

Winnisquam Echo

THURSDAY, SEPTEMBER 26, 2024

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Volleyball Raiders battle past Bears



JOSHUA SPAULDING

Belmont's Madi McDonald goes up to the net as Newfound's Ari Plummer defends in action last Thursday.

BY JOSHUA SPAULDING
Sports Editor

BELMONT — The Belmont volleyball team dominated the first set against Newfound on Thursday, Sept. 19, but the Bears didn't go down without a fight, battling back to win the second set. However, the Raiders came back and won the next two sets to close out a 3-1 win, 25-7, 15-25, 25-16, 25-20.

"Newfound is always tough, we can't take anything for granted," said Belmont coach Andy Edgren. "Winning so easily in the first game, I told the girls to watch out in the second.

"Luckily the other coaches helped me to slow down the tempo and we got great leadership from the captains," he added.

"We have some sopho-



Megan Dutton puts up the defense at the net during her team's win over Newfound last week.

mores that we're relying on and asking them to fill big roles," said Newfound coach Amy Fairbank. "There's a lack of experience with this faster game.

"They were slow to react, but they did all the things we needed to do," she added.

The Raiders got out to a 6-0 lead in the first set, with Liv Chandonnait getting a big hit. Af-

ter the Bears got on the board, Molly O'Connell had a big dig for the 7-1 lead. Mia LeBrun added a hit on the other side of the net before Chandonnait had a service ace and Megan Dutton added a hit for the 10-3 lead.

Newfound got a hit from Ari Plummer to get back on the board, Belmont answered with a hit from Dutton. After a Bailey Dow hit for the

Bears, Sami O'Connor and Dutton added hits as the Raiders stretched the lead to 14-5. A hit from Hayden Blanchard and a pair of service aces from Dutton got the Raiders out to a 20-5 lead. Plummer had a service ace for the Bears but kills from Sophia Gilbert and Meg Soucey closed out the 25-7 win for the Raiders.

Newfound jumped out to a 5-0 lead in the second set, with LeBrun getting a hit and a block in that run. Belmont answered with a hit from Mariah McKim, but LeBrun and Coretta Egan answered for the Bears and after a hit from O'Connor on the other side of the net, LeBrun added an ace and Bella Valliere had a hit for the 13-4 lead for the Bears.

Dutton helped to pull the Raiders back into the game with a couple of hits, cutting the lead to 14-8, but a nice play out of the net from Plummer, a hit from LeBrun and an ace from Plummer gave Newfound the 18-10 lead. Belmont got a hit from McKim before Egan got a service ace and LeBrun had a hit to open the lead to 22-11. Belmont battled back, getting a service ace from Blanchard to cut the lead to 15-23, but the Bears got the final two points to close out the 25-15 win.

The teams went back and forth in the third set,

with Dow getting a hit for the Bears and Dutton and McKim coming up with solid points for the Raiders. Madi McDonald had a service ace for the hosts and O'Connor added a hit as Belmont went up 8-3. Valliere answered for Newfound, only to see O'Connell get a pair of service aces and a hit from Blanchard making the score 14-6.

The Raiders opened things up with a hit from McDonald and another from Chandonnait for the 21-8 lead before Newfound battled back. LeBrun and Rochelle St. Germain had hits for the Bears as they cut the lead to 22-13. Evie Bastarache added a service ace for Newfound and Valliere had another hit, but the Raiders were able to close out the 25-16 win for the 2-1 lead.

Belmont jumped out to a 6-0 lead in the fourth set, with McKim and O'Connor getting key hits before a LeBrun hit and an ace from St. Germain got the Bears on the board. The Raiders opened the lead up to 14-2 behind a hit from Dutton and kept on pushing, getting it out to 16-5 before Dow got Newfound on the board.

Chandonnait made a great diving play for the Raiders and St. Germain responded with a hit on

SEE RAIDERS, PAGE A8

Tilton resident Olivia Mills joins production staff for DeSales' "Little Shop of Horrors"

CENTER VALLEY, Pa. — Tilton resident and DeSales University Theatre major Olivia Mills is Assistant Props Supervisor for the university's Act 1 production of "Little Shop of Horrors" from Sept. 26 until Oct. 6 on the Main Stage of the Labuda Center for the Performing Arts.

Act 1 is the highly acclaimed producing arm of the DeSales University Division of Performing Arts that encourages students to bring truth and beauty to the world through their art forms in plays, musicals, children's theatre, dance concerts, and film festivals.

Based on the 1960 film directed by Roger Corman, the horror comedy musical tells the story of a struggling business, Mushnik's Skid Row flower shop. Seymour, the shop's shy assistant, discovers a strange new plant with an unusual appetite. Seymour names the plant Audrey II after his coworker Audrey for whom he secretly pines.

Audrey II attracts new customers, the shop thrives, love blooms, all while Audrey II plots universal domination. A rock and roll, doo-wop, and Motown musical composed by Alan Menken and lyricist Howard

Ashman, the show includes some well-known songs including the title track, "Suddenly, Seymour," and "Somewhere That's Green." "Little Shop of Horrors" is the winner of the 1983 Drama Desk Award for Best Musical.

"Little Shop of Horrors" is licensed by Music Theatre International.

DeSales University, in Center Valley, Pa., is a private, coeducational, four-year liberal arts Salesian, Catholic university, under the leadership of the Oblates of Saint Francis de Sales. Founded in 1965, the 550-

acre suburban campus is located 50 miles north of Philadelphia and about 90 miles southwest of New York City. A total enrollment of nearly 3,500 includes undergraduate day and evening students, and graduate students. DeSales has approximately 135 full-time faculty members and offers more than 40 Bachelor's degrees, twelve graduate programs, and more than 20 certificate programs in a wide range of disciplines; many of these can be completed fully online.

For further information, please visit our Web site, www.desales.edu.

Winnepesaukee River Trail to hold Taste of the Trails event

FRANKLIN — The Winnepesaukee River Trail will hold their Taste of the Trails on Thursday, Oct. 10 at the Elks Lodge in West Franklin. This fun-filled event includes food sampling prepared and served by local restaurants and a wide range of silent and live auction items donated by local businesses. Come socialize with your friends and neighbors and meet other people who support the Winnepesaukee River Trail. All proceeds go toward maintaining the Winnepesaukee River Trail as well as supporting future expansion efforts. To learn more about the trail or trail association, visit us on Facebook or go to www.winnirivertrail.org.

Franklin Elks host golf tournament to benefit Cash and Cans program

SANBORNTON — The first Franklin Lodge of Elks #1280 golf tournament to benefit the 38th annual Mix 94.1 FM Cash and Cans program was a huge success on a perfect day at Den Brae Golf Course in Sanbornton. A full field of 20 teams participated. After golf, everyone enjoyed a fabulous chicken dinner, raffles and the Freddy Partridge Band at the Elks Lodge. At the end of the day, the Franklin Elks presented Mix 94.1 FM's Fred Caruso, founder of the Cash and Cans program, a check for \$6,961.94. An appreciative Caruso said, "We are off to a great start for this year's drive. I'd like to thank to all the golfers, sponsors and especially the Elks Lodge for putting together such a wonderful event."

Mix Cash and Cans week is set for Dec. 7-13. All food and monies raised stays in the central New Hampshire area, benefiting a number of local, non-profit organizations. For more information, contact Caruso at fred@mix941fm.com or call 1-888-941-1069.

COURTESY PHOTO

The Franklin Lodge of Elks #1280 hosted a golf tournament to benefit the Mix 94.1 FM Cash and Cans program. Pictured (l to r), Steve Bourdeau of the Franklin Elks, Mix 94.1 FM's Fred Caruso and Ed Heath of the Franklin Elks.



Solar tour at Unitarian Universalist Society of Laconia Sept. 29



COURTESY

Local UU Church Installed 8.1kW Solar Electric System, consisting of 20 “Q Cell” 405-watt panels, installed by Revision Energy.

LACONIA — Have you seen the changes atop the Unitarian Universalist church at 172 Pleasant St. in Laconia? For the last four years, the congregation has been installing energy conserving and renewable technologies. The church is hosting public solar tours on Sunday, Sept. 29 at 12:45 p.m. Their goals are to step up to the plate and re-

duce their emissions of greenhouse gases, and save money on energy too! What was their gameplan?

Getting to First Base: Replace fluorescent and incandescent lights with LED bulbs and fixtures. This investment paid itself off in two years and reduced use of electricity by one third.

To Second Base: Get an energy audit. Insu-

late, air-seal and weatherize the building to reduce the need for heating and cooling. This saved them about 25% in natural gas use the first year!

To Third Base: Over time, transition heating and cooling to air source heat pumps. The three new heat/AC pumps are quiet and efficient, powered with renewable energy from...

Grand Slam Home Run: 20 solar panels adorning the roof power most of the lighting, heating and cooling needs. The latest electricity bill was a credit! (If you don't have a sunny roof, there are other options to buy off-site solar.)

Funds were raised from the congrega-

tion and supplemented with rebates from the NH Saves program and the federal Investment Reduction Act. The church's Green Sanctuary Committee hosts educational films and nature walks, and cleans Laconia roadsides. They collected over a half-ton of soft plastic and 280 cubic feet of styrofoam at their recent community recycling event. The next collection is Sept. 28 from 11 a.m. to 1 p.m. Please bring your soft. Then, come to the Solar Tour on Sunday, Sept. 29 at 12:45 p.m. to see for yourself!

