



Winnisquam Echo

THURSDAY, OCTOBER 26, 2023

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FREE

Faerie tales, kindness, and literacy

Sanbornton Central School's new book machine promotes excitement for reading

SANBORNTON — In December of 2022, the Sanbornton Central Parent Teacher Organization reached out to teachers, staff, and administrators to find out how the PTO could best support teachers in their educational pursuits while improving the learning environment for the students. Jackie Blake, Sanbornton Central School's Reading Specialist, proposed the idea of looking into a token-based book vending machine to create an excitement amongst students for reading.

PTO Treasurer Aubrey Taoka immediately got to work researching grants to cover the \$5,940 to acquire "Inchy the Bookworm" only to realize that the product was exempt from all grant requirements. Undeterred by this discovery, Taoka began looking into other options and

SEE SANBORNTON, PAGE A7



COURTESY

Pictured, left to right: Interventionist Renee Bartley, PTO Treasurer Aubrey Taoka, Principal Jason Javalgi, Reading Specialist Jackie Blake and the "Kids of the PTO."

Spaulding Academy & Family Services announces two leadership roles

NORTHFIELD — Spaulding Academy & Family Services recently announced two leadership promotions. Amanda Champagne became Vice President of Family Services, and Charley Suter was promoted to Director of Technology & Innovation.

Champagne receives her new title after two successful years as Executive Director for her ongoing efforts to deepen and expand the support delivered to the children and families

of Spaulding Academy & Family Services.

As VP of Family Services, Champagne continues to ensure program fidelity and service delivery as the organization continues expanding. All Family Service departments work cohesively to provide a seamless exchange of information for children and families and enable greater efficiencies within the organization. Champagne's

SEE SPAULDING, PAGE A8

Sant Bani School names new board President

SANBORNTON — Sant Bani School, a preschool - grade 8 independent school in Sanbornton, is pleased to introduce Katherine Raphaelson as the School's next President of the Board of Trustees.

Raphaelson assumes leadership from Chris Bicknell, Sant Bani School Class of 1987 and President of the



Katherine Raphaelson

Board since 2020; Chris previously was Vice President from 2011 - 2020.

"It is both an honor and a privilege to assume the role of the next President of the Sant Bani School Board of Trustees," Raphaelson said. "I have had the distinct opportunity to view the school from various perspectives, both as a parent and as a member of the Board. Witnessing the positive impact that Sant Bani School has had on my sons, I wholeheartedly believe in the values and teachings upheld by the institution. I am enthusiastic about the prospect of continuing to collaborate with my

fellow Board members as we guide Sant Bani School towards an even brighter future."

Bicknell will remain on the Sant Bani School (SBS) Board in the role of Secretary.

"I am thrilled that Katherine has stepped forward to lead the SBS Board," Bicknell said. "When I first met Katherine and her family, I felt strongly that they were a great match for SBS. Through her time on the Board, Katherine has been a thoughtful supporter of the School and she is a firm believer in the future of SBS."

SEE SAINT BANI, PAGE A10



Henry Osmer battles for the ball during action against Bishop Brady last week.

JOSHUA SPAULDING

Bear soccer team edged by Bishop Brady

BY JOSHUA SPAULDING
Sports Editor

TILTON — The Winnisquam soccer team scored twice in the second half, but the Bishop Brady Giants scored two of their own in the second half and turned a 1-0 halftime lead into a 3-2 win on Tuesday, Oct. 17.

The Giants had an early chance that Alessio Calderara was able to stop and then had a corner kick

chance that defender Lauren MacDonald cleared out of the box. The Giants also had a direct kick that missed the mark.

At the other end, Philipp Rompf just missed connecting with Zach St. Onge and after Calderara made a save on a Brady throw-in attempt, Rompf had a cross into the box that was cleared out of the

SEE SOCCER, PAGE A10

Bank of NH brings support to local organizations through sponsorship

LACONIA — Demonstrating their dedication to the community, Bank of New Hampshire is proud to support two local organizations, New Hampshire Children's Trust and the New Hampshire Community Loan Fund, with sponsorships for critical fundraising events.

A \$5,000 commitment to New Hampshire Children's Trust sponsored their 11th Annual Strengthening Families Summit. Annually, those dedicated to strengthening families so that children can thrive convene at the Strengthening Families Summit to learn, grow and recharge. This year they focused their exploration on the power of communities to support and strengthen families. This aligns with their mission of leading the drive to ensure safe,



Bank of New Hampshire representatives presenting sponsorships to New Hampshire Community Loan Fund and New Hampshire Children's Trust.

stable and nurturing relationships and environments for children by educating, advocating and collaborating, while envisioning a New Hampshire where all children grow up free from abuse and neglect.

A \$5,000 commitment to New Hampshire Community Loan Fund sponsored their 40th Anniversary Celebration. The organization celebrated its 40th year of providing affordable homeownership and other financial opportunities to underserved people. In addition to celebrating the incredible statewide impact, the celebration honored Julie Eades, their founding President, who retired in 2020. This celebration was a testament to the hard work outlined in their mission to serve as a catalyst, leveraging financial, human and civic resources to enable traditionally underserved people to participate more fully in New Hampshire's economy.

"Celebrating one of our core mission tenets, we are devoted to fostering brighter futures for the communities we serve," said Michael Seymour, Chief Retail Banking & Marketing Officer at Bank of New Hampshire. "Our col-

laborations with organizations such as New Hampshire Children's Trust and New Hampshire Community Loan Fund underscore their enduring commitment to enhancing the vitality and health of New Hampshire."

