



THURSDAY, SEPTEMBER 24, 2026

SERVING TILTON, NORTHFIELD, BELMONT & SANBORNTON, N.H

# \$15,000 awarded to Tilton Parks Commission to support purchase of new playground equipment

TILTON — Franklin Savings Bank recently granted \$15,000 to Tilton Parks Commission to support the purchase of new equipment for its playground. The playground at Riverfront Park will be updated to help create a modern, safe and inclusive recreational space for local families.

“We are happy to support the Tilton Parks Commission's efforts to revitalize Riverfront Park with a new playground that will serve residents for generations to come,” explains Brian Bozak, President & CEO, Franklin Savings Bank. “This project reflects the spirit of community that FSB is all about.”

The project will replace aging equipment with new playground



COURTESY PHOTO

Left to right: Dorcas Gordon, Board Member, Franklin Savings Bank; Brian Bozak, President & CEO, Franklin Savings Bank; Kathi Mitchell, Town Park Commissioner; Robert Hardy, Town Park Commissioner; Scott Hilliard, Town Administrator; Paul Rushlow, Town Park Commissioner.

features designed to encourage physical activity, social interaction, and imaginative play for children of all abilities. Located near downtown Tilton, Riverfront Park serves as an important community gathering place, and these enhancements will provide residents with greater access to outdoor recreation while ensuring the park remains a welcoming destination for generations to come.

“The Tilton Parks Commission is thrilled and extremely grateful to Franklin Savings Bank for their assistance that helped to provide the new playground equipment at Riverfront Park,” explains Kathi Mitchell, Town Park Commissioner. “Their support means the world to us, and the children of our community are the beneficiaries. Franklin Savings Bank

SEE **PLAYGROUND**, PAGE A11

## Granite VNA offers Caregiver Connection in Belmont

BELMONT — Granite VNA offers Caregiver Connection on Thursday, Oct. 15 from 10 to 11:30 a.m. at Tilly Market Café at the Belknap Marketplace at 96 Daniel Webster Highway.

Join us and connect with other family caregivers, while enjoying an opportunity to unwind and have discussions rich in empathy and resources.

Pre-registration is not required. For more information, call (603) 224-4093 or (800) 924-8620, ext. 85664 or visit [www.granitevna.org](http://www.granitevna.org). This program is offered at no charge.

**About Granite VNA**  
Granite VNA is a not-for-profit licensed and certified home health and hospice care provider. The agency serves people of all ages in 72 communities across the Greater Capital Region and Central New Hampshire by providing home care, hospice care, pediatric and maternal child health services, and wellness programming. The agency has offices in Concord, Laconia and Wolfeboro. Formed through the merger of Concord Regional VNA and Central New Hampshire VNA & Hospice, Granite VNA has served New Hampshire since 1899. For more information about Granite VNA, visit [www.granitevna.org](http://www.granitevna.org).

## Sanbornton Public Library receives NH Humanities Grant to present “A Beginners Guide to Cemetery Sleuthing”

SANBORNTON — The New Hampshire Humanities program, “A Beginners Guide to Cemetery Sleuthing” will be presented by Erin E. Moulton on Wednesday, Sept. 30 at 6 p.m. at the Sanbornton Public Library and is co-hosted by the Sanbornton Cemetery Committee.

Your local cemetery is a time capsule. Each headstone is plastered with clues about the deceased, those who once walked where you walk now. A simple step through the hallowed gates can bring you on an adventure to explore symbolism, workmanship, and local history. Join Erin E. Moulton as we learn the meaning behind cemetery iconography, abbreviations, epitaphs, and more.

New Hampshire Human-



COURTESY PHOTO

Erin E. Moulton

ities connects people and ideas by funding and supporting statewide programs that inspire curiosity, foster civil dialogue, and explore big questions. In the last year, New Hampshire Humanities has made possible 709 free public humanities programs, reaching 15,118 residents in more than 145 communities in partnership with 252 organizations. For more information about New Hampshire Humanities, please visit [www.nhhumanities.org](http://www.nhhumanities.org).

Sanbornton Public Library is located at 27 Meetinghouse Hill Rd. in Sanbornton, and the program is free and open to the public. Light refreshments will be offered. Contact the library with any questions at (603) 286-8288 or [SPLNHcirc@gmail.com](mailto:SPLNHcirc@gmail.com).

## Mt. Washington Valley Craft Show

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## O’Connell records 500th career dig as Raiders knock off defending champs

BY JOSHUA SPAULDING  
Sports Editor

BELMONT — In what could go down as one of the biggest games of the season in Division III volleyball in a sweltering and packed Belmont High School gymnasium, the host Red Raiders battled past defending champion Inter-Lakes by a 3-1 score while senior Molly O’Connell recorded her 500th career dig in the waning moments of the win for her squad.

The Lakers got the first two points with Gracie Stephens getting a nice tip at the net. Belmont’s Lyla Foley came back with a block and a hit to tie the game and after Stephens had a hit,



JOSHUA SPAULDING

The Belmont volleyball team and the exuberant student section that backed them throughout their match with Inter-Lakes last week, celebrate with Molly O’Connell, who recorded her 500th career dig at the end of the win.

Sadie Sturgeon responded with a hit as the two teams tied at four. Belmont went up by a 14-4 score on a good run that included a couple of nice hits from Sturgeon and a service ace from Miranda Daley. Summer Hamill

SEE **VOLLEYBALL**, PAGE A10

# Public invited to upcoming information sessions on proposed Fire District facility

TILTON/NORTHFIELD — At the Tilton-Northfield Fire District’s annual District Meeting in March of 2026, voters approved Warrant Article 4 for the purpose of funding design, engineering, and architectural fees associated with the construction, addition, and/or renovation of a fire station or fire stations.

Following the vote, the District sent out two separate Requests for Proposal for professional services related to the project. We are pleased to announce that the District has entered into agreements with two firms to assist us in moving this project forward. On June 18, the Fire Commission voted to partner with Sheer McCrystal Palson Architecture (SMP) for Design and Engineering services.

Since its founding in 1983, SMP Architecture has focused on municipal and non-profit projects that support and enhance New Hampshire communities. We team with our clients in the design of high-performance buildings for emergency services, public libraries and adaptive re-use of our aging buildings and are excited to bring our expertise to the Tilton-Northfield Fire Department.