For more information, go to uulaconia.org.

Around and About Tilton

BY GREGG DEVOLDER

Hello, and welcome back.

The Zoning Board of Adjustment met last week and reviewed two requests from the Wallace Products Corporation for 83 Manville Road. The company would like to consolidate its two operations into a single location here in town and also develop the commercial area for light industrial use. Thus, the Special Exception request. The second request is for a Variance to allow for a two hundred and forty apartment community on the property as well. The company feels this is the only way to make the purchase and move viable for the business. To save you from a google search, they are one of the largest manufacturers in New England of prefab wood framing construction products for both commercial and residential buildings. It's a large tract of land, well over a hundred acres, and comes with a few issues. The elephants in the room are the two areas on the property that contain asbestos and fortunately were capped years ago. After presentations and a number of questions, it was decided the best course of action would be a site walk of the property to view first hand and was scheduled for this past Tuesday the 24th. I imagine they'll be back for the October ZBA meeting.

The second item on the agenda was Haven Grove LLC for 246 Laconia Rd., seeking an amendment to a previous approval. This was fairly straightforward in changing the plan from two buildings to three but keeping the square footage nearly the same with the addition of a small maintenance area. This was approved by the board.

The Selectmen's meeting was held at the police station as there was a public meeting for the Calef Hill Road project as well. I know it cost us a lot of money to build but I have to say every time I go into the Police Station, I'm always impressed. I should probably add, I only go there for meetings and have yet to experience walking in wearing cuffs and leg irons, for those of you thinking other thoughts. It was a busy meeting with a few interesting items.

Have you've noticed all the yard signs popping up everywhere in town? One of the Selectman did. Political signs are one thing and have rules about when they need to be cleaned up, typically you have seventy-two hours after the election. But these signs are for all sorts of other businesses, including signs for making signs and they're not allowed. The town will be out and about removing them in the coming days. They'll go to the DPW for a couple of weeks and if not picked up will be tossed in the dumpster.

For all you Halloween addicts, the downtown Treats in the Trunk night will be held on Saturday, Oct. 26 between the hours of 3 and 5:30 p.m. Main Street will be closed for those hours. We have a number of upcoming events in October so tune in next week for a run down.

There's been a few citizens concerned about the traffic on Winter Street queuing up onto the road during drop off and pick up at the Middle School. Creating a potential safety issue for cars as they navigate through the area. The Selectmen are looking into this.

I'm happy to report that work on Morrisson Avenue may start as soon as November. The Selectmen approved funding of nearly \$60,000 to hopefully fix the road once and for all. Fingers crossed for the residents that it all works out. Funds were also allocated for engineering work for Academy Street to the tune of nearly \$60,000. Road work is not cheap!

Speaking of roads, the engineering group working on the Calef Hill Road project gave an update on their progress. For those not aware, the state owns the road and is willing to spend at least \$3.2 million to repair the road and fix the drainage issues. The one caveat to this is after they're done, the ownership of the road would then go to the town. Most folks were concerned about what this would do to their taxes given the cost of maintenance down the road, sorry couldn't resist, could be substantial to the town. Typically, these types of roads need repairs every seven to ten years. If I were an odds maker, I'd say this will probably remain a state road. Time will tell.

Let's not forget our last "Movies in the Park" this Friday the 27th at River Front Park. This week's movie is the new "Wonka" and the fun begins at 6 p.m.

And please don't forget the "Feed the Hungry"

collection at Market Basket on Saturday, Oct. 5 between 9 a.m. and 3 p.m. This great event will support the food pantry at the Northfield Tilton Congregational Church in memory of Victoria "Vicky" Virgin.

Well, that's all I have for now. Thank you for reading and all your comments! As always, you can email me at: aroundandabouttiltonnh@gmail.com. I can't promise I'll respond to everyone, but I will read them all.

Have a great week!

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Volunteers needed to help clean up Lake Winnepesaukee!



Volunteers gather to celebrate a successful cleanup event in 2023, where they collected more than 12 yards of trash from around the lake!

REGION — Do you want to make a difference in keeping Lake Winnepesaukee beautiful and healthy? Join us for the 2024 Lake Winnepesaukee Cleanup on Saturday, Oct. 12!

Each year, tons of litter finds its way into our water bodies, harming wildlife and affecting

water quality. This is your chance to give back to the lake that offers so much to our community. In 2023, volunteers managed to remove a staggering amount of trash, including large items like old tires and even a toilet from a beach! With your help, we can do even more this year.

This cleanup is not just about picking up trash – it’s about preserving the natural beauty of Lake Winnepesaukee and ensuring it remains a clean and enjoyable place for generations to come. By volunteering, you’re making a direct impact on the health of the lake.

Event schedule

9 a.m.: Meet your Team Lead at your chosen location to sign in, fill out the waiver, and pick up your supply bag and t-shirt. We’ll provide you with water, snacks, trash bags, and gloves to help you get started.

9:15 to 11:30 a.m.: Volunteers will spread out across designated public access sites to collect trash. In addition to these locations, participants are also encouraged to clean up any other areas around the lake where they have access. Drop points for full trash bags will be announced closer to the event.

Noon to 2 p.m.: After the hard work is done, join us at Ames Farm Inn (2800 Lake Shore Rd., Gilford) for an after-party! Enjoy free food, meet some new people, maybe win one of the great raffle prizes.

form at this link <https://www.winnepesaukee.org/2024-lake-winnepesaukee-cleanup/>.

Thank you to our community supporters; Lakes Region Rotary, Meredith Rotary, Ames Farm Inn, LaChance Water Filtration, Holbrook Insurance Center, Lighthouse Contracting Group, Nu Car, Franklin Savings Bank, Boatsetter, and Casella Waste Services.

The Lake Winnepesaukee Association (LWA) is a 501(c)(3) non-profit dedicated to protecting the lake’s water quality, wildlife habitat, and scenic beauty. We rely on community support to carry out our mission to ensure that Lake Winnepesaukee remains a treasure for all who visit and live here.

For more information, visit www.winnepesaukee.org or contact us at 603-581-6632.

Join the excitement at the Sandwich Fair this Columbus Day!

SANDWICH — The Sandwich Fair, a cherished tradition held every Columbus Day weekend in Sandwich, NH, is just around the corner. This year’s fair will take place from Oct. 12 to 14, with a special midway sneak preview on Friday night. Over the course of three and a half days, visitors can enjoy a wide range of activities, attractions, and entertainment.

Admission to the fair is \$12 per day, with free entry for children under 12. Gates open at 8 a.m., and exhibit halls open at 9 a.m. Take advantage of the beautiful fall foliage and immerse yourself in the rich agricultural heritage of our fair. Highlights include numerous animal competitions, featuring many 4-H events, spread throughout the three days.

Exciting new features for 2024 include a brand-new playground area located next to the stage, where parents can unwind and enjoy live music while their children play. Additionally, we are offering helicopter rides, weather permitting, throughout the fair. To make your visit even easier, tickets are available online at thesandwichfair.com, allowing you to skip the lines. Please note that tickets are non-refundable and credit card fees apply. We will also accept credit card payments at the gates and credit fees will apply

Friday evening will feature a midway ride preview, offering unlimited rides from 4 to 9 p.m. for \$25. On Saturday, the fair will showcase an Antique Auto Show starting at 8 a.m., culminating in a parade at 1 p.m. The day will also include various animal exhibits and competitions, including the Farmer’s Hitch. Enjoy performances by The Shifters Band, Bryson Lang, a juggler, and Magic by George. A new Pay-One-Price ride special will be available from 9 a.m. to 6 p.m. for \$30.

This year on Saturday, we are also introducing an all-day Corn Hole Tournament, sponsored by Humble Grunt Work, along with the Humble Grunt Tournament on Friday night. The Corn Hole Tournament will feature bags flying at 5 p.m. on Friday and 10 a.m. on Saturday, with all proceeds benefiting the Humble House Fund. For more details or to register, please contact cornhole@humblegruntwork.org.

Sunday’s highlight will be the Grand Street Parade at 1 p.m., with the theme “The History of Sandwich Fair.” The day will also feature the FFA Woodmen’s Field Day competition, horse pulling, Gymkhana, and numerous animal competitions. On stage, enjoy performances by Crunchy Western Boy, singer-songwriter April Cushman, and mentalist

Roderick Russell.

Monday will offer a packed schedule with events including the Women’s Skillet Toss, Gentlemen’s Keg Toss, Oxen Pulling, and the Truck Pull. The Mini Excavator competition returns for its second year. Do not miss the baked goods auction at 3:30 p.m., with all proceeds supporting a local food pantry. It is also 4-H Day, celebrating the dedication of 4-H participants. Military service members (with proper ID) and seniors will receive free or discounted admission, respectively. The day’s entertainment will feature The Red Hat Band, Joe Howard, and Brandy, a vibrant 6-piece band.

Also on Monday, the fair will host the 2nd Annual Compact Equipment Skills Competition, featuring challenges with skid steers and excavators. This event will follow the truck pull from 1 to 4 p.m., with awards for Top Excavator Operator, Top Skid Steer Operator, and Overall Top Operator.

