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Gilford Steamer

THURSDAY, OCTOBER 22, 2026 GILFORD, N.H.

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Camp Resilience founders thank supporters at special dinner

GILFORD — In 2013, four residents of Gilford — Air Force Vietnam veteran Don Morrissey, Army Vietnam veteran John O'Brien, Marine Vietnam veteran Chris Ray and Army Iraq veteran Kurt Webber — came up with an idea to “use the natural beauty of the Lakes Region with all its amenities and recreational activities to bolster the spirits and help veterans and first responders recover their physical, mental and emotional well-being.”

After researching how to structure a program to do this and also how to set up a non-profit, they announced in January 2014 the creation of the Patriot Resilient Leader Institute (PRLI) which would run Camp Resilience retreats to help “those who served bounce back and improve in mind, body and spirit.” Since then, the PRLI has run over 160 Camp Resilience retreats that have served almost 1,600 mili-



COURTESY PHOTO

The four founders of the PRLI and Camp Resilience. L to R: Don Morrissey, John O'Brien, Chris Ray and Kurt Webber.

itary, veterans, first responders and their loved ones.

After almost 13 years, all four founders have

now stepped back from the day-to-day operations of the PRLI and Camp Resilience, and wanted to show their appreciation to everyone who helped the program grow, particularly in the early years. To do

this, they hosted a reception and dinner on Oct. 16 at the Winnepesaukee Yacht Club in Gilford so they could personally thank as many of these supporters as possible.

Former Vice President of the PRLI Board of Directors and Navy Vietnam veteran Mark Corry stated during the reception that “Camp Resilience has had a big impact in my life. Helping to run retreats and seeing the positive influence made in the lives of the participants was not only extremely satisfying but also therapeutic for me. I learned that giving back isn't just good for others, it's also good for you since it gives you a sense of purpose and helps with your own mental wellbeing.”

After the dinner, Chris Ray, the long-time PRLI treasurer, discussed the challenges the organization faced early on raising the funds needed to operate and acknowledged that it was only able to survive due to the generous donations from many individuals and significant discounts offered by local businesses. However, after struggling

SEE **CAMP**, PAGE **A11**

An update from Alton's Board of Selectmen

BY RICHARD SHEA

ALTON BOARD OF SELECTMEN

ALTON — The Alton Board of Selectmen's meeting on Oct. 13 covered several issues, briefly reviewed as follows:

A Public Hearing was held to consider acceptance of a refund of \$22,063.12 from the town's employee health plan, reflecting better-than expected claims experience. There was no public comment and the Board voted to accept the refund, which will apply to next year's premium payment from both the town and the employees.

The board heard a proposal from Public Works director Keith Garland to sell 3 unserviceable roll off containers for scrap. The Board approved the sale, with the proceeds to

go to the Recycling Center Revolving Fund.

The board approved a property tax interest waiver for a property on Sleepers Island in the amount of \$171.12. The tax payment was late due to a mix-up on the mailing address.

The Board scheduled a public Hearing for the Oct. 27 meeting to consider acceptance of a rebate on the town's liability insurance. The rebate totals \$18,208 and would be returned to the town's General Fund.

Fire Chief James Reintert reported the department had been successful in its application for a State 2025 Assistance for Firefighters Grant. The Grant totals \$38,225, with a town matching requirement of 5 percent,

SEE **BOS**, PAGE **A11**

tary, veterans, first responders and their loved ones.

After almost 13 years, all four founders have

now stepped back from the day-to-day operations of the PRLI and Camp Resilience, and wanted to

show their appreciation to everyone who helped the program grow, particularly in the early years. To do

Prospect Mountain NHS chapter hosting annual Trick-or-Treat night tonight

ALTON — On Thursday, Oct. 22, the Prospect Mountain High School National Honor Society is hosting its annual Trick-or-Treat night.

This night is open to all families of PMHS, BES, and ACS students. Families are welcome to walk around the first floor of PMHS. Throughout the first floor of PMHS there

will be an array of PMHS clubs at tables, handing out treats! Activities include karaoke and face painting.

The event will be held from 6-8 p.m. We hope

to see you and your families there!

For more information, please contact PMHS' NHS advisor, William Coleman, at wcoleman@pmhschool.com.

Volleyball Golden Eagles battle past Knights



JOSHUA SPAULDING

Darby Hughes rises up at the net during her team's win over Kingswood on Friday night.

BY JOSHUA SPAULDING
Sports Editor

WOLFEBORO — In a match that could easily be a preview of a late round

Division II playoff battle, the Gilford volleyball team visited Kingswood on Friday night and came away with a 3-1 win in front of a



JOSHUA SPAULDING

Sydney Boudreau gets a block at the net during action Friday night at Kingswood.

pumped up crowd of fans. Gilford got out to a 7-1 lead behind a couple of good hits from Sydney Boudreau in the first set before

Kingswood battled back behind a block and a hit from Shaelyn Maynard. Darby Hughes had a good tip at the

SEE **VOLLEYBALL**, PAGE **A11**

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Alton Parks and Recreation Community Connection

Trick or Treat hours
The Town of Alton Trick or Treat hours are Saturday, Oct. 31, from 5-7 p.m. Plan to stop at the Gilman Museum on Main Street between 4:30-6 p.m. for the free Monster Mash Costume Runway sponsored by Alton Parks and Recreation and the Alton Area Lions Club- there will be treats and a chance to walk through the Halloween lights. Great photo opportunity for your entire group.

Guided Meditation
The Alton Parks and Recreation Department and Friends of the Gilman Library are sponsoring Guided Meditation with Karen Kharitonov on Thursdays, Oct. 29 and Nov. 12 & 19 from 6:30-7:15 p.m. at the Gilman Library, Agnes Thompson Meeting Room. Please arrive by 6:25 p.m. The program is free, donations accepted to benefit the food pantry. For more information contact Alton Parks and Recreation at parksrec@alton.nh.gov or 603-875-0109.

Line Dancing lessons — adults of all ages
Alton Parks and Recreation is sponsoring Line Dancing Lessons with Cindee on Thursdays at

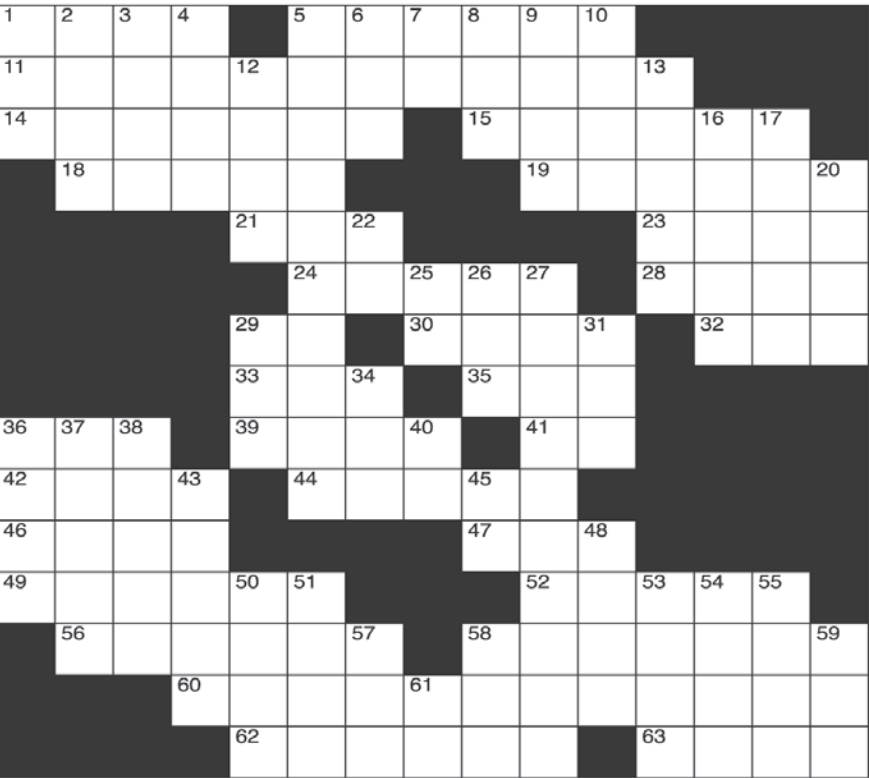
the Alton Bay Community Center at 58 Mt. Major Highway. Lessons start on Nov. 5. Absolute Beginners are 1:30-2:30 p.m. and Beginners are 2:45-3:45 p.m. Adults of all ages are welcome, \$10 for the November and December session. Must be pre-registered to attend- contact Alton Parks and Recreation for a registration form/payment- 603-875-0109 or parksrec-asst@alton.nh.gov.

Pilates classes in Alton Bay — Tuesdays and Thursdays
The Alton Parks and Recreation Department is sponsoring Pilates classes at the Alton Bay Community Center on Tuesdays and Thursdays, 8:30-9:30 a.m. with certified instructor Donna Lee. Classes are ongoing. All level adults are welcome for a full body, low impact class that will improve muscle tone, flexibility, balance and strength. \$10 per class, cash or Venmo. Bring a mat, water and hand weights. For more information/to register, contact Donna at breathepilates1@yahoo.com or parksrec@alton.nh.gov.

Weight Training classes — Mondays and Wednesdays

The Alton Parks and Recreation Department is sponsoring Weight Training Classes on Mondays and Wednesdays, with AFAA Certified Instructor Kellie Troendle, from 1:30-2:30 p.m. at the Gilman Library for adults of all ages and abilities. Build strong muscles and bones, increase flexibility and develop better balance. Bring light hand weights, a mat and water. For more information, contact parksrec@alton.nh.gov or 603-875-0109. \$20 per month, register on site.

Reiki gathering
The Alton Parks and Recreation Department is sponsoring a Reiki Gathering with Reiki Master Teacher, Carol Wallace at the Gilman Library on Saturday, Dec. 5 from 9:30-11:30 a.m. in the Agnes Thompson Meeting Room. Join us for a relaxed Reiki meetup to refresh the basics of Reiki One and Reiki Two. Share experiences, ask questions and reconnect with Reiki energy and each other. The free gathering is geared toward Reiki practitioners with at least Reiki One training. Please RSVP to 603-875-0109 or parkrec@alton.nh.gov by Nov. 24 to reserve your seat.