On Aug. 17, the Fire Commission voted to partner with Bonnette, Page & Stone Corp. (BPS) for Construction Management Services. Bonnette, Page & Stone Corp., based in Laconia since 1969, has been selected as Construction Manager for the proposed new fire facilities. BPS has a deep history of managing and constructing municipal facilities throughout the state of New Hampshire. Their team is excited to be on board and looking forward to compiling estimates, schedules, and safety plans ahead of the Spring 2027 District vote.

The District has been busy working with both firms on designing a new headquarters facility to replace our current station on Center Street, which is approximately 160 years old. A smaller addition is also planned adjacent to our current substation on Park Street. We look forward to sharing the designs with the community.

The District will be hosting two public information sessions to share the initial schematic designs with the community and give our citizens an opportunity to ask questions, provide input, and tour the current facilities. Both SMP and BPS along with the Fire Commission and Fire Department leadership will be at both information sessions.

- The second session will take place at the Park Street Fire Station, 149 Park St., Northfield, at 7 p.m. on Wednesday, Oct. 7

The District will be providing regular updates through our website and social media, as well as hosting additional sessions in the future as the planning progresses. Please look for communications and advertisements regarding these sessions and other opportunities to learn about the project. If you cannot make the sessions, I encourage you to reach out for a tour of one or both of our stations. I can be reached by email or phone at the Center Stet Station. [svalovanie@tnfdnh.gov](mailto:svalovanie@tnfdnh.gov) (603) 286-4781.

We would like to thank our community for its continued support over the years. This project is the culmination of years of planning, input, and hard work by the Fire Commission, Building Committees, Firefighters, and most importantly members of the community. Input received through surveys, public information sessions, and countless conversations with residents has helped shape this project, and we look forward to continuing that process as we move toward the March 15, 2027 District Meeting.

## SNHU announces summer President’s List

MANCHESTER — It is with great pleasure that Southern New Hampshire University (SNHU) congratulates the following students on being named to the Summer 2026 President's List. The summer terms run from May to August.

Full-time undergraduate students who have earned a minimum grade-point average of 3.700 and above for the reporting term are named to the President's List. Full-time status is achieved by earning 12 credits over each 16-week term or paired 8-week terms grouped in fall, winter/spring, and summer.

Joshua Boyce of Sanbornton  
Jessica Gaston of Belmont  
Jennifer Dykstra of Sanbornton  
Amy Kirk of Belmont  
Kailey Gerbig of Belmont  
Stephanie Ordway of Belmont  
Ella Stanley of Tilton  
Griffin Knowlton of Sanbornton  
Ashley Twardosky of Sanbornton

Southern New Hampshire University (SNHU) is a private, nonprofit, accredited institution with a 94-year history of educating traditional-aged students and working adults. Now serving more than 200,000 learners worldwide, SNHU offers approximately 200 undergraduate, graduate, and certificate programs, available online and on its 300-acre campus in Manchester. Recognized as one of the "Most Innovative" regional universities by U.S. News & World Report and one of the fastest-growing universities in the country, SNHU is committed to expanding access to high quality, affordable pathways that meet the needs of each learner.

## SNHU announces summer Dean’s List

MANCHESTER — It is with great pleasure that Southern New Hampshire University (SNHU) congratulates the following students on being named to the Summer 2026 Dean's List. The summer terms run from May to August.

Full-time undergraduate students who have earned a minimum grade-point average of 3.500 to 3.699 for the reporting term are named to the Dean's List. Full-time status is achieved by earning 12 credits over each 16-week term or paired 8-week terms grouped in fall, winter/spring, and summer.

Jessica Peake of Northfield  
Lily Rodriguez of Tilton  
Jace Collins of Belmont

Southern New Hampshire University (SNHU) is a private, nonprofit, accredited institution with a 94-year history of educating traditional-aged students and working adults. Now serving more than 200,000 learners worldwide, SNHU offers approximately 200 undergraduate, graduate, and certificate programs, available online and on its 300-acre campus in Manchester. Recognized as one of the "Most Innovative" regional universities by U.S. News & World Report and one of the fastest-growing universities in the country, SNHU is committed to expanding access to high quality, affordable pathways that meet the needs of each learner.

### Autumn in Sugar Hill

**September 18-19, September 26-27, Oct 4-12**

Artisans on the Lawns at Harman’s Cheese & Country Store

9 am to 3 pm, Weather-permitting

#### Sugar Hill Autumn Celebration

**October 3, Saturday**

Sugar Hill Historical Museum – Celebrating 50 years  
Richardson Memorial Library  
Sugar Hill Meetinghouse  
Willing Workers Grandma’s Attic Open

10 am – 4 pm: Artisans & Vendors  
Greenhouse Pizza Truck

Free Concert, 2 pm: **Parker Hill Road Bluegrass Band**

**Sponsors:** Sugar Hill Improvement Association  
Willing Workers of Sugar Hill, in Memory of Jim Keefe and Harman’s Cheese & Country Store

For More Information or to participate as a vendor,  
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### PETS OF THE WEEK

## Meet Harlan!



We aren’t sure if Harlan is part newborn giraffe, part sea lion, or part seagull, but we know he has 100% of our hearts.

This goofball is a young hound puppy with hound energy and hound sounds. He loves playing with others dogs, and in his puppyhood, is in the process of learning his doggy manners on leash.

He’s done well with other dogs here at the shelter and has reportedly lived with cats before. Due to being an hound, an introduction to any new feline friends should be slow, thoughtful, and supervised.

Harlan will need to meet any potential canine or human family members here at the shelter to make sure everyone’s personalities and energy are a good match.

If you’re looking for an adventure buddy and don’t mind a little hootin’ and hollerin’ along the way, Harlan might just be the missing piece of your puzzle!



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# Raider golfers second at Beaver Meadow

BY JOSHUA SPAULDING  
Sports Editor

CONCORD — The Belmont golf team had a single match last week and acquitted itself pretty darned well, finishing second at Beaver Meadow in Concord on Wednesday, Sept. 16. Belmont finished

with a total of 84 for the day with host Bishop Brady dominating the competition with a stellar showing of 101. Fall Mountain finished third at 72 and Sanborn rounded out the field with 61 points. Jacob Akerstrom led the charge for Belmont

with 25 points (38) out of the fourth spot in the lineup while Max Rydder was one point behind with 24 points from the third spot in the lineup. Jordan De-Francesco finished with 20 points from the top spot for the Raiders and Jasper Sottak finished

with 15 points out of the sixth spot to round out the scoring for Belmont. Alex Rowley had 13 points at number two, Tyler Kelly had 12 points at number seven and Ben Girard had 10 points at number five to round out the field of Raiders.