Be sure to visit our merchandise booth by the flagpole for a selection of t-shirts, hats, and new bumper stickers. For more information, entry forms, and a complete list of activities, please visit thesandwichfair.com. We look forward to welcoming you to the 2024 Sandwich Fair!

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Opinion

Staying united after the election: A call to remember what matters most

Once the dust settles after the upcoming presidential election, it’s important for all of us—no matter who we voted for—to remember that we are still neighbors, friends, and family. Elections have the power to highlight our differences, but they don’t change the core of what really makes us a community. When the votes are counted and the debates subside, we must find our way back to what binds us: a shared commitment to the well-being of our families, our neighborhoods, and the place we call home.

While political divisions can feel sharp and personal, especially in today’s climate, it’s essential to remember that the most meaningful connections in our lives aren’t determined by a vote. The person who will lend you a cup of sugar, help you shovel your driveway, or cheer for your kid’s team on a chilly Saturday morning is your neighbor—not just a political identity. Whether we find ourselves celebrating or disappointed by the election’s outcome, the morning after still requires us to move forward—together.

Our communities are built on cooperation and common ground, regardless of who holds office. We rely on each other in ways that go beyond politics. Schools still need teachers, businesses still need customers, and we all still need that feeling of connection with those around us. The conversations we have at the local coffee shop, at school pick-ups, or during community events are what truly shape the fabric of our daily lives. These moments, not political debates, are what sustain us.

This is not to say that the issues at stake in elections don’t matter—they absolutely do. We must continue to advocate for what we believe in, speak our minds, and hold our leaders accountable. But it’s also vital that we don’t let the divisions of the political arena spill over into the personal relationships that hold our communities together. After all, when the election is over, we still share the same streets, parks, and grocery stores.

So, how do we move forward? First, by listening. Let’s take the time to really hear one another, even when we disagree. Let’s focus on finding common ground—there’s often more of it than we realize. Whether it’s addressing local issues, supporting a neighbor in need, or simply being kind to one another, we can all contribute to the healing and rebuilding process that follows every election.

Letter submission policy

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

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



COURTESY

Groundbreaking held for Winnisquam Ag Center renovation and expansion

Members of the Winnisquam Regional School Board and Budget Committee gathered to celebrate the groundbreaking for the new Ag Center renovation and expansion project. The project will provide additional space for two new programs, Cosmetology and Precision Manufacturing, in addition to Agriculture Education and is scheduled to open in the fall of 2025. Pictured above are Board Members Jen Holt, Jen Tupek, John Cormier, Dr. Christina Flanders, Budget Committee Member Dr. Mary Steady, Board Members Lance Turgeon, Dr. Ernest Roy, Budget Committee Chair Nina Gardner, School Board Chair Sean Goodwin, Budget Committee Member Tim Pearson, WRSD Facilities Director Rob Berry, Budget Committee Member Jane Alden, Board Member Alex Dymont, WRHS Principal Dr. Angela Friborg, WRHS Ag Director Shane Rozamus. Jay Doherty from Lavallee Brensinger Architects and Bonnett, Page and Stone Project Director Barrett Ryan Salta.

Manifestation

Manifestation—does it truly work? For decades, this concept has captured significant attention, especially in the pages of popular self-help books like “The Secret” by Rhonda Byrne, “Think and Grow Rich” by Napoleon Hill, and “The Power of Now” by Eckhart Tolle. These works suggest that the mind can create reality, emphasizing positive thinking, visualization, and belief as the key.

So, what’s the truth behind manifestation? Is it a genuine force or just another trend?

Looking through history, we find compelling examples of people who have manifested their desires remarkably. Jesus manifested bread and fish to feed thousands, turned water into wine, and raised Lazarus from the dead. How did He do it? He told us: ‘Everything is possible for the one who believes’ (Mark 9:23). This belief, central to Jesus’ miracles, also applies to those who have shaped the world through their conviction.

Gandhi, through non-violent resistance, and Martin Luther King Jr., with his vision of equality, both relied on unwavering belief to drive their movements. Likewise, innovators like Elon Musk and Steve Jobs revolutionized in-

dustries by maintaining steadfast belief in their visions. They didn’t just wish for success—they visualized it, believed in it, and worked relentlessly to bring it to reality.

There is a distinction between miraculous manifestations, such as Jesus multiplying bread, and the achievements of inventors and social activists. While one may seem instantaneous and the other a slower, deliberate process, both are rooted in the same fundamental principle: belief.

Whether miraculous or transformative, faith in the outcome drives these manifestations into reality.

A common thread among those who teach manifestation techniques is the importance of

assuming your desires are already fulfilled, even before they physically manifest. Whether it’s modern self-help gurus or ancient spiritual teachings, the principle remains the same: you must believe you have what you want before it arrives in your reality.

The central idea is that by aligning your thoughts, feelings, and beliefs with the desired outcome, you attract

that outcome into your life.

This idea of belief has been central to Jesus’ teachings, as mentioned above. He emphasized it again in Mark 11:23: ‘Truly I tell you, if anyone says to this mountain, “Go, throw yourself into the sea,” and does not doubt in their heart but believes that what they say will happen, it will be done for them.’ Here, Jesus highlights the crucial role of unwavering belief in the process. It’s not enough to ask for what you want—you must act as if it is already done.

The idea is clear: belief and emotional alignment with your desired outcome create the conditions for its realization.

So how does this apply in your life? Imagine you’re aiming for a promotion at work. Instead of doubting or hoping, visualize yourself already in that role—feeling confident, acting as if the promotion is yours. The same goes for personal goals, like getting healthier. Instead of focusing

on the obstacles, believe you’re already living a healthier lifestyle, making choices aligned with that belief. The principle remains the same even in bigger

dreams—starting a business, finding your dream home, or writing a book.

If you think success is inevitable, you’ll naturally align your actions, mindset, and energy toward making that vision a reality. Belief becomes the foundation for your daily actions, driving you forward even when challenges arise.

So, does manifestation truly work? Well, it has great business leaders and revolutionaries. You might attribute their success to luck or chance, but you can’t deny that they believed with all their heart in their vision. That kind of belief—so strong that it drives every action—is undeniably a common thread among those who achieve remarkable outcomes. So, is it luck, or is it the power of belief? The line between the two may be thinner than we think.

The real question is: Are you willing to believe before you see? As countless teachers and

thinkers have encouraged, can you assume your wish is already fulfilled? Perhaps it’s time to believe not only in the world around you but in your ability to shape it. What if the life you dream of is waiting on the other side of the limits you’ve created in your mind?



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Comfort Keepers

Physical activity for senior care

BY MARTHA SWATS

Owner/Administrator

Comfort Keepers

As seniors age, physical activities can have not only positive physical effects, but positive cognitive effects as well.

In one study, 100 nursing-home residents performed resistance exercises three times a week for 10 weeks. At the end, the exercise group could lift significantly more weight, climb more stairs, and walk faster and farther than their

sedentary counterparts.

It’s been proven time and again that exercise is good for seniors’ physical and mental health. Regular exercise, even in small amounts, can improve mood, relieve stress and improve health. According to the CDC, four of the five most expensive health conditions older adults face can be prevented or managed with physical activity. But, only about 35% of adults over the age of 65 are physically active.

Any senior starting a new exercise plan should consult with their physician. And, it is helpful for family and members of the care team to assist and support physical activity in any way they can.

For those that are physically able to begin an exercise program, regular movement can help them live a more vibrant and healthy life. Some of the health benefits include:

Improved mental health, mood and out-

look

Prevention, or improvement of, diseases such as diabetes, obesity, heart disease, and osteoporosis

Reduced pain from arthritis and minimizing its severity

Decreased risk of falls

Each individual has different needs when it comes to exercise and varying health conditions that may need to be taken into consideration before beginning an ex-

GOING OUT OF TOWN

A day with animal friends at The Stone Zoo



One of the black bear brothers living at The Stone Zoo in Stoneham, Mass.

BY ERIN PLUMMER

mnews@salmonpress.news

A sunny late summer day is the perfect time to meet up with friends and on some days the best friends to spend this kind of day with are the furry, feathery, and scaly variety. There are many different zoos, aquariums, and wildlife refuges across New England where you can spend a great day with some animal friends. One of these is the Stone Zoo in Stoneham, Mass., with a big population of animal friends and plenty of places to walk around and enjoy nature. I last visited seven years ago and it was good to be back in some great creature company.

When I started driving directly into Boston on I-93 whether going through the tunnel to get to points south or getting ready to exit for Storrow Drive, I always passed by the typical brown attraction sign for a place called The Stone Zoo. Eventually, I decided to check this place out, and one day in 2017, I left the exit toward Stoneham. I found that Stoneham is a lovely town to drive through, it's large but has lot of quiet areas. I then arrived at the Stone Zoo and spent a wonderful day checking out a wide variety of animals.

Seven years later I decided to check it out again and saw plenty of familiar sights along with some new friends.

The 26-acre Stone Zoo, located a little over an hour and a half from the Lakes Region and is less than 20 minutes from downtown Boston. It is owned by Zoo New England, a nonprofit organization that also manages The Franklin Park Zoo in Jamaica Plain

and is accredited by the Association of Zoos and Aquariums. The zoo was founded in 1905 as the Middlesex Fells Zoo, but was renamed The Stone Zoo in 1969 in honor of former zoo director Walter D. Stone.

