

# Winnisquam Echo

THURSDAY, OCTOBER 24, 2024

FREE

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## Pemi Valley Habitat builds home in Sanbornton

SANBORNTON — Pemi Valley Habitat board members met at their new home build on Route 132 in Sanbornton recently to lend a helping hand and support our mission of building homes and community.

The property was donated to PVH, and volunteers have been busy constructing this charming affordable home for a local family. PVH is in the process of interviewing families who attended an information meeting, completed the application and met the financial requirements. Thanks to volunteers, donated materials and proceeds from the ReStore in Plymouth, PVH is able to drastically reduce the mortgage for their homes and potentially changes the life of a local family. At PV Habitat, they like to say the build quality homes at affordable

prices to give a hand up not a hand out. Families who are chosen to work with PVHH commit to working at the build site and carry a mortgage and pay taxes on their new home - but at a more affordable price. Often times the new Habitat home is creating new tax revenue for a town, not adding to the tax rate.

The ReStore in Plymouth accepts donations and proceeds from sales contribute to the cost of building homes. Each time you shop at the ReStore you are helping build a new home.

Anyone interested in volunteering at the build is encouraged to visit [www.pemivalleyhabitat.org](http://www.pemivalleyhabitat.org).

The next home build will be in Franklin. Stay up to date on what is happening with Pemi Valley Habitat for Humanity and follow them on Facebook.



Board member Patty O'Neill wasn't so sure of the nail gun during her visit to Pemi Valley Habitat's new home build in Sanbornton recently, but was a quick learner.

COURTESY

## College Fair showcases opportunities for Winnisquam Regional High School students

TILTON — Winnisquam Regional High

School hosted more than 40 colleges and universi-

ties during a recent College Fair.

This event connected local high school students with representatives from a variety of colleges and universities, providing them with valuable information about academic programs, financial aid options, and campus life.

Students attending the College Fair will have the opportunity to learn about application requirements, deadlines, and the admissions process; Discover diverse fields of study and find programs that align with their interests and career goals; Understand scholarships, grants, and student loans available to help fund their education; and, Explore student organizations, extracurricular activities, and campus culture.

Jennifer DeSaye, K-12 Pathways Coordinator, planned the event, and said, «The college fair was a resounding success, uniting students

and institutions in an inspiring exchange of opportunities and aspirations.»

## Dinner planned to benefit Tilton Senior Center

TILTON — A ham and baked bean dinner to benefit the Tilton Senior Center will be held Saturday, Oct. 26 from 4-7 p.m. at the Senior Center, 11 Grange Rd., featuring music, raffles, and a 50/50. \$10 for adults, \$8 for seniors, \$5 for children ten and under. Tickets may be purchased at the door.

If you have questions, please call 603-527-8291.



COURTESY

Picture above are students Beni Griffin, Peyton Collins, Rebecca Wittenberg, Leah Morrison, Hayden Moser, Vanessa Elliot and Neveah Davichik meeting with admissions representative during the recent college fair.

## Raider boys put it all together in win over Hillsboro-Deering

BY JOSHUA SPAULDING  
Sports Editor

BELMONT — As the regular season winds down, the Belmont soccer boys find themselves in the thick of the playoff race in Division III and the Raiders picked up a huge win over a team ahead of them in the standings on Friday, Oct. 18, as Belmont shut out Hillsboro-Deering 3-0.

“Top to bottom, that was solid,” said Belmont coach Mike Foley. “We opened the game with what we’ve been trying to do all season, that energy level we should have.”

The Raiders wasted very little time getting on the board, as Wyatt Bamford headed home an Owen Waldron feed

less than a minute and a half into the game and the Raiders took the 1-0 lead.

Landon Bormes and Brody Ennis had chances for the Raiders that the defense handled and Brady Fysh stepped up with a defensive stop. Keeper Jaxson Embree punched a Hillcat corner kick chance out of the box and Waldron and Nate Allard combined on a chance at the other end of the field. Bormes also had a bid for the Raiders but could not convert.

The Raiders were able to double the lead with just more than eight minutes gone in the game, as Waldron headed the ball in on net and Keegan Martinez was there to

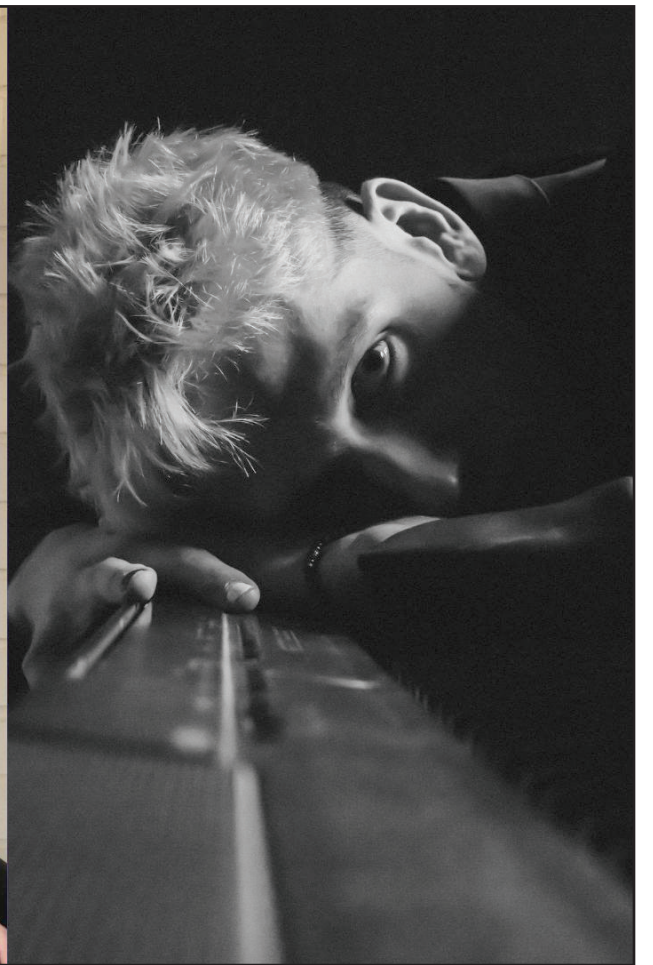


JOSHUA SPAULDING

SEE BOYS, PAGE A6

Belmont goalie Jaxson Embree leaps in the air to corral the ball during action against Hillsboro-Deering on Friday.

# Songwriter Series features Brian Walker, Steve Rondo



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

Held in the region's premier listening room, The Loft, located on the second floor of the Winery, this series has been giving audience members a chance to experience the original music of talented singer-songwriters from the New England area and

beyond. At each show three artists share their songs and stories in a unique in-the-round style performance. This intimate series features two different songwriters alongside host performer Katie Dobbins on the last Wednesday of every month.

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

be home to the monthly Songwriter Round-Up Series.