CLUES ACROSS

1. El Dorado High School

5. A sculpture representing a human or animal

11. A type of return

14. Tie the knot again

15. Washington city

18. Hairlike structures

19. Mark used over a vowel

21. Explosive

23. Popular 500 car race

24. Pile up

28. Currency

29. Commercial

30. A minute amount (Scottish)

32. Mass of fish eggs

33. Baseball stat
35. Licensed accountant

36. Japanese classical theater

39. Gasteyer and de Armas are two

41. Blood group

42. Assist in wrongdoing

44. Language of Cameroon

46. Grayish-white

47. A woolen cap of Scottish origin

49. Microorganism

52. Strong social customs

56. Calm and dependable

58. Congressman

60. Force

62. As a result of this document

63. A main branch of Islam

CLUES DOWN

1. Make a mistake

2. American DJ Rick

3. Fictional Asimov planet

4. Coughed out

5. Singing to one's lover

6. Scotland's longest river

7. One of the six noble gases

8. Body art

9. Two-toed sloth

10. Electronic counter-countermeasures

12. A foolish person

13. Of the wind

16. Mansion

17. Sound

20. English river

22. Business symbol

25. Exclamation of surprise

26. Pouch

27. Individually
29. Satisfaction

31. The bill in a restaurant

34. Japanese delicacy

36. Port in southern Japan

37. Double-reed instruments

38. Center

40. "The Mount Rushmore State"

43. Soldier

45. Indicates position

48. Beauty treatment: ___pedi

50. Nonsense (slang)

51. Republic of Ireland

53. Ballplayers' tools

54. American state

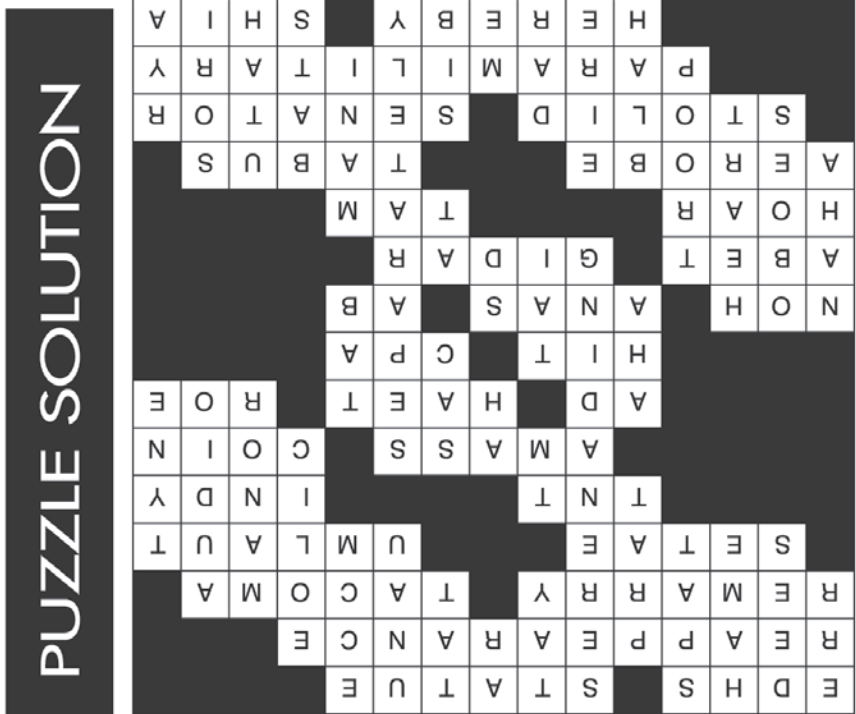
55. Clusters of a fern frond

57. Patriotic women's group

58. A person's brother or sister

59. Breed of sheep

61. Of I



Gilford Public Library Classes & Special Events

Oct. 22 – Oct. 29

- Thursday, Oct. 22**
Senior Sculpt, 9-10 a.m.
Fun and Fitness with Joyce, 10-11 a.m.
Colorful Fall Terrarium: Adult Craft, 11:30 a.m.-12:30 p.m.
Create a little "fall terrarium" using small glass jars, colorful layers of sand as the base, and your favorite fall treasures.
Morphs and Milestones, 3-5 p.m.
Join non-profit Morphs and Milestones' knowledgeable staff while they offer hands-on learning opportunities, like snake handling, to engage and inspire young minds. Changing the stigma one interaction at a time!
French, 4-5 p.m.

Friday, Oct. 23

Saturday, Oct. 24
Geri Fit, 9-10 a.m.
The Wisdom Keeper – Eight Week Chair Yoga, 10-11 a.m.
Bridge, 10 a.m. to noon
Preschool Storytime, 10:30-11:30 a.m.
Hand & Foot, noon to 2:30 p.m.
Happy Crafters, 1:30-2:30 p.m.
Advanced Conversational German, 2:30-3:30 p.m.
Beginner Line Dancing, 4-5 p.m.
Spooky Storywalk, 4-5 p.m.
Join us for a family-friendly spooky storywalk filled with suspense and candy! Come in your costumes and bring a bag for tasty treats.

Candlelight Stroll Planning Meeting, 9:30-10:30 a.m.
Beginner Line Dancing, 10:15-11:15 a.m.

Monday, Oct. 26
Fun & Fitness with Joyce, 9-10 a.m.
Tai Chi, 10:15-11 a.m.
Mahjong, noon to 3 p.m.

Tuesday, Oct. 27
Feel Good Fitness w/ Dottie, 9-10 a.m.
Senior Sculpt, 10-11 a.m.
Bridge, 10 a.m. to noon
Dungeons and Dragons, 3-4:30 p.m.
Intermediate Line Dancing, 4-5 p.m.

Wednesday, Oct. 28
Geri Fit, 9-10 a.m.
Card Games, 10 a.m. to noon
Senior Stretch Yogaah!, 10-11 a.m.
Check out an Expert, 10 a.m. to noon
Paint Group, 1-3 p.m.
DIY Halloween Bucket, 3-4 p.m.
Don't miss out on the candy this year, decorate your own Halloween bucket before the holiday passes!

Thursday, Oct. 29
Senior Sculpt, 9-10 a.m.
Fun & Fitness with Joyce, 10-11 a.m.
French, 4-5 p.m.

Gilford Public Library Top Ten Requests (Plus Two)

1. "Hollow Bones" by Jodi Picoult

2. "The French Illusion" by John Grisham

3. "Whistler" by Ann Patchett

4. "The Munich Affair" by James Patterson

5. "Adam and Eve" by Jeffrey Archer

6. "The Thoroughbreds" by Elin Hilderbrand

7. "Theo of Golden" by Allen Levi

8. "Yesteryear" by Caro Claire Burke

9. "The Calamity Club" by Kathryn Stockett

10. "Ruthless" by Danielle Steel

11. "Delusional" by James Patterson

12. "Regime Change" by Maggie Haberman

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PETS OF THE WEEK

Meet Honey!

Miss Honey is looking for a home that can help her build her confidence one yummy tube treat at a time! She has an adorable meow and loves to be pet by visitors who take a moment to say hello.

This little lady has had a journey of many transitions and stressors, and would love a quiet home with a cat-savvy family who can give her the love and patience

she needs to blossom. She is very food motivated and warms up with a little encouragement, patience, and a snack.

She is looking for a home where she can be the queen of your castle, as the only cat and no canine friends. A home with cat-savvy teenagers would be okay, but she would like a calmer home without young kiddos.

NH Humane Society
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(603) 524-9539

Lions announce Halloween plastics collection

LACONIA — Weather permitting, members of the Unitarian-Universalist Green Sanctuary & Social Justice Committees as well as the Laconia/Gilford Lions will be curbside at the UUSL Church at 172 Pleasant St., on Saturday, Oct. 31 — Halloween — from 11 a.m.-1 p.m. to collect soft dry plastics and #6 styrofoam for recycling. We will also be holding a food donation drive to assist the Community Action Program (CAP) pantry.

No hard or 'crunchy' plastics or pet food bags may be accepted. Try the following tests to see whether plastics can be dropped off: 1) See if the plastic will stretch when pulled. If yes, it can be included. If it tears or rips like paper, no. 2) Is the plastic shiny or does it make a crinkly, crunchy sound when crumpled? If it



Volunteers collecting soft plastics at prior events.

does, it is not acceptable for this program. No hard plastics may be accepted. Only hard styrofoam products bearing a "#6" symbol will be accepted. Soft plastics & styro-

foam must all be clean, dry, free of labels. Please keep plastics & styrofoam separate. There is no charge or fee to drop off these items. You do not need to be a resident of Laconia to participate in this effort. It is open to all.

Please screen your items to ensure they are acceptable. Items mixed with unacceptable donations must be refused or trashed.

Consider setting aside some time this Halloween to help keep our lakes, land & water free of these items, & help address food insecurity in our area. We invite you to come in costume, if you wish--some volunteers may as well! Come by & join us!

COURTESY PHOTO

Inn on Main to host double-feature dinner concert featuring Jonathan Sarty and Marshall Tucker Band's Chris Hicks

WOLFEBORO — The Inn on Main will host a double-feature concert on October 31st, featuring Southern Rock group Once an Outlaw and classic country act The Nashville Revue. The event pairs live musical performances with a classic BBQ buffet and includes a dedicated dance floor.

Once an Outlaw is a guitar-driven Southern Rock band led by Chris Hicks. Hicks is a longtime lead guitarist and vocalist for The Marshall Tucker Band and a veteran of The Outlaws.

Sharing the bill is The Nashville Revue, featuring regional musician Jonathan Sarty and his

six-piece band, the New Country Gentlemen. The group performs an homage to historic country music figures, covering the work of icons such as Johnny Cash, Hank Williams, Willie Nelson, Merle Haggard, Waylon Jennings, George Jones, and Marty Robbins.

Event schedule & venue details:

- Date: Oct. 31
 - Location: The Inn on Main, 200 N. Main St., Wolfeboro
 - Doors Open: 5:30 p.m. (General Admission, shared table seating)
 - Dinner: 5:45 p.m.
 - Live Music: 7 p.m.
- The classic BBQ-style buffet dinner in-

cludes BBQ chicken, greens, cornbread, cold salads, and assorted cookies and sweet treats. A cash bar will be available on site.

Tickets include both the buffet dinner and the concert. Due to limited capacity, advance ticket purchases are preferred by October 28th. A limited number of show-only tickets are available. Tickets are available at the Inn on Main, at Black's Paper Company on Main Street in Wolfeboro Village, or online. For online tickets and more information, visit ASPECTPRODUCTIONSNEWENGLAND.COM.

Granite VNA offers Healthy Steps for Older Adults in Wolfeboro

WOLFEBORO — Granite VNA is offering Healthy Steps for Older Adults, a falls prevention workshop to help older adults learn how to protect themselves and live a full and active life, free from the fear of falling.

Balance screenings are Thursday, Oct. 22 from 11 a.m. to 12:30 p.m. at Wolfeboro Senior Programs, Pop Whalen – Stretch Room, 390 Pine Hill Rd. in Wolfeboro.

The workshops are being held on Thursday, Oct. 22 from 1-3 p.m. and Thursday, Oct. 29, 1 to 3 p.m. All registered participants must complete a balance screening and attend both workshops.

To register, call (603) 224-4093 or (800) 924-8620, ext. 85664 or visit www.granitevna.org. Registration is required by October 19 and space is limited. Participants must complete a balance screening and attend both workshops.

This program is offered at no charge.

About Granite VNA
Granite VNA is a not-for-profit licensed and certified home health and hospice care provider. The agency serves people of all ages in 72 communities across the Greater Capital Region and Central New Hampshire by providing home care, hospice care, pediatrics and maternal

child health services, and wellness programming. The agency has offices in Concord, Laconia and Wolfeboro. Formed through the merger of Concord Regional VNA and Central New Hampshire VNA & Hospice, Granite VNA has served New Hampshire since 1899. For more information about Granite VNA, visit www.granitevna.org.

Festival of Trees Committee announces five beneficiaries for 2026

WOLFEBORO — The Wolfeboro Festival of Trees Committee is pleased to announce the five beneficiaries selected to receive support from this year's Festival of Trees event.

The 2026 beneficiaries are:

- Wolfeboro Farmers Market
- Wolfeboro Meals on Wheels
- KIND COOP
- New Hampshire Boat Museum
- Cotton Valley Trail Committee

Each of these organizations plays an important

role in supporting the Wolfeboro community and surrounding area. The Festival of Trees Committee is proud to recognize their work and help support the programs and services they provide.

The Festival of Trees is a community tradition that brings people together to celebrate the holiday season while giving back to local organizations that make a difference in the lives of others.

The committee invites community members to join in this year's celebration

by attending the Festival of Trees Gala on December 3, 2026, at the Wright Museum. Tickets will be available during the first week of November on the Festival of Trees website.

Come enjoy the beautiful holiday trees, celebrate our community, and help support this year's five deserving beneficiaries.

The Festival of Trees Committee thanks the local businesses, sponsors, volunteers, and community members whose generosity makes this event possible.