The Raiders are slated to be at Farmington today, Sept. 24, at Amherst Country Club on Monday, Sept. 28, and at Campbell's Scottish Highlands on Tuesday, Sept. 29, before returning to Canterbury

Woods on Wednesday, Sept. 30.

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

# Panthers to host Team Scotland in October exhibition

PLYMOUTH — The Plymouth State University men's lacrosse team will host the Scotland National Team for an exhibition contest on Monday, Oct. 19, head coach Mike Wilus announced last week. The Scottish squad will be coming to the U.S. to play a series of exhibitions against

NCAA Division I, II and III schools throughout the New England region in preparation for the 2027 World Lacrosse Men's Championship Division II in Wroclaw, Poland in July 2027. The tournament marks the inaugural men's second-tier global tournament after World Lacrosse narrowed the premier tier (Division I)

to a field of 16 teams. "We are very excited to welcome the Scottish men's lacrosse team to Plymouth State this fall," said Wilus. "This will be a great opportunity for our student-athletes to compete against an international team, meet new people, and learn more about the game from a different perspective. To have

a team preparing to represent Scotland at the World Games on our campus is a special experience, and we are looking forward to sharing the field with them while making some great memories." The free event will be played under the lights at Panther Field, with the opening faceoff set for 7 p.m.

## “Girls Night: The Musical” coming to the Colonial

LACONIA — Coming to the Colonial Theatre of Laconia Saturday, Oct. 17: “Girls Night: The Musical!” Share the fun & laughter at this hilarious, feel-good comedy as five girlfriends go from heartbreak to happiness during a wild night of karaoke. Get your girlfriends together and come sing along, dance along, and sip on cocktails as you take in this party of a show! “Girls Night: The Musical” has been thrilling audiences and earning raves from critics throughout North America since it began touring after its sensational Off-Broadway debut. This touching and hilarious 'tell-it-like-it-is' musical takes audiences on a journey into the lives of a group of female friends. Audience members can't help but laugh, cry and even find themselves singing and dancing in the aisles as some of the most popular hit songs of the '80s and '90s make this musical

a fan favorite! Follow five friends as they relive their past, celebrate their present, and look to the future on a wild and hilarious karaoke night out... and you'll recognize a bit yourselves in every one of them! It is described as “Desperate Housewives meets Mamma Mia” (Applause Magazine), “A boisterous, bust-out, bawdy musical revue” (Wisconsin State Journal), “An infectious, exhilarating sense of intoxication (Hollywood Reporter) and “As funny and outrageous as Sex in the City!” (The Advocate). “Girls Night” is bursting with energy, and is packed with hits “Lady Marmalade,” “It's Raining Men,” “Man I Feel Like A Woman,” “I Will Survive,” “We are Family” and many more. British playwright, author and television producer, Louise Roche has written and produced six other plays including Girls Night (UK Tours 2003, '04,'06), Bobby and Johnny (UK Tour 2005), Girls Behind (UK

Tour 2005), Checkout Girls (Milton Keynes 2005), Lucky Balls (Milton Keynes 2002), and Milton Keynes The Musical (2002). Her novel, Glutton for Punishment is published in paperback, and her television writing includes “Where The Heart Is,” and “Doctors.” Director, Sonya Flaherty has been with Entertainment Events, Inc. since 2007. She originally performed the role of Liza in the US premier of “Girls Night: The Musical” in Scottsdale, Az. in May of 2007. After touring for two years in “Girls Night: The Musical” and still working full-time in International Risk Management at American Express, EEI brought Sonya Carter and her 12 years of experience at American Express on board as its production supervisor in 2009. In 2010, she was promoted to Chief Operating Officer. In addition to her responsibilities as the COO of Entertainment Events, Inc., she

continues to supervise all production aspects from casting to closing night for all EEI productions. She still performs in “Girls Night: The Musical.” She has played three of the five roles in the show and has amassed over 400 performances on tour and Off-Broadway. Sonya has directed several of the touring companies of “Girls Night: The Musical” and originated the role of co-host Janice and directed the world Premier of WPMS: The Musical at the DuPont Theater in Wilmington, DE on June 29, 2010. Sonya Carter directed, co-authored and performed the role of Janice in the Off-Broadway premiere “Dishing With the Divas: The Musical” in January of 2011. “Cuff Me: The Fifty Shades Of Grey Musical Parody” is the third Off-Broadway production she has directed.

Performances of “Girls Night: The Musical” at the Colonial Theatre of Laconia are on Saturday, Oct. 17. Ticket prices range from \$46 to \$90. To purchase tickets or for more information about group rates, call the Colonial Theatre of Laconia Box Office at 1-800-657-8774 or on the Internet at Colonial-Laconia.com.

# Granite VNA offers “A Matter of Balance” volunteer coach training

LACONIA — Granite VNA is seeking “A Matter of Balance” Volunteer Coaches to help strengthen the independence of older adults throughout the Lakes and Greater Capital regions. The virtual training is Thursday, Oct. 1, 8:30-9:30 a.m. and the in-person training at Granite VNA Office – Laconia, 780 No. Main Street is Monday, Oct. 5 and Tuesday, Oct. 6, 8:30 a.m.-12:30 p.m. A Matter of Balance Coaches will:

- Help participants become more confident about managing falls
- Help to identify ways to reduce falls
- Lead exercises to help increase strength and balance
- Feel great about giving back to their community

Register by calling (603) 224-4093 or (800) 924-8620, ext. 85664 or by visiting [www.granitevna.org](http://www.granitevna.org).

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

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

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## Laconia-Gilford Lions Club Electronic Waste Collection Day Saturday, September 26, 2026

8:30AM to 12:30PM

Cinemas 8 Parking Lot

9 Old Lakeshore Road, Gilford

Rain date October 24

Fundraiser to benefit Laconia-Gilford Lions Club  
Recycle electronic items (phones, computers, air conditioners, etc.) for a disposal fee from \$5 to \$20 (\$30 plus for TVs 26" & up)



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# Opinion

## Letter submission policy

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

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

## A small investment with a lasting impact

A community does not always need a massive project to make a meaningful difference in everyday life. Sometimes it needs a good playground.

That is why the recent \$15,000 grant from Franklin Savings Bank to the Tilton Parks Commission is worth recognizing. The money will help purchase new playground equipment for Riverfront Park, replacing aging equipment and helping create a safer, more modern and inclusive place for children and families.

On the surface, playground equipment may seem like a relatively modest municipal concern. Towns have roads to maintain, emergency services to support, buildings to repair and countless other demands competing for limited dollars.