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

Dobbins, who previously hosted this series in the Boston area, is grateful to be able

to bring it to her New Hampshire community.

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

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

ries in my home community is something really special to me."

The next Songwriter Round-Up show takes place on Wednesday, Oct. 30, featuring New Hampshire artist Katie Dobbins who blends folk and pop into a genre of her own, pop singer-songwriter Brian Walker from East Kingston, and Steve Rondo, an indie-rock artist from Boston. All of these artists bring their own unique life-lyrics, melodies, and styles to the stage. This promises to be an evening of great original music and dynamic entertainment that you won't want to miss.

Learn more about each of these artists on the Hermit Woods Winery Web site.

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

## September Lakes Region HHW collections a success!

**REGION** — For more than 37 years, the Lakes Region Planning Commission (LRPC) has provided residents and property owners in the Lakes Region with opportunities to safely dispose of hazardous products from their household, reducing the likelihood of accidents in their home.

In the last week of September, Tuftonboro and Laconia hosted collections of household hazardous waste (HHW),

servicing more than 500 households from all 21 participating communities. Many people liked the late season collections, having finished up most of their summer projects.

A total of seven collection events were held around the region this year – beginning with Franklin in June, Gilford and Meredith in July, Bristol and Moultonborough in August, culminating with Tuftonboro and Laconia

in September. Spreading the collection events out over four months provided more collection dates to choose from than in the past. Also this year, a weekday disposal option (Tuftonboro) was provided – a first for our region. In total, more than 1,460 households from 21 communities brought in materials for disposal this year, keeping that waste out of the water, out of "the ditch at the end of the road", and safely away from "inquisitive young hands." More

than 30 tons of HHW were collected and properly disposed of through these events.

A big thank you to the more than 50 local staff and volunteers who helped make this happen, including our local coordinators who got the word out into their communities about all the HHW Collections.

These collections ensure that hazardous materials will not enter our drinking water or the en-

vironment, upon which our local economy is so dependent. The collected hazardous materials included oil-based paints, lawn and garden products, household cleaners, automotive fluids, and pool chemicals. They are being safely reused and disposed of according to Environmental Protection Agency standards.

If you still have some hazardous waste products for disposal, the Lakes Region Household Product Facility (LRH-

HPF) in Wolfeboro will hold their final collection of the year on Oct. 19. For details, visit <https://www.wolfeboronh.us/lakes-region-household-hazardous-product-facility>.

We encourage residents and homeowners to learn more about hazardous household products and how to reduce their use by visiting our Web site, [www.lakesrpc.org/serviceshhw.asp](http://www.lakesrpc.org/serviceshhw.asp).

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# Around and About Tilton

BY GREGG DEVOLDER

Hello, and welcome back.

At times it can be difficult finding things to write about each week but last week was particularly frustrating. It started with the Zoning Board of Adjustment. Unfortunately, I had a conflict and had to rely on the video the next day. This was a big meeting as the board was deciding on the Wallace Products Corporation, Special Exception at 83 Manville Rd. to allow light industrial use in the RG Zone and also a Variance to allow a 240-unit apartment community in the RG Zone. This proposed project is probably one of the largest the town has recently seen and is on land with a few capped asbestos dump sites as well. There's no doubt it's a complicated situation and a big decision which makes it all the more frustrating that the video of this meeting was such a disaster. I even watched it twice just to make sure my first impression wasn't wrong. I actually had to go to town hall to find out what happened. To be clear, this is not an indictment of the ZBA. I've always been impressed with the way their meetings are run and how the chairman walks through the criteria to help the board make an unbiased decision focusing on just the facts. These technical difficulties or if you prefer, user errors, just happened to come along at the worst possible time. Isn't that always the way?

It looked like a lot went on during the meeting and one member of the board recused themselves. From what I could decipher, the board took a recess with the towns' attorney who was also at the meeting. Please feel free to watch the video, it's short, though you won't be able to hear much of anything and there's missing bits and pieces of video as well. In the end, the Special Exception was approved for light industrial use in the RG Zone and the Variance for the apartments was denied in a tied, two-two vote. As I understand it, for approvals/denials the ZBA needs three votes on either side to pass a decision, leaving the Wallace group the ability to appeal the Variance decision within thirty days. I imagine they'll be back for another visit.

The selectmen's meeting had a full agenda with the Island Bridge taking the lead. The quote for repairing in place was reviewed. The engineering group's numbers came in at a whopping two million three hundred thousand dollars. I don't believe anyone is willing to spend that kind of money to repair the bridge. Even the five hundred thousand dollars from the government would not soften that blow. Other options are being considered with the hope of presenting something to the town in the form of a warrant article come March. It was mentioned that we are moving into year three with the Island closed to the public and that town folks are looking for a solution. That being said, it's also getting more and more complicated now as the state wants to do some serious work on that portion of the road and river bank tentatively scheduled to begin in 2027 through 2031. A deserving thank you to Juliet Harvey-Bolia, our local State Representative, who was in attendance to share the DOT time table and financial information with the board.

There was a discussion on improving training for folks on our various boards and committees which I have to say is always a good idea for both the town and volunteers. Depending on where you sit, there's a fair number of rules and regulations you are required to follow.

For those following the decision on which assessor to go with, that decision was pushed to the next meeting.

Finally, concerns were raised about the Zoning Board of Adjustment and the number of members available to vote. Specifically, as cited above, where a member or members might have to recuse themselves and or are not in attendance. There are many projects throughout the year that come before the board, both big and small, and it's the town's responsibility to ensure a timely and effective decision making process for such. Because of the need for three votes for a final decision, it was suggested that the Land Use Coordinator should be assigned the alternate position for the board. The Selectmen were split on this idea and after much discussion, asked the question if someone in town might be willing to take this on? Wouldn't you know, out of nowhere, problem solved. Our own State Rep and resident, Juliet Harvey-Bolia was still in the audience and offered to take on that role. For those of you that don't know, she was previously on the Planning Board and has attended a number of ZBA meetings in the past. How about that!

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!

# Jake Deware Kindness Project Golf Tournament raises \$34,955!

CANTERBURY — The Jake Deware Kindness Project Golf Tournament concluded its 2024 edition with great success, bringing together community members and golf enthusiasts for a day of charitable giving and competition. This year's event, held on Saturday, Sept. 28, raised \$34,955 to support Jake Deware's mission of kindness and community engagement.

Generous sponsors support the event. The success of this year's tournament would not have been possible without the incredible support of our sponsors. Their contributions played a vital role in making the day a success. We would like to extend our heartfelt thanks to the following sponsors:

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- The Linde Family

We are deeply grateful to each of these businesses and individuals for their generosity and support. Their commitment to Jake's mission continues to impact the community and those in need.

"We extend our heartfelt thanks to our generous sponsors, participants, and volunteers for their ongoing support," said Jake's parents, Jenn & John Deware. "Every year, we are amazed by the outpouring of love and kindness from our community. Jake's spirit lives on through these contributions, and we couldn't be more grateful."