When I pulled into the parking lot, I saw they turned solar panels into a nice covered parking area, which was new. I went through the gate at my ticket time and immediately saw a group of flamingos hanging out by little pond. I immediately knew I was going to enjoy this trip. The flamingoes' neighbors were a green-winged macaw named Rockwell and a blue and gold macaw named Cusco, who hopped around their perches and sometimes got together to groom each others' feathers. Looking above I caught the sight of some scarlet ibis perched in the branches above. The scarlet ibis is the same pink color as flamingoes, but prefers higher perches.

The next stop was the butterfly cage, a net dome where different species of butterflies flew around and snacked on the leaves and halved citrus fruits left around for them.

My first sighting of a big animal were the two black bears that live in a large rocky enclosure near the front of the zoo. The Stone Zoo's resident black bears are Smoky and Bubba, bear brothers who were rescued in Georgia as cubs. The bears were initially taken in by the Appalachian Bear Rescue in Tennessee, who determined they could not be released back into the wild. Zoo New England

took on their care and they have been living at the Stone Zoo. Both were taking naps when I first got there, one of them was laying right against the fence at the edge of the enclosure and peacefully sleeping only to stir when shooing away some flies. Granted we were separated by several thick barriers, but it was pretty cool to be just a few feet away from a big bear. I came by again later to see both were awake and playing with some of their big toys.

I continued to walk around and got great looks at all their animals. Each section of the zoo is separated into different themes based on habitats such as Yukon Creek, Himalayan Highlands, Treetops and Riverbeds, and more. They had everything from small lizards and snakes in tanks to huge areas for other animals that require more room to roam around.

Personally, I was happy to see all the animals, especially the ones everyone associates as being creepy. I had fun spotting the snakes curled in corners and the little brown bats flying around and hanging upside down in their cave.

Some animals were easy to spot or right in the open. With other enclosures it was a fun game of finding where the animal might be. Sometimes I would pass an enclosure and see nothing, then look in the right area and see a critter blending in with the trees or napping under a rock. The otters were one such game to find. It took me a while to see where they were until someone pointed at two otters curled up under a



Flamingoes at The Stone Zoo hang out for a drink.

rock. The snow leopard was another; it took me a while to find our friend until I saw the big kitty perched high on a rock.

The zoo is home to an entire pack of Mexican wolves who live in a big enclosure. It also took me a second to see them, but soon I was seeing the wolves walking around or hanging out with each other.

While most of the animals there are the kind you don't want to be too close to, the zoo has a few animals you can go right up to and pet. The Barnyard area is home to an assortment of farm animals including a petting zoo filled with goats and chickens. The goats there were friendly and well behaved. They would walk right up to you and when you pet them, they looked super happy. Even if they were munching on some grass, they were okay with sudden pets.

I ended up doing two walks around the whole zoo, checking out the animals I met before and seeing if I could find the ones that were a little less in view. Seeing all these animals in their little daily lives made me happy and I found myself grinning and gasping like an amazed child when I saw one.

The Stone Zoo has an array of programs and events for the whole family and is very kid friendly. There are also several tables and benches as well as designated picnic and meeting areas. When leaving you can check out the gift shop and kids and people of all ages who collect little soft things can get some cuddly toys in the form of the animals you just saw.

The Stone Zoo made

for a fun afternoon, and I adored seeing all the different animals. It is also in a lovely natural setting that makes it a great place to walk around and

enjoy some outdoor air.

For more information on The Stone Zoo, visit www.zooneugland.org/stone-zoo.



Cusco, a blue and gold macaw, and Rockwell, a green winged macaw, keep each others feathers tidy.



The Stone Zoo also has a group of barnyard animals, including these friendly goats.

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PETS OF THE WEEK

Josie

Meet Josie!
Josie is a curious girl who enjoys being around people. While she's had success with dog companions in the past, we recommend she starts as the only four-legged pet in her next home.
Considering her energetic nature and active lifestyle, Josie would flourish in a home with older kids or adults only. And while she's a fantastic companion for humans, she may do best in a household without cats.

Baby

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

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COURTESY

LRAA announces Artists of the Month

LRAA members have the opportunity to enter a piece of artwork into the Artist of the Month Program at each monthly Member Meeting. Winners can display and sell a single work for a month in various public venues throughout the Lakes Region in participating Banks and Libraries or Local Businesses. September Artists of the Month, left to right, were — Back Right: Sherwood Frazier, Gail Brunt, Jim Cryan. Front Row: Barbara McClintock, Pat Anderson, Fay Lee. These Winning Artists' artwork will be on display in locations in the Lakes Region until Oct. 20. Pat Anderson, this month's First Place winner has the distinct honor of displaying several pieces of her artwork at Annie's Cafe & Catering in Laconia NH. Warm up with some scrumptious homemade soup and sandwiches and enjoy the art while you eat! The art pieces for the Honorable Mention artist will be on display through the third week of August in the following locations: Jim Cryan - Northway Bank, Tilton; Fay Lee - Northway Bank, Laconia; Sherwood Frazier - Northway Bank, Meredith; Gail Brunt - Franklin Savings Bank, Gilford; Barbara McClintock - Gilford Public Library.

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ACTIVITIES

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9a.m. - 6p.m.: Bootlegger's Footwear - 60th Anniversary Total Store Sale
SATURDAY, SEPTEMBER 28
All Day: SIDEWALK SALE DAYS!
8:30 - 10:30a.m.: Winni Chase Regatta - Winni Chase Pinckney Boathouse, Brewster Academy
9am - 6pm: Bootlegger's Footwear - 60th Anniversary Total Store Sale
10a.m. - 2p.m.: Justin, Wolfeboro Economic Development Committee. Outside Chamber of Commerce/former railroad station
10a.m. - 4p.m.: Dare To Create Flower Festival with Branch & Bloom. Register at branchandbloomnh.com
10am - 4pm: Hampshire Pewter - stop by and decorate your own cookie, limit one per person, while supplies last
11a.m. - 3p.m.: Foss Field Pavilion, 88 Lehner St. Music, Games, Raffles, Food, Face Painting & More! Presented by Wolfeboro Parks & Recreation.
11:30am-2pm: Kingswood Youth Center's 15th Annual Chili Challenge. Foss Field Pavilion, 88 Lehner
SUNDAY, SEPTEMBER 29
9a.m. - 6p.m.: Bootlegger's Footwear - 60th Anniversary Total Store Sale
10a.m. - 4p.m.: Dare To Create Flower Festival with Branch & Bloom. Register at branchandbloomnh.com

FALL FESTIVAL!

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Bricks At The Lakes, 51 N. Main St.

Dive Winnepesaukee, 4 N. Main St.

Hampshire Pewter, 9 Railroad Ave.

Nordic Skier, 47 N. Main St.

Renewal By Andersen of Southern Main & New Hampshire, table on the sidewalk on Main St. bridge

Van Otis Chocolates, 15 S. Main St.

Wolfeboro Casuals, 11 S. Main St.

Winding Brook Direct Primary Care, table 22 S. Main

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THE BAY DINER

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TRENTA

WOLFE'S TAVERN

WOLFE TRAP GRILL & RAWBAR

YUM YUM SHOP

LNA Health Careers partners with Golden View to enhance nursing assistant training in Meredith

MEREDITH — LNA Health Careers (LNAHC) is proud to announce a strategic partnership with Golden View Health Care Center, a leading skilled nursing facility and award-winning assisted living in Meredith to provide onsite Licensed Nursing Assistant (LNA) training utilizing the LNAHC curriculum. This initiative is spearheaded by award-winning Nursing Home Administrator Rosemary Simino and April Vertone an LPN with a passion for educating future LNAs. Golden View Health Care Center is committed to enhancing the quality of care for its residents while simultaneously improving employee retention rates. By offering free LNA training to its employees, Golden View Health Care Center is taking a significant step towards fostering an environment of professional growth and excellence within the skilled nursing industry. To celebrate the accomplishments of the graduates from this program, Golden View Health Care Center hosts a special pinning ceremony. This heartfelt event includes the participation of residents who present the graduates with their LNAHC pins, followed by a celebratory luncheon honoring their achievements. “We are thrilled to collaborate with Golden View Health Care Center in this endeavor,” said Kerri Dutton, President of LNA Health Careers. “This partnership not only equips staff with essential skills but also reinforces our shared commitment to providing exceptional care.” Golden View Health Care Center continues to exemplify excellence in the skilled nursing sector through innovative training programs that empower employees and enhance resident care. To learn more about Golden View, please visit www.GoldenView.org or call 603-279-8111. For more information on how your skilled nursing facility can implement an LNA Health Careers partnership, please contact us at 603-647-2174.

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Golfing Raiders turn in some of their best results in years

BY JOSHUA SPAULDING

Sports Editor

CANTERBURY

The Belmont golf team played back-to-back home matches last week, teeing off at Canterbury Woods Golf Club on Monday, Sept. 16, and Tuesday, Sept. 17.

In the opening match of the week, the Raiders put forward the best score coach John Mattes had seen in a few years, as they put up 57 points to finish in second place behind a very strong Gorham team, which finished with 84 points. Hillsboro-Deering rounded out the field with 55 points.

Max Ryder led the way for the Raiders out of the top spot in the lineup, finishing with 16 points, with Alex Rowley in the second spot and Jordan DeFrancesco in the third spot both finishing with 15 points. Jack Binder finished out the scoring with 11 points from the fourth spot and Jasper Sottak had six points in the sixth spot and Tyler Mull had five points in the fifth spot to round out the field of Raiders.