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A lasting legacy of service

There is something particularly meaningful about veterans helping fellow veterans. Those who have experienced the demands of military service often understand, in ways others cannot, the challenges that can accompany the transition back to civilian life. When that understanding becomes the foundation of an organization dedicated to helping others, the results can extend far beyond what its founders originally imagined.

That is precisely what happened in Gilford when four veterans came together in 2013 with a simple but ambitious idea.

Don Morrissey, John O'Brien, Chris Ray and Kurt Webber believed the natural beauty and recreational opportunities of the Lakes Region could provide something valuable to veterans and first responders struggling with physical, mental and emotional challenges. Rather than waiting for someone else to develop such a program, they decided to build one themselves.

The result was the Patriot Resilient Leader Institute and its Camp Resilience retreats, formally announced in January 2014.

Nearly 13 years later, the organization has conducted more than 160 retreats, serving almost 1,600 military personnel, veterans, first responders and their loved ones. Those numbers represent a remarkable accomplishment for an initiative that began with four local residents and a shared determination to make a difference.

But numbers alone cannot adequately measure the value of such an undertaking.

Behind every retreat is an individual who has devoted part of a lifetime to serving others. Some have experienced the hardships of combat. Others have spent careers responding to emergencies and witnessing circumstances most people hope never to encounter. Their experiences may differ, but the need for understanding, connection and opportunities to recover is something they share.

Camp Resilience was created around the recognition that recovery does not always happen in a clinical setting. Sometimes it begins outdoors, among people who understand one another, participating in activities that restore confidence, encourage friendships and provide a renewed sense of purpose.

The organization's recent celebration at the Winnepesaukee Yacht Club was therefore about considerably more than recognizing four founders as they step away from daily operations.

It was also an acknowledgment of the community that helped transform their vision into something lasting.

Local businesses provided discounts when money was scarce. Donors contributed when the organization's future was uncertain. Volunteers gave their time, and board members helped establish the structure necessary for continued growth.

Without those contributions, Camp Resilience might have remained an admirable idea rather than becoming an established institution.

There is an important lesson in that history, particularly for small communities where worthwhile initiatives often begin with limited resources and considerable uncertainty.

Not every promising idea succeeds immediately. Organizations frequently struggle to raise money, recruit volunteers and establish credibility. Progress can be slow, and enthusiasm alone cannot pay operating expenses.

What distinguishes successful community organizations is often the willingness of people to remain committed through those difficult early years.

The founders deserve considerable credit for their determination, but their decision to recognize the people who helped along the way speaks equally well of them.

Perhaps the most encouraging aspect of this story is that Camp Resilience has developed into a professionally operated, self-sustaining organization with a full-time staff.

That transition matters. A nonprofit built around the energy and dedication of its founders faces an important test when those individuals eventually step aside. Establishing the leadership, financial stability and organizational structure to continue without them is one of the strongest measures of lasting success.

The four founders can now take satisfaction in knowing that their work has created something capable of serving future generations.

There is another lesson worth remembering. As former board Vice President Mark Corry observed during the celebration, helping others can also be therapeutic for those doing the helping. Volunteerism provides purpose, connection and the satisfaction of knowing that one's experiences can benefit someone else.

That is a powerful reminder that community service is rarely a one-way exchange.

Gilford and the surrounding Lakes Region have long benefited from residents willing to invest their time and resources in causes larger than themselves. Camp Resilience offers a particularly compelling example of what that commitment can accomplish.

As Morrissey, O'Brien, Ray and Webber receive recognition for their years of dedication, the most fitting tribute is not simply to applaud what they have built. It is to ensure that the spirit of generosity and shared responsibility that sustained their work continues.

Their greatest achievement may not be the organization they founded, but the opportunity they created for others to carry its mission forward.

And for the veterans, first responders and families who will benefit from Camp Resilience in the years ahead, that is a legacy worth celebrating.



COURTESY PHOTO

New Durham's Haunted Trail, held on the 1772 Meetinghouse grounds, is designed to rattle nerves as terrified travelers trek through the woods and encounter scenes such as this. The three-night event once again packed in hundreds of thrill seekers this past weekend.

LETTERS FROM EDWIN Slumber

This morning, when I got to school, all I wanted to do was take a nap. I don't know why. I had plenty of sleep last night. I wasn't even endlessly yawning this morning when I got out of bed. But when I got here I just sort of crashed.

I was sitting in first period trying not to fall asleep. I hoped that this would work itself out by itself, but that didn't seem to be happening. To fend this off, I reached into my trusty lunch bag and extracted some natural awakening things and gulped one down. They're not instantly responsive so it wasn't till second period that I felt totally awake.

There's something universal about Mondays, it seems. Being the first day back to work after a day of rest, it requires a transition back into the normal world of whatever it is that you regularly do. Right? Provided that it really was rest that you did, on your day of rest that is.

Some people just work their way through it, not taking a break whatsoever. I used to do it all the time. I even spent a couple months working double shifts. Two

eight-hour jobs along with gigging. It's so wonderful to be young and healthy. I was a veritable zombie. Work all day, drive to the next job, work all night, drive home, sleep for a while, then drive back to the first job. Stopping in between to throw some food down the shoot. I missed that years fall completely. Yep, I did that. It's pretty much only worth about a paragraph at this point in time.

I could expound more I suppose, but why? I'm sure that I have done that when I had much better recollections as to times, places, and feelings. Right now it's just ancient history. I don't need the precision. It was summer when I started, and winter when I finished. There's a void of fall foliage and Halloweening one year back in my memory bank. One missing season, like I went on a vacation somewhere. Which I actually did. A vacation from my life as I knew it.

Don't people do this all the time? I had a teaching job once, where kids who had taken some unfortunate choices, were shipped off to a remote wilderness school

environment where they were locked into studying and disciplined into realizing that the choices they had made weren't necessarily their smartest decisions. They crammed two school years' worth of high school study, as well as vocational training, into a year and a half. They actually graduated high school in their same class year, only elsewhere. Theirs was quite the vacation.

There are lots of different diversion programs for people to drop into to get any kind of help they may need. Sometimes it's just best to put everything aside and concentrate on some particular problem. I thought that I could make lots of money. I don't think that I really did. Maybe that's another paragraph.

Lately I've found that I really like taking diversions of my own. That usually takes the form of a nap. Every morning, when I don't have to rush off to school, I have time due to the fact that most of my customers don't want me to show up at their houses till after ten. On those days, I set up on my bed to check things on

my computer. What usually transpires is I fall asleep. I think that I must be settling into that habit.

Similarly, in the afternoon, when I get home from school, or work, I may have the desire to get motivated and do some kind of domestic chores, but my body usually prefers that I take a snooze. People say that it will cut into my nighttime sleep, but it doesn't seem to. I've certainly become quite the connoisseur of slumber lately.

It's almost time for the last bell. It's been a pretty easy day. You would think that I'd be full of energy. No such luck. I remember that my father would spend lots of time snoozing in his recliner after he retired. He would always be in the same position in that chair. His imprint was forever molded into it's upholstery. We had to throw it out after he passed, no one could sit in it comfortably.

Maybe it's time to consider that alternative.

E.Twaste
Correspondence welcome at edwintwaste@gmail.com

The fine art of knowing when to leave

BY CHARLES

There is a skill that nobody teaches you when you're young, but one that becomes increasingly important as you get older.

Knowing when to leave. Not a job, a marriage or a bad investment. I'm talking about knowing when to leave somebody's house.

In New Hampshire, this is considerably more complicated than it sounds. Around here, a goodbye isn't necessarily a goodbye. It's more of an announcement that the process of departing has officially begun.

I've attended gatherings where someone announced they were leaving at 7:30 and was still standing in the driveway at 9, discussing the merits of various snow-blower brands.

There are stages to a proper New England departure. First comes the an-

nouncement.

"Well, we ought to get going." This is generally followed by

absolutely nobody moving.

Instead, somebody remembers a story they haven't told yet. Somebody else asks about a mutual acquaintance. A third person mentions that the price of heating oil has gone up again, and suddenly we're all sitting back down.

Eventually, somebody stands. This is an important development, but by no means a guarantee of progress. Standing merely indicates that the conversation is entering its second phase.

Coats are retrieved. Somebody can't find a glove. Somebody else remembers that they brought a container of cookies and wants the empty container back.

KIND HEARTS, COLD WINTERS By CHIPPY

At this point, the hosts usually begin offering leftovers. "T a k e

some of this home."

"Oh, we couldn't."

"There's plenty."

"No, really."

"Well, I'm not eating it all."

And before you know it, you've got three pounds of potato salad and a piece of cake balanced on top of your car keys.

My wife is particularly skilled at this part of the process. She can turn a simple farewell into a comprehensive review of everything that's happened in our lives since the previous visit.

I, meanwhile, tend to stand near the door holding our coats, smiling politely and wondering whether I'll need to renew my driver's license before we actually leave. I've learned not to say anything.

Early in our marriage, I made the mistake of announcing, "We really should get going," while she was in the middle of a conversation. She gave me a look that suggested I had violated several provisions of the marriage agreement.

Since then, I've developed a more diplomatic ap-

proach. I simply put my coat on. Sometimes, this works. Sometimes I stand there long enough to become uncomfortably warm.

Of course, I can't pretend I'm innocent. A few weeks ago, I stopped to see an old acquaintance for what I described as "five minutes." We started talking about the weather, moved on to the changing character of our towns and somehow ended up debating whether people were friendlier when everybody had party lines on their telephones. By the time I left, nearly an hour had passed. And I was the one who kept introducing new subjects.

The truth is, there's something rather wonderful about this peculiar tradition. We live in a world where people are forever rushing somewhere. Appointments, errands, obligations and schedules fill our days. We check the time, check our phones and check how many things remain on our lists. Yet in kitchens and living rooms all across New Hampshire, people still find reasons to linger. They stand in doorways talking about grandchildren, gardens, the first frost or the neighbor who finally sold his old pickup truck. They walk visitors out to the porch and

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Letters to the Editor

Joe Kenney will fight for us

To the Editor:

Please accept this letter as my strongest endorsement of Joe Kenney for the Executive Council. His integrity, tireless work ethic, and exceptional service to the people of his district have earned my complete trust and confidence. I am certain he would serve the Council and his constituents with distinction.

I have known Councilor Kenney for more than 15 years. In that time, I have seen firsthand his integrity, sound judgment, collaborative approach, and deep commitment to the people of his district and the

state of New Hampshire. I would like to share one example of why Councilor Kenney is the right choice for the Executive Council. Last year, state lawmakers reduced the budgets of state agencies, including ours. In response, agency administrators considered cost-saving measures such as closing satellite offices in several counties and consolidating district offices.

Closing these offices would have been a shortsighted decision, made without adequate consideration of its consequences. It would have limited taxpayers’

access to services in their communities and, more importantly, created serious public-safety risks for residents of Belknap, Carroll and Coos counties. Law-enforcement officers and community stakeholders raised these concerns with agency administrators, but their efforts were unsuccessful.

When Councilor Kenney learned about the issue, he understood its potential impact on the community he serves and worked to address it. After he engaged with agency administrators, they reconsidered their plan and developed an alternative to closing

the district offices. This is just one example of Councilor Kenney’s dedication to his constituents.

Councilor Kenney listens carefully, works constructively with others, and is committed to advancing both his constituents’ interests and the well-being of New Hampshire.

Please vote for Joe Kenney for the Executive Council. He will fight for what is best for his constituents and our state.

Sincerely,

*Seifu Ragassa
Gilford*

I hope to continue fighting for New Durham

To the Editor:

My name is Mike Harrington, and I am running for re-election to the New Hampshire House of Representatives in Strafford District 18. This district is made up of Barrington, Middleton, New Durham and Strafford. Although the district was changed a few years ago, I have represented New Durham for the past six years. If re-elected, I will continue to fight for the people of New Durham.