Mandie Hagan, Owner of Rowell's Services and Presenting Sponsor of the tournament, commented, "We are overjoyed by the growing support for the Jake Deware Kindness Project. This tournament has become a highlight of the year for so many people, and we look forward to continuing this tradition of kindness and giving back to the

community."

The fifth annual Jake Deware Kindness Project Golf Tournament will be held on Saturday, Sept. 27, 2025, at Canterbury Woods with a Western theme!

The tournament continues to be a celebration of Jake's legacy, fostering community

connection and charitable giving in his name. For more information and to stay connected with the Jake Deware Kindness Project, join the Facebook group at Jake Deware Kindness Project and remember, LIVE YOUR LIFE, BE KIND ALONG THE WAY.

# Annual Taylor Community indoor yard sale and craft fair Nov. 9

LACONIA — Start your holiday shopping early at the Taylor Community Indoor Yard Sale and Craft Fair! Volunteers at Taylor Community are busy gathering items donated by the residents, organizing and pricing them for the event to be held on Saturday, Nov. 9, between 9 a.m. and 2 p.m. at the Woodside Building, located at 435 Union Ave. in Laconia.

In addition to these gently used items of all kinds, local crafters will be there selling their creations. You'll find seasonal and holiday decorations, quilted pieces, photography, baked goods, jewelry, jams and jellies, and handmade greeting cards, to name a few.

Proceeds from the Indoor Yard Sale, crafter table rentals, the bake sale and the jewelry table are donated to the Greater Lakes Region Children's Auction and the TC Sunshine Fund.

Come early for the best selection, find a special treasure, and support a good cause!

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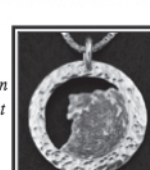
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# Opinion

## 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.



COURTESY

## Winnisquam Regional High School FFA students participate in interscholastic competition

Six Winnisquam Regional High School students recently competed in the FFA Fall Interscholastic Competition held at UNH. FFA is a student led organization helps students develop leadership and career skills. It is one of three components of agricultural education, along with classroom instruction and supervised agricultural experience (SAE). The Winnisquam team participated in various events, including log splitting, log rolling, chainsaw cutting, bow sawing, crosscut sawing, and tree identification. The Winnisquam Team team consisted of Charlie Larter, Ryan Johnson, Jacoby Keith, Logan Mulhern, Jarret Zimmisky, and Connor Harding.

## Collaboration is key

As election season approaches, voters are faced with critical decisions that go beyond party labels. It's essential to understand the core values of both Republicans and Democrats, and more importantly, to consider how those values align with your own interests and the needs of your community. This election, one of the most important things voters must ask themselves is whether a candidate is willing to work across the aisle—because that's the only way real solutions happen in a democracy.

In times like these, collaboration is key. One of the candidates in this election has shown a willingness to work with people from both parties to solve real problems. That kind of bipartisanship is exactly what we need right now. Our country, and especially local communities, can't afford to be gridlocked by partisan infighting. When elected officials are willing to compromise and work with others, that's when meaningful change can happen.

The other candidate has made it clear that they are more interested in self-serving politics. They've proven time and again that they aren't interested in listening to or working with those across the aisle. This is not what democracy is about. Democracy thrives when ideas are debated and when leaders can come together to create solutions that work for everyone, not just their own base.

It's important to remember that your vote is your voice, and it's crucial to vote in line with your values and interests. Voting against your own interests because of party loyalty or negative campaign tactics can have lasting impacts on your community and country. What truly matters is having representatives who will work for the common good—people who prioritize problem-solving over political grandstanding.

This election, take the time to think critically about the candidates on your ballot. Who is willing to put in the effort to work with those on the other side? Who is willing to compromise for the greater good? The future of our democracy depends on leaders who will work across party lines to create a better future for everyone, not just a select few. Don't let divisive rhetoric or blind partisanship determine your vote—vote for the candidate who will work for you, for your neighbors, and for a stronger, more unified community.

As Halloween approaches, I'm wrapping up my spooky season series with a tale that fits perfectly into the Strange, Dark, and Mysterious. We've explored unsettling phenomena in previous weeks, but for the finale, I'm diving into one of the most bizarre and mysterious places in the United States—Skinwalker Ranch. This 500-acre ranch in Uintah County, northeastern Utah, known for tales of supernatural occurrences, has intrigued investigators, scientists, and paranormal enthusiasts for decades.

In 1994, the Sherman family purchased the ranch, hoping to lead a quiet life as cattle ranchers. When the Shermans arrived, they found the home oddly fortified with metal bars on the windows, heavy-duty door locks, and chains, presumably for guard

dogs, on each side of the house. It was as if the previous owners were preparing for an intrusion.

Soon after settling in, the Shermans began experiencing a series of unsettling incidents. One day, Terry Sherman spotted a huge wolf in the distance. The animal, which appeared to be nearly as tall as a human's chest, calmly approached the family and their cattle. With a muscular build and piercing blue eyes, the wolf seemed tame initially, but suddenly, it lunged at a calf and locked its jaws around the animal's neck. Terry grabbed a rifle and shot the wolf several times, yet the bullets seemed to have no effect. Eventually, the wolf casually turned and walked away; as if it wasn't riddled with bullets, it trotted back into the woods.

This bizarre encounter was only the beginning. The Shermans

began noticing heavy equipment disappearing or moving to strange places. On one occasion, a 70-pound post digger vanished and was later found high up in a tree.

One of the strangest incidents involved the sudden disappearance of four bulls, which were later found crammed into a locked trailer in a seemingly trance-like state. The trailer's latches were still locked, and there was no reasonable explanation for how the bulls could have ended up inside alone. It was as though something had teleported them there.

At times, they felt an invisible presence following them. On one occasion, they heard heavy breathing and saw brush moving like an unseen creature prowling nearby. It was as if a cloaked entity was stalking them.

Cattle mutilations became another terrifying issue. The family started losing cattle at an alarming rate. These cattle were found dead with surgically precise incisions, with organs missing but no signs of blood anywhere near the scene.

The Shermans frequently heard strange, disembodied voices above their ranch, speaking in an unknown language.

Even more chilling were the glowing orbs that frequently appeared. The most unsettling encounter involved a bright blue orb that seemed to pulse with energy, giving off an almost electric crackle. These orbs filled the air with an inexplicable dread as if deliberately manipulating the family's emotions.

As they dug deeper, the Shermans learned that their property had long been considered

cursed by local Indigenous tribes. The Ute people, in particular, believed the land was associated with Skinwalkers, creatures known for their shape-shifting abilities. Because of this lore, the ranch eventually became known as Skinwalker Ranch.

Unable to cope with the ongoing disturbances, the Shermans moved out. Before they left, they shared their experiences with the media, drawing the attention of billionaire Real Estate Tycoon Robert Bigelow, who had a longstanding interest in the paranormal. In 1996, Bigelow purchased the ranch to conduct his investigations, enlisting a team of scientists and researchers to study the strange phenomena.