The next day the



Alex Rowley tees off on the first hole at Canterbury Woods last Tuesday afternoon.

Raiders welcomed Hillsboro-Deering back to Canterbury Woods and the two teams were joined by Woodsville. The match came down to a tiebreaker between the two visitors, who both finished with 57 points

for their top four golfers. Woodsville's fifth scorer gave the Engineers the match with 67 points, the Hillcats were second at 61 points and Belmont finished third with 41 points.

The Raiders were



Max Ryder led the Belmont golf team in a pair of matches last week at Canterbury Woods.

once again led by Ryder, who scored 15 points. Rowley and DeFrancesco, again playing in the second and third spots in the lineup, respectively, again both carded the same score, this time each putting up 10

points. Binder had six points from the fourth spot to round out the scoring. Sottak had five points at number six and Mull had one point in the fifth spot to finish out the field of Raiders.

After starting the

week with their best scores in years, the Raiders did better on Wednesday, Sept. 18, at Birch Hill Golf Club in Moultonborough, as the Raiders finished with 59 points on the day. Gorham won with 77 points, Sunapee was second with 73 points and Moultonborough was third with 68 points.

Ryder led the Raiders with 18 points from the top spot, while Sottak had a career-best 15 points from the sixth spot to finish as the second Raider scorer. DeFrancesco finished with 14 points in the third spot and Binder rounded out the scoring with 12 points in the fourth spot. Rowley had 10 points from the second spot and Mull had four points from the fifth spot.

Belmont is scheduled to be in action on Friday, Sept. 26, at Hopkinton at 4 p.m.

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

HIGH SCHOOL SLATE

Thursday, Sept. 26

BELMONT

Cross Country Home Meet; 4
Golf at Hopkinton; 4

GILFORD

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

Friday, Sept. 27

WINNISQUAM

Field Hockey at Littleton; 4

Saturday, Sept. 28

BELMONT

Boys' Soccer vs. Winnisquam; 1
Girls' Soccer vs. Conant; 11
Volleyball vs. Raymond; 3

GILFORD

Boys' Soccer vs. Kearsarge; 11
Field Hockey vs. St. Thomas; 4
Football vs. Inter-Lakes; 7
Girls' Soccer vs. Kearsarge; 1
Volleyball vs. Hanover; 4
WINNISQUAM
Boys' Soccer at Belmont; 1
Football at Franklin; 3:30

Monday, Sept. 30

BELMONT

Cross Country at Newfound; 4
Volleyball at Concord Christian; 5:15

GILFORD

Golf at Bishop Brady; 3:30

Tuesday, Oct. 1

BELMONT

Boys' Soccer at Somersworth; 4
Girls' Soccer vs. Campbell; 4

GILFORD

Boys' Soccer vs. Bishop Brady; 4
Field Hockey at Newfound; 4
Girls' Soccer at Bishop Brady; 4
WINNISQUAM

Boys' Soccer at Stevens; 4

Wednesday, Oct. 2

GILFORD

Golf at Trinity; 4
Volleyball at Manchester Memorial; 6

WINNISQUAM

Volleyball vs. John Stark; 6:45

Thursday, Oct. 3

BELMONT

Golf at Concord Christian; 4

GILFORD

Field Hockey vs. Littleton; 4

WINNISQUAM

Boys' Soccer at White Mountains; 4

Field Hockey at Sanborn; 4

All schedules are subject to change.

Bears fall to strong Somersworth and Gilford squads

BY JOSHUA SPAULDING

Sports Editor

TILTON — The Winnisquam volleyball team took on the runners-up from last season, Somersworth, on Monday, Sept. 16, and dropped a 3-0 decision to the Hilltoppers.

"Sometimes you can learn a lot about your team when you lose and tonight was one of them," said coach Mark Dawalga. "I was really proud of our team's ef-

fort all night and how they battled the whole game."

The Bears fell to Gilford in a 3-0 match on Wednesday, Sept. 18, with the Golden Eagles winning 25-15, 25-18, 25-22.

"I thought tonight we did not match Gilford's intensity early in the match and got down 2-0," said Dawalga. The third set, we upped our game,

but we had dug ourselves a hole that we could not get out of.

"Give Gilford credit, they are a very good team, well-coached and made more plays than us," he continued. "One thing I did like is the never give up attitude by our team."

Bella Dill had six assists and two aces, Gianna Ball had 10 digs and two assists, Caidyn

Carter had three kills, seven digs and three aces and Danica Weymouth had seven digs and two aces.

The Bears are scheduled to be at home against John Stark on Wednesday, Oct. 2, at 6:45 p.m.

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

PSU soccer programs announce fall ID clinic date

PLYMOUTH — The Plymouth State University men's and women's soccer programs have released the details of the annual fall Panther Soccer ID Clinic.

The half-day clinics geared toward high school players aged 16-and-up with an interest in playing at the collegiate level are set for Sunday, Nov. 24. The girls' clinic will run from 9:30 a.m. to 12:45 p.m., with the boys' covering 2:15 to 5:30 p.m. An optional, joint admissions tour for both groups is

scheduled for 1 to 2 p.m.

The Panther Soccer ID Clinics offer high school players the opportunity to train and play in the Plymouth State environment while gaining insight into the college recruitment process. Participants will also learn what it takes to succeed physically, emotionally, technically, and tactically at the collegiate level. Additionally, attendees will receive a PSU soccer tee shirt and post-clinic access to video footage from the two technical/tactical

training sessions.

The clinics are run by head coaches Rob Wright and Peter Simoni and their coaching staffs and are limited to 28 participants. The registration fee is \$80, and a multi-child discount is

available.

Registration links, detailed information and camp brochure can be found on the department website at athletics.plymouth.edu/camps.

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Best 2023 Winner

RAIDERS

CONTINUED FROM PAGE A1

the other side. Chandonnair had a huge hit and LeBrun answered for the Bears. O'Connor had a service aces to get the lead to 22-14 and after a LeBrun hit got the Bears back on the board O'Connor was able to close out the 25-20 win with a big hit and Belmont had the 3-1 win.

"We make it a point to take about what percent of the game is mental,"

said Edgren. "They realize they have to stop, breathe and get themselves more centered. And they did that without us even asking them to."

"Our serving is strong and our hitting is good when we get the opportunities," Fairbank noted. "The weakness right now is just reacting to the ball. We have the pieces, we just need to get that piece."

The Bears are slated to e at home against

Nute on Friday, Sept. 27, Mascoma on Monday, Sept. 30, and Sunapee on Wednesday, Oct. 2, all with 6:15 p.m. scheduled starts.

The Raiders are scheduled to be hosting Raymond on Saturday, Sept. 28 at 3 p.m. and visiting Concord Christian on Monday, Sept. 30, at 5:15 p.m.

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

COMFORT

CONTINUED FROM PAGE A1

ercise regimen. A health professional to determine the best approach to physical activity with senior care.

There are a variety of ways to incorporate aerobic activity, strength-building exercises, stretching and balance – all without leaving the comfort of home! Aerobic exercise – Walking in place, dancing or aerobic routines can help get the heart rate up. These activities improve cardiovascular health and help older adults maintain a healthy weight.

Strength building exercises – there are many easy strength-building exercises that can help seniors build the muscles they need to do everyday activities and prevent muscle loss. And, exercises can be done with household items or using body weight, so no expensive equipment is required.

Stretching – Stretching before and after exercise can help prevent soreness after exercise. And, the additional benefit is improved flexibility, which is good for older adult's physical health. For those looking to improve their flexibility even more, there are exercise routines available online that include yoga or stretching

routines specifically for seniors.

Balance exercises – Balance exercises help seniors prevent falls and improve mobility. Yoga, tai chi, and other low-impact activities can all help improve balance and overall physical health.

Those that need a little assistance getting started should not hesitate to reach out to their doctor, family or caregiver. It is never too late to adopt an active lifestyle!

Comfort Keepers® can help

For seniors that need a little extra help living an active lifestyle, Comfort Keepers caregivers can help with encouragement, support and assistance with physician-prescribed exercise plans. And, caregivers can encourage overall health through meal planning, grocery shopping, meal preparation and activities. Our custom care plans focus on physical and mental health and wellness activities. Our goal is to see that clients have the means to find the joy and happiness in each day, regardless of age or acuity.

To learn more about our in-home care services, contact your local Comfort Keepers location today.