But parks occupy a different and important place in community life. A public playground is one of the increasingly rare places where participation does not require much. Children do not need to make a team, purchase a ticket or belong to an organization. Families can arrive on their own schedules. Grandparents can bring grandchildren. Neighbors who might otherwise never meet can strike up conversations while children play.

Riverfront Park has an additional advantage because of its location near downtown Tilton. Improving a recreational space there does more than provide new equipment. It strengthens a public gathering place in the heart of the community.

Communities are healthier when residents have reasons to spend time outdoors and encounter one another beyond the routines of work, school and errands. Parks provide that opportunity while encouraging physical activity among children at a time when screens compete constantly for their attention.

The emphasis on making the new playground inclusive is important as well. Public recreation should be designed with the understanding that children have different abilities and needs. When municipalities improve facilities, accessibility should not be treated as an afterthought. It should be part of the planning from the beginning.

There is another lesson in this project that extends beyond the playground itself.

Municipalities cannot always accomplish worthwhile improvements using property tax dollars alone. Partnerships among local government, businesses, nonprofits and residents can stretch available resources and allow projects to move forward that might otherwise remain on a wish list for years.

Franklin Savings Bank President and CEO Brian Bozak described the grant as reflecting the bank's commitment to community, while Tilton Park Commissioner Kathi Mitchell emphasized that the ultimate beneficiaries will be the town's children.

That is an important distinction. A community contribution has its greatest value not because a check changes hands, but because of what eventually results from it. In this case, the result will be something tangible: children climbing, running, imagining and making friends.

Tilton already understands the importance of community gathering places. The town's farmers market, for example, has provided another recurring opportunity for residents to gather locally. Investments in places such as Riverfront Park build on that same principle. A town becomes stronger when it creates spaces where people have reasons to spend time together.

Playgrounds also have unusually long lives in the memories of the people who use them. Adults may forget many of the purchases and projects that occupied municipal discussions during their childhoods. They tend to remember the park where they learned to use the monkey bars, the slide they raced their friends down and the place where their parents took them on summer afternoons.

Years from now, the children using the new equipment at Riverfront Park probably will not know who wrote the grant request, approved the contribution or helped arrange the purchase. They will know they had a good place to play.

For a community investment, that is a pretty good return.



COURTESY PHOTO

The Tilton Senior Center, in collaboration with The Thrift Clothes Closet, held its annual Fashion Show. Tilton Senior Center participants and Thrift Clothes Closet volunteers wearing outfits and accessories chosen from the thrift store, walked the stage to live music as details of their lovely ensembles were announced. The Thrift Clothes Closet is a non-profit organization whose mission is to provide good quality, affordable clothing, and household goods to families in the surrounding communities. It is operated by a team of volunteers with all profits given to individuals and programs in the Three Rivers Neighborhood. The store is located at 357 Central St., Franklin, and open Wednesday-Friday, 9 a.m.-3 p.m. and Saturday, 10 a.m.-1 p.m. For more information, please call 603-934-2423.

## I know exactly where we are

There is a phrase a man should never say unless he is absolutely certain.

"I know exactly where we are."

I said it recently. I did not know exactly where we were. My wife knew this immediately. We were driving somewhere we had been before, although apparently not often enough for me to remember how to get there. I recognized the general area. I recognized several roads. I even recognized a house.

Unfortunately, none of those things meant I knew where I was going.

"Is this the right road?" my wife asked.

"Yep."

I said it with confidence. Confidence is important when you have no other evidence.

A few miles later, the road became narrower. Then the pavement became questionable. Then we passed a small pond that I was fairly certain had not been part of our previous trip.

My wife looked over. "Still the right road?"

"Pretty sure."

Notice the subtle change. We had gone from "yep" to

"pretty sure."

This is how navigational surrender begins.

There

was a time when getting lost was an accepted part of driving. You kept an atlas in the car. There might be a folded road map in the glove compartment that could never again be folded correctly once opened. If things got bad enough, you stopped at a gas station. You went inside and asked somebody how to get where you were going.

Then came the directions.

"Go down here about three miles. Take a left where the old store used to be."

That was always reassuring.

"What old store?"

"Oh, it's been gone 20 years."

Excellent.

Sometimes, directions included landmarks of astonishing specificity.

"You'll see a red barn."

In New Hampshire? That certainly narrows it down.

Today, we have phones

that can tell us exactly where to turn. They know the distance, the traffic and, apparently, every driveway constructed since 1974. I use them. Eventually.

The problem is that asking the phone for directions too soon feels like admitting defeat.

If I'm going someplace completely unfamiliar, fine. I'll enter the address before leaving. But if I've been there once? Surely, I remember. Twice? Absolutely. Three times? At that point, consulting a map would be insulting to myself. So I drive.

My wife, meanwhile, has developed a method for dealing with this. She waits. She doesn't argue. She doesn't tell me I'm going the wrong way. She simply watches the scenery become increasingly unfamiliar.

Then, at precisely the right moment, she asks: "Would you like me to look it up?"

There is no accusation in her voice. That's what makes it worse.

"No, no. I've got it."

I did not have it.

A few minutes later, we reached an intersection. Neither road looked familiar. There was no traffic. There were no helpful signs. Even the trees seemed to be looking at me skeptically. I pulled over. My wife said nothing. I took out my phone. Also without saying anything. A man has to preserve what dignity remains.

The phone informed us that we were 14 minutes from our destination. That didn't sound bad. Then I noticed we had been 11 minutes away about 20 minutes earlier. My wife noticed too. She smiled.

I would like to say I learned something from this experience. I did. I've learned that GPS is an extraordinary invention. I've learned that being willing to ask for directions is a sign of maturity. I've learned there is no shame in admitting you don't know where you are. And the next time we're going somewhere we've visited before, I intend to remember all of that.

Unless, of course, I recognize the road. Then I've got it.

### KIND HEARTS, COLD WINTERS By CHIPPY

## Comfort Keepers Your bones will thank you

BY MARTHA SWATS

Owner/Administrator  
Comfort Keepers

(New Hampshire, September 2026) Your bones are alive—they are living tissue. When we are young and growing, our bodies break down the old bone and replace it with new bone. Around age 30, our bone mass stops increasing and more bone breaks down than is being replaced. Our goal for bone health should be to keep as much bone as possible for the rest of our lives. We can take action now to prevent bone loss and watch for warning signs of a more serious condition.

For women, bone loss speeds up in the years after menopause, then it slows again, but still progresses. In men, the bone loss happens slowly. The gender bone loss rates eventually even out, and by age 65, most

men and women are losing bone at the same pace.