Terry remained the ranch manager, eager to help Bigelow's team uncover the truth. The paranormal activity continued, with cattle mutilations, glowing orbs, portals, UFOs, and encounters with mysterious creatures.

In another chilling event, one of Bigelow's researchers claimed that a giant creature had "taken over his mind," leaving him with a message that they were being constantly observed. Today's Skinwalker Ranch remains shrouded in mystery, heavily guarded, and off-limits to the public.

While I can't confirm the truth behind every tale I've shared this spooky season, the lingering mysteries at Skinwalker Ranch continue to warrant serious attention. As we enjoy the eerie delights of Halloween, remember that some of the strangest stories aren't found in horror movies—they're hidden in remote places like Skinwalker Ranch.

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# Local family business celebrating 50th anniversary

LACONIA — The Lakes Region Chamber proudly announces Laconia Pet Center will celebrate its 50th anniversary on Friday, Oct. 18 & Saturday, Oct. 19. Laconia Pet Center is located at 1343 Union Ave. in Laconia.

Established in 1974, Laconia Pet Center has been a staple in the community, providing high-quality pet products, services, and education to pet owners for half a century. As a family-owned and operated business, Laconia Pet Center is now led by the second generation

siblings, Bethany and Brett. It has always been committed to providing personalized attention to its customers and all of their pets. Over the years, the business has expanded its offerings to include a DIY Dog Wash, and a wide selection of fish tanks, pet food and accessories.

fish tank, a years worth of cat food courtesy of Grandma Mae's Country Naturals, a year's worth of dog food courtesy of Red Barn, a Blackstone Grill, Coleman Cooler, and a multitude of gift baskets with assorted items! Goody bags valued at more than \$40 to the first 50 customers who spend \$25 on Friday, Oct. 18! Don't fret if you miss this on Friday. You'll have another chance on Saturday, Oct. 19, 1-6 p.m. for the same exciting offer! As an added surprise there will be random LPC Gift cards within the bags (one per family). You could get \$100!

one-stop-shop for all your pet needs.

The Lakes Region Chamber of Commerce supports local businesses like Laconia Pet Center in more than 30 towns/cities. For

more information, visit [LakesRegionChamber.org](http://LakesRegionChamber.org) including the largest local on-line Business Directory and Community Calendar of Events.

## SANBORNTON POLICE LOG

SANBORNTON — The Sanbornton Police Department responded to 45 calls for service and reported the following arrest from Oct. 6-19.

Lauria L. Kelley-Brandao, age 48, of Sanbornton was arrested on Oct. 16 in connection with a warrant for Failure to Appear in Court.

The breakdown of the remaining calls was as follows: two alarm activations, two animal involved incidents, two reports of criminal trespassing, one report of criminal threatening, one report of fraud, one report of illegal dumping, one juvenile incident, two reports of lost or found property, two medical/fire calls, six motor vehicle warnings, one motor vehicle summons, one pistol permit, two requests for police information, one retired police qualification, one report of solicitation, one service of a court summons, one report of a suspicious vehicle or activity, two unlicensed dog forfeitures, one untimely death, one V.I.N. verification, and one welfare check.

"Our 50th anniversary is a testament to our dedication to our customers and their pets," said Bethany, co-owner of Laconia Pet Center. "We are grateful for the support of our community as well as all of the team members we have with us both past and present. Without them and the community we would not be where we are now. We look forward to being in the Lakes Region community for many more years."

To celebrate this milestone there will be opportunities to enter their giveaways that include a complete 65 gallon

Laconia Pet Center is proud to have been a part of the Laconia community for so many years and looks forward to continuing to provide exceptional service to pet owners for many years to come. Whether you're a new pet owner or a seasoned pro, Laconia Pet Center is your

## 3 strategies that can lower breast cancer risk

Breast cancer affects millions of individuals each year. The World Cancer Research Fund International reports that breast cancer is the most commonly diagnosed cancer in women across the globe, affecting roughly 2.3 million women each year.

Despite the global prevalence of breast cancer, various organizations report high five-year survival rates, particularly among women whose cancers are detected in the earliest stages of the disease. In fact, a 2023 study published in the journal *BMJ* found that the risk for dying from breast cancer in the five years after an early-stage diagnosis fell to 5 percent in recent years, a notable improvement from the 14 percent risk of death that was reported in the 1990s.

Increased survival rates for breast cancer are welcome news for women and their families. The higher survival

rates are a byproduct of the tireless efforts of cancer researchers, who also have discovered links between the disease and certain lifestyle factors. Though there's no way to eliminate one's risk for breast cancer entirely, the American Cancer Society notes certain variables are within women's control. With that in mind, women can consider these three strategies that can lead to improved overall health and might help women lower their risk for breast cancer as well.

1. Reach and maintain a healthy weight. The benefits of maintaining a healthy weight include a lower risk for heart disease and stroke, and women should know that weight and breast cancer risk are linked as well. According to the ACS, increased body weight and weight gain as an adult are linked to a higher risk of developing breast cancer. That's particular-

ly so among post-menopausal women. A 2023 study published in the journal *BMC Women's Health* found that the chances of developing breast cancer increase among post-menopausal women who are obese.

2. Avoid a sedentary lifestyle. Exercise is one of the ways to achieve and maintain a healthy weight, so it makes sense that being physically active can reduce breast cancer risk. The National Cancer Institute reports that a 2016 meta-analysis of 38 cohort studies found that the most physically active women had between a 12 and 21 percent lower risk for breast cancer than women who were the least physically active. The NCI also notes that additional studies have found that women who become more physically active after menopause also have a lower risk for breast cancer than those who do not.

3. Limit or eliminate alcohol consumption. The ACS urges women who drink to consume no more than one alcoholic drink per day, noting that consumption of even small amounts of alcohol have been linked to an increased risk for breast cancer. Officials with the MD Anderson Cancer Center note that the link between alcohol consumption and breast cancer risk is low. However, the MDACC notes that alcohol can contribute to unwanted weight gain, thus increasing cancer risk. In addition, alcohol can increase levels of estrogen and other hormones associated with breast cancer.

It may be impossible to completely prevent breast cancer. However, women can embrace strategies that improve their overall health in ways that lower their risk for breast cancer.



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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!

**BOYS**

CONTINUED FROM PAGE A1

poke it into the net and Belmont had the 2-0 lead. The Hillcats sent a direct kick over the top of the net and Bamford had a crossing pass cleared out. The Raiders had a corner kick chance that they couldn't convert and Michael Collette had a good clear at the other end.

Belmont had another corner kick chance and Ennis had a bid go wide of the net. Brady Thurber and Nicolas Loeper connected on a chance that the defense stopped and Waldron had a run cleared by the defense. Ennis had another bid denied by the Hillcat goalie before Belmont had a couple of corner kicks that they couldn't convert. Martinez did a nice job turning away a Hillsboro-Deering run and Kyle Waldron sent a shot wide of the net at the other end.

