



Opera House presents musical trio Eloise & Co. at Franklin Public Library

FRANKLIN — The Franklin Opera House presents a concert by the musical trio Eloise & Co. Saturday, Oct. 12 at 7:30 p.m. at the Franklin Public Library. Eloise & Co. features the combined creative force of three of the country's most sought-after traditional musicians: Becky Tracy, Rachel Bell, and Bethany Waickman. These three dig into powerhouse reels with electrifying grit and unapologetic drive, while savoring the spacious beauty of jigs and waltzes, with styles ranging from French to Celtic to Quebecois.

Only 99 general admission tickets are being sold for this intriguing performance, at \$18 for seniors and students, and \$20 for adults. Tickets are available online at www.FOHNH.org or by calling (603) 934-1901. If not sold out, tickets will also be available at the door.

Rachell Bell is a sought-after performer, for concerts, contra dances, French Bal Folk dances and more. She is passionate about sharing with others the delight she finds in this music and each show is infused with a contagious enthusiasm for her instrument. She thrives on ensemble projects—especially with her bands Eloise & Co., Peregrine Road, Alchemy, and Old-World Charm School—and feels most alive when she's exploring creative intersections and breathing life into tunes crafted with others.

Becky Tracy has dance music in her blood. Her grandparents were active in the dance scene around Boston in the 1930's and were involved in the early years of NEFFA (New England Folk Festival Association). she studied Irish fiddling styles with Brendan Mulvihill and Eugene O'Donnel and French-Canadian fiddling with Lisa Ornstein. She appeared as the featured soloist with the New Hampshire

SEE ELOISE & CO., PAGE A8

Spaulding Academy named first nationally certified Choose Love School

NORTHFIELD — There was not a dry eye in sight after a knock on a conference room door at Spaulding Academy & Family Services on Aug. 8. Behind the door stood an unexpected visitor, one that not many would anticipate seeing in a conference room in the middle of the day – a 10-year-old girl. Clutched in her hands were three drawings, her mission was clear: she had to show and tell Scarlett Lewis just how much the Choose Love Movement meant to her as a student at Spaulding.

The Choose Love Movement was founded by Lewis after her son, Jesse, was a victim of the Sandy Hook Elementary School tragedy in December of 2012. Shortly after the tragedy, Lewis discovered a message that Jesse had written on their chalkboard in the kitchen. Unbeknownst to her at the time, these words would inspire a movement that would start changing the lives of children for years to come. Six-year-old Jesse had written "Norturting (Nurturing) Helinn (Healing) Love" on the chalkboard, in an epiphany moment, his grieving mother realized that perhaps if the Sandy Hook assailant had received more nurturing in his life, this tragedy may not have occurred.

From that moment on, Lewis made it her



COURTESY

A Spaulding Academy student (10 years old) speaks to Scarlett Lewis at her recent visit.

mission to provide free Character Social Emotional Development programs for educators, in hopes of teaching all children to act with nurturing, healing and loving responses to life's difficulties. The Choose Love Movement broadly focuses on emphasizing open discussions, cele-

brating successes and thoughtful responses to challenges in day-to-day life using the Choose Love Formula.

Garrett Lavallee, principal and director of special education at Spaulding, caught wind of the Choose Love Movement when it was introduced to the school in 2020.

He knew immediately that this initiative could change lives, specifically the lives of the children at the Spaulding campus, but the movement had yet to gain momentum at the school. In April of 2022, Lavallee assumed the role of principal and

SEE CHOOSE LOVE, PAGE A8

Volleyball Bears battle back to pick up first win



JOSHUA SPAULDING

Caidyn Carter goes up for a block at the net during her team's win over Hanover last week.

BY JOSHUA SPAULDING
Sports Editor

TILTON — In a thrilling battle on Wednesday, Sept. 11, the Minnisquam volleyball team rallied from deficits of 1-0 and 2-1 to pick up a 3-2 win over Hanover.

"We needed it tonight, they really busted their tails that second set," said Bear coach Mark Dawalga. "They rallied from deficits of 1-0 and 2-1 to pick up a 3-2 win over Hanover. They work hard and they don't quit."

The visitors got out to an early lead in the first set, going up 6-1 before the hosts battled back, with Danica Weymouth and Caidyn Carter getting service aces to slowly bring the Bears back to tie the match at seven.

After Hanover went up 11-7 and 14-9, a hit from Weymouth got another point on the board for the hosts. Hanover continued to up the lead, opening up an 11-point advantage before Weymouth got a service ace, but Hanover came through with the 25-14 win to take the 1-0 lead.

The two teams went back and forth early in the second set, with Hanover taking a 5-2 lead before Sophie Fair made a great play out of the net, Gianna Ball had a service ace and Ali Max had a hit to pull the Bears even at five. Hanover went up 10-6 but again the hosts fought back, with Carter getting a couple of big hits.

SEE VOLLEYBALL, PAGE A8

Lakes Region Art Gallery proudly presents "Fur & Feather Fine Art" exhibit



TILTON — The Lakes Region Art Gallery, located at the Tanger Outlets, is delighted to announce the opening of its latest exhibition, "Fur & Feather Fine Art Exhibit," showcasing an array of artworks that celebrate the beauty and intricacy of wildlife. This exclusive exhib-

it will run from Sept. 5 through Sept. 29.

The "Fur & Feather Fine Art Exhibit" invites art enthusiasts and the public to immerse themselves in a collection that captures the essence of nature through various artistic mediums. From delicate watercolors to bold sculptures, visitors

will have the opportunity to explore how artists interpret the natural world.

Join us for the Artists Reception on Saturday, Sept. 21 from 2 to 4 p.m. We will have our local chainsaw artist, Jim Luckern, showing how

SEE EXHIBIT, PAGE A9

MVSB Fund grant applications due Oct. 15

Around and About Tilton

BY GREGG DEVOLDER

Hello, and welcome back.

Last week, I had the pleasure of working as a volunteer on election day. I have to say it was fascinating to watch the process from a different perspective. I had always thought folks would come into the gym, set up some lines, a few tables and booths and that was pretty much it. I wish it were that simple. Would you believe the State of New Hampshire has an election manual for cities and towns to follow? It's a jaw dropping five hundred plus pages and covers every election type and scenario. We must follow these pages and of course there's always the potential of someone from the State popping in to make sure everything is being done accordingly. As you would expect, there seems to be a rule for everything and all is taken very seriously, as well it should be. But I can't help but wonder if our fine state has gone down the proverbial bureaucratic rabbit hole. To expect folks to read and follow the manual is a big ask. Fortunately for all of us, we have a wonderful group of folks in town who are willing to do just that and then make the election process feel seamless and simple. Thank you to all for making this possible every year, it's much more work than I ever thought.

The Planning Board met last week and reviewed the Haven Group, LLC at 246 Laconia Rd. Fortunately for all involved, this second review was an hour shorter than the previous one and, in the end, was approved with several conditions. Following that, the board discussed potential change recommendations for our zoning ordinances as well as looking into how best to include Airbnb's in this process. They'll be having a working session in the next few weeks to continue the discussion.

The Zoning Board of Adjustment will have met on Tuesday as of this reading with three items on the docket. The first being Haven Group, LLC at 246 Laconia Rd., seeking a Special Exception from two 12,000 square foot buildings to three 12,000 square foot buildings. I believe they're asking for another building but keeping the square footage the same. Next was Wallace Products Corporation at 83 Manville Road, seeking a Special Exception to allow light industrial use in the RG Zone and secondly, a Variance to allow a 240-unit apartment community in the RG Zone.

The Selectmen will be meeting at the Police Station on Thursday, Sept. 19 for their regularly scheduled meeting at 4:45 p.m., along with a public hearing starting at 6 p.m. for the engineering update on the Calef Hill Road project. I imagine this will be well attended.