Bank of New Hampshire is proud of these partnerships as we aspire to remain an independent mutual financial institution, delivering innovative solutions and exceptional service, while assisting our employees, customers and communities to build brighter futures.

Bank of New Hampshire, founded in 1831 provides deposit, lending and wealth management products and services to families and businesses throughout New Hampshire and southern Maine. With 21 banking offices and assets exceeding \$2 billion, Bank of New Hampshire is the oldest and one of the largest independent banks in the state. Bank of New Hampshire is a mutual organization, focused on the success of the bank's customers, communities and employees, rather than stockholders. For more information, call 1-800-832-0912 or visit BNH.Bank.

Local group helps students in need throughout Winnisquam district

REGION — Our Community Cares-Every Child Is Ours (ECIO) is a non-profit organization whose members believe that no child should be left hungry.

As the cost of groceries continues to increase, food insecurity is a growing problem in our community. For families who rely on the daily school meals, the stretch from Friday lunch to Monday breakfast can provide many nutrition challenges. ECIO assists families by delivering bags of healthy, yet easy to make, food to the schools to supplement weekend family meals.

School personnel such as teachers, nurses, and counselors identify students and families who may need a little extra food for the weekend. ECIO staff communicate weekly with the school staff to determine the number of bags needed for each location. To keep the process confidential, no student or family names are disclosed. The bags are discreetly delivered



Pictured above Susan Hewey, Winnisquam Regional Middle School teacher gratefully accepts a delivery of food to be packaged for students; ECIO volunteers Emily LaPlante and Maria Bonnett prepare weekend bags for students at Southwick School in their new location at Compass Classical Academy.

to the students on Friday afternoons.

ECIO was originally self-funded, relying on fundraisers and personal donations. For the past five years, the organization has been supported by the Belknap Subaru Share the Love Program. Subaru and

their local retailers are committed to making a positive impact on the world. A portion of every vehicle sold is donated to ECIO to support the work they do within the Winnisquam Regional School District.

Lisa Drew, one of the ECIO founders, explains, "When we met Scott Ives, the GM of Belknap Subaru through the Tilton Rotary, we found someone else who wanted to make a difference. When we described what

we were trying to do, he immediately committed the dealership to helping us. Scott, along with Mark Johnstone, Mark Mallahan and the entire staff quickly got on board. Along with our dedicated volunteers and help from local supermarkets we are making big things happen!"

For information on how you can donate to and/or volunteer with ECIO, please visit their Web site at www.nhecio.com.

NASCAR Whelen Modified Tour returns to NHMS

LOUDON — The New England fan-favorite NASCAR Whelen Modified Tour (NWMT) will join the NASCAR Xfinity Series (NXS) on Doubleheader Saturday, June 22, at New Hampshire Motor Speedway (NHMS) with a 100-lap race. New England's only NASCAR weekend will culminate with a 301-lap NASCAR Cup Series (NCS) race on Sunday, June 23.

"The NASCAR Whelen Modified Tour is an absolute fan-favorite here at 'The Magic Mile,'" said New Hampshire Motor Speedway Executive Vice President and General Manager David McGrath. "They always put on a whale of a show, bumping and rubbing all the way to the finish line. June 22, 2024 will be no different."

Earlier this year, Justin Bonsignore edged Doug Coby by half a car length to conclude a thrilling NWMT race. Annually one of the crown-jewel stops in the NWMT, "The Magic Mile" brought out the best in the popular series as Bonsignore, Coby and Ron Silk all exchanged the lead across the final 10 laps, sometimes multiple times in the same circuit. Bonsignore restarted 10th after the delay and slowly picked his way through the field until taking the lead for good on the backstretch just before taking the white flag. The 35-year-old from Holtsville, N.Y. kept the number 51 Chevrolet on edge from there, with Coby and Silk just behind.

The full weekend schedule will be released at a later date.

Adult tickets start at just \$49 for Sunday and \$35 for Saturday. Tickets for kids 12 and under are just \$10 for Sunday and free on Saturday. Further details can be found on the NHMS website or by calling 833-4LOUDON.

BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests during the week of Oct. 9-16.

A 34-year-old male from Belmont was issued a summons in lieu of arrest on Oct. 15 for owning a dog deemed a Menace, Nuisance, or Vicious.

Tyler T. Elliott, age 26, of Farmington was arrested on Oct. 16 in connection with multiple warrants.



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Winnisquam Regional School District recognizes bus drivers during School Bus Safety Week

SANBORNTON — School Bus Safety Week will be celebrated from October 16, 2023 through October 20, 2023.

According to School Transportation News, "This year's theme is Safely Rolling to my Destination, with the goal of promoting safety on school buses and addressing the importance of bus drivers. National School Bus Safety Week is an active and evolving public education program, held during the third full week of October each year, designed to promote school bus safety and a way for parents, students, school administrators, etc. to highlight the importance of safety on board the bus."



Pictured above is Andrea Choinere, along with some of her daily passengers Lilliana Chaffee, Tirth Patel, Parker Labonte, Korbin Chase and Zooley Beam.

Sanbornton Central School principal Jason Javalgi, was pleased to have the opportunity to recognize one of their bus drivers, Andrea Choinere.

He said, "Andrea always greets the students with a smile on her face. She is a great listener, compassionate and empathetic to their needs. She makes sure each student get home in a safe and timely manner. That you for taking care of the students each and every day."