The Raiders had a couple more corners, with Owen Waldron getting the best chance, but his crossing pass in front was cleared. He also



Brady Fysh knocks the ball away from a Hillsboro-Deering attacker during action late Friday afternoon.

just missed connecting with Kyle Waldron on a chance and Wyatt Carroll got in close on a bid as well.

Embree made a nice grab of a H-D corner kick chance and Aaryn Durand went the other way with a bid that went wide. Enes Sagirili and Ennis both had good defensive clears and the Raiders also cleared out

another H-D corner kick. Owen Waldron sent a shot wide and the Hillcats did the same as the game went to halftime with Belmont up 2-0.

Bamford made an early run in the second half and Allard had a good cross. Owen Waldron and Bormes connected on a bid and the Hillcats sent a shot over the top of the net. Thurber

just missed Bormes on a chance and Owen Waldron sent a couple of shots wide of the net. Bamford had another shot blocked and Thurber had a bid denied by the Hillcat goalie.

The Raiders got their third goal of the game with 25:55 to go, as Owen Waldron sent the ball in to Martinez, who found the foot of Allard, who

and Belmont had the 3-0 lead. Fysh had a bid denied and Loeper was turned away on a chance. The visitors had a couple of bids that missed the mark and Carroll got in close on a chance at the other end.

Owen Waldron had a long direct kick chance and Loeper had a bid denied by the Hillsboro-Deering keeper, as

did Carroll. Sam Slayton made a run into the zone and Owen Waldron sent a shot over the top of the net. H-D had a final long direct kick chance but could not convert and the Raiders took the 3-0 win.

"They understand now that it does matter how you start, you play at a high level and do your best to maintain that the rest of the way," Foley said. "We've had some really tough losses, but they're finally playing the soccer we thought we could play all season.

"The pieces to the puzzle are all coming together," the veteran Raider coach added.

The Raiders will wrap up the regular season today, Oct. 24, at White Mountains at 3:30 p.m. The Division III tournament kicks off on 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](mailto:josh@salmonpress.news).

# Fundraising underway to support furnishing of Bay Street Apartments

LACONIA — Lakes Region Community Developers (LRCD) and Lakes Region Mental Health Center (LRMHC) have joined forces to raise funds to furnish the new Bay Street Apartments in Laconia. The building is currently under construction with an anticipated completion in spring 2025 and will offer 12 efficiency units of housing for people of very low income who are experiencing or are at-risk of homelessness. MVSB (Meredith Village Savings Bank) is proud to support this project with a \$3,400 sponsorship that will furnish one of the new units.

Carmen Lorentz, LRCD Executive Director, said they are still working toward their \$45,000 goal.

"We are seeking individual and business donors to help us fully furnish the building, which will help set up the tenants for success," said Lorentz. "There are different sponsorship

levels that will ultimately provide items such as beds, loveseats, coffee tables, TVs and more. We are committed to helping address the housing concerns in the Lakes Region, and this project is one more step in the right direction."

"LRCD believes that everyone deserves a safe place to call home, regardless of their situation," said Lori Borrin, MVSB Vice President and Mortgage Loan Officer NMLS# 165814 and LRCD Board of Directors Treasurer. "We hope everyone takes a few moments to learn more about this vital project and support in any way they can."

LRCD is a nonprofit developer that has built affordable housing in the Lakes Region for more than 30 years. LRMHC has provided community mental health services for more than 60 years.

Donations can be made at a variety of levels. Go to [lrcommunitydevelopers.org](http://lrcommunitydevelopers.org) to learn more and to support the project.

to learn more and to support the project.

MVSB has been serving the essential banking needs of people, businesses, nonprofits and municipalities for more than 150 years. As a mutual savings bank, MVSB has no stockholders but rather operates for the benefit of its customers, employees and community. Since our founding, one thing has always remained true: caring is at the heart of everything we do. By building and nurturing relationships, we believe that we can cultivate a community where we all thrive. It all starts with caring about our customers and neighbors. To learn more, visit any of the local branch offices located in New Hampshire in Alton, Ashland, Center Harbor, Exeter, Gilford, Laconia, Melvin Village, Meredith, Moultonborough, Plymouth, Portsmouth, Rochester or Wolfeboro, call 800-922-6872 or visit [mvsb.com](http://mvsb.com).



COURTESY

From left, Carmen Lorentz, Lakes Region Community Developers Executive Director, and Lori Borrin, MVSB VP Mortgage Loan Officer NMLS# 165814 and LRCD Board of Directors Treasurer, stand at the site of the Bay Street Apartments in Laconia, which is currently under construction and set to open in spring 2025.

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# Ryder, Defrancesco represent Belmont at Division IV State Meet



BY JOSHUA SPAULDING  
Sports Editor

KEENE — Two members of the Belmont golf team made the long trek to Keene Country Club on Thursday, Oct. 17, for the Division IV State Meet.

Max Ryder finished with a score of 89, just three strokes short of qualifying for the indi-

vidual portion of the tournament, putting him in 22nd place overall. Jordan Defrancesco finished in a tie for 53rd place overall with a score of 105.

Coach John Mattes offered his sincere thanks to Danielle and Jeff Defrancesco for driving the two golfers to Keene and also thanked the team

and family members for the year-end celebration that took place the night before the Division IV State Meet.

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

COURTESY PHOTO

Max Ryder and Jordan Defrancesco along with coach John Mattes represented the Belmont golf team at the Division IV State Meet last Thursday in Keene.

## Divers, Laramie pace Belmont at Capital Area Championships

BY JOSHUA SPAULDING  
Sports Editor

PENACOOK — The Belmont cross country boys and girls wrapped up the regular season with a trip to Merrimack Valley High School for the Capital Area Cham-

pionships on Thursday, Oct. 17. The Raider girls finished in ninth place and the boys were 10th overall.

In the girls' race, ninth grader Jenna Laramie led the Raiders with a 46th place finish in a time of 24:34 while sophomore Lyla McShafrey finished in 51st place in 25:10. Rebekah Edgren was 53rd overall in 25:18 and Clemence Lhermitte was 54th in a time of 25:20. Hailey Clairmont rounded out the scoring for the Raider girls with a 55th place finish in 25:20. Riley De-

gange finished in 60th overall with a time of 25:43.

For the boys, Wyatt Divers led the Raiders with a 30th place finish in a time of 19:22 and Brayden Townsend finished in 34th in 19:40. Jack Crockford was 57th overall with a time of 21:08, Sean Andrews crossed in 21:16 for 60th place and David Tripp rounded out the scoring for the Raiders with a 67th place finish in a time of 22:21.