I am happy to announce our Annual Fall Clean Up for Tilton residents is quickly approaching. I always use this opportunity to purge our basement of all our kids' stuff they say they're going to come and get but never do. Of course, my wife continues to ask me when I'll be tossing my collection of useless old papers and high school memorabilia. I'm not sure you're allowed to throw away old high school sports letters and pins, so this year I'm going for the papers. The dates are Wednesday, Oct. 9 to the 11th, 9 a.m. to 3:30 p.m., and Saturday, Oct. 12, 8:30 a.m. to 4 p.m. The town's DPW Web site has all the details of what can and can't go. Best part, it's free. Okay, I'll give a nod to those of you probably thinking, it's not free if you consider what we pay in taxes.

As a reminder, the recycling center should be up and running by the time of this reading. Aluminum cans and clean cardboard will be baled. Cardboard can have the tape and labels on but will need to be broken down and please remove those plastic paper holders if they're taped to the box.

As mentioned last week, our Parks Commission is bringing back "Wildlife Adventures" at the River Front Park Pavilion this Saturday, Sept. 21 from 11 a.m. till noon. This was very well attended last time and had great reviews, so grab the kids or your friends, have some fun and don't forget your chairs.

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!



The MVSB Fund at the New Hampshire Charitable Foundation awarded \$75,000 in grant funding to 40 local nonprofit organizations in 2023. Local nonprofits who wish to apply for a grant from the upcoming MVSB Fund application period can do so by Oct. 15 at mvsb.com/community-involvement.

MEREDITH — Local nonprofits who wish to apply for a grant from the MVSB (Meredith Village Savings Bank) Fund at New Hampshire Charitable Foundation can do so by Oct. 15. The application and instructions can be accessed online at mvsb.com/community-involvement.

Established in 1997, under the leadership of John Starrett, then-President

and CEO of the Bank, the MVSB Fund at New Hampshire Charitable Foundation makes grant-based contributions to nonprofit organizations that enrich and improve the quality of life for residents living in the Bank's service areas.

"We recognize the critical role our local nonprofits play in strengthening our communities," said Marcus Weeks, MVSB President and MVSB Fund

Committee Member. "The fund is an important way we can offer our support to help them grow their programming, tackle needed projects and to continue to their important work."

Since the Fund's inception, over 500 grants have been awarded, totaling over \$2 million in contributions to a wide range of environmental, social, educational and historic projects throughout New

Hampshire.

The MVSB Fund has supported literacy and after-school programs, environmental monitoring, restoration of historic structures, organizations that provide support for individuals and families in challenging circumstances and equipment that helps save lives. While not focused on a particular category, Fund administrators are mindful of the receiving organization and their contribution to the quality of life in the communities being served.

Grants generally range from \$1,000 to \$10,000 and are awarded to 501(c)(3) nonprofits and public agencies based in the Lakes Region, Plymouth and Seacoast areas. Projects supported are of high priority and need for the applicant organization and are related to their mission or development; demonstrate a clear, practical plan with objectives for services, participation and results; leverage other funding and/or voluntary support; offer evidence that project objectives will be accomplished within the grant period and demonstrate cooperation and collaboration with other organizations to provide greater community impact.

Go to mvsb.com/community-involvement to learn more and to apply.

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.

BELMONT POLICE LOG


BELMONT — The Belmont Police Department reported the following arrests during the week of Sept. 2-9.

Heather L. Michael, age 41, of Laconia was arrested on Sept. 6 for Willful Concealment.

A 68-year-old male from Belmont was issued a summons in lieu of arrest on Sept. 7 for operating a motor vehicle with an Unofficial Inspection or Registration Decal.

SANBORNTON POLICE LOG

SANBORNTON — The Sanbornton Police Department responded to 15 calls for service, for the week ending Sept. 7, including one alarm, one background check, one report of credit card fraud, two requests to assist other departments, one domestic incident, one report of Harassment, one motor vehicle warning, three requests for police information, one service of a repossession notice, one theft, one report of trespassing, and one V.I.N. verification.



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OnWeGo to perform live at The Loft at Hermit Woods

MEREDITH — The Loft at Hermit Woods Winery, alongside Sweet Mercy's Kitchen, is thrilled to present OnWeGo, a group of world-class musicians who blend jazz, pop, and world music in an unforgettable evening of vocal harmony and improvisation. Join us for an intimate night of exceptional music, gourmet food, and fine wine in a relaxed and cozy atmosphere Thursday, Sept. 19.

The star-studded lineup includes:

Mark Shilansky – Described by the Boston Globe as an “inventive, modern mainstream jazz pianist,” Mark’s compositions and melodic improvisations captivate audiences worldwide. In addition to his performances, he’s a professor at both Berklee College of Music and the Univer-

sity of New Hampshire, nurturing the next generation of jazz talent.

David Thorne Scott – A singer-songwriter known for his unique fusion of jazz and Americana, David’s work “explores the intersection of city and country, instrumentation and lyrics, creating lush, unifying, and healing compositions” (Eponymous Review). His innovative approach breathes new life into classics from the Great American Songbook.

Sara Caswell – A Grammy-nominated violinist hailed by the late David Baker, jazz educator and director of the Smithsonian Jazz Masterworks Orchestra, as “one of the finest violinists of her generation.” Sara’s world-class performances are a testament to her exceptional talent and musical mas-

tery.

Eric Byers – An accomplished guitarist, composer, and arranger, Eric’s versatility shines both on stage and in recordings. As a professor of Harmony and Jazz Composition at Berklee College of Music, his work is celebrated in concert halls and clubs around the globe.

Don’t miss this rare opportunity to experience OnWeGo live in the intimate setting of The Loft at Hermit Woods. Tickets are limited, so secure yours today by visiting hermitwoods.com/music.

About the Loft at Hermit Woods - Listening Room Series

The Loft is an intimate sixty-seat music venue offering a listening room experience in downtown Meredith at Hermit Woods Winery and Eatery. We bring



world-class artists from New England and beyond to perform on our Loft stage. We feature Jazz, folk, blues, classical, and world music. Each performance will provide you with an up-close and personal experience with the performing artists. The audience is asked to refrain from talking during the show, allowing the artists and the audience to immerse themselves in the performance in a way not possible otherwise.

Hermit Woods Winery and Eatery is located at 72 Main St. in Meredith, and is open seven days a week year-round. Visit their website, www.hermitwoods.com, to learn more.

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Deadline nearing for Children’s Auction funding requests



Children’s Auction volunteers gather at the 2023 Distribution Luncheon, at which nonprofit leaders accept their funding awards.

LACONIA — The Greater Lakes Region Children’s Auction is accepting applications for funding until Oct.

15. Details and an online application are available at childrensauction.org. Local nonprofit organizations that provide

support to local children and their families in need are encouraged to apply for funding if they: Hold tax-exempt sta-

tus under Section 501(c)3 of the Internal Revenue Code and/or public agency status.

Serve Greater Lakes Region children in need.

Have a proven history of providing value to the children in the region.

Numerous fundraising events in the Lakes Region throughout the year support the Greater Lakes Region Children’s Auction, including a four-day signature event every December. In the past four decades, the organization has distributed more than \$8.6 million to more than 80 nonprofits that serve low-income families and children in the Lakes Region.

For more information on how to apply and

the kinds of organizations funded, visit childrensauction.org.

About the Greater Lakes Region Children’s Auction

Numerous fundraising events in the Lakes Region throughout the year support the Greater Lakes Region Children’s Auction, including our four-day signature event every December. In the past four decades we have distributed more than \$8.6 million to over 80 nonprofits that serve low-income families and

children in the Lakes Region, all through volunteer efforts, community donations and corporate sponsorship. The Auction falls under the umbrella of the Greater Lakes Region Charitable Fund for Children, a 501(c)(3) nonprofit organization that helps local community organizations that serve children and families in need. For more information about the Auction, the nonprofits it supports, and how you can help, visit ChildrensAuction.org.