### Osteoporosis

The word "osteoporosis" literally means "porous bone." If bone loss increases at a high rate, you may be developing osteoporosis, a disease that weakens the bones to the state where they are fragile and break with little trauma to the body. Those with osteoporosis more often break bones in the hip, spine, and wrist; however, any bone is susceptible.

Osteoporosis is sometimes called a "silent" disease because it develops without symptoms and over a long period of time. Until a fall or strain causes a broken bone, people may not know they have osteoporosis. These breaks can lead to long-term recovery and sudden disabilities.

### Bone testing

A bone density test can find out your level of bone health. Since osteoporosis is difficult to diagnose until a bone breaks, your doctor may suggest a type of bone density test called a dual-energy x-ray absorptiometry test (DXA), if you feel you are at risk. The DXA test can provide information to help assess your risk for broken bones, and it may help you and your doctor develop a plan to keep your bones from further damage.

### Keep bones strong

Bone fractures and bone loss are preventable. We can help our bodies maintain healthy bone and reduce bone loss by taking some steps now. No matter what your age, bone health is important, and we can start today with awareness and action to help build a stronger support system.

- Eat protein. Seniors

tend to eat less protein than is recommended. To maintain healthy bones, 80 grams a day is recommended. Foods that are good protein sources include eggs, meat, fish, and poultry.

- Exercise. Your bones, joints, and muscles will be stronger when you are physically active. Weight-bearing exercises, performed three times a week, can help with bone health. Walking, light weightlifting, playing tennis, and dancing are examples of weight-bearing exercises. Try some strengthening and balance exercises too, like yoga or water aerobics. They may help you avoid falls, which could cause a broken bone. Always check with your doctor before beginning new exercise or diet regimens.

- Vitamin C. A recent study found that taking 500 mg of Vitamin C daily can help reduce the risk of bone fractures in older adults. SEE **COMFORT**, PAGE A10



# Winnisquam Echo

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# All-new Cirque Musica Holiday Wonderland tour stops in Laconia Nov. 22

LACONIA — TCG Entertainment, the leading producer of live entertainment, announces its all-new Cirque Musica Holiday Wonderland tour across the U.S. and Canada. A must-see holiday event and beloved tradition for families everywhere, Cirque Musica Holiday Wonderland visits the Colonial Theatre on Sunday, Nov. 22. Tickets are on sale now at [www.CirqueMusica.com](http://www.CirqueMusica.com). <https://www.etix.com/ticket/p/39284770/cirque-musica-holiday-wonderland-laconia-colonial-theatre>

This holiday season, Cirque Musica Holiday Wonderland 2026 invites audiences into a luminous world where time bends and wonder takes over. When our heroes are swept into an enchanting winter realm, they begin to rediscover something unexpected—the magic, curiosity and joy they thought they had outgrown.

Reimagined for 2026, this all-new production features your favorite holiday music and a bold lineup of breathtaking cirque acts. From gravity-defying aerialists to edge-of-your-seat acrobatics, each moment is crafted to feel more dreamlike and emotionally resonant than ever before. It's a fresh take on a beloved tradition and unlike anything audiences have seen from Cirque Musica in its 17-year history.

Touring cities across



North America, the production brings together elite performers from around the globe to create a visually stunning and musically rich holiday experience for audiences of all ages. In select markets, guests can enhance their visit with a VIP experience, offering exclusive behind-the-scenes access, cast meet-and-greets and interactive photo opportunities.

“We wanted this year’s production to feel transportive in a completely new way—something that doesn’t just celebrate the holidays but makes audiences feel like they’ve stepped

inside them,” said Stephen Cook, President of TCG Entertainment and Producer of Cirque Musica.

Cirque Musica Holiday Wonderland is an unforgettable experience for the entire family to enjoy – a world-class circus experience infused with the holiday classics we all love. Experience the magic live at the Colonial Theatre on Sunday, Nov. 22—and step into a holiday world you won’t want to leave. For more information on ticketing, visit [www.CirqueMusica.com](http://www.CirqueMusica.com).

### About Cirque Musica

Cirque Musica is one of the top cirque-style shows in the industry. Since its inception in 2010, the world-renowned cast has performed feats of grace, skill, and strength to audience members worldwide. The visually stunning masterpiece of artistic interpretations

combines mesmerizing acrobats, aerialists and daredevil athleticism with the greatest music of all time. Current and past productions include Cirque Musica Symphonic, Cirque Musica Querida-The Official Celebration of Juan Grabiél, Heroes and Villains, and more,

Cirque Musica shows are ground-breaking productions guaranteed to thrill and captivate audiences of all ages. For more information visit, [www.CirqueMusica.com](http://www.CirqueMusica.com)

### About TCG Entertainment

TCG Entertainment is a leading producer of creative content for live entertainment properties and touring productions. Owning multiple intellectual properties, and partnering with top IP holders and studios, TCG has generated decades worth of live family fun and entertainment. With a laundry list of productions enjoyed by millions of audience members around the globe, TCG is the leading authority in providing brands a visionary, one-stop source for live touring and experiences. Current and past productions include DC Films in Concert, multiple productions of Cirque Musica, MasterChef Live, Rocky in Concert, A Night of Symphonic Rock, and more. [www.TCGEnt.com](http://www.TCGEnt.com)

## Bat Out of Helloween brings celebration of Meat Loaf and Rocky Horror to the Colonial

LACONIA — The Colonial Theatre of Laconia will present Bat Out of Helloween: Celebrating Meat Loaf and Rocky Horror on Friday, Oct. 23, at 8 p.m. Tickets to the show are on sale now at [ColonialLaconia.com](http://ColonialLaconia.com) or by calling 1-800-657-8774.

Bat Out of Helloween is more than a concert - it is a powerful live experience that brings to life the music of Meat Loaf, Rocky Horror and other spooky hits. The show features alumni of Meat Loaf’s official band, Neverland Express fronted by Andrew Polec.

Andrew Polec originated the role of Strat in Bat Out of Hell: The Musical in London’s West End and across international productions earning critical acclaim for his ability to capture the intensity of Jim Steinman’s writing. His performance uniquely bridges the theatrical origins of the material with the raw power of a live rock concert, delivering a frontman presence that is both electrifying and deeply authentic.

“The only band endorsed by me and Jim Steinman,” Meat Loaf said of this tribute to his musical legacy.

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This is not a tribute band, but Meat’s incredible, actual band and this band rocks!” raves Sir Brian May of Queen.

“Andrew is phenomenal, the definitive embodiment of the rock-and-roll spirit,” says Jim Steinman.