About Comfort Keepers

Comfort Keepers is a leader in providing in-home care consisting of such services as companionship,

transportation, housekeeping, meal preparation, bathing, mobility assistance, nursing services, and a host

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

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

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

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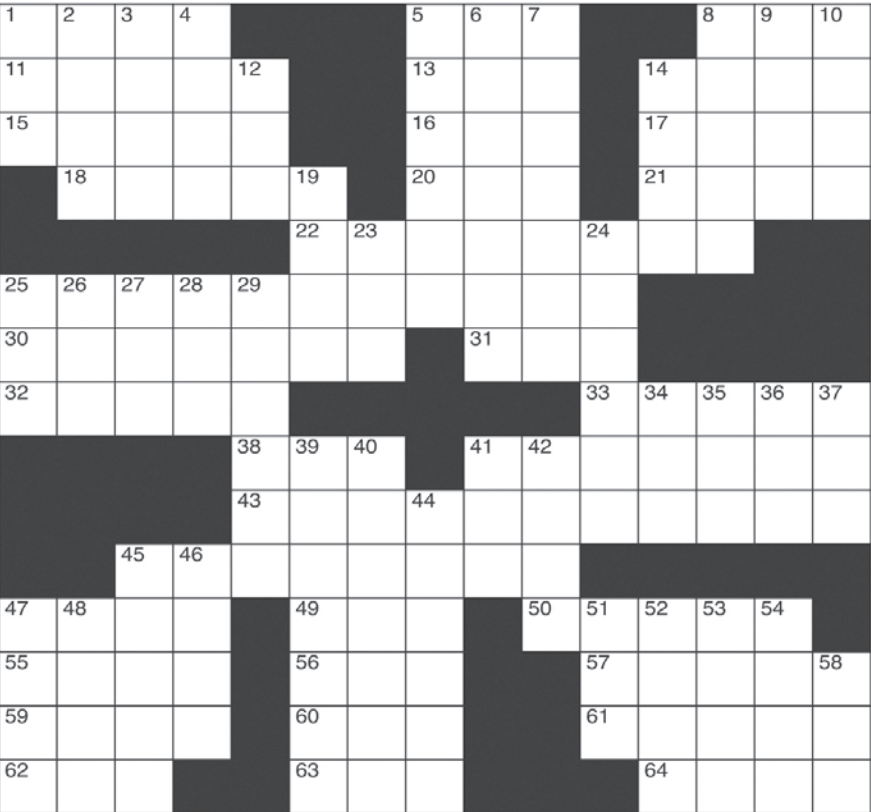
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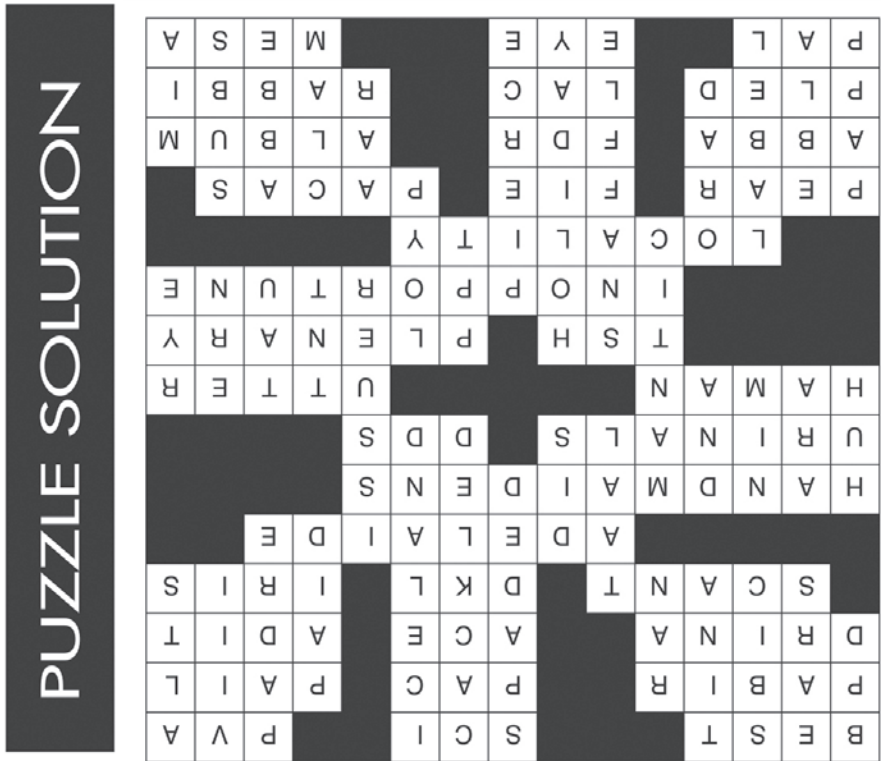


CLUES ACROSS

1. Unequaled
5. ___-fi (slang)
8. Synthetic resin
11. Chadic language Bura-__
13. Influential come Election Day
14. Bucket
15. European river
16. Earn a perfect score
17. Horizontal passage
18. Barely sufficient
20. Dekaliter
21. Goo Goo Dolls hit
22. Australian city
25. Female servants
30. Plumbing fixtures
31. Tooth caregiver
32. Book of Esther antagonist
33. Say aloud
38. Thyrotrophic hormone
41. Absolute
43. Untimely
45. Area or neighborhood
47. Juicy fruit
49. Expresses distaste, disapproval
50. S. American rodents
55. Swedish rock group
56. Influential American president
57. Volume
59. Begged
60. Resinlike substance secreted by certain lac insects
61. Spiritual leader of a Jewish congregation
62. Good friend
63. Body part
64. Tableland

CLUES DOWN

1. Barrels per day (abbr.)
2. Body parts
3. Invests in little enterprises
4. Rock legend Turner
5. Dug into
6. Laughed
7. Northern European nation
8. San Diego ballplayer
9. Eight
10. Substitutes (abbr.)
12. Moved swiftly on foot
14. Compensated
19. Volcano in the Philippines
23. Speak ill of
24. One who publishes
25. Expression of bafflement
26. Macaws
27. Matchstick game
28. We all have our own
29. Divinatory
34. Explosive
35. Follows sigma
36. Sea eagle
37. Type of bread
39. Bit used with a set of reins
40. Time away from work
41. Parts per thousand (abbr.)
42. Lots on your plate (abbr.)
44. Actor Brosnan
45. It's part of packaging
46. Towards the oral region
47. Public Theater creator Joseph
48. Ancient Syrian city
51. Swiss river
52. Mollusk
53. A French abbot
54. Hoagies
58. Not present (slang)



Non-partisan candidate forum aims to educate and engage voters ahead of general election

LACONIA — The public is invited to attend a non-partisan forum to hear from candidates seeking election to the New Hampshire House of Representatives for Laconia Wards

1, 3, 4, 5 and 6, as well as the State Senate (District 2) and the Executive Council, (District 1). Both Democrat and Republican candidates will share their views on state and local issues most important to voters on Thursday, Oct. 10 from 6:45 to 9 p.m. at the Belknap Mill, 25 Beacon St. East in Laconia. The event is free and open to the public and will be moderated by the League of Women Voters of New Hampshire.

"The general election on Nov. 5 is critically important for the future of Laconia, the Belknap

County region and the entire state," stated Matt Soza, a member of the organizing committee. "This candidates forum is for everyone. We hope that voters will attend to learn more about the candidates running for office and understand their positions on important issues that will impact our community."

Audience members attending the forum will have an opportunity to submit written questions about the issues that concern them most. Those who would like to do so are encouraged to arrive at the event shortly after doors open at 6 p.m. to allow for enough time to provide a suggested question and find a seat. The event also will be recorded by Lakes Region Public Access (LRPA-TV).

"Many here in Laconia have a deep desire to build community and have neighbors and friends be able to listen and learn from each other," added Kay Anderson, another member of the organizing committee. "We hope this forum will help spark meaningful, respectful conversations with a heightened sense of optimism for building stronger communities. We encourage voters to mark their calendar and bring a friend!"

"The League of Women Voters encourages active participation in government," stated Liz Tentarelli for League of Women Voters NH. "We are pleased to offer this non-partisan opportunity to the people of Laconia to learn more about their candidates before the election on Nov. 5."

The Unitarian Universalist Society of Laconia (UUSL) and the League of Women Voters of New Hampshire (LWV-NH) are sponsoring the event as a community service and do not recommend or endorse candidates. The candidate forum is co-sponsored by the Rotary Club of Laconia, Temple B'nai Israel in Laconia, Laconia Human Relations Committee and the Greater Laconia Ministerial Association.

In accordance with RSA 7:19a, notice is hereby given that a pecuniary benefit transaction that exceeds \$5,000 will occur between Sant Bani School and Kent Bicknell. Kent Bicknell, the father of the Secretary of the Board of Trustees, Chris Bicknell, will serve as a consultant for the 2024-2025 school year. For his services, Mr. Bicknell is paid an annual contracted amount of \$25,000

Reverend Judith Wright, UUSL minister and committee chairperson, added, "We're very excited about this public event for local voters. At the conclusion of the forum, I hope people will feel inspired to create more welcoming, safe spaces where we can learn how to work together in finding real solutions that benefit all of us."

For more information, visit uulaconia.org or [Facebook.com/UULaconia](https://www.facebook.com/UULaconia).

Canterbury Shaker Village to host stone wall workshop



CANTERBURY — During a two-day workshop at Canterbury Shaker Village on Saturday, Oct. 19, and Sunday, Oct. 20, participants will explore in depth the history, construction, and maintenance of stone walls.

The workshop will be led by local stone mason Kevin Fife, who has worked on the stone walls at the Village for 30

years.

“There are stone walls all over the Village grounds,” he said.

“Some of these walls are 250 years old, so they need to be maintained.”

These workshops are not just educational, however, as Fife said participants repair stone walls themselves. During the last two stone wall workshops, he said participants helped to restore the stone wall on the northeast corner of the Village cemetery.

“There are lots of different types of stone walls at the Village,” explained Fife, who said that most of them were built with fieldstone and granite that was collected on the property by early Shakers.