The Winnisquam Regional School District is proud to salute all of the dedicated bus drivers who safely deliver our students to and from school each day.

Revolutionizing military education

LRCC's innovative program trains Army medics for AEMT certification

LACONIA — Lakes Region Community College's Raelyn Cottrell, a seasoned educator with 25 years of experience in the field of EMS training, is making waves in the Lakes Region as both a Program Coordinator for the college and a dedicated ER technician. Over the years, she has seen more than a thousand aspiring emergency technicians through her rigorous program.

A groundbreaking initiative was set in motion when Ian Watt, one of Cottrell's former students stationed overseas, reached out with a need for fellow Army medics. Watt's aspiration was clear: establishing a program to empower those in his platoon to earn Advanced Emergency Medicine Technician (AEMT) certificates. Cottrell embraced this idea and set her sights on making this happen.

With vision and determination, Cottrell created an innovative hybrid learning experience. She combined Zoom lectures with hands-on training, forging partnerships with Physician Assistants overseas. Through her efforts, Raelyn received the green light, and this fall, 2023, her vision became a reality. Four exceptional AEMT students have now "enlisted" in her class, engaging in two evenings of education every week.



dents apart is their unique deployment in distant lands such as Iraq, Kuwait, and the United Arab Emirates. Despite navigating the complexities of varying time zones, some of them tune in for Raelyn's lectures as late as 10 p.m. Remarkably, each student not only carries their military EMT experience but also embodies the principles of AEMT, effectively living the course material.

heart. Working with these exceptional AEMT students, even from afar, has been truly inspiring. I eagerly anticipate their in-person completion of the AEMT program in March," said Cottrell on this experience.

For Cottrell, her favorite course material is spreading the knowledge and know-how of emergency childbirth. She recognizes that no

one wants to undertake such a task, but in moments of crisis, the ability to deliver a baby can be the difference between life and death. Her dedication to nurturing these life-saving skills underscores her unwavering commitment to preparing her students for the unknown.

Her true passion, however, lies in witnessing her pupils evolve into

successful professionals as they, in turn, embark on their journeys of impacting lives. She cherishes the moments when her past students, now thriving in the field, come full circle.

While the course will conclude for in-person participants in February, an inspiring twist awaits. Those four students serving our country will journey to

Lakes Region Community College in March to complete their AEMT in person. The anticipation of this meeting is a topic of excitement among the entire class.

Cottrell and LRCC remain committed to broadening the horizons of this program and strive to extend its reach to military personnel worldwide. Their unwavering determination to adapt, evolve, and find innovative ways to provide higher education speaks to a brighter future.

About Lakes Region Community College

Lakes Region Community College (LRCC), located in Laconia, New Hampshire, is a leading institution dedicated to providing high-quality, affordable education and training opportunities that meet the ever-changing needs of individuals, businesses, and communities. With a steadfast commitment to excellence, LRCC prepares its students for success in a rapidly evolving world. For more information, visit LRCC.edu.

What sets these stu-



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EDITORIAL

The power of giving: Why volunteering matters

In today's fast-paced world, it's easy to become wrapped up in our own lives, focusing only on personal goals and pursuits. However, we often overlook the necessary impact that volunteering can have on both individuals and communities.

Volunteering, at its core, is about giving back to society without expecting anything in return. It's a selfless act that anyone with a pulse can contribute to. Volunteering is a powerful way to connect with others. Through shared experiences and common goals, volunteers build meaningful relationships that motivate people to keep building community.

It also offers an opportunity for personal growth. It challenges individuals to step out of their comfort zones, acquire new skills, and broaden their perspectives. Whether it's tutoring a struggling student, assisting in a food bank, or caring for the elderly, volunteering encourages personal development in ways that few other experiences can match.

Volunteering also serves as a powerful antidote to the stresses of modern life. The act of giving one's time and energy to a cause larger than oneself can be incredibly fulfilling. It provides a sense of purpose and accomplishment that goes beyond the routine of daily existence.

From a community perspective, volunteering is the lifeblood of social progress. It fills gaps in vital services, supports those in need, and contributes to the overall well-being of our towns. It's the collective effort of volunteers that builds resilient communities and addresses pressing issues.

Volunteering is also associated with a host of health benefits. Studies have shown that it can reduce stress, combat depression, and even increase longevity. The act of helping others triggers a release of feel-good chemicals in the brain, promoting mental and emotional well-being. It's easy to find ways to volunteer, whether it be through your local school or any other civic organization.

To put it simply, people need people.

Letter submission policy

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

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



COURTESY

Tilton School students enjoy time with Southwick School students

Recess time for students at Southwick School is a bit more lively thanks to several students from the Tilton School. Once a week, teacher Julie Caldwell (Director of Community Service, World Languages Department Chair, Spanish Teacher) brings a group of her students from the Community Service Team to Southwick to engage the students in structured playground activities and games. She explained that these students have the opportunity to participate in the program as part of their afternoon programming. In addition to their work with Southwick students, the Community Service Team members also volunteer at the local soup kitchen and the NH Veterans Home. Southwick Principal Stephanie Parzick said, "It is a pleasure to have the Tilton School students. Our kids love having the older students join them at recess time. It is such a wonderful collaboration between the two schools." Pictured above are several Southwick students enjoying time with Tilton School students Blaze Martonick, Matt Cox, Charles Clausen, Josiah Gao, Sean Gray, and Jason Chen.

Positively speaking!

