traveled down the dark, empty road, he noticed glowing orbs trailing behind his truck. At first, he thought they were headlights, but the lights behaved strangely, veering off into the desert only to reappear closer to him, moving in sync with his truck. He described it as if the lights were "following" him, curious yet keeping their distance. Finally, as he neared home, the lights suddenly broke away and vanished into the mountains. Shaking

en, the rancher was left wondering—were the Marfa Lights watching him, guiding him, or simply toying with him?

To this day, the Marfa Lights remain a mystery. Scientists have tried to pin them down as reflections, atmospheric gases, or mirages caused by temperature inversions. Yet no explanation fully accounts for their behavior, nor for the strange interactions people report. And the stories continue to pile up, from locals who've seen the lights their entire lives to travelers who stumble upon them unexpectedly.

As Halloween draws near, and we gather around to share tales of the unknown, remember that some mysteries are closer than we think. They flicker on the horizon, waiting to be seen—but not necessarily to be understood.

Happy Halloween, and may all your mysteries be as strange as the Marfa Lights.



COURTESY

On Nov. 2 & 3, the Silver Bells Holiday Arts & Crafts Fair returns to the Tanger Outlets, 120 Laconia Rd., Tilton, Saturday 10 a.m. to 4 p.m. and Sunday 10 a.m. to 3 p.m. Start your holiday shopping and find many special unique gifts at this fabulous craft fair with approximately 90 awesome exhibitors! Some of the special exhibits will include beautiful floral decor & gnomes, handsome leather belts & totes, holiday bells, surveillance birdhouses, various jewelry styles, chain saw wood carvings & demos by Elise, fragrant soy candles, hand poured soaps, amazing baked goods, sublimation creations, local honey, gourmet preserves/dilly beans etc., handsome cutting boards, recycled sweater mittens, beautiful luminaries, handcrafted wooden spoons/ladles, 3D toys, & lots more! Friendly, leashed dogs are welcome! Food! Rain or Shine Under Canopies! From I-93, take Exit 20 & bear left at lights! Visible from Exit 20! Free admission & free parking! See you there! For more information, visit [joycecraftshows.com](http://joycecraftshows.com) or Call (603) 387-1510.

## The Marfa Lights

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## Comfort Keepers Alzheimer's Disease — dealing with difficult behavior

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More than 16 million Americans provide unpaid care for people with Alzheimer's or other dementias.

Caring for a loved one can be a rewarding experience, but it's not without challenges. These challenges can be significantly more impactful for those caring for a

senior with Alzheimer's disease or other form of dementia. Changes in behaviors can occur for a variety of reasons, including over-stimulation, physical discomfort, confusion, exhaustion caused by sleep problems, medication, or changes in routine.

Understanding the cause of behavioral changes is critical for caregivers, families and friends. And, it's helpful

for caregivers to know how to manage behaviors that will allow them to provide safe and effective support and diffuse tense situations.

These behaviors can include:

- Depression
- Anxiety
- Confusion
- Aggression or anger
- Suspicion
- Hallucinations
- Pacing or wandering
- The most important

thing that caregivers need to remember is that challenging behaviors may not be entirely avoidable. It's also not the fault of the person with Alzheimer's or dementia. These behaviors are sometimes a common product of the disease. And, there is specialized support a caregiver can use to help keep a challenging behavior from escalating.

SEE COMFORT PAGE A5

### Winnisquam Echo

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# Bears bounce back with wins over Crusaders, Eagles

BY JOSHUA SPAULDING  
Sports Editor

TILTON — The Winnisquam volleyball team bounced back from a couple of losses to pick up a 3-2 win over Manchester Memorial on Monday, Oct. 21.

“After a couple of tough losses to Souhegan and Hanover it was nice to see the kids bounce back and get the win tonight,” said coach Mark Dawalga. “It was a total team effort.”

Caidyn Carter finished with eight kills,

15 digs, two assists and seven aces, Sophie Fair had nine kills and two digs, Danica Weymouth had five kills, 25 digs, two assists and six aces, Ali Max had five kills, Bella Dill had a kill, 15 digs, 20 assists and six aces, Gianna Ball had 18 digs, one assist and three aces, Anaya Mondesir had 15 digs and three aces, Shayla Jordan had six digs and Alexis Mingolla had a pair of aces.

On Wednesday, Oct. 23, the Bears got a 3-1 win over Kennett, 25-19,

22-25, 25-14, 25-23.