A few years ago, the battle was to limit the pollution being discharged into the Merrymeeting River from the Powder Mill Fish Hatchery. I worked closely with residents of New Durham and together we were able

to overturn the EPA’s proposed discharge permit. We fought for and got approved a revised permit that drastically reduced the amount of pollution being discharged into the river

Now I am working with town officials, the Merrymeeting Lake Association and other residents on the issues dealing with the dams on the lake and river.

You can find more information on myself and my campaign at Harrington4NH.com. I hope to have the opportunity to continue to represent the people of New Durham in Concord and would appreciate your vote

*Rep. Mike Harrington
Strafford*

Building a hopeful future for Lake Winnepesaukee

To the Editor:

As the summer of 2026 came to a close and activity on New Hampshire’s biggest lake began to slow, the Lake Winnepesaukee Alliance released a report that should matter to everyone who loves this lake—whether you live on its shoreline, work around it, visit it each summer or simply cherish the role it has played in your life.

The State of the Lake Assessment is the most comprehensive scientific look ever undertaken at the long-term changes taking place in Lake Winnepesaukee. Prepared by a team of limnologists and other scientists, it documents more than 40 years of declining water clarity and other troubling trends—and, importantly, points toward a path for reversing them.

For those of us who have spent decades on the lake, the findings confirm what we have increasingly seen with our own eyes. Water clarity has declined over eight feet on average

over the period studied. Like the proverbial canary in the coal mine, declining clarity is an early warning of changes beneath the surface that can affect water quality, the lake’s ecosystem, public health and the economy that has grown around this extraordinary resource.

And that economy matters. People come here because of the lake. Businesses benefit because of the lake. Tourism, recreation, hospitality, property values and countless jobs are tied, directly or indirectly, to the quality of its water. Lake Winnepesaukee is not simply an environmental asset; it is one of the region’s most powerful economic engines.

That is why the lake’s decline should concern all of us.

The assessment does not point a finger at any one person, town, business or industry, because there is no single cause. What we are seeing is the cumulative result of decisions and changes over decades. Roughly

90 percent of the lake’s shoreline is now developed to varying degrees, with 27,000 total buildings in the watershed, many of which are situated along the shoreline. As detailed in the assessment, increasing development brings stormwater runoff, aging septic systems, excessive road salt and other pressures, including the spread of invasive species.

But this is not an argument against development. Nor should it become a debate over who is to blame. Nearly everyone who lives, works or invests around Lake Winnepesaukee has a shared interest in keeping it healthy.

The need now is to bring those interests together to secure the lake’s future.

We do not have to choose between a healthy lake and a strong local economy. In the long run, we cannot have one without the other.

Fortunately, the solutions are not mysterious. The science gives us a clear path forward.

Property owners can reduce stormwater runoff and address septic problems. Municipalities can improve road-salt practices and stormwater runoff. Builders, contractors and property managers can incorporate better lake-protection practices into their work. Conservation organizations can provide the expertise and resources to help make those changes possible.

The LWA is developing tools to help property owners understand the characteristics of their own land and what they can do to reduce their impact on the lake. It envisions a network of trained “Lake Protection Managers” with expertise in stormwater, septic systems and salt reduction.

As Executive Director Eric Siy said when the assessment was released, “We are not trying to land anybody on Mars or even the moon. We are simply putting Lake Winnepesaukee on a lower nutrient, low-salt diet.” More importantly, he said, “The

science gives us a clear path forward. Now we need everyone who cares about this lake to join us in protecting it.”

That is the hopeful message.

We still have time to change the direction of Lake Winnepesaukee. But we cannot wait until deterioration becomes impossible to ignore. Every year we delay makes the challenge more difficult and potentially more expensive.

The forthcoming Fate of the Lake report builds on the science of the State of the Lake Assessment and provides a roadmap for the work ahead. Its premise is simple: the future of the lake is a choice we make together.

That choice belongs to all of us who love Lake Winnepesaukee.

Those who have watched its sunsets, swum in its waters, boated across its bays, fished its coves and shared it with our children and grandchildren know that this is more than a body of water. It is part of the

identity of this region, part of our memories and traditions, and the foundation of an economy that supports thousands of people.

We should not accept a future in which the lake we love is steadily diminished.

Instead, we should come together—shoreline property owners, municipalities, businesses, conservation organizations and residents throughout the watershed—around the science and a common path forward.

The future of Lake Winnepesaukee is not yet written.

We have a chance to build a more hopeful future. And now we have the blueprint to show us how. The complete State of the Lake Assessment and additional information about LWA’s lake protection programs are available at: trends.winnepesaukee.org.

*Mark Ishkanian
Lake Winnepesaukee
Alliance
Moultonborough*

CHIPPY
(continued from Page A4)

continue talking. Then they follow them to the driveway, where the conversation somehow becomes even more interesting.

I’ve noticed that the most meaningful part of a visit sometimes happens after everyone has supposedly said goodbye. That’s when somebody mentions a worry they’ve been carrying around. Or asks how a family member is really doing. Or shares a memory that wouldn’t have come up while everyone was sitting around the table. Maybe it’s easier to say certain things when you’re halfway out

the door.

There’s less pressure. Nobody expects a long discussion. And yet, somehow, that’s exactly what happens. As I’ve gotten older, I’ve come to appreciate those extra minutes.

There was a time when I considered them an inconvenience. Now I recognize them for what they are: people enjoying one another’s company enough to postpone the inevitable return to ordinary life. That’s not something to complain about. Especially as the days grow shorter and the evenings turn colder.

Before long, we’ll be

scraping windshields, brushing snow off cars and wondering why we didn’t move somewhere warmer when we had the chance. But we’ll still stand in doorways, talking. We’ll still promise to get together again soon. And we’ll still take another 20 minutes to make it from the kitchen to the car.

Last weekend, my wife and I were visiting friends when I finally announced that we should head home. She agreed. We said our goodbyes, collected our coats and made our way to the front door.

Then our host men-

tioned something about an old photograph he’d found. Naturally, I had to see it. Twenty-five minutes later, my wife was standing beside the door holding both our coats. She didn’t say a word. She didn’t have to. I knew the look. And I deserved every bit of it.

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SPORTS

Timber Wolf soccer boys cruise past ‘Toppers

BY JOSHUA SPAULDING
Sports Editor

ALTON — The Prospect Mountain boys’ soccer team finished out the home portion of the regular season with a solid 4-0 win over Somersworth on Friday, Oct. 16. While rain was in the forecast, the teams soldiered on despite the forecast and as it turned out, no rain fell during the game, with the sun even making a brief appearance.

Zach Locke and DJ Scarpa had early chances for the Timber Wolves and Prospect had the first corner, which was cleared out by the ‘Topper defense. Micah Penney made a run for the Timber Wolves that the Somersworth goalie grabbed and the Timber Wolves had another corner kick. Anthony Sanville had a solid clear for the Timber Wolves and Caleb Bemis just missed connecting with Scarpa on a chance. The ‘Toppers had



JOSHUA SPAULDING

Caleb Bemis moves the ball along the sideline during action against Somersworth on Friday.

a direct kick go wide of the net and Penney came back with a bid in close.

The Timber Wolves got on the board with 29:06 to go in the first half with Orion Neathery putting the ball home for the 1-0 lead. Neathery and Scarpa connected on a chance that was denied and Scarpa had another bid turned away. Isaac Casale sent a chance wide of the net and goalie Char-

lie Yeaton made a save on a Somersworth bid. Logan DeWitt had a good clear for the Timber Wolves while Bemis had a bid denied and Locke’s bid on the rebound was denied.

Prospect doubled the lead to 2-0 with 17:41 to go in the first half, with Dylan Pelletier rifling a shot from beyond the top of the box to the back of the net. Neathery made another run in and



JOSHUA SPAULDING

Dylan Pelletier moves the ball out of the zone during his team’s game with Somersworth last Friday afternoon.

Cameron Casale had a shot denied on a Prospect Mountain corner. Neathery sent another ball over the top of the net and Ayden Bernier and Scarpa connected on a chance that was cleared.

Isaac Casale just missed connecting with Bernier on a bid and Bemis sent a shot wide of the net. Evan Ferruccio sent a shot off the post and the Timber Wolves had a corner kick that missed the

mark. Neathery just missed connecting with Locke on a bid, Ferruccio made a good run and Neathery sent a ball wide while Yeaton made a good play to close out the first half with Prospect up by a 2-0 score.

Oliver McLain sent a ball up to Sanville that was cleared out and Ferruccio had a good clear. Locke had a bid denied and Yeaton was able to make a stop at the other end on a ‘Topper chance. Sanville had a bid denied by the Somersworth goalie and Isaac Casale just missed connecting with Penney. Locke had a bid denied, Yeaton made a save and Neathery came the other way with a chance that was stopped and another shot that went wide of the net. Bernier had a cross in to

the box that Locke headed high and Isaac Casale sent a shot over the net.

Prospect upped the lead to 3-0 with 18:53 to go in the game, with Scarpa making a nice move on the defense and driving the shot home. McLain had a bid denied, Scarpa connected with Neathery for a pair of bids that were denied and Isaac Casale sent a shot on net that was stopped. Locke had another chance bid, as did McLain while Bemis made a good defensive stop. Yeaton punched out a Somersworth corner kick chance and Scarpa went the other way for a bid that was denied.

With 6:40 to go in the game, the Timber Wolves added one final goal, with Scarpa ripping a shot from the side for the 4-0 lead. Locke had a cross and another bid denied, Neathery sent a shot wide of the net and the Timber Wolves closed out the 4-0 win.

The Timber Wolves are slated to wrap up the regular season at Sanborn on Friday, Oct. 23, at 4 p.m.

The Division III tournament kicks off on Wednesday, Oct. 28, at the home of the higher seed.

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

Golden Eagle girls 11th at Merrimack Valley

BY JOSHUA SPAULDING
Sports Editor

PENACOOK — The Gilford cross country team ran in the Capital Area Championships on Thursday, Oct. 15, with the Golden Eagle girls finishing in 11th place overall on the day.

Alissa O’Brien led the way for the Gilford girls in 38th place overall in 23:18 with Brooke Baron in 60th in 26:33. Bailey Juurlink-Gagne finished in 67th place in 27:15, Amanda Schaffnit was 72nd in 28:14 and Kailley Knott rounded out the field of Golden Eagle girls

in 75th place in 28:31.

For the Gilford boys, William Reinhardt led the way in 24th place in 18:35 with Griffyn Greene in 71st place in 21:23. Ryder Cantara was 74th overall in 21:56 and Cooper Plourde finished in 75th in a time of 21:58.

The Golden Eagles are scheduled to compete in the Division III State Meet at Derryfield Park in Manchester.

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

Whelen Modified Tour returning to NHMS in 2027

LOUDON — The 2027 NASCAR Whelen Modified Tour (NWMT) schedule includes a Sept. 25 stop at New Hampshire Motor Speedway (NHMS). This completes the main lineup for New England’s only NASCAR Chase weekend that also includes the Team EJP 175 NASCAR Craftsman Truck Series (NCTS) Chase opener on Saturday,

Sept. 25, and the third NASCAR Cup Series (NCS) Chase race on Sunday, Sept. 26.

“The Mohegan Sun 100 NASCAR Whelen Modified Tour is a fan-favorite here at ‘The Magic Mile,’” said New Hampshire Motor Speedway Executive Vice President and General Manager David McGrath. “The Mods always put on

a thrilling show for our fans, and I expect no less in 2027.”

Race start times, additional racing action and entertainment will be announced at a later date.