Toby Moore

Our subconscious can shape our world

In 1889, the French psychologist Pierre Janet coined the term "Subconscious Mind." Janet argued that underneath the layers of critical thought functions of the conscious mind lay a powerful awareness that he called the subconscious mind.

Freud described the subconscious as a repository for our desires, thoughts, and memories not currently in conscious thought. As the concept gained traction, countless psychologists, researchers, and self-help gurus alike delved into its depths, striving to decode its mysteries and understand its pro-

found impact on human behavior.

It's as if our minds operate on two planes – the conscious, where our active thoughts and decisions reside, and the subconscious, a quieter realm that holds profound sway over our actions, feelings, and beliefs.

So, is the subconscious mind real? Modern neuroscience and psychology have found evidence supporting its existence. Functional brain scans have shown that many mental processes occur outside our conscious awareness, influencing our choices,

emotions, and actions.

The powers often ascribed to the subconscious are vast. Many believe it powerfully shapes our reality, from influencing our daily choices to potentially manifesting our deepest desires.

One of the most intriguing attributes of the subconscious mind is its seeming inability to distinguish between reality and imagination. When we vividly visualize a scenario or outcome, the subconscious processes this imagery as an actual event, triggering emo-

tional, physiological, and even behavioral responses akin to a real-life experience.

As an artist, I think of it like this: Your conscious mind is like a play's director. It chooses the script, decides the plot direction, and instructs the actors on their roles.

The actors who bring the play to life don't write their lines; they rely entirely on the director's vision and guidance. If the director hands them a comedy script, they act out humorous scenes. If it's a tragedy, they act out a

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Comfort Keepers

Exploring the joys and struggles of caregiving for senior spouses

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

The journey of spousal caregiving for senior couples brings both rewards and challenges. The good news is that support systems, respite care, and open communication with family and friends can alleviate some of the wife or husband caregivers' difficulties.

The role of spousal caregivers becomes increasingly vital in supporting and caring for seniors. Spousal caregiving is a selfless act of love, commitment, and sacrifice. Caregiving for a senior loved one is a journey of compassion and responsibility as one spouse strives to ensure their loved one receives the best possible care during their golden years spent together.

Caregiving for your wife or husband brings rewards, including a deepened connection between spouses. As the senior couple navigates the challenges together, caregiving often strengthens their bond, fostering a sense of emotional intimacy and trust that creates opportunities for mean-

ingful conversations and shared experiences, reinforcing the foundation of a lifelong relationship.

Senior partners often experience a profound sense of fulfillment in their caregiving role. Knowing they positively impact their spouse's life and well-being can bring immense satisfaction and a sense of purpose. It is a privilege to provide care and support to someone one loves.

Caregiving for your wife or husband in their later years may also offer some challenges that can be supported and strengthened by developing a support community. Spousal caregivers should explore resources to support and assist in their caregiving roles. These include caregiver support groups, both in-person and online, where seniors can connect with others in similar circumstances and share their experiences. Respite care services offer temporary relief, allowing senior caregivers to take a break while ensuring their loved ones receive proper care. Community educational programs and workshops are available to equip spousal caregivers with essential skills

SEE COMFORT, PAGE A5

Leadership group starts 24th year

GILFORD — The non-profit regional leadership group, Leadership Lakes Region, recently kicked off its 24 annual year with Orientation Day at Gunstock Resort. Gunstock has generously sponsored the orientation event for the past several years.

The new class of 26 area professionals will meet monthly to learn about and discuss Program Day themes of Social, Political, Economic, Health, Educational, Environmental and Historical/ Cultural issues impacting the Lakes Region.

Since its inception in 1998, the leadership program has graduated 457 students who are active in their communities and employment helping citizens of the Lakes Region every day.

“Our newest class of 26 has a wonderful mix of individuals and career choices,” said Program Coordinator Jennifer McLean.

“This year, we have bankers, non-profit administrators, firefighters, an attorney, a security consultant, health agency managers, a marketing professional, a college business manager, a realtor, an energy needs analyst, ski resort managers and a professional singer/songwriter. This diversity makes for great discussions about our themes for each day,” McLean added.

The Gunstock Orientation included the bonding experience of Aerial Treetop Adventures, Zip-lining, a history tour and keynote speaker Sean Kavanagh. Gunstock GM, Tom Day, welcomed the group to the Mountain and explained all that the group would experience during the day. Following Day was Guest Speaker Kavanagh. Kavanagh used his own survival story following a near fatal accident while commuting to work by bicycle. While in a lengthy hospital recovery, he realized he had a story to tell about overcoming adversity and helping others understand their personal histories through storytelling. His remarks provided his audience with effective techniques to deliver their own stories to impact an audience.

Anyone interested in learning more about Leadership Lakes Region or any business interested in sponsoring an upcoming Program Day is invited to visit the website at www.leadership-lakesregion.org. Guest Speaker Kavanagh can be reached at www.sean.kavanagh@fallrisker.com.



(LEFT) Keynote speaker Sean Kavanagh (center) is shown at Orientation with storytellers and Class of 2024 members Joshua Ritson and Adriana Komst.

COURTESY

POSITIVELY SPEAKING

CONTINUED FROM PAGE A4
tragic story. They don't question or modify the script—they perform it.

Your conscious mind is the director of the play that is your life. Your subconscious mind, in turn, is akin to the troupe of actors who turn the script into reality.

If you feed your subconscious with a story of success and positivity through your thoughts, words, and actions, your subconscious will reflect that narrative. If you provide your subconscious with doubt, negativity, and victimhood, it will work to make it so. It won't question; it will only act.