“It was a good win on senior night,” said Dawalga. “We are going to miss all our seniors next year.” The Bears graduate Dill, Ball, Jordan, Mondesir, Max, Peyton Collins and team manager Callie Clougherty.

“I thought tonight we really played well as a team and made big plays when we needed to,” Dawalga continued. “Give Kennett credit, they also played well.”

Carter had 13 kills,

seven digs, one assist and three aces, Fair had four kills and two digs, Weymouth had two kills and 10 digs, Max had one dig and two aces, Dill had one kill, nine digs, 14 assists and six aces, Ball had 13 digs, two assists and two aces, Mondesir had 10 digs and one ace, Jordan had eight digs and one ace and Mingolla had one dig and three aces.

The Bears finished off the season with a 3-0 loss against Souhegan on Friday, Oct. 25, 25-21,

25-18, 25-17.

“I thought tonight we battled the whole game,” said Dawalga. “Give Souhegan credit, they made a couple more plays than we did.”

“I was extremely happy with our overall play,” the Bear coach continued. “This team has improved all year and I could not be prouder of them all.”

Carter had three kills, eight digs, one assist and three aces, Fair had three kills and three digs, Weymouth had five kills,

eight digs and three aces, Max had one dig and two aces, Dill had five digs and 10 assists, Ball had eight digs, one assist and two aces, Mondesir had nine digs and Jordan had four digs.

The Division II tournament kicked off after deadline Wednesday, Oct. 30, at the home of the higher seed.

*Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or josh@salmonpress.news.*

## COMFORT

CONTINUED FROM PAGE A4

While there is no guaranteed approach that will work with every person or situation, there are some methods that can help caregivers manage trying times:

Staying calm– It’s not uncommon for caregivers to feel attacked or helpless when they are caring for someone exhibiting difficult behaviors. Remembering that it isn’t personal and that it’s a symptom of the disease, can help caregivers manage their emotions and avoid contributing to tense or difficult situations. Arguing or reasoning can often escalate an outburst, so it’s necessary for caregivers to stay calm and supportive

Keeping a schedule– Seniors that suffer from Alzheimer’s disease and other dementias often find it reassuring to have a set schedule for meals, activities and daily tasks. Creating a schedule, and sticking to it as much as possible, can help prevent anxiety, confusion and anger.

calm themselves.

Comfort Keepers® can help

At Comfort Keepers®, we provide specific training for our caregivers and individualized care plans to provide care and support to seniors with Alzheimer’s disease and to their families. Our specially trained Comfort Keepers engage clients in intellectual, physical and emotional interactions that complement medical treatment and improve the quality of life for everyone involved. And, they can facilitate stress management activities, support for physician-approved diet and exercise plans, provide transportation to appointments and will evaluate a home for safety as part of an in-home assessment. For more information on how in-home caregiving can help those with Alzheimer’s disease or dementia, contact Comfort Keepers at 603-536-6060.

About Comfort Keepers

# WOW Trail appeal features e-bike raffle and fundraiser at Patrick’s



LACONIA — The WOW Trail is holding an e-bike raffle and a ‘Giving Back’ event at Patrick’s in Gilford to help raise funds.

“We’re very grateful for Winnepesaukee E-Bikes and owner Roy Cuddahy for donating an e-bike to raffle which will help us generate interest for our annual fundraising appeal,” explains WOW Trail president Allan Beetle. “Whether or not people want to win an e-bike, it will help remind our WOW Trail supporters to consider a donation this year.”

their food purchases donated back to the WOW Trail. Donations can be made through the WOW Trail’s website or mailed to WOW Trail PO Box 6832 Laconia 03247.

The WOW Trail committee maintains the existing two and a half miles of trail while continuing to plan the expansion of the trail north to Weirs Beach and Meredith. They are actively working with

the City of Laconia on creating a six-mile multi-use pathway around Lake Opechee, connecting neighborhoods to schools, parks, beaches and to downtown Laconia and the Lakeport business district.

For more information, visit [www.wowtrail.org](http://www.wowtrail.org) and [www.facebook.com/WOWTrail](http://www.facebook.com/WOWTrail). Email [info@wowtrail.org](mailto:info@wowtrail.org) with questions.

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Exercise– Exercise, with approval from a physician, is a great stress reliever for both seniors and caregivers. And, participating in activities together helps foster important emotional connections.