Meeken and Kelly perform cabaret-style fundraiser for Playhouse



Ashley Meeken and Teghan Marie Kelly met while performing as mother and daughter in the Winnepesaukee Playhouse’s 2023 production of “Mamma Mia!”

MEREDITH — The Winnepesaukee Playhouse will be presenting “Behind the Curtain” with Ashley Meeken and Teghan Marie Kelly on Oct. 5. This cabaret-style performance is a fundraiser for capital projects at the Playhouse.

The event is an evening of song which celebrates the friendship

of two extraordinary artists - Ashley Meeken and Teghan Marie Kelly. Both were raised in the Lakes Region, and have had the opportunity to perform on an international stage but have continued to bring their talents to various theatre companies in the Lakes Region.


Despite their similar careers in local professional theatre, they didn’t cross paths until they were cast as mother and daughter in the Winnepesaukee Playhouse’s 2023 production of “Mamma Mia!” when a strong bond was formed.

This performance will include solos and duets and will chart their friendship from the rehearsal room to the stage and beyond.

The performance will begin at 7:30 p.m., and patrons can choose between a show-only ticket and a VIP ticket that will include a pre-show reception. The reception will include hearty finger foods and soft drinks. Bar service will be available. It will also include the opportunity to meet members of the cast and creative team of the Playhouse’s next production, “A Year with Frog and Toad!”

This event is generously sponsored by the Platinum Group at Re/Max Bayside and tickets can be purchased at www.winnepesaukeeplayhouse.org.

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Opinion

Letter submission policy

Letters to the Editor must include the author's name, address, and a daytime 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.

Sanity over chaos

In the current political climate, the line between reality and fringe conspiracy has been blurred far too often. While it's normal—and even healthy—to have political differences, there should be an undeniable baseline requirement for sanity, fact-based reasoning, and a genuine understanding of how government works. Candidates who peddle unfounded conspiracy theories are not fit to hold positions of power, regardless of what side of the aisle they come from.

The growing trend of electing individuals who not only embrace, but champion, these theories is a dangerous one. Governance requires a deep understanding of lawmaking, negotiation, and, most importantly, the ability to work across the aisle. Yet, when a candidate's platform is rooted in falsehoods and divisiveness, they bring chaos to a process that already struggles with enough challenges.

There are candidates who may not align perfectly with your personal political views but have proven track records of compromise and effectiveness. These candidates understand the complexity of government—they know that progress doesn't come from shouting in an echo chamber or fabricating scapegoats, but from sitting down with opponents and finding common ground. These are the individuals who can work across the aisle, who understand that our government was designed to be slow and methodical for a reason, and who seek to improve it, rather than burn it down.

On the other hand, there are those who have built their careers on conspiracy theories and fearmongering. These individuals sow distrust in our institutions and promote divisiveness, making it impossible to work toward meaningful solutions. Their goals often center around self-promotion and power accumulation, rather than serving the people or the greater good. They reject the idea of compromise, not out of principle, but out of a need to perpetuate chaos and misinformation.

Before casting your vote, it's crucial to do your research. Look into how the government actually works—how bills are passed, how compromises are made, and how policies are enacted. Examine what each candidate has done and said in the past. Have they demonstrated a willingness to work with those they disagree with? Have they proposed realistic solutions to real problems, or are they offering easy answers to complex issues, based on theories that don't hold up to scrutiny?

Sanity must win in these decisions. Even if you don't fully agree with a candidate's policies, electing someone grounded in reality is far better than someone whose platform rests on distortion and delusion. A healthy democracy is built on debate and diversity of thought, but it must also be built on truth. We need leaders who are serious about solving the problems facing our country—leaders who understand that working across the aisle isn't a betrayal, but a necessity.

In the end, casting a vote for a candidate who can cooperate with others—even those they may disagree with—ensures that government can function. Voting for those who traffic in conspiracy theories only ensures that we continue to spiral into chaos, and that's a risk we simply cannot afford to take.

COURTESY
Franklin High School's Class of 1974 recently held their 50th Class Reunion at Mojalaki Country Club in Franklin. Classmates traveled from Ohio, Missouri, Wisconsin, Florida, Virginia, Maine, Massachusetts, Washington State and cities and towns throughout NH to attend, reminisce and renew old friendships. Honored guest was legendary shop teacher/athletic director, Andy Phelps, of Danbury.



The griper

POSITIVELY
SPEAKING
—
TOBY
MOORE

If you like to gripe, you'll say about me, "He's just writing this column to complain about people who like to gripe! He's just a complainer in disguise!" So true—I'm basically undercover in the world of whiners, taking notes on the art of pointless moaning. Call it gripe-ology, if you will.

Larry Longsigh was a hard worker by most standards but never seemed content, no matter how well things went for him. Every situation, no matter how fortunate, was met with a complaint. When he won a free vacation in a raffle, he sighed, "Now I'll have to deal with the hassle of packing and airports." When his friends threw him a surprise birthday party, instead of being grateful, he grumbled, "Why didn't they ask me first? I hate surprises." Even when his health improved after a long recovery, Larry found a way to moan, "Great, now I have no excuse to take it easy." Nothing could make him happy!

Some people gripe with just cause, and others gripe.

Larry visited the same café every morning and, without fail, grumbled, griped, and complained

about everything. "Why are the napkins folded this way? They're too neat!" "The muffins are too... muffiny." One day, he grumbled, "This sunlight coming through the window? Too bright. Can't someone turn it down?" At first, the other customers tried to ignore him, but soon, one by one, they started to leave in the most exaggerated ways. One woman put down her coffee, sighed dramatically, and crawled out the door on all fours like escaping a war zone. Another man threw his hands in the air, yelled, "I can't take this anymore!" and moonwalked out, never breaking eye contact with Larry. Finally, the barista, tired of it all, slowly slid out from behind the counter, tiptoed to the door, and quietly locked it behind her as she left.

If you must gripe to be happy, for goodness sake, do it quietly so as not to disturb others!

Once, Larry Longsigh was in his driveway, determined to assemble an exercise bike he'd ordered online. The moment he opened the box, disaster struck. "Why are there so many parts?"

I'm building a bike, not a space shuttle!" He groaned at the manual, which he claimed was "written in hieroglyphics," and tossed aside the tiny wrench. "What is this, a toy? I need real tools!"

Larry attacked the bike with a power drill as if he were about to build a skyscraper. The handlebars went on crooked. "Great, now I'll steer straight into traffic!" He twisted them violently—SNAP! A piece flew off, nearly taking out a bird. "Perfect. Now it's broken, and I'm still fat."

Still, Larry pressed on, jamming parts together until the bike almost looked functional. He hopped on, pedaled once, twice, and then—CRUNCH! The entire thing collapsed under him, sending him sprawling in a mess of bolts, handlebars, and shame.

Don't be too hard on the person who always gripes—they're making life hard enough on their own.

Larry Longsigh didn't limit his complaints to the café or his driveway—his favorite spot to grumble was the neighborhood Christmas par-

ty. One year, he started strong. "Tinsel on the tree? Choking hazard," he muttered, tugging at a strand. At the snack table, he eyed the eggnog. "Who drinks this? It's liquid regret!"

But the real show came during the Secret Santa gift exchange. "Gift exchanges? Great, more junk," Larry groaned. When his turn came, he opened a scarf. "A scarf? What am I supposed to do with this? Hang myself?"

In typical Larry fashion, he tied the scarf dramatically, pulling too hard and accidentally hooking himself on a nearby coat rack. His legs flailed as the room fell silent, then burst into laughter. "This is exactly what I get for showing up," Larry sighed, still dangling.

Give a griper plenty of rope, and they will hang themselves.

And so, we come full circle, back to the art of pointless moaning—gripe-ology at its finest.

In the end, though, constant complaining is a trap. Life keeps moving, whether you're enjoying it or not. So, the real question is: will you spend it griping, or will you find a reason to smile?