### About The Colonial Theatre of Laconia

The original owner, Benjamin Piscopo, was from Italy, and the theatre featured a fire curtain depicting Venice as seen from the water. In August of 2002, the theatre closed after 87 years of operation. On June 15, 2015, the City of Laconia announced a partnership with the Belknap Economic Development Council (BEDC) to purchase, renovate, and reopen the Colonial. The newly reopened Colonial Theatre has a seating capacity of 750 and plays host to various performances, including music, the-

atre, comedy, and civic events. Spectacle Management manages the Colonial Theatre and is home to the Powerhouse Theatre Collaborative. The Colonial Theatre is located at 609 Main Street, Laconia, NH 03246. [www.coloniallaconia.com](http://www.coloniallaconia.com)

### About Spectacle Live

Founded in 2012, Spectacle Live offers venue operations, booking, programming, marketing, and production services across New England from offices in Lexington, MA, Lowell, MA, and Laconia, NH. The company partners with over a dozen venues to manage facilities and promote a variety of events, including concerts, comedy, theater, and family entertainment. For more information, contact Pete Lally at [atplally@spectaclelive.com](mailto:atplally@spectaclelive.com) or 617-531-1257. [www.spectaclelive.com](http://www.spectaclelive.com)

## Lotus Land brings the music of Rush to the Colonial stage

LACONIA — The Colonial Theatre of Laconia will present Lotus Land on Saturday, Feb. 6, 2027, at 7:30 p.m. Tickets to the show are on sale now at [ColonialLaconia.com](http://ColonialLaconia.com) or by calling 1-800-657-8774.

With an unparalleled performance, The American Rush Tribute Lotus Land brings the force of live Rush to life on stage. Enjoyed by die-hard Rush fans, musicians, and casual music listeners alike, the Lotus Land experience has been heralded as the ultimate celebration of RUSH's musical craftsmanship and spirited performances.

With the true set up and sound of the Canadian power trio, Lotus Land delivers the thrill that people expect when they see RUSH in concert. Their performances have wowed sold-out houses in premiere concert venues and their fan base continues to grow nationally and internationally.

### The Colonial Theatre of Laconia

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

### Spectacle Live

Spectacle Live’s mission is to create connections that make excep-

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



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# Laramie, Henry lead Raider runners in Wolfeboro



JOSHUA SPAULDING  
Lyla McSheffrey runs for Belmont during last week's Kingswood Invitational in Wolfeboro.



JOSHUA SPAULDING  
Brodie Henry charges toward the finish line of the Kingswood Invitational last Wednesday.



JOSHUA SPAULDING  
Jenna Laramie runs for Belmont during last Wednesday's Kingswood Invitational in Wolfeboro.

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JOSHUA SPAULDING  
(Left) Daniel Tripp runs toward the finish line during last week's Kingswood Invitational in Wolfeboro.

BY JOSHUA SPAULDING  
Sports Editor

WOLFEBORO — The Belmont cross country team made the trip around Lake Winnepesaukee to take part in the Kingswood Invitational, held on Wednesday, Sept. 16, at Abenaki Ski Area in Wolfeboro.

The Raider girls finished in fourth place overall behind host Kingswood, Kennett and Inter-Lakes.

Jenna Laramie led the way for the Raiders on the hilly ski area course, finishing in 18th place overall in 25:56 with teammate Lyla McSheffrey right behind her in 19th place in 25:59. Zoe Perlet finished in 18th place overall in 29:17

with Violet Smith right behind her in 19th place with a time of 19:19 and Allieanna Steele rounded out the scoring for the Knights with a 32nd place finish in a time of 30:37. Neala Murphy was 33rd overall in 30:54 and Sara Milotovic finished in 40th place with her time of 37:46.

Brodie Henry led the way for the Raider boys with a seventh place finish in a time of 18:04. Sean Andrews placed 14th overall in 18:59 with Daniel Tripp finishing in 38th place overall in 27:17 to round out the field of Raider boys.

Belmont is scheduled to host a home meet on Thursday, Oct. 1, at 4 p.m.

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

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# Volleyball Bears shut out Cougars, fall to Eagles

BY JOSHUA SPAULDING  
Sports Editor

TILTON — The Winnisquam volleyball team visited Kearsarge on Monday, Sept. 14, and returned home with a 3-0 win over the Cougars.

"I thought tonight was a great team effort with everyone contributing to the win," said coach Mark Dawalga. "The kids have been working hard every day and to see them bounce back after a tough loss on Friday was great to see."

Danica Weymouth finished with 13 aces, two assists, four kills and three digs to lead the offense while Sophie Fair had four aces, six kills and two digs.

The Bears welcomed Portsmouth Christian to town on Friday, Sept. 18, and battled through a five-set match before the Eagles claimed the victory.

Winnisquam got up 3-1 out of the gate in the first set before PCA came back and took the 7-4 lead. An ace and a hit from Sophie Fair helped the Bears pull even and then take the lead to 8-7 before the Eagles answered and went back on top by an 11-9 score. Abby Meunier had a service ace for the Bears but the Eagles hung around and the teams were tied at 11 and 12 before PCA went up 16-12. Fair and Danica Weymouth had hits for the Bears and an ace from Alissa Jean tied the set at 15. Weymouth added another hit as the two teams exchanged points, tying at 16, 17, 18, 19, 20, 21, 22 and 23 before Weymouth had a hit and a service ace to close out the 25-23 win for Winnisquam.

Set two was all PCA as the Eagles jumped out to a 4-1 lead and kept expanding the lead and opened things up to 20-3 before Fair had a nice hit for the Bears. However, Portsmouth Christian closed things out relatively easily and took the 25-5 win to pull even at one.

A hit from Fair helped the Bears to an early lead and a pair of service aces from Eila Petty opened Winnisquam's lead to 8-3 before the Eagles cut into the lead.



JOSHUA SPAULDING

Danica Weymouth goes up for a hit between two Portsmouth Christian defenders in action on Friday night.

Fair added a service ace and a hit while Meunier added a service ace as well. The Bears were up 13-8 before the Eagles rallied back and took the 17-13 lead. Weymouth had a hit and Jean had a couple of service aces to help the Bears pull even at 17. Fair added a couple of hits, Weymouth had an ace and Petty had a nice tip at the net as the Bears closed out the 25-18 win for the 2-1 lead.