Participating in activities– Whether it’s an enjoyable hobby, household chore or physician-approved exercise, participating in joyful activities has shown to help manage challenging behaviors. These can be pre-scheduled or introduced when difficult behaviors are recognized. For example, caregivers can ask for help folding laundry to ease anxiety or can play music or sing to calm someone feeling confused, angry or depressed.

Mindful communication– Caregivers shouldn’t underestimate the power of communication. Caregivers can use soothing tones, speak in a friendly way and make eye contact to convey normalcy, understanding and compassion. This can help seniors experiencing anxiety or frustration to

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

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

Comfort Keepers have been serving New Hampshire residents since 2005. Let us help you stay independent.

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

References  
National Institute on Aging. “Managing Personality and Behavior Changes in Alzheimer’s.” Web. 2017.

Verywell Health. “Complete Guide to Challenging Behaviors in Dementia.” Web. 2019.

Alzheimer’s Association. “Stages and Behaviors.” Web.

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CLUES ACROSS

1. \_\_ Spumante (Italian wine)

5. Highly impressed

11. Pronoun to identify something specific

12. Uttered in an impassioned way

16. Outfits

17. "Westworld" actor Harris

18. Stewed game casserole

19. Indignities inflicted on others

24. Blood type

25. Says beneath one's breath

26. Taxis

27. Transmits genetic information from DNA to the cytoplasm

28. NFL great Randy

29. Where college students live

30. Brief Yankees sensation Kevin

31. Condiment

33. -frutti

34. Polish city

38. Astronomy unit of distance

39. Romanian village

40. Bears first overall pick Williams

43. Irritated

44. Clothing for sale has them

45. One-time world power

49. When you anticipate arriving

50. Farm building

51. Organize thoughtfully

53. Detective

54. One who reduces

56. Nursemaids

58. Partner to "Pa"

59. World's longest river

60. Commemorates

63. Compound

64. The Lannisters and Starks fought for one

65. Email function

CLUES DOWN

1. Open-roofed entrance

2. Japanese religion

3. Dancer's garments

4. Distributes

5. Yemeni port

6. Spanish doctors

7. It cools your house

8. Engine variant

9. Makes more manageable

10. Days (Spanish)

13. Milliliter

14. Spread out from

15. With two replaceable hydrogen atoms

20. Respectful title for a man

21. Equally

22. Scarlett's home

23. Big Blue

27. Subway dwellers

29. One-tenth of a liter

30. Central European river

31. Distress signal

32. Expression of sympathy

33. Bar bill

34. Football equipment

35. Dance music

36. Russian river

37. Mary \_\_, cosmetics

38. Gym class

40. Autos

41. Fourth and honorable name in ancient Rome

42. Defeats (abbr.)

44. A way to color

45. Planet

46. Form of humor

47. Taken without permission

48. Go over again

50. Auto parts manufacturer

51. Detective's source

52. Home of the Flyers

54. Short official note

55. Emit coherent radiation

57. In the year of Our Lord

61. Atomic #18

62. Not from, but...

PUZZLE SOLUTION

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

kids' corner

Health FACT:

True or False? Eating a vegetarian diet can provide health benefits and aid in the prevention and treatment of certain diseases.

Answer: True

Maze Craze

Find your way through the maze.

START

FINISH

THIS DAY IN HISTORY

OCTOBER 28

306: Maxentius is proclaimed Roman emperor.

1726: The novel "Gulliver's Travels" by Jonathan Swift is published.

1990: Georgia holds its only free election under Soviet rule.

NEW WORD

LEGUME

fruit of plants in the pea family

How they say that in...

English: Spinach  
Spanish: Espinaca  
Italian: Spinaci  
French: Épinard  
German: Spinat

Did You Know?

Vegetarian diets are naturally low in saturated fat and cholesterol and high in fiber, which may help prevent heart disease.

Get the PICTURE?

Can you guess what the bigger picture is?