Race fans who attended the Aug. 21-23 NASCAR weekend have the first opportunity to lock in their favorite seats and campsite for NHMS’s Sept. 25-

26, 2027 NASCAR Chase weekend by renewing by Oct. 23, 2026.

Keep track of all of New Hampshire Motor Speedway’s events by following on Facebook (@NHMotorSpeedway), X (@NHMS) and Instagram (@NHMS). Keep up with all the latest information on the speedway website (NHMS.com) and mobile app.

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Thursday, Oct. 22
KENNETT
Volleyball at Merrimack Valley; 6
KINGSWOOD
Girls’ Soccer vs. Pembroke; 6:30
Volleyball vs. ConVal; 6
Friday, Oct. 23
KENNETT
Boys’ Soccer vs. Manchester West; 4
Cross Country at White Mountains; 4

Football at Trinity; 7
Girls’ Soccer at Manchester Memoria; 6
KINGSWOOD
Boys’ Soccer at Pembroke; 4
Football vs. St. Thomas; 7
PROSPECT MOUNTAIN
Boys’ Soccer at Sanborn; 4
Girls’ Soccer vs. Hopkinton; 4
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SPORTS

Rawnsley leads local golfers at Division III championships



JOSHUA SPAULDING

Prospect Mountain's Stephen Rawnsley tees off on the 18th hole during the Division III championship last week in Ossipee.

BY JOSHUA SPAULDING
Sports Editor

OSSIPEE — The Prospect Mountain golf team qualified for the Division III championship, which took place on Thursday, Oct. 15, at Indian Mound Golf Club in Ossipee and they Timber Wolves were joined by a pair of golfers from Gilford, who also teed off on the breezy morning in the Lakes Region.

The Timber Wolves finished in seventh place overall amongst the Division III teams with a score of 350.

Stephen Rawnsley finished in 11th place on the day with a score of 83, which qualified him to compete in the individual portion of the tournament, which took place on Saturday at Beaver Meadow

in Concord. On Saturday, Rawnsley finished with a score of 87 for a combined score of 170, which placed him 10th overall to close out the season.

On Thursday, Mikey Perry finished with a score of 86 to place 23rd overall with Gavin Gorton in 34th place with a score of 89 and Chase Couture in 43rd place with a score of 92. Parker O'Brien finished with a score of 111 for 66th place and Griffin Brown was 67th overall with a score of 120.

For Gilford, Colton Byars finished in 41st place with a score of 91 and Andy Taylor finished in 54th place with a score of 98.

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



JOSHUA SPAULDING

Gavin Gorton of Prospect Mountain chips onto the 17th green during action in the Division III championship at Indian Mound last week.



JOSHUA SPAULDING

Colton Byars tees off on the 18th hole at Indian Mound Golf Club during action in the Division III championship.



JOSHUA SPAULDING

Gilford's Andy Taylor putts on the 17th hole during action in the Division III championship last week in Ossipee.



JOSHUA SPAULDING

Mikey Perry putts on the 17th green during the Division III championship last week in Ossipee.

Undeclared Tigers take care of business against Timber Wolves

BY JOSHUA SPAULDING
Sports Editor

ALTON — The Newport-Mount Royal football team left Alton with its perfect record intact, taking care of business against the Prospect Mountain Timber Wolves by a 41-0 score on Saturday afternoon.

The Timber Wolf defense held tight to start, holding the Tigers to just one first down on their first drive and forcing a punt. The Timber Wolves, however, had to start their first drive at the 11 and on the first play, the Tigers returned an interception and converted the two-point conversion for the 8-0 lead with 8:33 to go in the first quarter.

The Tigers doubled that lead just moments later, as they recovered a fumble on Prospect Mountain's first play of the next drive and raced in for the touchdown. The Timber Wolves stopped the two-point conversion and Newport's lead was 14-0 with 8:18 to go in the first quarter.

Prospect's next drive ended with a punt attempt, but a bad snap gave the Tigers the ball back in good position and three plays later they ran into the end zone with 4:39 to go and converted the two-point conversion for the 22-0 lead.

Prospect turned the ball over on downs on the next play but strong defense from Thaedin Karneris and Luciano Pecorino helped stop Newport's ensuing drive and they took over to close out the first quarter with a 22-0 Newport-Mount Royal lead.

The Timber Wolves were forced to punt early in the second quarter and Newport moved the ball down



JOSHUA SPAULDING

Gabe Cole moves the ball for the Prospect Mountain football team in action against Newport-Mount Royal on Saturday. The field despite a solid defensive effort from Daniel Esperti and the Tigers went in the end zone with 8:14 to go and converted the two-point conversion for the 28-0 lead.

Prospect was stopped on fourth down on their next drive and Newport needed

just three plays to go in the end zone, running in from 11 yards out for the 34-0 lead. Gabe Cole and Blake Pappaceno moved the ball for the Timber Wolves on the next drive but on fourth and eight an incomplete pass gave Newport the ball back. Three plays later the



JOSHUA SPAULDING

Eli Colby chases down a Newport-Mount Royal ball carrier during action on Saturday afternoon.

Tigers were in the end zone with two seconds left on the clock and the extra point made it 41-0 at the break.

The Timber Wolves made a couple of solid defensive stops in the third quarter and kept the Tigers off the board in the frame. The Timber Wolves also

made a big stop on fourth down in the fourth quarter and Landen Deane recovered a fumble to give Pros-

pect the ball. Tony Quirk caught a pass for a first down and Cole also had a solid catch while Pappaceno had a run that picked up a first down. However, the Timber Wolves were unable to cash in and the clock ran out on the 41-0 win for the Tigers.

After a week off, the Prospect football team will finish the first season in program history at Hillsboro-Deering on Saturday, Oct. 31, at 2 p.m.

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

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The Colonial welcomes Jimmy Dunn’s Comedy All-Stars Nov. 7

LACONIA — The Colonial Theatre of Laconia will present Jimmy Dunn’s Comedy All-Stars on Saturday, Nov. 7, at 7:30 p.m. Tickets to the show are on sale now at ColonialLaconia.com or by calling 1-800-657-8774.

NHEX explores the human side of business efficiency

REGION — As insurance applications and enrollments move online, Amanda Lapar is helping her agency rethink how it works. She also values the personal relationships that help clients make sense of complicated choices.

“It’s nice to be able to be in person with them and create relationships,” said Lapar, a consultant at Doran Independent Insurance.

As a member of the New Hampshire Entrepreneurship Exchange (NHEX), Lapar brings that experience to conversations with other young professionals who are improving systems in their own businesses. By sharing what works at Doran, she supports fellow members while learning from the changes they are making.

Together, those discussions raise a practical question. As technology changes daily work, how can better systems support better service?

For Lapar, who has worked at Doran for four years, improving efficiency includes examining how the agency uses its software and what other tools might help. As more applications and enrollments become electronic, she and her colleagues are asking practical questions about the systems they use.

“How are we benefiting from this?” she said. “Should we be getting this to be more efficient?”

Those questions have relevance beyond insurance.

NHEX members include professionals updating systems within established companies and owners developing processes for newer businesses. Founded in 2025, NHEX brings together young professionals from different industries to share knowledge, solve business problems, and build careers in the Lakes Region.

Their conversations create an opportunity to examine a change before making it and learn from someone who has already worked through a similar problem. For NHEX co-founder Ethan Keslar, the value comes from connecting those decisions to a clear purpose.

“A useful conversation about efficiency starts with what you are trying to improve,” he said. “Is the process easier for your staff? Is the experience clearer for your customer? Those questions help us think beyond simply adding another tool.”

In Lapar’s work, that customer experience depends on understanding individual needs. She helps people compare health insurance options, with much of her work focused on Medicare.

Knowing the plans is one part of the job. Helping someone understand which option fits their circumstances requires conversation.

“Everybody’s health insurance needs are different,” she said.

Clients may need help understanding benefits or comparing options they did

not know were available. Lapar sees the consultant relationship as a way to make that complexity manageable.

“They don’t need to understand it 100 percent, because that’s why they have us,” she said.

Her experience helps NHEX members consider both the systems behind a service and the people using it. Although she does not own the agency, she brings knowledge of how its processes function in daily work.

“When someone is starting from scratch with their systems, we can share what we already have in place and what we’ve learned,” she said.

For Keslar, those observations are an important source of ideas for improving a business.

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That exchange allows members to bring a specific challenge to the group, draw on experience from other industries, and consider what might work in their own setting.

“We’re bouncing ideas off of each other and kind of working to help each other grow,” Lapar added.

NHEX invites interested professionals to attend a session to experience the collaborative environment firsthand. For more information, visit nhex603.com or contact Ethan Keslar at ethan@keslarinsurance.com.

Jimmy Dunn

Jimmy Dunn is a stand-up comedian and actor from Boston, who currently plays “Moose” on the reboot of the legendary sitcom FRASIER.

He got his start in “show business” telling jokes in a bar in Gloucester, Mass., where he was paid in beer and fried clams. Since then, he’s gone on to perform at some of the world’s most prestigious comedy events, including the Late Show with David Letterman, “Conan,” Montreal’s International Just For Laughs Comedy Festival, and Denis Leary’s Comic’s Come Home in Boston.

Dunn’s first major television role was as Sean McCarthy on the critically acclaimed CBS sitcom, “The McCarthys.” He’s also written on several television projects, including two episodes of “Loudermilk” that he co-wrote with Academy Award winner Peter Farrelly.

Will Noonan

Will was named “Boston’s Best Comedian” by The Improper Bostonian magazine, is sometimes known as “The Honda Guy” for his years-long job as a spokesman in Honda commercials on TV and radio all over New England, as well as for his fan-favorite role in the Netflix movie The Sleepover.

He is well known for his internet presence. His social media accounts include notable followers like Barack Obama, Shane Gillis, Chris Fleming, Mark Normand, Gary Gulman, Joe Rogan,

Jim Gaffigan, and Bert Kreischer.

Noonan has been the opening act for Bill Burr, Dave Attell, Andrew Schulz, Jack Whitehall, Colin Jost, Michael Che, Ari Shaffir, and many more. He has appeared on The Oddball Comedy Festival with Amy Schumer, Hannibal Buress, and Sarah Silverman, told a story on NPR’s “This American Life,” and was named Comedy Ambassador and Moment Maker by Microsoft.

He has appeared on MTV’s “Ridiculousness,” “Laughs” on FOX, “Gotham Comedy Live” on HULU, and his comedy is played often on Sirius XM.

Maya Manion

Maya Manion is a respected New England comedian, joke writer, and podcast guest known for her sharp wit and engaging performances. Manion grew up in Vermont and later moved to Rhode Island to pursue a career in comedy. She has been performing stand-up since 2006 and has become a staple in the New England comedy scene. Manion has been featured on Nick at Night’s Funniest Mom in America and was a runner-up in Mohegan Sun’s Funniest Comic in New England. She is recognized for her clever, witty humor, often drawing on personal experiences and family dynamics.

Emily Ruskowski

Emily Ruskowski is a one-woman charm offensive. With a style that’s totally approachable and instantly impressive, Emily is equally comfortable diving into personal insecurities or workplace nonsense. With an irrepressibly cheerful demeanor, she commands attention and delivers stories loaded with punchline after punchline. Her comedy combines a quick mind, an infectious energy, and a totally unique eye for observation. She brings a genuine sense of fun to material that ranges from a career in social work to a passion for boy bands. Ruskowski has been featured in the Washington Post and Boston Globe, and has

appeared on the popular 2 Dope Queens Podcast and Laughs TV on Fox.