Ensure you're directing a story you want to be told, for your subconscious mind performs

ceaselessly, day and night, bringing your script to life.

Books cite numerous anecdotal instances of individuals achieving their dreams or overcoming challenges through subconscious belief and visualization.

Autosuggestion, a technique where one influences the subconscious through repeated affirmations and visualizations, plays a pivotal role.

Emile Coué, a French psychologist, popularized that feeding positive affirmations to our subconscious leads to positive outcomes.

In "The Power of the Subconscious Mind" by Joseph Murphy, he recounts a tale relayed by British doctor Evelyn Fleet.

The story is of a father who repeatedly expressed, "I would give my right arm to see my daughter cured." His daughter had severe arthritis and a so-called incurable skin condition. After years of medical treatments proving fruitless, a tragic accident occurred: their family car collided with another, and the father's right arm was torn off. Astonishingly, following this incident, the daughter's ailments disappeared.

It's worth noting that while Dr. Evelyn Fleet, who relayed this story to Murphy, was indeed a real individual, I've been unable to locate the original article cited. As with many accounts of this nature, it's crucial to approach them with a discerning mind, recognizing the

blending of anecdotal experiences with broader principles about the subconscious.

Ultimately, whether we believe in the power of our subconscious or regard it with skepticism, there's undeniable wisdom in monitoring our internal dialogue. The stories and research suggest there might be more under the surface than we realize. As readers and thinkers, it's up to us to decide.

The takeaway from delving into the depths of the subconscious mind reminds us that our thoughts hold power. Whether it's the narratives we tell ourselves or the dreams we chase, nurturing a positive, constructive inner dialogue can shape our world in more ways than one.

COMFORT

CONTINUED FROM PAGE A4

and knowledge for providing care.

Taking on the caregiving role later in life, on your own, can affect the caregiver's emotional and physical well-being. The physical demands of caregiving may involve lifting and assisting with personal care. These demands can lead to exhaustion and potential health issues for senior caregivers who may be facing their own physical challenges.

It is equally important for all seniors, including those in a caregiving position, to maintain meaningful social connections to the outside world and strengthen bonds with friends and other loved ones. Studies show that most seniors find joy and meaning when they can live in the home they love as they age and remain close to their community.

The journey of spousal caregiving for senior couples brings both rewards and challenges. Spousal caregivers juggle numerous roles, including being a caregiver, a partner, a parent, and possibly an employee. Balancing these roles can be overwhelming and challenging. The deepened connection, sense of fulfillment, and a renewed appreciation for life can be incredibly enriching for the caregiver and their partner. The good news is that support systems, respite care, and open communication with family and friends can alleviate some of the difficulties spousal caregivers face.

Recognizing, appreciating, and supporting the efforts of these spouses, unseen heroes is essential in ensuring they continue to provide exceptional care and love to their wives or husbands during their twilight years.

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At Comfort Keepers, we believe every person has an inner spark. It's something age and illness cannot take away. We go beyond daily care needs to nurture those unique qualities and bring about a sense of hope, connectedness, purpose, and, most importantly, joy.

Our caregivers can help support the spouse and the senior in need of care by assisting with personal care, transportation to doctor appointments, and providing respite care with temporary relief for the family.

About Comfort Keepers

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

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

Please call 603-536-6060 or visit our Web site

PETS OF THE WEEK

Ralph
Meet Ralph! This goofball is such a sweetheart and brings so much joy to the staff and volunteers here at the facility. He loves meeting new people and is always curious of other doggos. Ralph does have an autoimmune disease that requires treatment by daily medication and will require routine veterinary check ups (Check with your vet! You will find the monthly cost is not high!). During his



down time, between eating treats and playing fetch, Ralph loves to cuddle up for nap time and would be a great addition to a home looking for a little extra love.

Recently, members of our Volunteer Program, have been able to give Ralph some extra time out of the shelter! Through these outings we have learned - Ralph loves water and hiking. He enjoys getting to spend time outdoors and making new friends along the way.



Max
Meet Max! In his prime years, this gentle fella is looking for a cozy bed and quiet home to call his. He is an easy going boy and enjoys the simple things in life; naps, wet food, and classical music playing in the background.

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Edward Jones: Financial Focus

Don't leave your IRA to the IRS

If you've invested in an IRA for many decades, it may well turn into a key source of income for your retirement. Still, you might not deplete your IRA in your lifetime, especially if you also have a pension or a 401(k) and other investment income. So, if your IRA still has sizable assets after your passing, it would likely end up in your estate plan. If you leave your IRA to grown children or other family members, could they be hit with a big tax bill?

Here's a little background: Up until the Secure Act of 2019, those who inherited traditional IRAs could extend their required withdrawals over their lifetimes, which stretched out the annual taxes due on these withdrawals. But the Secure Act changed the provisions for non-spouse beneficiaries who inherited an IRA after 2019, meaning that beneficiaries of inherited IRAs had only 10 years (beginning the year after death) to

withdraw the entire balance. For some beneficiaries, this could potentially create a tax burden. (Inheritors of Roth IRAs are also required to follow the 10-year distribution rule but are not subject to income taxes on account earnings if the Roth IRA's five-year holding period has been met).

However, not all beneficiaries were affected by the new rules. Spouses can stretch their inherited IRA distributions over their lifetimes and exceptions exist for certain non-spouse beneficiaries. Minor children of the IRA owner (until the age of majority), chronically ill or disabled individuals, and beneficiaries who are no more than 10 years younger than the IRA owner may opt to stretch their distributions.