Answer: Avocado

CRYPTO FUN

Solve the code to discover words related to popcorn. Each number corresponds to a letter. (Hint: 24 = E)

A. 13 24 14 2 24 4

B. 21 9 5 14 17 20 1 16 24

C. 10 17 4 7 24 2

D. 3 25 5 13 24 23

Clue: Small center  
Clue: Kitchen appliance  
Clue: Yellow in color  
Clue: Container

SUDOKU

Fun By The Numbers  
Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Here's How It Works:  
Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

ANSWER:  
4 9 7 6 8 5 3 2 1  
5 8 3 2 7 4 6 9 1  
6 2 4 8 1 3 5 7 9  
7 1 8 5 9 6 3 4 2  
9 3 8 7 4 1 2 6 5  
2 7 4 1 9 8 3 5 6  
8 1 6 3 2 7 4 5 9  
3 5 2 9 6 1 8 7 4

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EVENTS

CONTINUED FROM PAGE A1

practice listening, following instructions, and developing social skills through stories and cooperative activities. Story Tots, every Wednesday at 10:30 a.m., offers toddlers a fun environment to enjoy songs, stories, and interactive play. These programs are perfect for families looking to introduce their children to the joys of reading and social learning in a nurturing setting.

For tweens and teens, we have several engaging programs lined up. The Chapter & Verse book discussion group for grades 6-8 will meet on Thursday, Nov. 21 at 3 p.m. to talk about “Rez Ball” by Byron Graves. Similarly, students in grades 4-6 are invited to join Chapter Chats on Thursday, Nov. 21 at 4 p.m., where they will discuss “The Lumbering Giants of Windy Pines” by Mo Netz. Teens and tweens can also wind down every Friday afternoon with our Flash-

back Films series, featuring movies from the early 2000s, at 3 p.m.

Adults are invited to partake in various reading groups throughout the month. On Thursday, Nov. 14 at 4:30 p.m., the Tea & Tales Book Club will discuss “A Slow Fire Burning” by Paula Hawkins, while the Friday Fiction Book Group will meet on Friday, Nov. 15 at 10:30 a.m. to explore “Leaving the Atocha Station” by Ben Lerner. Fans of mystery novels can join the Mystery Group on Thursday, Nov. 21 at 10 a.m. to discuss “And Sometimes I Wonder About You” by Walter Mosley. In addition to these discussions, the library will continue offering regular programs like Fiber Arts, Watercolor Workshops, Cribbage, and Mah Jongg. See the library’s calendar for dates and times.

Lastly, please note that the library will be closed on Monday, Nov. 11, Thursday, Nov. 28, and Friday, Nov. 29 for the holidays.

603 UNITED

CONTINUED FROM PAGE A1

this initiative.” 603 United is a new non-profit organization serving adults in our community with intellectual disabilities. They have had one major focus since their inception: To provide social and recreational activities and reduce isolation for adults with disabilities. As a result of their efforts, many lasting friendships have been formed and their members are thriving. The purchase of the projector will bring a sense of purpose and improve mental health for their club members.

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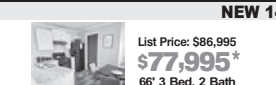
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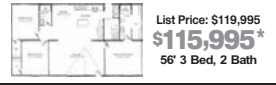


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**PETS OF THE WEEK**



**Meet Elsa!**  
Elsa recently became available for adoption; more information regarding my personality and ideal home are coming soon!



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

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# LRSO kicks off 49<sup>th</sup> season with “Romantic Revelations” concert Nov. 2



Cellist Ian Jang, LRSO’s 2024 concerto competition winner, performs Dvorak with the LRSO on Nov. 2 at Plymouth State University.

PLYMOUTH — The Lakes Region Symphony Orchestra (LRSO) is thrilled to announce its highly anticipated first concert of the 2024-2025 season, taking place on Nov. 2 at Hanaway Theatre, Plymouth State University at 7 p.m. As we begin our 49th sea-

son, this exquisite evening of music promises an unforgettable experience for music enthusiasts of all ages.

This concert, titled “Romantic Revelations”, features three masterful compositions – Mendelssohn’s haunting “Hebri-

des Overture,” Dvorak’s glorious “Cello Concerto in B minor” (1st mvt), and the beautiful but lesser known “Symphony No. 2” by Vasily Kalinnikov.

The featured soloist for Dvorak’s Cello Concerto is outstanding cellist Ian Jang, winner of LRSO’s 2024

concerto competition. Jang’s track record is remarkable, winning accolades in prestigious competitions such as the Taiwan International Music Competition and the Charleston International Music Competition. His stunning performances have consistently mesmerized audiences, earning him top honors at the Swiss Concours and the AMIS International School Honors Orchestra Concerto Competition. He is also recognized for his innovative blend of music and technology, producing virtual concerts that showcase his multifaceted talents.