Comfort Keepers

Adapting homes to seniors' changing needs

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

More Americans are choosing to age in place. That is, they opt to stay in their homes rather than move to alternative retirement settings.

But that often means they must modify their home, so it's not a danger to their safety and health when their physical abilities change.

A new career field has risen to address this need: the Certified Aging-in-Place Specialist (CAPS), a program of the National Association of Home Builders. Certified individuals assess homes to identify and recommend modifications to prevent injuries from falls and other risks.

According to the Centers for Disease Control (CDC), one-third of Americans age 65 and over fall each year. The CDC adds that environmental factors lead to about half of all falls that occur at home. In addition to tripping hazards and poor lighting, these factors include a lack of needed modifications, such as bathroom grab bars, handicapped showers, stair railings and ramps. The organization offers a checklist to make sure an older adult's home is as safe as possible.

Home modifications help seniors maintain quality of life. They often prevent injuries that lead to a loss of independence and early admission to an assisted living or long-term care facility.

The following are examples of commonly recommended modifications:

Install grab bars for toilets and tubs and install a walk-in tub and/or tub seat

Remove unnecessary throw rugs and fasten down rugs or floor runners to prevent slipping

Move furniture to create clear walking paths

Keep objects off the floor and coil or secure cords to the wall to prevent tripping

Replace doorknobs with lever door handles

Apply non-slip tape on uncarpeted indoor and outdoor steps

Replace standard light switches with rocker-style switches

Increase the width of doorways and hallways to accommodate wheelchairs and, where possible, lower sinks and countertops

Move often-used items to lower cabinets to avoid the need for step stools

Repair or replace handrails and install adequate lighting in stairways

Install an elevator or chair lift

Install an elevated dishwasher or one with drawers for easy access

Replace old stoves with induction cooktops to help prevent burns

Replace ceramic tile floors with hardwood or vinyl for safe standing

Shedding light on home modification

When modifying a home for a senior, don't forget the importance of good lighting. Seniors need two to three times as much light in order to see as well as younger people.

Good lighting -- in the form of natural light -- provides seniors safety and other advantages:

Sunlight provides a good dose of vitamin D, which helps the body absorb more calcium to strengthen teeth and bones. Choose window treatments that let in sunlight, without glare, to enhance the health of seniors, many of who get outside less than they used to.

Daylight also improves psychological health. It lessens the energy-zapping effects of Seasonal Affective Disorder (SAD) and other forms of depression.

Comfort Keepers® can help

About one-quarter of Americans over age 65


need help with everyday activities such as eating, bathing, and getting in and out of bed or a chair. Our trained caregivers can help with these and other tasks, while engaging clients in activities that improve quality of life. They can also provide support for physician-approved diet and exercise plans, provide transportation to appointments and community events and can assess a home for safety issues and reducing fall hazards. For more information on how we can help, contact your nearest Comfort Keepers® office today.

About Comfort Keepers

Comfort Keepers is a leader in providing in-home care consisting of such services as companionship, transportation, housekeeping, meal preparation, bathing, mobility assistance, nursing services, and a host of additional items all meant to keep seniors living independently worry free in the comfort of their homes.

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

Please call 603-536-6060 or visit our Web site at nhcomfortkeepers.com for more information.



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Bank of New Hampshire welcomes Nicole Ceja as Prestige Plus Administrator



Nicole Ceja

LACONIA — Bank of New Hampshire is pleased to announce that Nicole Ceja has joined the Prestige Plus team as the Prestige Plus Administrator.

Ceja brings more than a decade of experience

in the financial services industry and a wealth of knowledge in customer relations and banking. In this new role, Nicole will support the Prestige Plus Officer, Cindy Salta, and administer the Prestige Plus program. The Prestige Plus program is a professional travel program which is a benefit to our valued customers who maintain a Prestige Checking Account.

Previously serving as the Bank's Training Manager, Cefa has developed a deep understanding of Bank of New Hampshire's

mission and brand. Her dedication to building long-lasting relationships, combined with her commitment to helping customers achieve their travel goals, makes her a perfect fit for this role.

"Nicole's extensive experience and passion for service will be invaluable as she steps into her new role," said Cindy Salta, Vice President - Prestige Plus Officer for Bank of New Hampshire. "We are confident that her leadership will further enhance the experience for our Prestige

Plus members."

Ceja resides in Hillsborough with her husband, son and their four dogs. Known for her adventurous spirit, she is excited to connect with Prestige Plus members and looks forward to making meaningful connections as she embarks on this new journey. Please join us in extending a warm welcome to Nicole Ceja. We are thrilled to have her on board and look forward to seeing her contribute to the continued success of the Prestige Plus program.

Bank of New Hampshire is happy to have Ceja in this role on our team 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.

We Care benefit concert to support Circle Program

MEREDITH — Circle Program is thrilled to announce the support of community sponsors throughout the Lakes Region and Greater Concord areas for the We Care Concert. Many area businesses and organizations have answered the call and have chosen to generously support the program.

Circle Program would like to thank our top sponsors — Empowerment Sponsor: Five C's Family Trust, Confidence Sponsors: Outside Unlimited and Salesforce, and Courage Sponsors: Kohv Eyewear and Nixon Peabody.

All proceeds will directly benefit Circle Program, a non-profit whose mission is to Empower, Transform, and En-



rich girls' lives through Community, Connection, Camp, and Mentorship. The 80+ girls and

teens enrolled in Circle Program come from 34 towns all throughout the Lakes Region and Greater Concord areas. Since 1993, Circle Program has been providing new opportunities through programming and mentorship to local NH youth. Circle Program provides a unique combination of 1:1 mentoring, school-year programming, and residential summer camp all 100 percent tuition free to its participants. The year-round mentoring plays a vital role in the program's success. Each year Circle Program looks to add 20 new volunteer mentors to the program. Each mentor is paired

with a mentee and they meet twice per month (one activity is planned by Circle Program). If you are interested in making an impact on a

local girl's life, please go to circleprogram.org for more information or email lisa@circleprogram.org.

The We Care concert presents The Cat's Pajama's Vocal Band – a capella redefined with five incredible vocal artists with a big band sound! The show will take place on Saturday, Oct. 26, at 7:30 p.m. at the Inter-Lakes Community Auditorium in Meredith.

Can't attend the show but still want to support the cause? Contact Circle Program to purchase a ticket to allow us to provide a new opportunity for a mentee and their mentor to attend the show! Office phone: 603-536-4244.

Tickets are \$40 and are available at tbinh.org/we-care-concerts or can be purchased with cash or check at retail locations listed on the Web site.

Janice Hale named to Springfield College Dean's List

SPRINGFIELD, Mass. — Springfield College has named Janice Hale from Northfield to the Dean's List for academic excellence for summer 2024.

Hale has a primary major of Human Services. The criteria for selection to the Dean's List are as follows: The student must have completed a minimum of 12 credit hours of graded coursework for the term, exclusive of "P" grades. The student must not have any incompletes or missing grades in the designated term. The student must have a minimum semester grade average of 3.5 for the term.

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Raiders start strong but can't keep up with defending champs

BY JOSHUA SPAULDING
Sports Editor

MEREDITH — Originally scheduled to take place in Belmont, last Monday's Division III volleyball tilt between the Raiders and Inter-Lakes had to be moved to Meredith to allow the Belmont gym to be set up for the next day's primary election.

With their fans getting an unexpected home game, the defending champion Lakers survived an early scare from the Raiders and eventually picked up the 3-0 win over the Raiders, 25-19, 25-8, 25-20.

"Adversity is good, those are the challenges we want to rise up to and it's nice when it happens," said Laker coach Randy Mattson, referencing her team's slow start and Belmont's early lead. "It was one of those starts, we were flat, weren't focused and didn't develop the rhythm."