In the combined boys' and girls' JV race, Daniel Tripp was 29th in

23:32, Adrian Wilkinson was 39th in 25:51, Henry Ashworth placed 40th in 24:56, Violet Smith was 55th in a time of 26:40 and Charlotte Ekberg finished in 66th place in a time of 28:57.

The Raiders will be competing in the Division III State Meet on Saturday, Oct. 26, at Derryfield Park in Manchester. The girls will race at 1 p.m. and the boys follow at 1:40 p.m.

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

### HIGH SCHOOL SLATE

Thursday, Oct. 24

**BELMONT**

Boys' Soccer at White Mountains; 3:30  
Girls' Soccer vs. White Mountains; 3:30

Friday, Oct. 25

**GILFORD**

Boys' Soccer vs. Fall Mountain; 4  
Volleyball at Hanover; 6:15

**WINNISQUAM**

Boys' Soccer at Somersworth; 4  
Volleyball at Souhegan; 6

Saturday, Oct. 26

**GILFORD**

Football vs. Stevens; 2

*All schedules are subject to change.*

## Lawton Read receives 2024 Hank Why Volunteer Award



Lawton Read (left), with Martha Cummings, NHBM executive director.

MOULTONBOROUGH — In September, volunteer Lawton Read was presented with the 2024 Hank Why Volunteer Award in recognition of his service to the New Hampshire Boat Museum (NHBM).

"It was a huge surprise given how many volunteers they have and how much people do for the museum," said Read. "I feel honored."

According to NHBM Development Director Wendy Stocker, Read was selected for the award because he is "a great leader." He is also "a lot of fun."

"He brings the team brownies and helps make the experience positive for everyone every week," she added.

When he first visited NHBM, Read said he had no long-term plans to become involved in any capacity.

"It was well over three

hours before I got out of there," he laughed. "I read all the stories on the walls. I read everything. So much of it made me smile. So much of it I didn't know, and I really enjoyed it. I became a member right then."

Today, Read is the facilities manager at NHBM's new Moultonborough Campus. Recent projects include leading the 'Kradle Krew,' which designed and built the custom-fit boat cradles that now support most of the larger boats in the collection.

"It's fun to get out and be part of something bigger than I ever will be," he explained. "These boats could rest on cradles that could last over 100 years."

Rebranded as the 'Facade Fun-atics,' he now leads the marina facade project, which will be part of the exhibit, "Mahogany Marvels." The

facade is 20 feet tall, necessitating the volunteers use scaffolding to get high enough to work on it. "There's going to be a ship store next to it—that is our next project," he noted.

As to those interested in volunteering, Read said, "As long as people want to come, there is work to do."

Founded in 1992 by vintage and classic boating enthusiasts, NHBM offers dynamic exhibits and engaging programs and events tailored to people of all ages' diverse boating lifestyles and values. NHBM is sponsored in part by North Water Marine,

Goodhue Boat Company, Kingswood Press and Design Studio, Epoxy Floor New England, Belletetes, and Eastern Propane.

To learn more about NHBM, visit nhbm.org.

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Candidates must be prepared to work year-round both indoors and outdoors, conducting strenuous work in a wide variety of weather conditions. This position requires the ability to hire, train, and supervise seasonal farm staff, contractors, and suppliers foster a successful business is a plus.

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

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# Get into the spooky spirit this Halloween

Come October 31, there is extra mischief in the air, and who knows what might be lurking around those dim corners? Halloween is a time when the line between having fun and being scared is easily blurred.

While trick-or-treating and attending parties are ways to enjoy the final day of October,

there are plenty of other ways to make Halloween more fun.

• Read some scary stories. There's something to be said about reading scary stories or poems on Halloween. Readers' imaginations take over on Halloween as they envision scary characters and scenarios. Edgar Allan Poe, author of many notably macabre works,

is a popular read come Halloween.

• Go pumpkin picking. Most people already make pumpkin picking an annual treat. Don't overlook mishapen pumpkins that can be carved into spooky jack-o'-lanterns. Also, enhance Halloween decor with pitted and warty gourds that lend that scary appeal.



• Create a haunted house. Instead of going elsewhere to get chills and thrills, transform your house or yard into a spooktacular vision and invite neighbors to explore.

• Make creepy crafts. Children can get a kick out of crafting Halloween decorations. Drape a piece of muslin over a beverage bottle and spray it with laundry starch. Let sit and the muslin will stiffen when it dries. Paint on black circles for eyes and hang your "ghost" from a string.

• Whip up Halloween treats. Candied apples, extra-rich brownies and mini hot dogs wrapped in crescent rolls to look like mummies are just some of the ways to cre-

ate a scary Halloween feast.

• Have a costume theme. Everyone in the household can get in on the fun by planning costumes to fit a theme. For example, everyone can dress like the Addams family.

• Host a Halloween book club. Those who love to read can ensure the October gathering of a book club is one that features a discussion of a scary book. Those looking for a scare can explore horror authors like Stephen King, Anne Rice, Dean Koontz, Clive Barker, Shirley Jackson, and Tananarive Due.

• Host an outdoor movie. Projectors can now be hooked up to smartphones and tablets, so it's easier than

ever to watch movies outside. Simply project a device onto a screen, white fence or even a bedsheet. Since it gets dark somewhat early in October, the movie doesn't have to start very late. Depending on the audience, choose a movie that is very scary or only mildly so if children will be viewing.

• Organize a Halloween treat exchange. Similar to a Christmas "Secret Santa," participants put together a wrapped gift of homemade or store-bought foods and exchange with others.

Halloween can be made even more entertaining with some extra activities that appeal to people of all ages.

• Create a haunted house. Instead of going elsewhere to get chills and thrills, transform your house or yard into a spooktacular vision and invite neighbors to explore.

## Safe trick-or-treating tips



Halloween is enjoyed by people of all ages, but few get a bigger kick out of the holiday than children. There are costumes to be worn, time spent with friends and the opportunity to collect free candy and other treats.

Although Halloween can be a fun time, the Children's Safety Network warns that it's also a time when accidents can happen. According to the CSN, the most dangerous day for child pedestrians is Halloween, with two times as many child pedestrians dying on Halloween compared to other days. It is essential to prioritize safety on Halloween, and following these guidelines can help.

• Make sure costumes are short. Costumes that drag on the floor are tripping hazards, which can lead to injury. Be sure that costumes do not cover the feet or drag on the ground.

• Trick-or-treat in groups. Children are safer in numbers due to the increased visibility of a

crowd and because, if something happens, others can call for help. Parents can use their discretion on what age they feel is mature enough to let children go out alone. Until then, children should be accompanied by adults.

• Improve visibility. It's important to be seen while trick-or-treating, and that can be achieved by making sure costumes and trick-or-treat bags feature reflective tape. Trick-or-treaters also can carry flashlights or glow sticks to improve visibility, and stick to areas with streetlights if going out after dark.