According to Fife, some sections of stone walls are either leaning

the middle of the wall, but years of freeze and thaw will break the wall down,” he added.

“We are so excited to welcome Kevin back for a one-of-a-kind workshop that really allows participants to work with history,” said Kyle Sandler, Education Manager at the Village. “This is an opportunity to learn from an expert and help keep our grounds beautiful.”

Stone Wall Workshop will be held on Oct. 19 and 20 from 9 a.m. to 4 p.m. The workshop includes materials, a gourmet lunch, and drinks each day. Tuition is \$250 per person and \$150 for returning participants. To register, visit shak-

ers.org.

Designated as a National Historic Landmark for its architectural integrity and significance, the Village features 25 restored original Shaker buildings, four reconstructed Shaker buildings, and 694 acres of forests, fields, gardens, nature trails, and mill ponds under permanent conservation easement.

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.

BELMONT POLICE LOG

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

An 18-year-old female from Tilton was issued a summons in lieu of arrest on Sept. 13 for Driving After Revocation or Suspension of License.

Patrick D. Hickey, age 48, of Belmont was arrested on Sept. 13 for Violation of a Protective Order and Stalking-Notice of Order.

Bruce L. Lee, age 40, of Belmont was arrested on Sept. 14 for DUI-Impairment.

A 47-year-old female from Gilmanton was issued a summons in lieu of arrest on Sept. 14 for operating a motor vehicle with an Unofficial Inspection or Registration Decal.

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Century 21 Twin Rivers Realty: www.nhreal21.com

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Coldwell Banker Residential Brokerage
www.newenglandmoves.com

ERA Masiello: www.masiello.com

Exit Lakeside Realty Group: www.exitlakeside.com

Granite Group Realty Services:
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Gowen Realty: www.gowenrealty.com

Kressy Real Estate: www.kressy.com

Lakes Region Realty: www.lakesregionrealestate.com

Lamprey & Lamprey Realtors: www.lampreyandlamprey.com

Maxfield Real Estate: www.maxfieldrealestate.com

McLane Realty: www.mclanerealtyplymouth.com

Mountain Country Realty: www.mountaincountryrealestate.com

Nash Realty: www.nashrealty.com

New Hampshire Colonials Real Estate: www.squamlake.com

Noseworthy Real Estate: www.noseworthyrealestate.com

Old Mill Properties: www.oldmillprops.com

Pine Shores Real Estate: www.pineshoresllc.com

Preferred Vacation Rentals: www.preferredrentals.com

Remax Bayside: www.baysidenh.net

Roche Realty: www.rocherealty.com

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 <p>\$598,900</p> <p>MLS# 5014551</p> <p>Mason: 3BR/2BA, 1,920 sf. saltbox home in a private country setting on over 9 acres. Featuring a wood stove, vaulted ceilings, fireplace, and more. This well-loved home has been recently painted inside and out.</p>	 <p>\$358,500</p> <p>MLS# 5008672</p> <p>Laconia: 2BR/2BA, beautifully maintained condo with amazing lake and mountain views. Unique setup allows you to vacation while bringing in rental income. Call to find out about Cedar Lodges recent improvements to their amenities!</p>	 <p>\$428,000</p> <p>MLS# 5014638</p> <p>Manchester: 3BR/2BA, 1,322 sf. 1950's colonial home in the North End. Featuring hardwood floors, an addition done in the 80's, back deck, and a landscaped yard. Convenient to schools, restaurants, shopping, and more.</p>	 <p>\$699,000</p> <p>MLS# 5014254</p> <p>Meredith: 2BR/1BA, adorable cottage on the shores of Lake Winnepesaukee with 24' deeded dock and sandy beach. Featuring a great room, vaulted ceiling, enclosed screened-in room, comes fully furnished and views of the water. Short terms rentals are allowed.</p>
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All real estate advertising in this newspaper is subject to The Federal Fair Housing Law which makes it illegal to make, print, or published any notice, statement, or advertisement, with respect to the sale, or rental of a dwelling that indicates any preference, limitation, or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination.

(The Fair Housing Act of 1968 at 42 U.S.C. 3604(c))

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The Commission at 163 Loudon Road, Concord, NH 03301

Neither the Publisher nor the advertiser will be liable for misinformation, typographical errors, etc. herein contained. The Publisher reserves the right to refuse any advertising.



Satori Communications Group welcomes new instructors to team

LACONIA — Satori Communications Group (SCG) recently welcomed two new certified instructors for YOUTH Mental Health First Aid (MHFA) to their team. Kim Woodford and Heather Kimball recently completed their certifications to become YOUTH MHFA instructors, which provides adults with skills to use a five-step action plan to

help adolescents (age 12-18) who are experiencing a mental health or addiction challenge or crisis. The YMHFA eight-hour training course is primarily designed for adults who regularly interact with young people, such as school staff, family workers, paraeducators, camp staff, teachers, coaches, parents and more. Participants receive a

three-year certification at the completion of the course. Kim Woodford is an experienced senior-level school district administrator with a 30-year background in focused improvement of educational outcomes for all students. Woodford has worked in the roles of advocate, case manager, counselor, teacher, and administrator. She has

a Bachelor's degree in Education from Trinity College and a Master's degree in Educational Administration from Endicott College. Heather Kimball is a skilled educator of youth and has spent 20 years teaching middle and high school in New Hampshire and North Carolina. With lived experience in recovery (35 years sober), she has

worked in the recovery field with Operation Par Inc., in Largo, Fla. with youth seeking support through their residential program. She graduated from Appalachian State University with a BS in Special Education with an emphasis on Learning and Mental Disabilities. "Heather and Kim bring a wealth of knowledge to SCG in mental

health and education and we are thrilled to have them as our Youth Mental Health Instructors for Satori Communications Group," states Pam Joyal, CEO. Satori Communications Group has taught Adult MHFA at Dartmouth College's Geisel School of Medicine and the Tuck School of Business, Concord, Portsmouth and Exeter Careers in Education Program, Riverbend Community Mental Health, local community colleges and more.

SCG can train your team or students in Adult and Youth MHFA and we come to you! For more information on Adult or Youth MHFA training, contact Pamela Joyal at pamela@satoricomgroup.com or call 603-410-9504. Visit www.satoricomgroup.com for more information.

Attend
annual
Moonlit
Masquerade
to support
human
trafficking
survivors in
NH

LACONIA — Brigid's House of Hope invites you to the Moonlit Masquerade at the historic Lakeport Opera House in Laconia. This elegant evening features live music, dancing, food, and exciting raffle prizes—all in support of human trafficking survivors in New Hampshire. Guests will enjoy the music of Jodie Cunningham & The Close Range Band and are encouraged to embrace the evening's mystique by wearing masks, although not required. The event is designed to raise awareness and provide much-needed support to those affected by human trafficking in New Hampshire and surrounding areas.

"We're thrilled to host this event once again at such a beautiful venue," said Dr. Miranda Lane, Executive Director of Brigid's House of Hope. "The Moonlit Masquerade is a wonderful opportunity to enjoy an unforgettable night, while making a real difference in the lives of survivors. Every attendee is helping to shine a light on a critical issue and contribute to the healing and rebuilding process." Tickets and information available at our Web site, www.brigidshouseofhope.org.

About Brigid's House of Hope Brigid's House of Hope is a non-profit organization dedicated to providing safe housing and intensive case management support for survivors of human trafficking in New Hampshire. Our mission is to empower survivors and help them rebuild their lives through comprehensive services and community reintegration.



Food FACT:

Consuming these foods helps a person stay full, maintain a healthy weight, and have a healthy digestive system.

Answer: Whole grains

How they say that in...

English: Grain
Spanish: Grano
Italian: Cereali
French: Céréales
German: Getreide

What's the Difference?

There are four differences between Picture A and Picture B.

A

B

Answers: 1. Bread on board turned 2. More pasta in upper left corner 3. Missing pasta above tortillas 4. Pasta replaced other grain in bottom bowl

Did You Know?

Most people should aim to eat between 25 and 30 grams of fiber each day from a variety of sources.

Get the PICTURE?

Can you guess what the bigger picture is?

Answer: Wheat

CRYPTO FUN

Solve the code to discover words related to cats. Each number corresponds to a letter. (Hint: 14 = E)

A. 21 14 16 12
Clue: Sound a cat makes

B. 6 22 19 19
Clue: Cat's vibration

C. 12 26 23 2 11 14 19 2
Clue: Sensory hairs

D. 6 16 22 7 5 14
Clue: Jump on suddenly

Answers: A. meow B. purr C. whiskers D. pounce

SUDOKU

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

Level: Advanced

Fun By The Numbers

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

Here's How It Works:

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

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

ANSWER:

Watercolor on Canvas class at Belknap Mill

LACONIA — Have a free morning to tap into your creativity!

A watercolor on canvas class can be a fun and rewarding experience for anyone looking to explore the unique combination of watercolors and canvas as a medium. It provides opportunities for creativity,

experimentation, and the development of technical skills necessary for creating beautiful and expressive artworks.

No drawing skill or previous painting necessary. Come for two hours of fun and creativity.

The class includes pre-prepped canvas and

a drawing ready to paint. Feel free to bring your favorite brushes and watercolors (tube or pan). Watercolors and brushes will be available.