Claire Hart had a service ace early in the third set but the Eagles went up by an 11-4 score. Fair had a nice tip at the net and Aayah Cartier had a great diving play as the Bears tried to take the momentum back. However, the Eagles opened the lead out to 19-8 before an ace from Jean and a great return from Meunier helped the Bears close the gap a bid. Solid play from Jean and Petty and a block from Jean cut the lead to 20-15 but the Eagles opened the lead to 24-16. Winnisquam came back with a nice hit from Alanna Cruz but PCA finished out the 25-18 win to force a fifth and deciding set.

The Eagles came out strong in the fifth set and took an 8-1 lead and



JOSHUA SPAULDING

Sophie Fair gets low for a serve return during action against Portsmouth Christian on Friday.

continued to open that lead out to 14-2 before the Bears battled back. Autumn Sarette had a block at the net and Petty added an ace. The Bears rattled off six points in a row to cut the lead to

14-9 before the Eagles got the game-clinching point for the 15-9 win and the 3-2 victory.

The Bears are slated to be in action on Wednesday, Sept. 30, at home against Trinity at

6 p.m.

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

## Mark your calendars for Lakes Region Parade of Homes Oct. 10-11

REGION — The Lakes Region Parade of Homes is set for Oct. 10-11. Presented by the Lakes Region Builders & Remodelers Association, the Parade of Homes is a two-day, self-guided tour featuring newly constructed and renovated homes across the region. (MVSB) Meredith Village Savings Bank is proud to continue its support for the organization as presenting sponsor for the event.

Tickets are required for entry, and the experience is designed to be enjoyed at each guest's own pace —whether gathering ideas for a future project, appreciating the craft behind a finished space, or simply enjoying the fall weather. Along the route, guests can meet local builders, learn about design choices and building methods, and vote for a People's Choice favorite.

"This tour is about more than beautiful homes," said Lorella Volpe, Executive Officer of the Lakes Region Builders & Remodelers Association. "It's about the builders, tradespeople, and homeowners who put their pride into every detail, and the community that shows up to support them. Funds raised help us encourage the next generation to pursue careers in the trades by providing hands on learning opportunities, scholarships, tools, and job connections."

"The Parade of Homes



COURTESY PHOTO

Kevin Lacasse stands with Lorella Volpe, Lakes Region Builders & Remodelers Association, and Lori Borrin, VP Mortgage Loan Officer NMLS# 165814.

is a wonderful opportunity to celebrate the talent, craftsmanship and creativity that make the Lakes Region such a special place to call home," said Lori Borrin, Parade of Homes Committee Member and MVSB Vice President, Mortgage Loan Officer NMLS# 165814. "Step inside some of today's most beautifully designed homes and explore the latest trends, ideas, and innovations. With opportunities to ask questions and connect with industry experts, inspiration awaits around every corner."

As a nonprofit trade

association, the Lakes Region Builders & Remodelers Association works to create quality housing opportunities through education, vision, and advocacy, bringing together professionals who are invested in strong neighborhoods and responsible growth across the region.

Visit [lakesregionparadeofhomes.org](http://lakesregionparadeofhomes.org) for event details. Go to [lakesregionbuilders.org](http://lakesregionbuilders.org) to learn more about the Lakes Region Builders & Remodelers Association.

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

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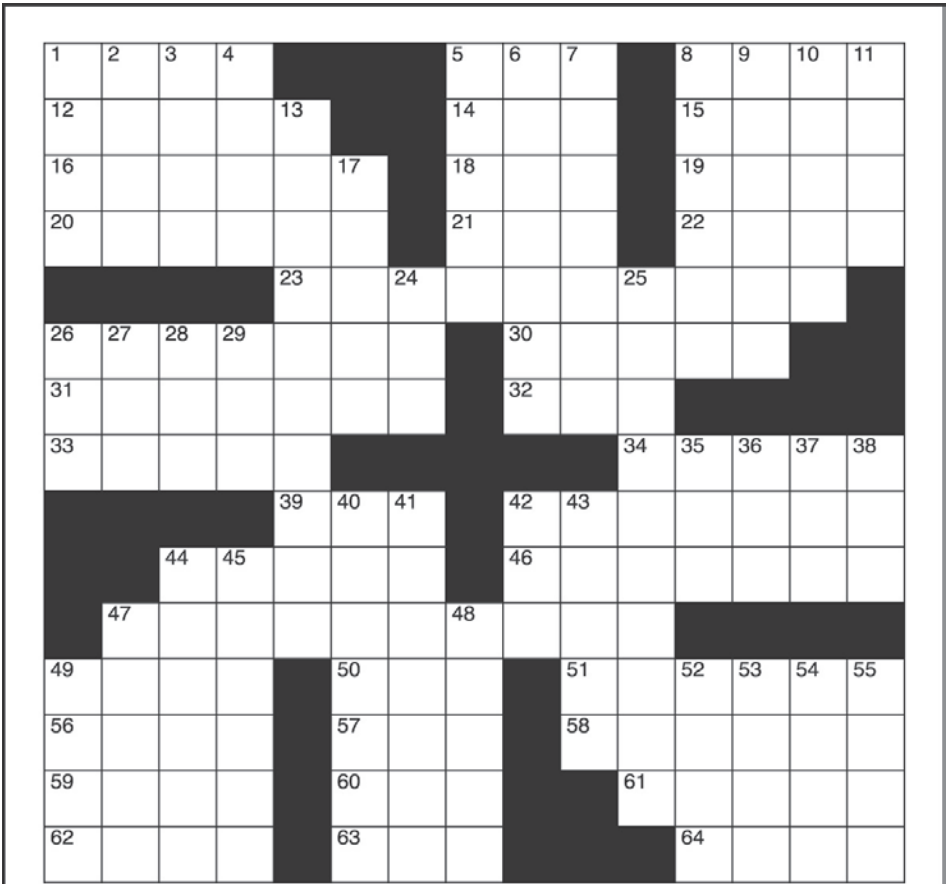
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# Big Brothers Big Sisters hosts Mile for Mentoring fundraising event

REGION — MVSb to support several Big Brothers Big Sisters of New Hampshire and Vermont fundraising events and campaigns throughout 2026. The support will benefit three upcoming fund-