"That was a respectable showing against the number one team in the state," said Belmont coach Andy Edgren. "Our goal, we want to beat them at the end of the year."

After a Marissa Anastasio ace to start the game for the Lakers, Belmont picked up the next four points, including hits from Liv Chandonnait and Madi McDonald. The Lakers fought back and cut the lead to 4-3, but a service ace from Molly O'Connell and a back row hit from McDonald allowed the Raiders to up the lead to 9-4.

After Mattson called a timeout, the Lakers responded nicely, with Alyssa Snow and Cecilia Hornkohl getting hits and Kiera Moynihan chipping in an ace as they fought back and an Anastasio hit eventually



Marissa Anastasio of Inter-Lakes goes up at the net as Belmont's Mariah McKim tries to tip the ball over the defense in action last week.

pulled the Lakers even at 12.

Anastasio then had a block to give her team the lead and a Snow service ace pushed the lead to two. Meg Soucey had a nice block for the Raiders and Snow made a great diving play at the back of the court. Moynihan added a hit and the Lakers pushed the lead to 19-13 before Sophia Gilbert got a hit for Belmont.

Moynihan had a trio of big hits and added a block as the Lakers slowly pulled away and after a hit from Megan Dutton kept Belmont alive, Moynihan closed out the 25-19 win with a hit.

The second set was all Inter-Lakes once things got going. Belmont started with a hit from O'Connell and after a Moynihan block, Soucey had a hit, Gilbert had a block, Mariah McKim had a hit and O'Connell had an ace to give the Raiders a 5-2 lead. However,

hits from Moynihan and Anastasio pulled the Lakers even at six. Snow added a hit and Anastasio chipped in with a block before Hayden Blanchard got the Raiders back on the board with a hit. Snow had a trio of service aces and Anastasio and Stevie Poehler came up with nice blocks at the net.

Lillian Lybrand added a hit for the Lakers, Poehler added another block and a hit as the Lakers pulled away and picked up the 25-8 win to take the 2-0 lead.

The Raiders got out to a quick start in the third set, getting the first three points, including an ace from O'Connell. Camren Clarke added an ace on the other side of the court before Chandonnait added a hit for the Raiders. Anastasio had a block and both Snow and Hornkohl had service aces to keep the Lakers even with Belmont. Sami O'Connor



Madi McDonald sets the ball during her team's game last Monday afternoon against Inter-Lakes.

had a nice tip at the net and McDonald added a service ace as the Raiders took a 12-11 lead.

The teams went back and forth, tying at 12, 13, 14 and 15 before Moynihan had a hit and Anastasio had a nice block to build the Laker lead to 18-15. A great play out of the net from Meadow True stretched the Laker advantage but O'Connor added a hit for the Raiders. Anastasio and Jen Madigan had hits for the Lakers as they closed in on the win and Emily Doda added the final hit of the game for the 25-20 win and the 3-0 victory.

"They found the rhythm, they did a good job," Mattson said. "I am pleased with the entire roster, everybody got a chance to contribute, overall it was a great match for us."

"We were in survival mode, coming off a five-set heartbreaking loss to Portsmouth Christian," said Edgren, noting his

team was up 24-19 in the fourth set ready to clinch the win but couldn't close it out. "So today, I

am OK with, they fought hard."

"We made some changes in the middle set that didn't work, but we went back in the third set," the Raider coach added.

Snow had 17 service points, five aces and nine digs, Moynihan had eight kills and 12 digs, Anastasio had six kills and two block kills, True had 14 assists and Hornkohl had nine service points and eight digs.

Belmont is slated to be back in action on Friday, Sept. 20, at home against Newfound at 6:15 p.m. and will be at Conant at 5:45 p.m. on Wednesday, Sept. 25.

Inter-Lakes is slated to be at home on Friday, Sept. 20, against Conant at 5:15 p.m. and will be hosting Epping on Wednesday, Sept. 25, at 6:30 p.m.

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

Raider girls third, boys fourth in home meet

BY JOSHUA SPAULDING
Sports Editor

BELMONT — The Belmont cross country kids welcomed a host of squads to their home course on Thursday, Sept. 12, with the Raider girls finishing in third place and the boys finishing in fourth for the day.

The Raider girls were led by Lyla McSheffrey, who finished in a time of 26:31 for 20th place, with Rebekah Edgren right behind in 21st place in a time of 26:43 and Riley Degange finished in 25th in a time of 27:56. Adeline Takantjas was 26th in a time of 28:07 and Jenna Laramie rounded out the scoring with a time of 28:21 for 27th place.

Clemence Lhermitte was 29th in 28:32, Hailey Clairmont was 32nd in a time of 28:53, Violet Smith was 37th in 30:14 and Charlotte Ekberg was 49th with a time of 35:00 to finish out the field of Raider girls.

Brayden Townsend was the top Belmont boy, finishing in a time of 21:07. Wyatt Divers finished in 14th place in a time of 21:42 and Jack Crockford was 24th in a time of 23:24. Sean Andrews was 35th overall in a time of 25:20 and David Tripp rounded out the scoring with a 38th place finish in a time of 26:03.

Henry Ashworth was 43rd in 26:59, Daniel Tripp was 50th in a time of 29:20 and Adrian Wilkinson finished in 29:48 for 52nd place to finish out the field of Raiders.

The Raiders are scheduled to host another meet on Thursday, Sept. 26.

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

Cross country Bears compete in Belmont

BY JOSHUA SPAULDING
Sports Editor

BELMONT — The Winnisquam cross country team made the short trek to Belmont for a meet on Thursday, Sept. 12, with the Bear boys finishing in fifth place overall.

Winnisquam's top finisher was Lazar Arbutina, who finished in 22:53 for 19th place overall. Cullen Desrochers was 21st in 22:59 and Owen Bakis finished in 28th place in 24:07. Joseph Curtin finished in 39th place in a time of 26:04

and Kyren Whitmore finished out the scoring with a 44th place finish in 27:06. Luke Larrabee was 48th in 27:43 and Lucas Durphey was 49th in 29:04 to finish out the field of Bears.

For the Bear girls, Bella Dalzell finished in 41st

place in a time of 31:48 and Penelope Sprague was 47th in a time of 34:29.

The Bears are slated to compete at Moultonborough Academy on Thursday, Sept. 26.



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Early Gilford goal sinks Bear boys in Lakes Region battle



JOSHUA SPAULDING

Winnisquam's Jon Wright and Gilford's Evan Wilson battle along the sidelines in action last week in Tilton.

BY JOSHUA SPAULDING
Sports Editor

TILTON — The Winnisquam and Gilford boys' soccer teams haven't played each other in a few years.

For fans in attendance for the game between the two teams last Wednesday, Sept. 11, it may have been worth the wait, as the two squads battled back and forth for the entire 80 minutes, with a goal in the first two minutes eventually being the deciding factor in the

Golden Eagles' 1-0 win over the host Bears.

"Our defense was rock solid, our goalkeeping was solid and we played well in the midfield," said first-year Gilford head coach Kevin Shaw. "We are struggling to score goals, but we are getting the opportunities."

"A good portion of the game was played in both halves, we definitely got into their box," said Winnisquam coach Tom Osmer. "They may have

had more chances, but we certainly had some."

The Golden Eagles scored the game's lone goal with less than 1:15 gone in the game, as Anthony Burnham buried a shot after getting past a Winnisquam defense that was still settling into the game.

Gilford came back with a chance from Bode McLean that was stopped by the defense of Justin Tardif. Micah Javalgi had a direct kick for Gilford and Brady Alessandro had a chance that was stopped by Winnisquam keeper Jacob Twombly. Brendan Goodwin turned in a strong defensive play for the Bears and Burnham had a long shot that Twombly snared.

McLean had another chance in the zone, with Carl Edwardson making a good defensive stop and Goodwin made a nice run down the sideline that the Gilford defense held back. Tardif sent a good ball in to Xavier Mondesir and Colby Blackburn had a shot, both of which were turned away by Gilford's defense.