The new 10-year requirement applies to IRAs inherited on or after Jan. 1, 2020. But due to confusion over changes to required minimum distribution (RMD) rules for some beneficiaries of inherited IRAs, the IRS waived penalties for individuals who failed to take RMDs in 2021 and 2022 and extended the RMD penalty waiver for 2023.

Although these rulings give beneficiaries — those not eligible for the exemptions listed above — more time to plan, they will eventually need to start taking RMDs, which could affect their tax situations. To help protect your heirs, consider these suggestions:

- *Using permanent life insurance.* A properly structured permanent life insurance policy could help you replace the assets your family might lose to the taxes resulting from an inherited IRA. You might even consider naming a charity as the beneficiary of an IRA, rather than your family members. The charity would receive the IRA proceeds tax free, and the life insurance could then provide tax-free benefits to your heirs.

• *Leaving taxable investment accounts to your heirs.* Apart from your tax-deferred IRA, you may own other, fully taxable accounts containing investments such as stocks or bonds. Typically, these investments receive what's known as a "step-up" in their cost basis once they are inherited. This means your heirs will essentially inherit all the gains your investments earned by the time of your passing — but they won't be taxed on these gains if they sell the assets immediately. This type of sale could help offset the taxes your heirs will incur from the inherited IRA.

The tax and investment issues surrounding inherited IRAs can be complex, so consult with your tax and financial advisors before making any moves. And, as with many areas relating to inheritances, the sooner you start planning, the better.

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Canterbury Shaker Village prepares for new beginning

CANTERBURY — For nearly four years, Canterbury Shaker Village has been led by Executive Director Leslie Nolan, who announced recently that she will be stepping away from her position with the Village in May 2024.

The impetus for the change is a move outside of New England and the opportunity for new challenges.

“While I, as well as the board, considered working remotely, we ultimately decided it made the most sense for me to begin a fresh chapter for both the organization and me,” said Nolan.

This chapter for her will begin in November, when she will work remotely on special projects for the



Leslie Nolan

Village. These projects include new program initiatives, grant writing, liaising with key

foundations and relationships important to the Village’s upcoming Capital Campaign.

According to Board Chair Jean (Gingie) Nye, Leslie’s endeavors in the next six months will position the Village well for the opportunities ahead and serve as the capstone to her legacy.

“Leslie is leaving an indelible mark on the Village over her past four years here, and the Board is grateful for the expertise and enthusiasm she brought to the job,” she said. “While Leslie’s role will change over the next six months, the foundation she has laid will remain integral to our identity.”

Board of Trustee Louis Kaucic said Nolan helped forge this

identity by successfully navigating the Village through “extremely challenging times, including the pandemic and complicated building restoration projects.”

“Through her passion and vision for the Shakers, she has attracted an outstanding, professional staff, and has positioned us for continued growth and a bright and vibrant future,” he remarked. “We are so grateful for all she has done for the Village.”

Expressing gratitude for both the continued support of the Board and staff, Nolan said the Village is now at a moment to take a big step forward in its continued growth “to make the Village relevant and accessible to generations to come.”

“Every ending is a new beginning,” she said.

Designated as a National Historic Landmark for its architectural integrity and significance, the Village features 26 restored original Shaker buildings, four reconstructed Shaker buildings, and 694 acres of forests, fields, gardens, nature trails, and mill ponds under permanent conservation easement. To learn more, visit shakers.org.

Canterbury Shaker Village is a member of the NH Heritage Museum Trail, which connects the public with culturally rich heritage institutions in New Hampshire. For more information, visit nhmuseumtrail.org.



What’s the Difference?

There are four differences between Picture A and Picture B. Can you find them all?



Answers: 1. “Zanzibar” missing from brownish envelope 2. Black stamp bottom left row of book 3. Extra stamp on envelope above 4. Missing stamp top left corner left book

THIS DAY IN...



HISTORY

- 1636: THE MASSACHUSETTS BAY COLONY VOTES TO ESTABLISH A THEOLOGICAL COLLEGE, WHICH WOULD LATER BECOME HARVARD UNIVERSITY.
- 1726: “GULLIVER’S TRAVELS” BY JONATHAN SWIFT IS PUBLISHED.
- 1971: PROSPERO BECOMES THE ONLY BRITISH SATELLITE TO BE LAUNCHED BY A BRITISH ROCKET.

New word

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to gather similar items



A PERSON WHO IS A PHILATELIST COLLECTS AND STUDIES WHICH ITEMS?

ANSWER: STAMPS

How they SAY that in...

ENGLISH: Stamp

SPANISH: Sello

ITALIAN: Francobollo

FRENCH: Timbre

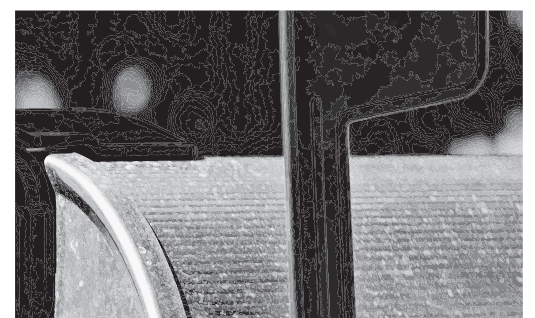
GERMAN: Briefmarke

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GET THE PICTURE?



Can you guess what the bigger picture is?