• Stay on sidewalks. Whenever possible, trick-or-treaters should stick to the sidewalks and avoid walking on the roads. This may not always be possible in neighborhoods without sidewalks, where parents and youngsters must be especially careful.

• Eat before trick-or-treating. A meal or snack before trick-or-treating

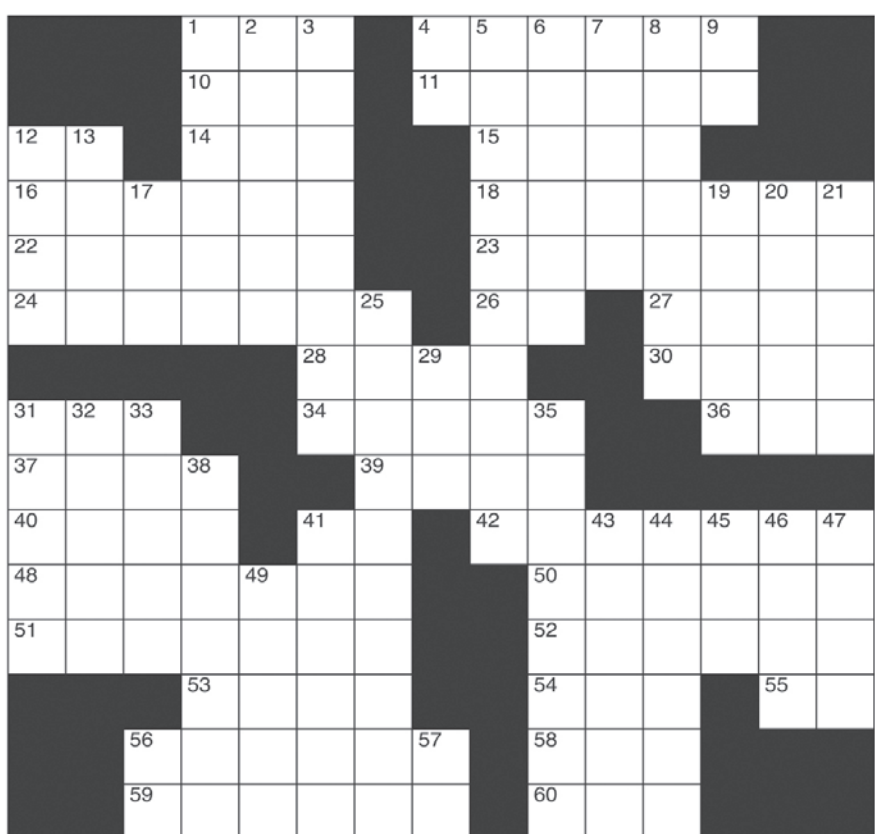
can reduce the tendency to fill up on candy while out and about. All candy and other treats should be inspected by an adult before it is eaten.

• Keep pets locked away. Animals can become skittish when there are many people loitering outside of homes or ringing doorbells. Keep pets in a quiet room away from the action to prevent them from getting loose, injured or scared enough to bite or scratch someone.

• Avoid masks that obstruct vision. It can be hard to see peripherally with a mask on, so avoid costumes with masks that compromise vision.

• Test out makeup beforehand. All makeup used for costumes should be tested for allergic reactions prior to use. Heed the warnings on packaging and avoid putting makeup too close to the eyes or lips.

These are some safety strategies designed to keep Halloween fun and incident-free this year.



### CLUES ACROSS

- 1. "60 Minutes" network
- 4. Train line
- 10. Go quickly
- 11. Straightforward
- 12. Canadian province
- 14. At any rate (abbr.)
- 15. Genealogy
- 16. Make changes
- 18. Utter repeatedly
- 22. In a way, turned up
- 23. Type of ship
- 24. Agents of one's downfall
- 26. Not out
- 27. Something to scratch
- 28. Round water pot
- 30. Refreshing green fruit (slang)
- 31. Promotions
- 34. Primordial matters
- 36. One-time world power (abbr.)
- 37. Source of illumination
- 39. The content of cognition
- 40. An Arab ruler
- 41. South Dakota
- 42. Gnawed at with teeth
- 48. Hawaiian island
- 50. Smaller
- 51. Of a single person
- 52. Rigid bracelet
- 53. Barbary sheep (Fr.)
- 54. Not even
- 55. Specific gravity
- 56. Engage in petty bargaining
- 58. Boxing's "GOAT"
- 59. Split between parties
- 60. Notable offensive

### CLUES DOWN

- 1. A place to lounge
- 2. Skewed views
- 3. Peacefully
- 4. Commercial
- 5. Auxiliary forces
- 6. Large mollusk
- 7. Take out again
- 8. Sharp and forthright
- 9. Knight (chess)
- 12. Source of fiber
- 13. Flesh covering some birds' beaks
- 17. Energy
- 19. Night monkeys genus
- 20. Small, sharp nails
- 21. Pleasant-smelling liquid
- 25. Affirms one's hold
- 29. CNN's founder
- 31. Texans can't forget it
- 32. "Oppenheimer" actor Matt
- 33. Expression
- 35. Vessel
- 38. Lacking poetic beauty
- 41. Tall, swift and slender dog
- 43. Sports personality Michelle
- 44. Robber
- 45. Liquefied natural gas
- 46. Snakelike fishes
- 47. The most worthless part of something
- 49. City in Crimea
- 56. Bad grades
- 57. Reichsmark



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- Coldwell Banker: [www.cboldmill.com](http://www.cboldmill.com)
- Coldwell Banker Residential Brokerage: [www.newenglandmoves.com](http://www.newenglandmoves.com)
- ERA Masiello: [www.masiello.com](http://www.masiello.com)
- Exit Lakeside Realty Group: [www.exitlakeside.com](http://www.exitlakeside.com)
- Granite Group Realty Services: [www.granitegrouprealtyservices.com](http://www.granitegrouprealtyservices.com)
- Gowen Realty: [www.gowenrealty.com](http://www.gowenrealty.com)
- Kressy Real Estate: [www.kressy.com](http://www.kressy.com)
- Lakes Region Realty: [www.lakesregionrealestate.com](http://www.lakesregionrealestate.com)
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All real estate advertising in this newspaper is subject to The Federal Fair Housing Law which makes it illegal to make, print, or published any notice, statement, or advertisement, with respect to the sale, or rental of a dwelling that indicates any preference, limitation, or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination.

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# Make the move!

Find the homes of your neighborhood



# kids' corner

## What's the Difference?

Find the four differences between these pictures.



Answers: 1. Extra spiders on counter 2. Eye is different in Jack-o'-lantern in back 3. Bow in girl's hair is missing 4. Bat on window

## THIS DAY IN HISTORY



**1760:** King George III succeeds to the British throne on the death of his grandfather.

**1940:** Benjamin O. Davis Sr. is named the first African American general in the United States Army.

**2001:** Microsoft releases its Windows XP operating system.

## Fun FACT:

This was one of the most popular Halloween costumes in 2023.