Braeden Perrault had a direct kick chance for Winnisquam and Burnham had a crossing pass through the box at the other end. Gilford had the game's first corner but could not convert and McLean sent a shot wide of the net. The Golden Eagles had two more corner kick chances, with Burnham sending a shot over the top of the net. Winnisquam came back with direct kick chances from Perrault and a good run from Blackburn, but they couldn't get the ball in the net.

Ari Booth had a cross through the zone for the Bears and Burnham had a shot go wide at the other end. Javalgi had a chance denied by Twombly and Wyatt Cushing had a shot denied by Gilford keeper Gavin Forest. Victor



Winnisquam goalie Jacob Twombly grabs a loose ball as teammate Carl Edwardson tries to get out of the way in action last week against Gilford.

Pham had a nice clear for the Winnisquam defense and Twombly made a late save on Burnham as the game went to the half with Gilford up 1-0.

McLean had a good run in to start the second half, with Pham and Taber Haggett making solid defensive stops. Burnham sent another shot wide of the net and Tardif and Mondesir teamed up on a chance for the Bears, with Jared Beale making a good defensive stop.

Twombly made a great save on a Gilford corner and Javalgi and Christian Nunez had chances for Gilford that did not connect. The Golden Eagles had another corner and Owen Wolpin headed the ball on net, with Goodwin heading it out of the box. Blackburn had a long direct kick

that Forest snared and Edwardson had a good defensive stop for Winnisquam. McLean sent another shot wide and at the other end, Perrault and Blackburn had shots denied by Forest.

The Bears had a corner kick but could not convert and Jevan Beale had a great scoring chance, with Twombly making a diving save. After another Gilford corner, Jevan Beale sent a shot high, Burnham had a shot saved by Twombly and Nunez sent a shot high as the clock ticked out on the 1-0 Gilford win.

"They say goals win games and defense wins championships," Shaw said. "You win championships when you defend."

He also praised the work of Forest in his

net, noting while he didn't see a lot of action, he stayed prepared and was ready when the ball came his way.

"I think both teams have a better game than we were able to put on the field today," Osmer said, noting they both played on Monday. "They got a goal and did what they needed to do with it for the rest of the game."

"You only need one more than the other team to win," the Bear coach added.

Gilford is slated to be in action on Friday, Sept. 20, at home against Prospect Mountain at 4 p.m.

The Bears are scheduled to be in action on Monday, Sept. 23, at Bishop Brady at 4 p.m.

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

HIGH SCHOOL SLATE

Thursday, Sept. 19

BELMONT
Cross Country Home Meet; 4

GILFORD
Field Hockey vs. Bishop Brady; 4:30

Friday, Sept. 20

BELMONT
Boys' Soccer at Derryfield; 4
Girls' Soccer vs. Derryfield; 4
Volleyball vs. Newfound; 6:15

GILFORD
Boys' Soccer vs. Prospect Mountain; 4
Girls' Soccer at Prospect Mountain; 4
Volleyball at Prospect Mountain; 6:15

Saturday, Sept. 21

GILFORD
Cross Country at Manchester; TBD
Football vs. Epping-Newmarket; 2

Monday, Sept. 23

BELMONT
Boys' Soccer vs. St. Thomas; 4
Girls' Soccer at St. Thomas; 4
Golf at Inter-Lakes; 4

Tuesday, Sept. 24

BELMONT
Golf Home Match; 4

Wednesday, Sept. 25

BELMONT
Volleyball at Conant; 5:45

Thursday, Sept. 26

BELMONT
Cross Country Home Meet; 4
Golf at Hopkinton; 4

GILFORD
Cross Country at Belmont; 4
Field Hockey vs. Newport; 4

WINNISQUAM
Boys' Soccer vs. Newfound; 4
Cross Country at Moultonborough; 4
Field Hockey vs. Mascoma; 4:30

All schedules are subject to change



COURTESY

Barnyard Tales with Mark Stevens Sept. 24

The Gilmanton Historical Society presents Barnyard Tales as its final program of the 2024 season. Iconic old New Hampshire barns are rapidly becoming a thing of the past as they get torn down, catch fire, or deteriorate. Mark Stevens of Canterbury was part of a group several years ago that set out to document prominent local barns before they disappeared. On the way, the group discovered fascinating tales about many barns that also had to be documented and preserved. Come hear Mark tell these interesting stories. The program, at the Old Town Hall at 1800 NH Route 140 in Gilmanton Iron Works, begins at 6:30 p.m. Social hour & refreshments at 6 p.m. All are welcome. There is no charge but donations to support the Society are welcome. For more information, visit our Web site at Home - Gilmanton Historical Society.

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ELOISE

CONTINUED FROM PAGE A1

Symphony Orchestra in their performance of Evan Chambers' Fiddle Concerto. Her sound is unmistakable. She has been a defining presence in some of the most popular and innovative contra dance bands to come out of New England.

Bethany Waickman is a mainstay on the New England contra dance circuit. While attending UMass Amherst. After college, she spent some time traveling in Ireland, moved to Boston, and signed on as Lissa Schneckenburger's guitarist. Also, a skillful singer, she brings new

life to old ballads, and takes a special interest in exploring the singing traditions of the Maine lumber camps.

Originally thrown together at an event where Tracy led the contra dance portion of the evening and Rachel led the French dance part of the evening, they have continued to fuse these two elements into their concerts and dances, as well as adding songs and original compositions to the mix. Their latest project was a series of music videos filmed in unique Vermont places, all of which are available at www.rachelbellmusic.com/eloiseandco.

CHOOSE LOVE

CONTINUED FROM PAGE A1

director of special education. He made his mission to fully immerse the campus with the Choose Love Movement.

Shortly after, he and members of the Spaulding staff attended a conference in Manchester, where they were introduced to Shannon Desilets, the state's Choose Love program director. Lavallee and Desilets immediately joined forces and became determined to further the movement at the school.

Not long after Lavallee's revelation, he had the chance to meet Lewis in Atlanta, alongside Desilets. The three decided it was an opportune time to bring the movement to Spaulding and truly integrate and showcase it as a model and early adopter. Choose Love has been woven into the fabric of the school ever since, demonstrating its commitment to safety and well-being.

Since the school's initial adoption of the philosophy of Choose Love, the entire campus has seen astounding results, including a decrease in crisis behaviors. In the classrooms, crisis behaviors have decreased by 35 percent and standardized test scores have increased. In July 2024, Spaulding officially became the first ever Choose Love certified school.

"To say that we are excited to be the first Choose Love certified program in the world would be an understatement. It is my mission to foster a community that is nurturing, healing, safe, and filled with love," Lavallee said. "I have witnessed firsthand the benefits of the

Choose Love movement. We have seen an increase in our student's standardized test scores, a decrease in behavioral referrals, and a community of staff that have come together to embrace the four pillars of Choose Love. I believe in Choosing Love."

The scene in the conference room on Aug. 8 perfectly encapsulated just how impactful the Choose Love Movement has been to the Spaulding family. In the words of the 10-year-old Spaulding student, Choose Love "fills her bucket," and she could not miss the opportunity to tell the founder herself when she heard she would be visiting Spaulding to help host a Choose Love Masterclass kickoff event.

The Choose Love Masterclasses are being rolled out for the first time nationally at Spaulding and began in August. This series of four masterclasses, hosted at Spaulding's community center involve the entire Spaulding staff and have the goal of furthering the reach of the movement and ensuring that all staff are properly prepared to teach Choose Love.

"I'm thrilled that Spaulding will be leading the charge as our first certified Choose Love school," Lewis said. "As a courageous leader in alternative education, Spaulding is an exemplary model of how Choosing Love can amplify already great work and outcomes. I'm proud to be supporting the incredible staff and educators at Spaulding and look forward to seeing and sharing the benefits with parents and the community."