The Colonial Theatre of Laconia

The original owner, Benjamin Piscopo, was from Italy, and the theatre featured a fire curtain depicting Venice as seen from the water. In August of 2002, the theatre closed after 87 years of operation. On June 15, 2015, the City of Laconia announced a partnership with the Belknap Economic Development Council (BEDC) to purchase, renovate, and reopen the Colonial. The newly reopened Colonial Theatre has a seating capacity of 750 and plays host to various performances, including music, theatre, comedy, and civic events. Spectacle Management manages the Colonial Theatre and is home to the Powerhouse Theatre Collaborative. The Colonial Theatre is located at 609 Main St., Laconia, NH 03246. www.coloniallaconia.com

Spectacle Live

Spectacle Live’s mission is to create connections that make exceptional live experiences happen. Founded in 2012 and headquartered in Chelmsford, Massachusetts, Spectacle Live is a live event and venue management company specializing in performing arts centers across the Northeast. The company partners with municipalities and arts organizations throughout New England to provide comprehensive services, including venue operations, marketing and promotion, booking and talent buying, ticketing, food and beverage management, technical production, and consulting. Spectacle Live currently works with more than a dozen venues across Massachusetts, New Hampshire, and Rhode Island, presenting a diverse range of events from concerts and comedy to theater and family entertainment. For more information, visit www.spectaclelive.com or contact Pete Lally at plally@spectaclelive.com or 617-531-1257. www.spectaclelive.com

SPORTS

HIGH SCHOOL SLATE

Friday, Oct. 23

BELMONT

Boys’ Soccer at Somersworth; 4

Girls’ Soccer vs. White Mountains; 3:30

GILFORD

Boys’ Soccer at Pelham; 4

Girls’ Soccer vs. Pelham; 4

WINNISQUAM

Boys’ Soccer at Newfound; 4

All schedules are subject to change.

Church Service SCHEDULE

ABUNDANT HARVEST FAMILY CHURCH
Sunday School for children up to age 12, service 10:30 a.m. Greater Wakefield Resource Center, 254 Main St., Union.
Pastors Daniel and Sherrie Williams, 473-8914.
For more information, please visit abundantharvestnh.org or e-mail ahfc@faith.com.

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BEFREE COMMUNITY CHURCH, ALTON
Alton 9:30 a.m. Sun. Meetings at Prospect Mountain High School. Pastor Ben Ruhl, www.befreechurch.net.

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centerbarnsteadcc.org

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ccoppraisegathering@gmail.com

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(603) 875-5561
www.ccoaalton.com

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Heather Ivone Milliken
603-776-1820
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ccnorthbarnstead.com

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www.farmingtonnhucc.org
Sunday School at 10:15 AM September - June.

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Champions for Kids Breakfast draws capacity crowd, raises more than \$500,000 for Lakes Region youth and families

LACONIA – On Tuesday, Oct. 6, the 2026 Champions for Kids Breakfast, sponsored by Platinum Group at RE/MAX Bayside, brought together a capacity crowd of dedicated supporters, community leaders, volunteers, and a growing generation of new donors, demonstrating the Lakes Region's shared commitment to investing in local youth and supporting working families.

This year's event carried the inspiring theme, "Together We Can Do It!" a message that resonated throughout the morning as attendees were welcomed by Club youth who greeted guests and set an uplifting tone for the program.

The opening moments of the breakfast captured the spirit of the Boys & Girls Clubs' mission. Club members led the audience in a powerful call-and-response affirmation used daily by staff member Nicole Wittenberg in her toddler classroom: I am smart. I am kind. I am strong. I can do hard things. I'm a good friend. I'm glad you're here.

As the capacity audience repeated each statement alongside Club youth, the room was filled with energy, hope, and a reminder of the confidence and belonging that the Clubs strive to instill in every young person they serve.

The program featured welcome remarks from Wendy Mills, whose family's story is deeply woven into the history of youth services in the Lakes Region. Mills reflected on the tragic loss of her son, Robbie, whose murder in 1998 became the catalyst for community leaders to establish a teen center in the region. That effort ultimately evolved into an organization that merged with the Boys & Girls Clubs of Central and Northern New Hampshire in 2015, expanding opportunities and support for local youth.

"Robbie was looking forward to, but never got the chance to participate in, afterschool programming like the Boys & Girls Club. I am a supporter of the Boys & Girls Clubs because they have amazing goals and they make it all about the kids," said Mills.

The Champions for Kids Breakfast highlighted the critical role that quality youth development programs play in supporting working families and strengthen-



ing the Lakes Region. As demand for affordable, reliable care and enrichment opportunities continues to grow, community support remains essential to ensuring children have safe places to learn, grow, and thrive while their parents work.

The strong turnout of both longtime champions and first-time supporters reflected a growing recognition that investing in young people is an investment in the future of the region. Testimony from parents underlined how much programming supports not just their children, but the whole family.

Parent Jessica McDonald said, "Belmont Early Learning Center staff helped me become a stronger, wiser mother. And because Ana could stay in school, BELC changed my life, too. I could finish my degree, build a career at Campion Insurance, and now provide for my children without state assistance. That is because of BELC, and because of the understanding and patience they showed both of us."

Chris Emond, CEO, shared, "We have an obligation to teach our children to stand up for what they believe is right. To do this, we need to give them a foundation that includes a safe place to be, positive adult mentors, and opportunities to try new things."

Proceeds from the Breakfast will support the programs and services that help local youth achieve academic success, develop healthy lifestyles, build strong character and leadership skills, and provide working families with the support they need to succeed. This year, the Club added two new locations in the Lakes Region by opening the new Sara M. Allen Lakes

Region Child Care Services site located at the Gale School in Belmont and assuming management of Plymouth State University's former Center for Young Children and Families, now the Early Care and Education Center at Plymouth State University.

Chris Kelly of the Platinum Group at Re/Max Bayside closed out the event explaining how attendees could help by becoming members of the Champions for Kids Society and pledging \$1,000 or more for the next five years. This year's event raised a record-setting \$503,710 in gifts and pledges. Over the next several years, the funds will offer sustainability for the Club's programs, shore up the Club's food program among rising costs and decreasing federal funding, and strengthen staffing to better care for those kids and families who need it most.

About Boys & Girls Clubs of Central and Northern New Hampshire

The Boys & Girls Clubs of the Lakes Region includes Lakes Region Child Care Services and is a regional division of the parent organization Boys & Girls Clubs of Central and Northern New Hampshire. In the Lakes Region alone, BGCCNH serves nearly 800 youth and provides more than 89,000 meals and snacks at 9 locations: the Lakes Clubhouse in Laconia, Laconia Early Learning Center, River's Edge, Belmont Boys & Girls Club, Belmont Early Learning Center, Sara M. Allen, Holderness Boys & Girls Club, Winnisquam Camp, and the early education center at Plymouth State.

Lakes Region Symphony Orchestra to present High Range Bluegrass Band



LACONIA — A special concert by the High Range Bluegrass Band will be performed at the Interlakes Community Auditorium, 1 Laker Lane, Meredith, on Friday, Oct. 23 at 7 p.m.

Proceeds for this special concert will benefit the Lakes Region Symphony Orchestra's annual Concerto Competition which promotes young classical musicians and encourages their musical advancement by providing an opportunity to rehearse and perform with a symphony orchestra. The opening concert of LRSO, Nov. 7, at 7 p.m., Hanaway Theater, Plymouth State University, will feature Apollo Moon the 2026 Concerto Competition Winner.

For 27 years, High Range Bluegrass Band has built a distinctive sound combining instrumental excellence, fine vocals and award-winning original songs heard on radio worldwide. They have shared stages with artists including Tim O'Brien,

Ralph Stanley, Lori McKenna and Lloyd Maines, and performed at venues and festivals throughout New England, Nashville, and beyond. Expect an evening that is highly musical, energetic and thoroughly entertaining!

Tickets for this special

concert are available at lrso.org.

The Lakes Region Symphony Orchestra is a 501(c)(3) non-profit organization that provides the best classical music performances for central New Hampshire during the fall, winter, and spring.

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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alton	Campfire Circle	N/A	\$5,000,000	George J. Singleton RET and Bernice P. Singleton	Wendy Kay and Edward Leeds Gulick
Alton	23 Riverlake St.	N/A	\$756,000	Byrne Fiscal Trust 2018 and Nancy E. Byrne	Jeffrey D. Battle
Alton	Roberts Cove Road	N/A	\$239,000	Gwyneth R. Dejager Trust and Peter Dejager, Jr.	Frederick H. Morgan, Jr. RET
Alton	N/A (Lot 44)	N/A	\$630,000	Lisa Candela	James A. and Maureen Pacheco
Barnstead	26 Gillis Lane	N/A	\$1,050,000	Hanagan Fiscal Trust Of 2020 and Timothy J. Hanagan	Joseph Leonard and Eileen Frances Harris
Barnstead	N/A	N/A	\$665,000	Christopher Lane and Deborah Bush	Eric D. and Cameron S. Johnson
Barnstead	N/A	N/A	\$685,000	Marylee W. Johnson RET	Joan Artesi
Gilford	61 Cotton Hill Rd.	N/A	\$480,000	Barbara E. Straight	Dana and Richard Bridges
Gilford	304 Gilford Ave.	Single-Family Residence	\$450,000	Donna L. Mooney 2014 RET and Normand Scott Lacasse	Delono Brooks and Stacyann Alecia Medley
Gilford	23 Hazelnut Rd.	Single-Family Residence	\$660,000	Anne Annis 2023 Trust	Dylan Hamel
Gilford	37 Kimball Rd.	N/A	\$392,533	Barry T. Dame, Jr. Trust	Bryson and Dale C. Eddy
Gilford	288 Liberty Hill Rd.	N/A	\$695,000	Robin S. Rowe and Patrick J. McGonagle	Alyssa Chaplin and Brian Shaw
Gilford	1 Little Way	Residential-Other	\$104,000	Jean Marchant	1 Little Way RT and Robert John Powers
Gilford	259 Old Lake Shore Rd.	N/A	\$900,000	Sharon L. Frazier	Jaime O. Mendez and Linda Lee Currier
Gilford	Route 11	N/A	\$540,000	John F. and Donna M. Gately	Vining Donovan Holdings LLC
Gilmanton	197 NH Route 140	N/A	\$510,000	Elijah H. Raymond and Kimberly Rudolph	Richard E. Scahill III
New Durham	21 Cedergren Rd.	N/A	\$1,550,000	Roger J. and Sylvia Hickey	Michael C. Schwartz and Katie E. Archer
New Durham	Franconia Drive	N/A	\$15,466	Larry Scott Connell	Illerex LLC
New Durham	163 N. Shore Rd.	N/A	\$1,375,000	Richard Dally, Jr.	Wayne A. Hall, Jr.

ABOUT THE REAL REPORT

Here are recent real estate transactions in Alton and the surrounding areas. These sales summaries are informational only, not a legal record. Names shown are usually the first listed in the deed. Sales might involve additional parties or locations. Prices are usually based on tax stamps and might be inaccurate for public agency sales. Refer to actual public documents before forming opinions or relying on this information. Additional publicly recorded information on these sales, prior sales and data from Department of Revenue Administration forms is available at www.real-data.com or 669-3822. Copyright 2011. Real Data Corp. In the column "Type": land= land only; L/B= land and building; MH= mobile home; and COND=condominium. Transactions provided by The Warren Group, Boston Ma., publishers of The Registry Review and Bankers and Tradesman newspapers, Phone: 1-800-356-8805. Website: www.thewarrengroup.com

NHEX explores the human side of business efficiency

REGION — As insurance applications and enrollments move online, Amanda Lapar is helping her agency re-think how it works. She also values the personal relationships that help clients make sense of complicated choices.

"It's nice to be able to be in person with them and create relationships," said Lapar, a consultant at Doran Independent Insurance.