Also on the program are Mendelssohn’s “Hebri-

des Overture,” Dvorak’s glorious “Cello Concerto in B minor” (1st mvt), and the beautiful but lesser known “Symphony No. 2” by Vasily Kalinnikov, a hidden gem of Russian Romanticism that combines folk melodies with lush, orchestral splendor, blending lively rhythms and pastoral themes that culminate in a triumphant conclusion.

The concert will take place at the Hanaway Theatre in the Silver Center at Plymouth State University. Tickets are free for PSU students, \$5 for non-PSU students, and \$20-\$30 for adults. Tickets can be purchased at [www.LRSO.org](http://www.LRSO.org) or at the Silver Center box office (603-535-2787). We thank our sponsors Ravana and John McIntyre, and Evelyn and Michael Miller, for their generous support of young musicians with our concerto competition and this Novem-

ber concert.

This November performance is the first in our new season. December’s “Take a Bough!” performances in Laco-

nia and Meredith on Dec. 7 and 8 feature Alex and Rachel Hunton, husband and wife performers from the Powerhouse Theatre Collaborative, putting their twist on arrangements of holiday favorites by Amy Grant, Michael Bublé, David Bowie and Bing Crosby, and many more. On March 22, 2025, we present “Vienna to Berlin: A Germanic Journey” featuring principal violist Sally Wituszynski performing the luscious “Romanze” by Max Bruch. The concert rounds out with Brahms “Hungarian Dances 5 and 6,” Strauss’ “Die Fledermaus Overture,” and the extremely emotional “Symphony No. 2” by Robert Schumann.

Lastly, in May 2025, we are incredibly excited to present a huge playlist of radio hits from the ‘70’s, featuring two outstanding vocalists from the Boston area, Taylor O’Donnell and Adrian Sicam. They will perform amazing custom orchestral renditions by Billy Joel, Elton John, Carole King, the Bee Gees, Abba, Chicago, Earth Wind and Fire, Doobie Brothers, and many many more. These 2025 concerts on May 10 (Colonial Theatre) and May 11 (Inter-Lakes Auditorium) are not to be missed!

Buy your tickets early and join us for all our outstanding concerts this season. Discount tickets are available for Inter-Lakes performances at [www.LRSO.org](http://www.LRSO.org).

As a reminder, do not randomly search the web for “LRSO tickets.” Instead, visit [www.LRSO.org](http://www.LRSO.org) directly. Dozens of unscrupulous third party ticket web sites have emerged that may not be legitimate. The Lakes Region Symphony Orchestra is a 501c3 non-profit orchestra that performs throughout the fall, winter, and spring months. Orchestra members range in age from teens through retired seniors, representing more than 30 communities in the Lakes Region and beyond. For 49 years, the Orchestra has been focused on showcasing young talent and providing a venue for local musicians to perform classic to contemporary orchestral music, all in the valued community setting of the Lakes Region of New Hampshire.

## Christmas Tree Farmer, Forest Society North at The Rocks

This position is Full-time, Exempt, Salary  
Salary range begins at \$55,000.00 depending on experience.

**Position Summary:**  
The Christmas Tree Farmer is responsible for running the Forest Society’s 17,000-tree Christmas tree farm operation at The Rocks in Bethlehem, NH. Since 1989, this has been a successful retail and wholesale Christmas tree farm.

**Qualifications and Skills required:**  
The ideal candidate will demonstrate independence and the ability to work autonomously, while also embracing opportunities for growth and effectively managing the responsibilities of running a farm. The Christmas Tree Farmer should have a minimum of 3-5 years of experience working in an agricultural setting and/or Christmas tree farm and be competent in running tractors, chainsaws and equipment. An education of a two-year associates degree or equivalent is preferred, but not required.

Please see our website for the full job announcement and application information:  
<https://www.forestsociety.org/page/christmas-tree-farmer-bethlehem-nh>

## Program Director, Forest Society North at The Rocks

This position is Full-time, Exempt, Salary  
Salary \$60,000.00

**Position Summary:**  
The Forest Society is seeking to fill the Program Director for its newly renovated office and program center in Bethlehem, NH. This position will develop and implement new educational, outreach and recreational programs and events, and will manage all program, community and outside uses of the facilities at The Rocks. This is a great opportunity to meld conservation, education, and recreation management with marketing, tourism and entrepreneurship skills for the right individual.

Please go to our website for the full job announcement and application information:  
<https://www.forestsociety.org/page/program-director-forest-society-north-rocks>



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