While Lavallee is

eager to continue to infuse the movement's teachings into all areas of the school, he is just as enthusiastic about sharing the magic of the Choose Love Movement with other organizations and schools across New Hampshire and around the country. In the coming years, the principal hopes that Spaulding and Choose Love will be synonymous, and he envisions the school becoming a training hub for other schools across the country interested in the Choose Love movement and model. Spaulding residential and clinical staff have worked closely with Lavallee and plan to integrate the movement into the residential and community-based services Spaulding offers.

The Choose Love curriculum is offered to schools at no cost, breaking down any barriers to entry for schools wishing to join the program. In 2020, New Hampshire became the first state in the nation to adopt the Choose Love curriculum at a state level, encouraging schools around the state to introduce the program in their classrooms. More than 400 New Hampshire schools have utilized the curriculum to date. Lavallee hopes that with Spaulding's help and guidance, more Choose Love certified schools will begin popping up around the state and country.

New Hampshire was the first state in the nation to make Choose Love a statewide initiative. State efforts are led by Desilets, who has worked very closely with Lewis to help introduce this work across the New Hampshire. Housed in the NH Department of Health and Human Ser-

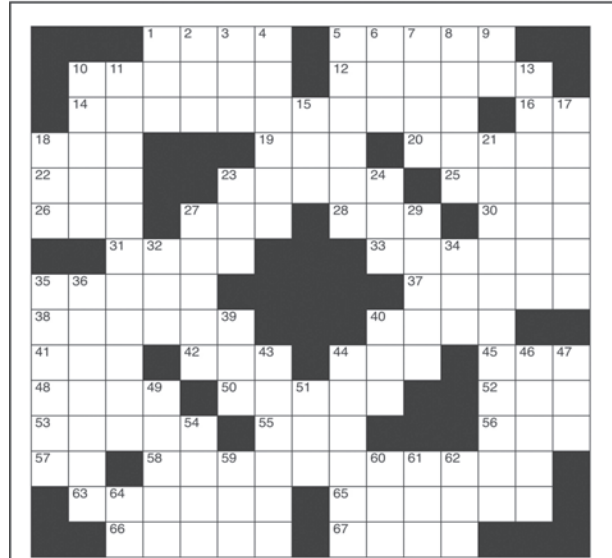
vices, the initiative is expanding into corrections and caregiving.

Becoming a Choose Love certified school shows a commitment to the safety, health and wellbeing of the students and staff. The certification provides a framework of tried-and-true best practices that foster a safe and compassionate environment through implementing and practicing Choose Love effectively, while also creating a ripple effect of positivity and compassion in the broader community.

When a 10-year-old demonstrates how Choose Love impacted her through words and drawings unprompted by others, it's clear that the movement is making headway. With Lavallee, Lewis and the Spaulding leadership team working together on this united front, it is almost certain that many more students at Spaulding and elsewhere will experience the Choose Love Movement "filling their bucket."

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

For more information, please visit www.ChooseLoveMovement.org.

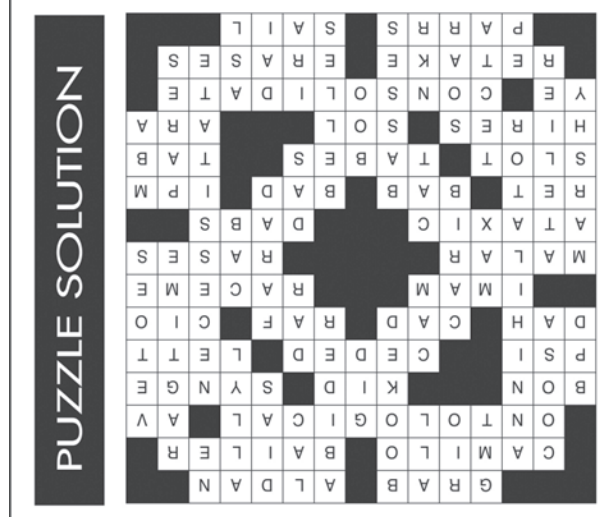


CLUES ACROSS

- 1. Wrest
- 5. Russian river
- 10. Grupo Montparnasse founder
- 12. One who quits prematurely
- 14. Related to the nature of being
- 16. Early multimedia
- 18. Indigenous Tibetan religion
- 19. Tease
- 20. J.M. __, Irish dramatist
- 22. Pounds per square inch
- 23. Surrendered
- 25. Notable Dallas Cowboy Leon
- 26. Dash
- 27. Man who behaves dishonorably
- 28. British Air Aces
- 30. Data executive
- 31. Spiritual leader
- 33. Flower cluster
- 35. Of the cheek
- 37. Tears down
- 38. Uncoordinated
- 40. Touches lightly
- 41. Soak
- 42. Founder of Babism
- 44. Not good
- 45. Inches per minute (abbr.)
- 48. Type of casino game
- 50. Skills assessments for adults
- 52. Check
- 53. Gives a job
- 55. Fifth note of a major scale
- 56. Small, faint constellation
- 57. Thou
- 58. Reduce
- 63. Another recording
- 65. Removes for good
- 66. Jill and Catherine are two
- 67. Cruise

CLUES DOWN

- 1. Greenwich Time
- 2. Metropolis
- 3. Complete
- 4. Scheduled
- 5. One who obeys
- 6. Resinlike substance secreted by certain lac insects
- 7. Days (Spanish)
- 8. Unsaturated hydrocarbon radical
- 9. Region of the U.S. (abbr.)
- 10. Tributary of the Alabama River
- 11. One who eliminates
- 13. Ballroom music
- 15. Officer in the Book of Mormon
- 17. Denies
- 18. Barrels per day (abbr.)
- 21. Make vital
- 23. Former NFLer Newton
- 24. Kashmiri tribe
- 27. Indigenous S. American person
- 29. Capacitance unit
- 32. MLB great Scherzer
- 34. Taxi
- 35. Boggy
- 36. Artist's workshop
- 39. Feline
- 40. Prosecutors
- 43. Freshwater perches
- 44. Young ladies
- 46. Whittles
- 47. Licensed for Wall Street
- 49. Type of gene
- 51. Express displeasure
- 54. Fly high
- 59. Norwegian krone
- 60. Investment account
- 61. Chinese surname
- 62. Language
- 64. By the way (abbr.)



VOLLEYBALL

CONTINUED FROM PAGE A1

A couple of hits from Fair and a service ace from Ball allowed Winnisquam to tie the match at 14.

Hanover went up 18-15 before an ace from Shayla Jordan and a hit from Weymouth cut the lead to one and the Bears pulled even at 21. A Weymouth ace gave the Bears the lead and after Hanover pulled even again, Carter had an ace and a Fair hit rounded out the 25-23 win for Winnisquam.

Weymouth had an

early ace in the third set and Carter had a hit as the two teams went back and forth. They were tired at one, two, three, four, five and six before the visitors opened up the 9-6 lead. The hosts battled back and pulled even at 10 with an ace from Bella Dill and an ace from Weymouth allowed the Bears to go up by a 12-11 score.

Winnisquam was up 18-13 after a hit from Fair and an ace from Carter, but the visitors battled back and pulled even at 18 and despite a strong play from Carter and

Dill, Hanover was able to pull out the 25-20 win for the 2-1 lead.

Dill got a service ace to start the fourth set and a Weymouth ace helped open up a 4-1 lead for the Bears. Carter had a pair of aces as the Bears continued to pull ahead, going up 7-2. Hanover battled back and cut the lead to 7-6 and eventually pulled even at eight, nine and 10, with Dill coming up with a good hit for the Bears.

Hanover went up by two, 12-10, but the Bears fought back with an ace from Weymouth and hits from Dill and Carter to go up by a 16-13 score. The Bears were then able to maintain their lead, keeping the visitors at bay with a service ace from Jordan and a hit from Carter as the Bears got the 25-21 win to force a fifth and deciding game.