ANSWER: MAILBOX



COURTESY

Lakes Region Art Association announces Artists of the Month

Congratulations to Lakes Region Art Association's Artists of the Month for October 2023! Back row, standing, left to right: Mike McQuade, Sally Hibbert and Barbara McClintock. Front row, seated, left to right: Stephanie McQuade, Fay Lee and Mary Ann Logsdon. Not pictured, Pat Schubert. Visit our Web site for more information about the gallery: www.LRAANH.org. The Lakes Region Art Association Gallery is located at 120 Laconia Rd., Tanger Outlets, Suite 300, Tilton.

SANBORNTON

CONTINUED FROM PAGE A1

found a private donor to help SCS PTO make the request a reality. Dr. Garret K. Taoka, owner of Harborside Dental in Center Harbor and grandfather of SCS student Ken, generously agreed to provide funding and in the summer of 2023 Inchy was installed in the school's library.

With an emphasis on keeping things fair for students, the educators, specialists, and staff of Sanbornton Central got to work on a plan that ensures every child experiences the joy of earning a token and picking out a book. It didn't take long before they agreed that coins would be earned by following the SCS 3Bs: Being Safe, Being Respectful, and Being Responsible; individual incentives would be used to spark motivation to earn the Bear Coin throughout the year. The machine is stocked based on students' reading levels and interests, and the books are purchased through funding provided by SCS PTO under the guidance of educators.

A little over a month into the school

year, and Inchy has already proven to be a positive addition to the education tool kit.

According to Renee Bartley, the schools Interventionist, "After weeks of hopeful window shopping the students knew exactly what book they would choose! The excitement was palpable as they jumped up and down waiting their turns. I look forward to seeing every child choosing a book this year."

This observation was also shared by Jackie Blake, who said, "It was so wonderful to see students so excited about earning a token to put into our book vending machine. It is such a positive way to bring engagement and excitement into reading books."

Sanbornton Central School Parent Teacher Organization is a non-profit that aims to support the Sanbornton Central School, a kindergarten through fourth grade public school in the Winnisquam Regional School District. To find out more about the SCS PTO or how you can donate to their efforts, email scs.pto@wrsdsau59.org.

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The Town of Woodstock is accepting sealed bids for a 1948 Red Mack Pumper Fire Truck Type 45, 277 cubic inch motor, 6-cylinder, gas, standard transmission, and currently has 18,397 miles.

The truck may be viewed by appointment at the Woodstock Public Works Garage at 459 Daniel Webster Highway in Woodstock, NH. Please call 603-348-8783 to schedule an appointment.

Sealed bids will be accepted until Monday, November 13th, at 3:00 p.m. The bid will be awarded on November 14th at the Select Board Meeting. The bidder will have seven days from the award notification to pay and collect.

Submit sealed bids to Woodstock Select Board, PO Box 156, N. Woodstock, NH 03262. Please mark the envelope **1948 Mack Fire Truck**.

The truck will need a 6-volt battery and a fuel pump. This truck is sold as is with no guarantees or warranties.

The Woodstock Select Board reserves the right to accept or reject the bid in the Town's best interest.

SPAULDING

CONTINUED FROM PAGE A1
 effective leadership skills have led to achieving more proactive, engaged, and successful support for the children while expanding services and continuing to put families first.

Since joining Spaulding School in 2014, Suter has successfully filled several roles, including Paraeducator, Associate Teacher, long-term substitute Classroom Teacher, Digital Learning Specialist, and then Technology & Innovation Coordinator.

As Director of Technology & Innovation, his participation in campuswide and interdepartmental initiatives expands significantly. Suter looks forward to helping Spaulding School become a leader

in developing thoughtful and safe artificial intelligence workflows in certain areas. He'll also help increase the use of virtual reality beyond individual student needs to full-class use and staff training, particularly as an autism-focused teaching and learning tool.

With the newly opened innovation lab, Suter is collaborating with Academy leadership as well as occupational and physical therapists to ensure this space is designed with inclusion in mind to accommodate all Spaulding students. The space will serve as a place for students to explore new skills, create in a multimodal way, and push boundaries of their capabilities. He continues working with all depart-



Amanda Champagne

ments to create engaging video and virtual content for students, families, and employees for highlighting the school, reaching a broader audience, onboarding, and so many other beneficial areas. Suter is also the EHR Database administrator, working with departments across campus to better harness Spaulding data to inform decision making.



Charley Suter

"At Spaulding, we strongly believe in the value of promoting from within and rewarding the dedication and achievements of our existing team," shared Todd Emmons, President & CEO, Spaulding Academy & Family Services. "Amanda and Charley are the epitome of the type of leadership we foster throughout our organization, and

we look forward to their continued success."

About Spaulding Academy & Family Services

Spaulding Academy & Family Services is a leading provider of educational, residential, therapeutic and community-based programs and services for families, and children and youth with neurological, emotional, behavioral, learning or developmental challenges, including Autism Spectrum Disorder and those who have experienced significant trauma, abuse or neglect. Established in 1871 as the New Hampshire Orphans Home and School for Industry, Spaulding Academy & Family Services is the oldest childcare organi-

zation in operation in the United States. It is a tax-exempt 501(c)(3) nonprofit that was formerly known as Spaulding Youth Center since 1958. Its scenic hilltop campus is located on over 500 acres in Northfield, NH and welcomes boys and girls from ages 4 to 22 from around the state of New Hampshire and beyond. In addition to programs provided on the Northfield campus, Spaulding's community-based programs include foster family licensing, Individual Service Option (ISO) foster care, ISO in-home services, child health support services, and more for children ages 0 to 20 and their family. For information about Spaulding Academy & Family Services, visit www.spauldingacademy.com.