Answer: Barbie

## NEW WORD

### DECEIVE

cause to believe something that is not true

## How they say that in...

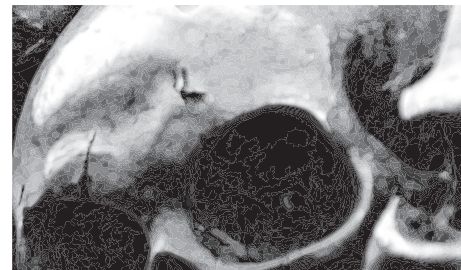
- English: Costume
- Spanish: Disfraz
- Italian: Costume
- French: Costume
- German: Kostüm

## Did You Know?

Edgar Allen Poe's poems are spooky enough to be read around Halloween time. One of his more famous is called "The Raven."



## Get the PICTURE?



Can you guess what the bigger picture is?

Answer: Skulls

⊙ \* ✎ ☺ ☼ ~ ① ☺ \* ✎ ✕ \* + ☼ \* ▲ ☾ \* ☉ \* ✎ ✎ ☽ ☽ ☽

ABCDEFGHIJKLMNOPQRSTUVWXYZ

# CRYPTO FUN

Solve the code to discover words related to business. Each number corresponds to a letter. (Hint: 15 = E)

- A. 14 8 8 15 1  
Clue: Valuable thing
- B. 6 9 2 15 8 1  
Clue: Provide money
- C. 24 2 15 16 12 15 14 18  
Clue: Costs or expenses
- D. 21 17 18 23 15 1  
Clue: Estimate expenses

Answers: A. asset B. invest C. overhead D. budget

# SUDOKU

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

Level: Beginner

### 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!

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

ANSWER:

# Strategies to find the right volunteer opportunity

Volunteering is one way to give back to the community, and also for people to give back to themselves. Individuals can reap many benefits from volunteering, including improving self-esteem and building professional relationships. With so much to be said for volunteering, people may wonder how to find the best places to volunteer their time and skills. Finding the right match takes a little bit of effort, and these strategies can further such attempts.

- Focus on your passions. A great place to begin when considering volunteering is to identify causes you are passionate about. Consider your hobbies, social issues that matter to you and your own professional experience. This process can help narrow down some volunteering options.

- Identify your skills and what you have to offer. Nonprofit groups often seek people who can help them in specific areas. Skills like fundraising, public relations, marketing, or event planning are highly valuable within the nonprofit community.

- Try a short-term project. When testing the volunteering waters, it might be best to start small. You can take on a short-term project or commit to a few hours per week. If an opportunity does not seem like the right fit, you can move on to something new relatively easily.

- Determine your availability. Figure out how much time you can realistically commit to an organization. A group that requires daily effort might not be the right fit if you only have a few hours a week to spare.

- Use a volunteer matching service. Resources like Volunteer-Match or All for Good can help you find organizations that align with your interests.

- Seek recommendations from individuals you trust. Talk to friends, colleagues, neighbors, or family to ask if they can offer insight about



volunteer organizations based on their own experiences.

- Think about your reasons for volunteering. Ponder why you want to get involved in charity work. Some people want to network while others want to gain new experiences. For others, volunteering is a means to getting involved with a charity that supports an effort near to their hearts. Knowing why you want to volunteer can help you narrow down the opportunities.

While volunteering is a meaningful experience for those involved, it can take time and effort before those who want to give back find the right opportunity to do so.

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Applications are available at [www.plymouthnh.gov](http://www.plymouthnh.gov) Mail application to Plymouth Highway Dept., 6 Post Office Square, Plymouth NH 03264, or upon request, 603-536-1623, at the Plymouth Highway Garage.

**SHAKER REGIONAL SCHOOL DISTRICT**  
**2024-2025 BASKETBALL COACH POSITIONS**

Shaker Regional School District is seeking Basketball coaches for the 2024-2025 season for the following teams:

- 5/6 Boys Basketball (BMS)
- 5/6 Girls Basketball (BMS)
- 7/8 Girls Basketball (BMS)
- Boys JV Basketball (BHS)

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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*Help Wanted*

# 2024 Christmas at the Castle events scheduled

MOULTONBOROUGH — Castle in the Clouds is pleased to announce its 2024 Christmas at the Castle events with the theme, "Home for the Holidays."

A special Preview Party will be held on Friday, Nov. 22 from 4 to 7 p.m. Christmas at the Castle has been extended to a third weekend this year and will take place Saturdays and Sundays: Nov. 23 & 24, Nov. 30-Dec. 1 and Dec. 7-8, from 10 a.m. to 4 p.m. each day.

The Preview Party will provide participants with a first look at Lucknow Mansion illuminated in lights and fully decorated for Christmas. It includes a guided tour, live music, complimentary hors d'oeuvres and drinks and access to the Artisan Fair featuring local vendors and organizations.

In addition to tours of Lucknow Mansion and Artisan Fair admission, each Christmas at the Castle, Home for the Holidays weekend event will offer holiday crafts,



photos with Santa, complimentary hot cocoa and cookies and lunch service at the Carriage House Restaurant.

"Christmas at the

Castle is our way of ushering in the magic and wonder of the holiday season by welcoming the community to share in the beauty of Castle in the Clouds," said Charles Clark, Executive Director of Castle in the Clouds. "It's also an opportune time to complete some holiday shop-

ping while supporting local businesses at our Artisan Fair."

Event tickets are now on sale and can be used for any weekend day. To learn more, visit [www.castleintheclouds.org/event/christmas-at-the-castle](http://www.castleintheclouds.org/event/christmas-at-the-castle).

About Castle in the

Clouds

As the premier historical museum in the beautiful Lakes Region of New Hampshire, Castle in the Clouds provides each visitor with a look into the past while providing contemporary comforts to make every visit memorable. Originally called Lucknow,

this breathtaking 6,300-acre property was developed in 1913 by Thomas G. Plant, a wealthy shoe manufacturer, to create a luxurious lifestyle with state-of-the-art amenities, beautiful hand-made furnishings, and a large staff to run the estate. These days, visitors come from all around the world to tour the mansion and exhibit gallery, dine in the Carriage House Restaurant or Café in the Clouds, hike miles of hiking and walking trails maintained by partner organization the Lakes Region Conservation Trust, or enjoy one of our many programs and events. Operated by the Castle Preservation Society, a 501(c)(3) nonprofit organization, Castle in the Clouds is revered as a cultural and educational resource and listed on the National Register of Historic Places with national significance. Castle in the Clouds is also available as a fairytale wedding venue and versatile private event rental. For more information about Castle in the Clouds, visit [www.castleintheclouds.org](http://www.castleintheclouds.org).

**GUNSTOCK SKI CLUB**

**Annual Ski & Snowboard Sale**

**FRIDAY, NOVEMBER 1, 2024**  
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Consignment Drop Off, 3 pm to 7 pm

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