Hanover got the first two points of the fifth set, but a couple of service aces from Dill and a hit from Carter helped the Bears go up by a 5-2 score. Hanover got within two one play later, but that was as close as they got, as Ball had a service ace, Weymouth had a

huge dig and the Bears closed out the 15-7 win and earned their first win of the season by a 3-2 score.

"They're all starting to find their roles," Dawalga said. "We're sorting it out and working through some stuff, but I am super proud of all of them."

"It feels like a relief, it feels like a good way to get us going," Carter said. "There were some tough calls, but we got over it."

"I think it will motivate us to win some more games," Ball said. "Getting over those things will help us move forward."

"It was a very nice win, the best part of it was that we started off down," said Dill. "We're all working so hard together."

The Bears are slated to be in action on Monday, Sept. 23, at home against Prospect Mountain and at Manchester West on Wednesday, Sept. 25, both with 6 p.m. scheduled starts.

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



Bella Dill sets the ball during a win over Hanover last Wednesday evening.

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Powerhouse transforms Prescott Farm into Wonderland

LACONIA — Powerhouse Theatre Collaborative is once again teaming up with Prescott Farm to bring audiences a unique theatrical experience. Follow Alice and the White Rabbit through the beautiful grounds of Prescott Farm and meet up with familiar characters along the way in

EXHIBIT

Continued from page A1
he creates his fabulous pieces. This event will feature light refreshments and provide an excellent opportunity to meet the artists, discuss their works, and enjoy the community spirit of the Lakes Region. The reception is open to the public, and all are welcome.

Additional highlights: People's Choice Awards presentation: During the reception, we will also announce the winners of the People's Choice Awards from our 84th Annual Exhibit last month. This is your chance to see which artworks resonated most with our visitors.

Mystery raffle: Don't miss out on our exciting Mystery Raffle! Three

this promenade theatre event – "Alices Adventure in Wonderland."

This marks the first time Powerhouse has produced a show in which the audience follows a character through each scene at different locations. This production has five Alices and five White Rabbits, so unique pieces will be raffled off, with tickets available for purchase at the gallery. Stop by to pick up your raffle tickets and try your luck at winning these mystery artworks.

For more information about the exhibit, the reception, or to purchase raffle tickets, please contact the Lakes Region Art Gallery at 603-998-0029.

About Lakes Region Art Gallery

Located in the heart of Laconia, the Lakes Region Art Gallery has been a hub for local artists and art lovers since its inception. Dedicated to promoting and showcasing fine arts, the gallery hosts numerous exhibitions throughout the year, fostering a vibrant arts community.

a new combo kicks off their adventure with a small group of audience members every 20 minutes. Each pairing will perform twice each day, allowing Powerhouse to have 10 time slots available on each date. Powerhouse has also double-cast all the other roles and split them into the "Eat Me" and "Drink Me" casts, a play on the classic scene in "Alice's Adventures in Wonderland" by Lewis Carroll. So if there is a particular person you wish to see perform make sure you check the schedule and sign up for the correct time slot!

"It's been exciting to direct this first-of-its-kind production for Powerhouse. I have thoroughly enjoyed the individuality and creativity that each actor has brought to this show. There are so many different Alice/Rabbit and cast combinations that you could see the show 10 times and get a different performance each time, which is part of what makes this production so unique and wonderful," says director Courtney Palmer.

"Alices Adventure in Wonderland" will perform on Sept. 15, 21 and 22 from 1 to 4 p.m. at Prescott Farm, with departure times leaving every 20 minutes. Each show will be around 45 minutes to one hour in length, and require audience members to walk to each scene, so appropriate footwear and comfort walking around the campus is recommended. For more information on the schedule and to purchase tickets, please go to www.powerhouseh.org/alicesadventure. There are only 16 tickets available for each time slot, so don't wait until the last minute to purchase your tickets at the link above. Tickets are \$10 and the adventure promises to be fun for all ages!

This special event is sponsored by Boothby Therapy Services, and is part of the 2024 Spark Series sponsored by Taylor Community, Laconia Daily Sun and Home Beautiful. Powerhouse's 2024 season is generously sponsored by Lavalley Middleton Building Supply, Meredith Village Savings Bank, and the Platinum Group.



Kelly Bennett as one of the Cheshire Cats hangs out on the grounds of Prescott Farm.

Check out powerhouseh.org for all the latest info on Powerhouse, or contact info@powerhouseh.org for more details and other opportunities to get involved or become a sponsor. For more information on all the programs at Prescott Farm go to prescottfarm.org.

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Songwriter Series lineup set for Sept. 25



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

The next Songwriter Round-Up show takes place on Wednesday, Sept. 25, featuring New Hampshire artist Katie Dobbins who blends folk and pop into a genre

of her own, soulful folk singer-songwriter Temple Mountain from New York City (Long Island), and Amanda McCarthy, an artist with New Hampshire roots now living in Nashville delivering original music with elements of folk, rock, and a touch of country. 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

these artists on the Hermit Woods Winery Web site.

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



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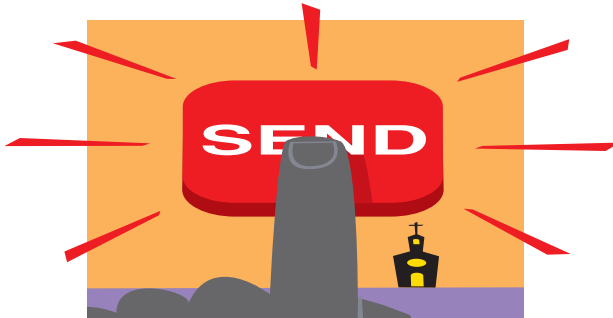
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Answers: A. needle B. thread C. stitch D. attach

A. 17 26 26 14 6 26

Clue: Sharp instrument

B. 24 22 11 26 18 14

Clue: String or floss

C. 12 24 9 24 13 22

Clue: Make, mend or join together

D. 18 24 24 18 13 22

Clue: Fasten or join

SUDOKU

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

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

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Patrick's voted Lakes Region's Best Burger in 2024 Best of NH Poll

GILFORD—Patrick's has been voted the 2024 Best Burger in the Lakes Region in New Hampshire Magazine's Best of NH Poll.

More than 17,000 people voted, and Patrick's half-pound Angus burger has topped the charts. The perfect ratio of Angus short rib, beef brisket and chuck is grilled to order on the flat-top grill, sealing in those de-

licious flavors and juices. The patty is typically nestled in a buttery brioche bun and is infinitely customizable.

"Our burgers are large, flavorful and consistently delicious," said Executive Chef Rick Morten.

The most popular is Patrick's All-American Burger, topped with melted American cheese, crispy hickory smoked



COURTESY Patrick's Executive Chef, Rick Morten, left, and Patrick's General Manager Megan Page.

bacon, lettuce, tomato, onion, house-made pickles and roasted garlic aioli on a grilled brioche bun.

While those classic burger combinations are staples on Patrick's diverse menu, Morten loves to get creative and experiment with unique flavors from around the world. His recent creation—the Thai Burger—layered with house-smoked pork belly, house-made Thai cucumbers, pickled red onions and Sriracha aioli—sold out fast on the daily specials menu.

Morten is proud of staff who made winning this award possible.

"We have a great team in the kitchen. Our staff have been working here a long time. That provides passion and consistency our guests can count on," Morten said.

General Manager Megan Page is thankful to all of the restaurant's satisfied guests who cast their vote.

"We take pride in every dish we serve," Page said. "This is a big win for our kitchen, and we are grateful to everyone who tasted our burgers and loved them enough to vote."

For more information on Patrick's or to take a peek at the menu, visit patrickspub.com.

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October 9 | **Gilford Public Library**
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October 9 | **Moultonborough Public Library**
2:30 - 4:30 p.m. | 4 Holland St., Moultonborough

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