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The Town of Thornton is seeking qualified candidates for an immediate opening for the position of Full-Time Deputy Tax Collector/Municipal Clerk. This position will have a work schedule consisting of Monday through Friday with a starting time to accommodate office opening at 8:00 am.

This position is Labor Grade 6 with an hourly pay starting at \$21.53 depending on experience plus a generous benefit package.

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Preferred minimum qualifications include associate degree in business, secretarial sciences or related field, 3-5 years' experience in dealing with the public and some bookkeeping; or any equivalent combination of education and experience. Ability to be certified to perform Municipal Agent work.

A full job description and application is available at the Thornton Town Office or on the town's website at: <http://www.townofthornton.org/> on the Employment tab.

Applications with resume and cover letter must be submitted by 3:00 pm on November 20, 2023, to:
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SAINT BANI

CONTINUED FROM PAGE A1

Raphaelson is a graduate of Emma Willard School, a grades 9-12 independent school in Troy, N.Y., and Hamilton College. Raphaelson's involvement in leadership and philanthropy began shortly after she graduated from college, when she joined Emma Willard School's Alumnae Board.

She began her professional career as a Legal Assistant before she transitioned into a more people-facing role as the HR and Marketing Manager for a startup bakery in South Carolina. While living in South Carolina, Raphaelson earned her M.B.A. from the University of South Carolina Darla Moore School of Business. Her interests in leadership and philanthropy expanded while Raphaelson was pursuing her M.B.A., when she became a member of the school's Business Philanthropy Committee and was President of Graduate Women in Business.

Raphaelson's first foray into the inde-

pendent school world came when she served as the Annual Fund Director at Greenwich Academy, a grades PK - 12 school for girls in Connecticut. In 2008, Raphaelson became an Associate Board Member for the Nantucket Conservation Foundation, an environmental conservation group. Raphaelson also was the Foundation's Sponsorship Chair and led fundraising efforts for the annual Nantucket Race for Open Space, one of the Foundation's hallmark events. Raphaelson then spent nine years as a Consultant, and then Senior Consultant, for the business consulting firm CFO Solutions, LLC before she transitioned to her current role as a Realtor for Keller Williams Realty.

The family's connection to Sant Bani School began in the 2015-2016 school year when Raphaelson's sons, Ethan, SBS class of 2021, and Max, SBS class of 2024, both enrolled at the school. Raphaelson, who has been on the SBS Board since February of 2020, is looking forward to

the School's future as it celebrates its 50th Anniversary during the 2023-2024 school year.

"This is indeed an exhilarating moment for our school, as we commemorate our illustrious history with the 50th Anniversary celebration while simultaneously charting a path for the future through the development of a new Strategic Plan," said Raphaelson. "Sant Bani School is currently in a highly favorable position, and I am eagerly anticipating the incredible opportunities that lie ahead."

Sant Bani School is a grades Preschool - 8 Independent School in Sanbornton. With access to 200 acres of woods, fields, and streams that are utilized as a natural classroom, students benefit from small class sizes, a focus on inquiry-based learning, and preparation for a successful transition to high school. Since its founding in 1973, Sant Bani School has strived to teach its students to live by its motto, "Be Good, Do Good, Be One."



COURTESY

Twins raise funds in support of Children's Auction

Sophia Lyman, nine, a fourth grader at Gilford Elementary School, and her twin, Victoria, raised \$470 for the Greater Lakes Region Children's Auction at the end of the summer by running a lemonade stand at a local cornhole tournament. "It was fun," Sophia said. "I like giving money away to charities and hospitals." Victoria said, "I want kids to enjoy Christmas like I do."



JOSHUA SPAULDING

Wade Fournier pushes the ball up the field during action last week against Bishop Brady.

SOCCER

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zone. Henry Osmer sent a shot wide of the net and Calderara made another save on a Brady shot. St. Onge had a direct kick chance that was headed on net, with the Giant keeper making the save.

With 19:37 to go in the first half, the Giants converted on a throw-in, ripping a shot to the far post for the 1-0 lead. Osmer came back with a good cross to Taber Hagggett that was saved and St. Onge and Wade Fournier just missed connecting on a chance.

Brady sent a shot over the top of the net and then had a crossing pass that was headed on net, with Calderara making a diving save to keep the score at 1-0. The Giants got a corner kick, but Calderara was able to punch the ball away and then Fournier cleared the ball from the zone.

St. Onge had a direct kick go wide of the net and Fournier headed a Brady direct kick out of the box. Osmer just

missed connecting with Rompf on a bid and Logan Heath had a good defensive stop on a Bishop Brady chance. St. Onge had another direct kick that just missed connecting with Fournier and then Rompf found St. Onge for a chance that the Bears thought went into the net, but the officials ruled that it didn't go in and the score remained 1-0.

Osmer and Fournier combined on a chance that went wide of the net and St. Onge had a good chance in the zone. MacDonald had a good clear late in the half and the game went to the break with the Giants up 1-0.

Each team scored twice in the second half, with the Giants escaping town with the 3-2 win over the Bears.

The Division III boys' soccer tournament started after deadline Tuesday, Oct. 24, and continues on Friday, Oct. 27, at the home of the higher seed and the semifinals are set for Monday, Oct. 30, at Laconia High School.

Sports Editor Joshua

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