As a member of the New Hampshire Entrepreneurship Exchange (NHEX), Lapar brings that experience to conversations with other young professionals who are improving systems in their own businesses. By sharing what works at Doran, she supports fellow members while learning from the changes they are mak-

ing. Together, those discussions raise a practical question. As technology changes daily work, how can better systems support better service?

For Lapar, who has worked at Doran for four years, improving efficiency includes examining how the agency uses its software and what other tools might help. As more applications and enrollments become electronic, she and her colleagues are asking practical questions about the systems they use.

"How are we benefiting from this?" she said. "Should we be getting this to be more efficient?"

Those questions have relevance beyond insurance. NHEX members include professionals

updating systems within established companies and owners developing processes for newer businesses. Founded in 2025, NHEX brings together young professionals from different industries to share knowledge, solve business problems, and build careers in the Lakes Region.

Their conversations create an opportunity to examine a change before making it and learn from someone who has already worked through a similar problem. For NHEX co-founder Ethan Keslar, the value comes from connecting those decisions to a clear purpose.

"A useful conversation about efficiency starts with what you are trying to improve," he said. "Is the process eas-

ier for your staff? Is the experience clearer for your customer? Those questions help us think beyond simply adding another tool."

In Lapar's work, that customer experience depends on understanding individual needs. She helps people compare health insurance options, with much of her work focused on Medicare.

Knowing the plans is one part of the job. Helping someone understand which option fits their circumstances requires conversation.

"Everybody's health insurance needs are different," she said.

Clients may need help understanding benefits or comparing options they did not know were available. Lapar sees the consultant relationship as a way to make that

complexity manageable.

"They don't need to understand it 100 percent, because that's why they have us," she said.

Her experience helps NHEX members consider both the systems behind a service and the people using it. Although she does not own the agency, she brings knowledge of how its processes function in daily work.

"When someone is starting from scratch with their systems, we can share what we already have in place and what we've learned," she said.

For Keslar, those observations are an important source of ideas for improving a business.

"Young professionals often see opportunities to improve systems be-

cause they work with them every day," he said.

"NHEX gives them a place to test those ideas with people who understand different parts of running a business."

That exchange allows members to bring a specific challenge to the group, draw on experience from other industries, and consider what might work in their own setting.

"We're bouncing ideas off of each other and kind of working to help each other grow," Lapar added.

NHEX invites interested professionals to attend a session to experience the collaborative environment firsthand. For more information, visit nhex603.com or contact Ethan Keslar at ethan@keslarinsurance.com.



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Lakes Region VNA invites community to “Come Together” for We Care Benefit Concert

MEREDITH — For more than a century, Lakes Region Visiting Nurse Association (LRVNA) has provided care and support to individuals and families throughout New Hampshire’s Lakes Region.

On Oct. 24, the community will have an opportunity to come together in support of that work — with a little help from the music of The Beatles.

LRVNA will be the beneficiary of the We Care Benefit Concert featuring Studio Two, one of the country’s premier Beatles tribute bands, on Saturday, Oct. 24 at 7:30 p.m.

at Inter-Lakes Community Auditorium, 1 Laker Lane in Meredith. Local food trucks will also be available before the performance, giving concertgoers an opportunity to make a full evening of the event.

CAMP
(continued from Page A1)

for several years, the PRLI has become self-sustaining, which is a significant achievement since over 50 percent of non-profits fail during the first few years.

Kurt Webber followed this by thanking all the attendees and the others who have helped Camp Resilience grow and thrive for almost 13 years.

He saluted the “board

VOLLEYBALL

(continued from Page A1)

net for Gilford and Ady Arsenault came through with a pair of hits and a block for the Knights to pull the hosts even at nine.

Alexis MacBrien had a service ace for the Knights and Opal Grupp, who recently recorded her 500th career kill, had a couple of big hits for the Knights. Arsenault added a service ace for the 13-10 lead before Rainey Hinds added a hit and Boudreau had a block for the Golden Eagles. Hinds then added a pair of aces and Hughes had a hit as Gilford went up 18-14. Kingswood battled back to cut the lead to two but a block from Boudreau and Hughes and Hughes added another hit. Natalee Magdziasz added a block and a solid hit at the net to close out the 25-18 win for the Golden Eagles.

Kiera Ryder got the Knights the first point of the second set and Boudreau added a hit on the other side of the net. MacBrien had a hit and Boudreau added an ace on the other side of the net. MacBrien had a couple of hits and Hughes added one for the Golden Eagles as the teams went back and forth.

Arsenault had a hit and MacBrien had an ace to give Kingswood a two-point lead but a hit from Boudreau brought the Golden Eagles even at eight. Grupp had a hit and Arsenault added an ace for the 10-8 lead but Boudreau came through with a hit and a block to put them back in front. Stella Pickowicz found a nice spot for a Gilford point. Ava Randall had a block for the Knights and Boudreau had one on the other side of the net while Maynard had a hit and Grupp had a service ace to keep Kingswood even. Another block from Randall and another couple of aces from Grupp helped the Knights build up the 17-14 lead but Gilford fought back.

MacBrien and Arsenault had hits for the Knights and

Studio Two recreates the energy and excitement of The Beatles’ early years, performing songs from the pre-Sgt. Pepper era. Formed in Milford, New Hampshire, and featuring graduates of Berklee College of Music, the band brings some of the most recognizable music of a generation to the stage.

The concert is presented by the We Care Initiative of Temple B’nai Israel, and proceeds will support LRVNA’s work providing home healthcare, support and wellness services to people throughout the Lakes Region.

While homecare and hospice remain at the heart of LRVNA’s mission, the organization has continued to expand its services in response to the changing needs of the community.

One example is LRVNA’s Advanced Illness

members, volunteers, employees, local businesses and other supporters who helped us achieve our mission of helping those who served bounce back and improve in mind, body and spirit and, just as important, to build the foundation to transition the PRLI into a professionally run, self-sustaining organization with a full-time staff.”

At the end of the eve-

Kate Taylor answered on the other side of the net for Gilford. However, Grupp finished off the 25-18 win for the Knights with a hit and the two teams went to the third set tied at one.

Hits from MacBrien and Maynard and three aces from Grupp helped the Knights get out to a 6-1 lead in the third set before Boudreau and Taylor had hits on the other side of the net to bring Gilford even at six. The teams were tied at seven and nine after a block from Arsenault and Magdziasz added a hit for the Golden Eagles. Arsenault had a hit and an ace to push Kingswood to a 13-11 lead but Gilford responded with a hit from Pickowicz. Grupp and Maynard combined for a couple of solid hits for the Knights and they took the 16-13 lead.

Boudreau had a hit and Pickowicz added a couple of aces as the Golden Eagles went ahead by a 17-16 score. A MacBrien hit tied the game but Boudreau answered right back and MacBrien added a couple more hits. Taylor made a nice diving save to give the Golden Eagles the 21-19 lead. Grupp had a nice tip at the net but Boudreau finished strong with a hit and Gilford took the 25-22 win and the 2-1 lead.

Management (AIM) program, which provides specialized medical and emotional support to people living with serious illnesses. Working alongside patients’ existing healthcare providers, the program helps manage complex symptoms, improve quality of life and ensure that care reflects each individual’s goals and preferences.

In addition to supporting individuals with serious illnesses, LRVNA also serves families during some of life’s earliest and most important stages. Its Maternal and Infant Care Program brings specialized nursing care directly to pregnant individuals, new parents, infants and children with complex healthcare needs. Services range from prenatal and postpartum nursing visits and newborn assessments to premature infant follow-up,

ning, retired Army Brigadier General Ed Harrington, former Chair of the PRLI Board of Advisors, presented the four founders plaques recognizing their vision to create a program to help veterans and first responders and their efforts to make it a reality.

You can learn more about the PRLI and Camp Resilience at <https://www.camp-resilience.org/>.

Boudreau started strong in the fourth set with a couple of hits, an ace and a tip to go up 7-2 but Maynard added a hit and Ryder got a service ace as Kingswood closed the gap. Boudreau added a hit but Arsenault got a block and a couple of aces and Grupp added a pair of hits to pull Kingswood even at 13.

Maynard came through with a hit for Kingswood but Gilford got a couple of aces from Pickowicz and a block from Boudreau while Hughes and Boudreau added hits for the 21-14 lead. Grupp had a hit and a couple of aces to cut the lead to 21-18 before Boudreau got a nice tip at the net and Hughes had a block. Maynard added a tip and MacBrien and Arsenault added hits but the Golden Eagles got the 25-22 win to close out the 3-1 win.

Kingswood is slated to close out the regular season today, Oct. 22, at 6 p.m. at home against ConVal. Gilford has already closed out the regular season.

The Division II tournament kicks off on Tuesday, Oct. 27, and continues on Thursday, Oct. 29, both at the home of the higher seed.

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pediatric nursing care, caregiver education and complex care management.

Beyond its clinical programs, LRVNA recognizes that health and well-being extend beyond medical care alone. The organization provides counseling, resource navigation, emotional support and spiritual care through its social workers and chaplains. Through its Community Wellness Services, LRVNA further extends its impact by offering grief support, blood pressure clinics, seasonal flu vaccination clinics, exercise programs and other initiatives that promote healthy aging and community well-being.

This commitment to meeting people where they are also includes those who have served our country. LRVNA is recognized as a Level 3 We Honor Veterans partner, reflecting the organization’s dedication to providing informed, compassionate care that honors the unique experiences and needs of veterans and their families.

“The Lakes Region has supported LRVNA and our mission for generations, and the We Care Benefit Concert is a wonderful example of that relationship,” said Jim Harnett, finance director of Lakes Region

BoS
(continued from Page A1)

or \$1820.24. The proceeds will be used to fund personal protective and safety equipment. The board set a Public Hearing at the Oct. 27 meeting to accept the grant and thanked the department for their initiative in seeking it.

Chief Reinert requested approval to purchase a security camera system consisting of 5 cameras which would cover the grounds of the main fire station on Route 140. The proposal would include power supply, recorder and installation, at a low bidder cost of \$8,260. The Board voiced support for the proposal, but asked that the Chief to determine the cost of higher-resolution cameras, an additional camera to cover an area around the Water Department building, and use of cloud storage.

Town Administrator Ryan Heath presented a detailed proposal from NH based engineering firm Gomez and Sullivan, which specializes in dam construction and maintenance, flood control and waterway conservation, to represent the town’s interests in the Alton Power dam drawdown and possible removal project. The proposal involves 2 phases, each quoted separately, with the initial phase to evaluate the state’s hydraulic and overtopping and

Visiting Nurse Association. “Every ticket purchased and every sponsor who supports this event helps us continue meeting people where they are — often right in their own homes — with the care, resources and support they need. We’re incredibly grateful to the We Care Initiative and everyone who will come together with us on Oct. 24.”

“This featured show will bring the Lakes Region community together for an enjoyable, top-notch Beatles musical experience that also raises vital funds for LRVNA, which does really important work here in our local community,” said Stu Needleman, committee chair of the We Care Initiative.

Tickets are \$40 and are available online and at select retail locations throughout the Lakes Region. Those unable to attend can also purchase tickets to be donated to LRVNA employees and volunteers.

For tickets and additional information, visit tbinh.org/we-care-concerts.

About Lakes Region Visiting Nurse Association

For more than 100 years, Lakes Region Visiting Nurse Association has provided high-quality, patient-centered healthcare and support services to individuals and

families throughout New Hampshire’s Lakes Region. Today, LRVNA provides homecare, hospice care, rehabilitation therapy, Advanced Illness Management, Maternal and Infant Care, private duty services, grief support and a growing range of community wellness programs designed to help people live with greater health, independence, comfort and dignity.

LRVNA also provides year-round opportunities for Lakes Region residents to connect with health and wellness resources in their own communities. Fourteen seasonal flu clinics are scheduled in and around the Lakes Region over the coming months, along with community wellness initiatives throughout the year. Visit lrvna.org and follow LRVNA on social media for current programs, clinics and events.