Space is limited. Class will be held at Belknap Mill, 25 Beacon St. East, Laconia Tuesday, Oct. 1 from 10 a.m.-noon. First come, first served.

\$50 in advance.

If you have questions feel free to contact Stephanie McQuade at Stephanie@scmcquade.com

Sign up using www.belknapmill.org/classes or visit Belknap Mill events page.



salmonpress.com



Lumber Materials Handler

Belletetes has an immediate opening in our Ashland location for a full-time Lumber Materials Handler. The successful candidate is responsible for assisting customers and contractors locate materials and load vehicles, receive incoming shipments and select loads for delivery trucks. Computer skills and prior lumber and building material experience is beneficial. Heavy lifting is required. Saturday hours on a rotating basis.

Belletetes is a 5th generation, family-owned building materials supply company that has been in business for over 125 years. Are you looking to join a company that treats their employees like family? We believe our employees are our biggest asset!

When you join our team, you will be working in a family-friendly atmosphere where career growth is important, and we try to promote from within. We offer an industry leading benefits package that includes competitive wages, health insurance, life insurance, paid vacation, paid time-off, paid holidays, paid bereavement leave, profit sharing, 401k and store discounts.

You may apply in person or download an application from our website. All applications should be submitted to:

Dan Uhlman, c/o Belletetes Inc.
20 West Street, Ashland, NH 03217
or you may email to duhlman@belletetes.com

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Qualifications: High school diploma or equivalent with at least five years of prior office experience, progressive in nature, with emphasis on customer service. Must be proficient with computers and other office machines. Maturity and sense of humor a plus.

Pay range is \$18.60-\$20.32 per hour. Resumes are now being accepted. No telephone calls please. The Town of Bristol is an Equal Opportunity Employer.

Resumes will be accepted until October 8, 2024. Interested candidates may apply by submitting a cover letter and resume by e-mail to rsimpson@bristolnh.gov or by mail addressed to:

Town of Bristol
Raymah W. Simpson
5 School St
Bristol, NH 03222

JOB OPENING

Highway Department Equipment Operator/Laborer/Truck Driver

The Town of Holderness, NH is seeking qualified applicants for the position of Equipment Operator/Laborer/Truck Driver. Works under the general supervision of the Holderness Road Agent. Successful candidates should possess considerable knowledge of methods, materials and equipment used in the construction and maintenance of roadways and municipal infrastructure systems. Working knowledge of safety precautions common to construction equipment and construction projects is preferred. Minimum qualifications for the position include high school diploma or equivalent, possession of a valid Class B CDL or the ability to obtain one within the first six months of employment, ability to operate all types of construction equipment. Three to five years of experience is preferred, but we are willing to train the right candidate. Pre-employment physical and background check are required as conditions of employment.

Applications will be accepted until the position is filled. A full job description and employment application may be obtained at 1089 US Route 3 in Holderness or on the Town Website at www.holderness-nh.gov. Completed applications should be emailed to administrator@holderness-nh.gov or mailed to Town of Holderness, PO Box 203, Holderness, NH 03245 Attn: Kevin Coburn.

The Town of Holderness is an Equal Opportunity Employer.



ATS Precision specializes in the manufacture/CNC machining of aerospace products, valve components, biotech products, military hydraulics, microwave connectors, medical machining, and welding. We are currently hiring for the following full-time positions:

FRONT OFFICE/SHIPPING CLERK – This position involves a variety of tasks. Most important, this person will be responsible for preparing our daily shipments - which includes data entry to prepare invoices and packing slips, carefully packaging products, and completing the shipping documents online. Some lifting is required. All of our products are shipped with specific paperwork and certificates that require exceptional attention to detail. We ship internationally. This person will also be responsible for answering and directing incoming phone calls. Must be computer savvy and detail oriented! The hours are M-F 8:00 a.m. to 4:30 p.m.

EXPERIENCED CNC MACHINIST – Candidates must be proficient in set-up and operation of machines, as well as able to read drawings and use measuring instruments. Knowledge on CNC controls for milling and turning equipment is required. We are looking for someone who can hit the ground running! The hours are M-Th 7:00 a.m. to 4:30 p.m. and F 7:00 a.m. to 11:00 a.m.

Good work ethic and attention to detail is a must! Wage depends on experience. High school diploma or equivalent is required for all positions. ATS Precision offers competitive wages, personal/sick time, vacation time, health insurance, education reimbursement and 401k. All applicants must complete ATS' Employment Application. Email resumes and/or application requests to luree@atsprecision.com or stop by to fill out an application. ATS Precision, 87 Route 132N, New Hampton, NH

Town of Plymouth Highway Department Highway Worker/Mechanic

The town of Plymouth, NH, qualifications will determine pay rate, attractive benefit package, for an individual who has a knowledge of small engine repair, diesel engine repair, hydraulic systems operation and repair and general knowledge of light and heavy-duty trucks. Be part of winter operational services. Must have CDL-B with air brake endorsement, NH Inspection license or capable of obtaining one upon hire. It is required to pass a physical, including a drug and alcohol screening, and will be subject to a criminal background check as well as a driving records check.

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

Cara Burzynski and Justin Van Etten join MVSB Board of Directors

MEREDITH — MVSB (Meredith Village Savings Bank) announces the appointment of Cara Burzynski of AeroDynamics and Justin Van Etten of Stewart’s Ambulance Service to their Board of Directors. Burzynski and Van Etten were voted in at the Bank’s August Board Meeting and both previously served as Corporators for New Hampshire Mutual Bancorp (NHMB), the share services organization supporting MVSB.

“We are excited to welcome Cara and Justin, both of whom have been dedicated advocates for MVSB for many years,” said Marcus Weeks, MVSB President. “Their leadership in our communities and their unique skills and experiences will ensure the interests and needs of our customers and community members continue to be met and exceeded by the Bank.”

Cara Burzynski resides in Rye and serves as the President of AeroDynamics, Inc. in Seabrook, a Woman-Owned Small Business that specializes in electroplating and metal finishing for the aerospace, defense and medical industries. She is the founder of the New England Chapter of Women in Manufacturing and serves on the New Hampshire Aerospace & Defense Export Consortium Board of Directors. Burzynski has served as an NHMB



Cara Burzynski

Corporator since 2023, is a Board Member for the National Association of Surface Finishers and also gives her time as a gardening volunteer at Malley Farm for Women in Somersworth.

Justin Van Etten resides in Holderness and serves as the Executive Board Chair of Stewart’s Ambulance Service, a 100% employee-owned, statewide emergency and scheduled ambulance transport service based in Meredith. He is also the Executive Board Chair and majority shareholder of Municipal Resources, Inc. Van Etten has served as an NHMB Corporator since 2013 and has held many community leadership roles, including serving on the Board for Squam Lakes Natural Science Center for over 9 years and as Board Chair and Treasurer for the organization.

MVSB has been serving the essential banking needs of people,

businesses, nonprofits and municipalities for more than 150 years. As a mutual savings bank,



Justin Van Etten

MVSB has no stockholders but rather operates for the benefit of its customers, employees and

community. Since our founding, one thing has always remained true: caring is at the heart

of everything we do. By building and nurturing relationships, we believe that we can cultivate a community where we all thrive. It all starts with caring about our customers and neighbors. To learn more, visit any of the local branch offices located in New Hampshire in Alton, Ashland, Center Harbor, Exeter, Gilford, Laconia, Melvin Village, Meredith, Moultonborough, Plymouth, Portsmouth, Rochester or Wolfeboro, call 800-922-6872 or visit mvsb.com.

Golden View staff members awarded NH Long Term Care Foundation scholarships

MEREDITH — Three Golden View Health Care Center staff members have been awarded New Hampshire Long Term Care Foundation scholarships. Golden View’s Assisted Living Administrator Jordan Murray, Codey Gravel, LNA/MNA and Victoria Ballentine, LPN Nurse Team Leader received scholarships to further their education and careers in the long-term care profession.

The New Hampshire Long Term Care Foundation (LTCF) scholarships recognize those who demonstrate personal growth and development through working in long-term care and who show the potential to make a difference in long-term care. Scholarship applications are carefully reviewed by the LTCF Board of Directors and are awarded to individuals who best demonstrate dedication to the residents they care for, the pursuit of their education, and to the long-term care profession.

Jordan, Codey, and Victoria are all currently enrolled at institutes of higher education to further their education in administration and nursing.



Pictured from left to right: Jordan Murray, Victoria Ballentine, and Codey Gravel.

Jordan has worked in long-term care for three years and is currently enrolled in the Masters of Accounting program at Bentley University in Waltham. Codey, who has worked in long-term care for 13 years, is currently enrolled in the

Healthcare Administration program at New England College in Henniker. Victoria has worked in long-term care for two years and is currently enrolled in the RN nursing program at Rivier University in Nashua. “We are so proud of

Jordan, Codey and Victoria,” said Golden View’s Administrator Rosemary Simino. “These young professionals are dedicated to serving the senior citizens of our state, now and into the future. They deserve our support, mentorship and recognition for their commitment, service and value they bring to our communities.”

Golden View Health Care Center has provided quality care to seniors of the Lakes Region and beyond since 1974. Golden View is an award-winning, locally managed non-profit health care organization offering assisted living, short stay rehabilitation, traditional long-term care, and respite care. For more information, please call 603-279-8111, email information@goldenview.org, or visit www.goldenview.org.

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