About the We Care Initiative

Since 2013, the We Care Initiative of Temple B’nai Israel has provided Lakes Region nonprofit organizations with a ready-made fundraising platform built around professionally produced entertainment events. To date, We Care has helped raise more than \$460,000 for Lakes Region nonprofit organizations.

dam stability assessment, to be completed by Feb. 1, 2027. The Board voted to contract immediately for phase 1, with phase 2 to follow if necessary.

The board then proceeded to evaluate and vote on several individual 2027 department budgets. Most of the budgets reviewed had only slight increases, driven by the proposed 4 percent wage adjustment, and several had decreases. The budget review process will continue at the next meeting and is undergoing concurrent review by the Budget Committee at their meetings.

Under Old Business, the board reviewed and approved the purchase of a Braun ambulance from Autotronics Corp. This would replace our oldest unit, a 2016 Braun. The total cost is \$458,950, which would be funded from the Ambulance Capital Reserve fund. Delivery lead time is 24 months. The purchase is in accordance with the Capital Improvements plan. The Board voted unanimously to make the purchase.

The Board reviewed an exchange of communications between Courtney Mitchel, our Water Superintendent, and State officials. The drawdown of the Alton Power dam has exposed a main water line which is now at risk of damage and

freezing, even allowing for the partial restoration of the water level. The state’s position is that this is the town’s problem. The Board, recognizing the critical nature of the situation, voted to direct the water department to contract for boring at a safe depth and installing a replacement line at an estimated cost of \$36,000. It was noted that we were fortunate to locate a firm which can do the work before winter.

The board voted to place contracts for winter sand supply and rock/asphalt crushing after review of bids.

Heath presented the board with a proposed agreement with Breezeline for continuation of service as the town’s cable TV franchise provider. The town belongs to a regional consortium which negotiates for the service. The agreement is extensive, and the Board will discuss it at a future meeting.

This article is offered as part of an effort to better inform Alton residents about the activities of town government. The author is not authorized to speak for the Board of Selectmen, and this posting represents only his impressions and views. The entire meeting can be viewed on the town’s YouTube Web site.

GENERAL SERVICES

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Cast and crew work to bring “Into the Woods” to life at GHS

GILFORD — With opening night less than a month away, the woods are beginning to come to life at Gilford High School as the cast and crew of “Into the Woods” continue working toward their November performances.

Rehearsals are going well, and the students are now moving into an important stage of the process—taking everything they have learned and beginning to polish their performances.

“The show is going really well,” said director Matt Demko. “The kids are working hard, and we are at the point where the performances are really being polished. All of the cast members are dedicated and want this to be the best show



SOPHIA COMEAU AND MORGAN EASTMAN — COURTESY
Sophia Comeau as the Witch, Alexis Jackman as the Baker's Wife, Lena Parry as Little Red, and Tanner Olson as the Baker in Gilford High School's “Into the Woods.”

possible. They have put a tremendous amount of work into this production, and I'm excited to see everything continue to come together over these final weeks.”

The work happening onstage is only one part of

creating the magical world of Into the Woods.

Technical Director Scott Piddington and the GHS Theatre tech crew are hard at work transforming the stage into a storybook forest. Trees, beanstalks, mov-

ing knolls, and other pieces of forest magic will help transport audiences into the world of the show as its characters travel in and out of the woods.

Costume designer Karen Madon also continues to create magical, fairy-tale-inspired costumes that will help bring the production's collection of familiar characters to life.

For the students involved, the experience of creating “Into the Woods” has been both exciting and challenging.

“I believe that ‘Into the Woods’ is going to be one of Gilford's best shows to date,” said Sophia Comeau, who plays the Witch. “The cast is amazing, the music is sounding better and better, and you can tell how much we all enjoy doing this show through our performances.”

Comeau has a special connection to the musical and the message behind it.

“ ‘Into the Woods’ is

one of my personal favorite musicals, with a touching story and important message about being careful what you wish for and remembering that no one is truly alone, and I cannot wait for the audience to see it and hopefully love it as much as I do!” she said.

Alexis Jackman, who plays the Baker's Wife, has also found the rehearsal process to be a rewarding experience.

“ ‘Into the Woods’ has been an incredible experience so far,” Jackman said. “We have made a ton of progress since the beginning of rehearsals and have learned a lot along the way. Many of the songs in this show are very difficult, which has taught us to have patience with ourselves and the process.”

With longer and more intensive rehearsals still ahead, Jackman is looking forward to seeing how much further the cast can take the production.

“So far, rehearsals have been for only a few hours a day, but once we pick up the pace of rehearsals I believe we can get even better,” she said. “I am so honored to be a part of this show and am very excited to see the end result.”

Stephen Sondheim and James Lapine's “Into the Woods” brings together some of the world's most recognizable fairy-tale characters, including Cinderella, Jack, Little Red Riding Hood, Rapunzel, the Witch, and the Baker and his Wife. Each heads into the woods in pursuit of a wish, only to discover that getting exactly what you wish for does not always lead to happily ever after.

At its heart, “Into the Woods” is a story about wishes, choices, consequences, family, community, and the realization that even when the path becomes difficult, no one has to travel through the woods alone.

Gilford High School Theatre will present “Into the Woods” on Nov. 13, 14, 20, and 21 at 7 p.m.

Tickets are available now at gilford.ludus.com.

As opening night approaches, the cast, crew, musicians, designers, and production team will continue putting the finishing touches on the show, preparing to welcome audiences into a world filled with familiar characters, beautiful music, humor, heart—and plenty of forest magic.

Something's cooking on the Scenic Theatre stage this fall



COURTESY PHOTO

Emma Blake as Percy Talbott, Mo Demers as Hannah Ferguson, and Mary Foedermair as Shelby Thorpe raise a glass to friendship in a scene from the Pittsfield Players' upcoming production of “The Spitfire Grill.”

PITTSFIELD — Say what you want. Say what you will. There's something cooking on stage at Pittsfield's Scenic Theatre this November, as the Pittsfield Players present James Valcq and Fred Alley's musical adaptation of “The Spitfire Grill.”

Based on the acclaimed 1996 film of the same name, “Spitfire” follows Percy Talbott (played by Emma Blake), a young woman recently released from prison who travels to the town of Gilead, Wisconsin. Percy has harbored dreams of visiting the picturesque community since coming across a photograph of its colorful fall foliage in a magazine. When she arrives, however, winter is about to settle over Gilead, and the only thing chillier than the weather is the reception she gets from Hannah Ferguson (Mo Demers), owner of the titular diner where Percy finds work as a waitress.

When an accident puts Hannah out of commission, Percy and a local woman named Shelby (Mary Foedermair) step in to keep the lights on at the Spitfire, and the pair hatch a plan to help Hannah unload the restaurant by offering it as the prize in a raffle, to be awarded to whoever writes an essay making the most persuasive case for being named the new owner. Along the way, they help the townspeople, including Sheriff Joe Sutter and Postmaster and town gossip Effy Crayneck, rediscover what makes Gilead such a special place, and Shelby gains the inner strength to stand up to her domineering husband.

Director Jeannie Saint

fell in love with “The Spitfire Grill” the first time she read the script because the story offered a rare opportunity for female characters to take center stage.

“Women are so often the backbone of a community, but their efforts are often overlooked,” she explained. “As soon as I read it, I saw how Hannah and Effy truly held up the town, but they made it look so easy that no one even noticed.”

Saint also saw parallels between Gilead, a community that fell on hard times when the local quarry closed down, and Pittsfield, which experienced a similar economic downturn but, like Gilead, held on in the face of that hardship.

“How many small towns have a Main Street or a community center? How many have a theater?” Saint said. “Pittsfield has adapted to everything the economy has thrown at it, and I want-

ed to show the community something they could relate to... something that made them feel seen.”

The show, she added, teaches us that “the autumn colors may leave us, but the spring will come again... the colors of paradise will always return, and much like Percy, we hope to be there when they do.”

Appearing alongside Blake, Demers, and Foedermair are Ben LePage as Joe, Marie St. Cyr as Effy, and Chris Turner as Shelby's husband Caleb, with Jayson Andrews, Emily Guzzo, and Trinity Morse rounding out the ensemble. Saint was assisted with direction by Emm Close, with Elizabeth Gallo serving as Music Director.

“The Spitfire Grill” runs Nov. 6, 7, 13 & 14 at 7:30 p.m. and Nov. 8 at 2 p.m. at the Scenic Theatre, 6 Depot St. Tickets are available pittsfieldplayers.org.



Foreclosure AUCTION

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22 RAINBOW DRIVE is a 3-bedroom, 1-bathroom home built in 1985 that totals 972± sq.ft. with a 10'x22' deck and 3 seasons porch on a 1.7± acre lot. The home is located in a neighborhood and sits back from the road. According to a 2022 listing the home was remodeled to include new roof, exterior & interior paint, appliances, flooring, tiled tub surround. Map 232, Lot 7 Assessed Value: \$229,500

INSPECTION: One hour prior to the auction, if permitted.

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Annual Harvest Supper at First United Methodist Church

GILFORD — The First United Methodist Church in Gilford continues a long tradition of serving the best bean-hole beans in the region as part of an all-you-can-eat Harvest Supper Saturday, Oct. 24.

For more than 50 years, the church has been cooking huge iron pots of beans in holes dug behind the church and lined with red-hot stones. Two kinds of beans (yellow-eye and kidney) are par-boiled, seasoned with maple syrup and spices and lowered into the holes, covered and slow-baked in the ground for 24 hours. Just before 5 p.m. on Saturday the beanpots are uncovered and brought into the Fellowship Hall for serving. You are invited to watch this process on Saturday the 24th at 4:30 p.m., just before the 5 p.m. dinner seating.

Besides two kinds of beans, diners are also served all-you-can-eat

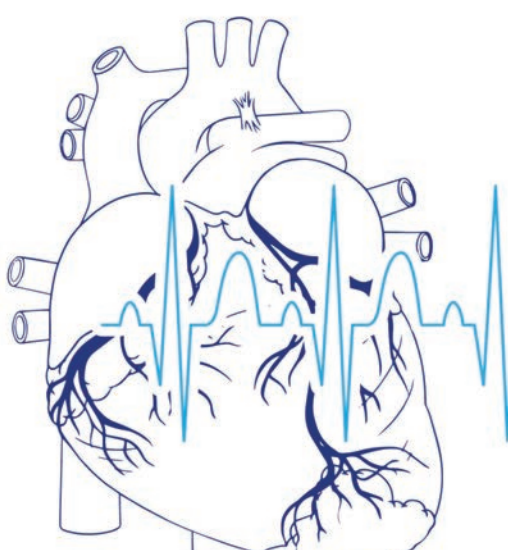


corned beef, cabbage, boiled potatoes, carrots, rolls and apple or pumpkin pie for dessert. Tickets are available for both the 5 p.m. seating and the 6:30 p.m. seating, and the cost is \$18. for adults and \$8. for children (12 and under).

Parishioners enthusiastically work to prepare this delicious meal each year by peeling vegetables, tending to the bean-hole beans, setting tables, working in the kitchen, serving the dinner and making homemade pumpkin and apple pies. You are invit-

ed to join this long-standing tradition by calling the church office at 603-524-3289 to make a reservation and your tickets can be picked up at the church just before the meal. Seatings are available at 5 and 6:30 p.m. Or stop by the office on Tuesday through Friday from 9:30 a.m. to 1 p.m. to purchase tickets in the church office beforehand. The First United Methodist Church is located off Route 11-A at 18 Wesley Way in Gilford. For information, call (603)524-3289.

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