### CLUES ACROSS

1. “Wicker Man” actor Nic

5. Protection

8. Cloth worn over a shoulder

12. Ceramic jars

14. Midway between northeast and east

15. South American hummingbird

16. Platforms

18. Taxi

19. Mild yellow Dutch cheese made in balls

20. A citizen of Yemen

21. Military mailbox

22. Nuclear near reach weapon

23. Clears

26. Broken

30. Actress Lathan

31. Avid fan

32. One and only

33. Proceeding
34. River in Portugal and Spain

39. Doctor of Education

42. Defeat handily

44. Less complicated

46. Handyman tools

47. Written works

49. Castle dweller’s safety net

50. Honorable title (Turkish)

51. Greatest

56. Can do

57. A place to sleep on the road

58. Member of U.S. Navy

59. 24-hour units of time

60. Actor Horsley

61. In a way, sounds off

62. Formerly (archaic)

63. Eye infection

64. Plundered

### CLUES DOWN

1. William \_\_, Buffalo Bill

2. Wings

3. Candle or lantern

4. Freedom from difficulty

5. A type of pie

6. Metrical foot

7. \_\_ Kerr, actress

8. Nap

9. Popular singer Bocelli

10. Immune responses

11. “Mad Men” leading man

13. A citizen of Senegal

17. Philly basketball player

24. Not even

25. Measures wind speed

26. Insecticide

27. Jordan glided through it

28. Bird-like dinosaur genus

29. Expression of satisfaction
35. Big Blue

36. One point east (clockwise) of due north

37. Of she

38. Oral rehydration solution

40. Knocks off course

41. Popular cop show of yesteryear

42. Zhou dynasty state

43. Genus of gulls

44. Onion flatbreads

45. Declare as true

47. Of a lobe

48. Missouri county

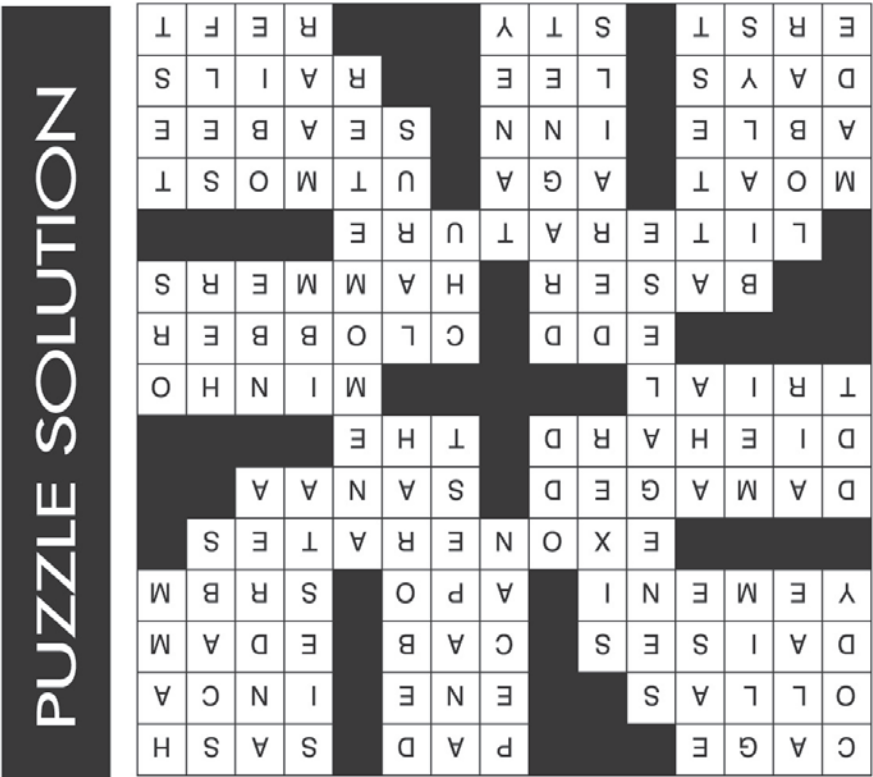
49. Produced

52. Volcanic crater

53. Off-Broadway theater award

54. KU hoops coach Bill

55. Check for



COURTESY PHOTO  
From left, Samantha LeClair, MVSb Business Development Officer; Becky Reposa, MVSb AVP Branch & Business Development Manager; Tim Kneuer, Senior Corporate Partnerships Manager of Big Brothers Big Sisters of New Hampshire and Vermont; and David James, NHTrust.

raisers, including Mile for Mentoring in Gilford.

Proceeds from these initiatives help create and sustain one-to-one mentoring relationships that empower youth to build confidence, achieve their goals, and reach their full potential.

"As a proud Big Sister, I have seen firsthand how powerful a mentoring relationship can be for a young person," said Cindy Hemon-Plessner, SVP Chief Marketing & Experience Officer at MVSb.

"The encouragement, trust and friendship that mentors provide builds confidence, inspires growth and opens doors to new opportunities," added Cydney Shapleigh, President of NHTrust. "Big Brothers Big Sisters makes these meaningful connections possible, and we encourage community members to take part in these events and support the important work being done for local youth."

"We are grateful for the continued support of Big Brothers Big Sisters and our mission," said Tim Kneuer, Senior Corporate Partnerships Manager of Big Brothers Big Sisters of New Hampshire and Vermont. "Events like the Stiletto Sprint, Mile for Mentoring and Thankful Giving bring our communities together while helping us provide life-changing mentoring opportunities for more young people."

All are invited to support Big Brothers Big Sisters of New Hampshire and Vermont by participating in their upcoming events and campaigns. Mile for Mentoring will take place Oct. 4 at Gunstock Mountain Resort in Gilford, offering a family-friendly run and walk to raise awareness and funding for one-to-one mentoring. The organization's Thankful Giving campaign in November and December invites donors to honor mentors who have made a meaningful difference in their lives while helping expand access to mentoring relationships for local youth.

For more than 55 years, Big Brothers Big Sisters of New Hampshire and Vermont has created and supported one-to-one mentoring relationships that help children and youth achieve their full potential. Through community-based and site-based mentoring programs, the organization connects young people with adult mentors who provide encouragement, support, and positive role modeling.

Visit [bbbsnhvt.org](http://bbbsnhvt.org) to learn more about Big Brothers Big Sisters of New Hampshire and Vermont.

Big Brothers Big Sisters of NH is a 501(c)(3) nonprofit organization that provides youth mentoring services to the state of New Hampshire. Their programs include mentoring children of incarcerated parents, children involved with the juvenile courts, children with disabilities, children in foster homes, children from homes with substance abuse, children who identify as LGBTQ+ and children who are at risk of dropping out of high school. Each of their quality one-to-one mentoring relationships is the result of the following professional responsibilities, which are critical to successfully carrying out our mission. Learn more and get involved at [bbbsnh.org](http://bbbsnh.org).

NHTrust offers investment, trust, and custodial services that combine the expertise of national firms with the personalized attention of a local organization. With deep local roots, NHTrust provides comprehensive wealth management solutions for individuals and institutions across New Hampshire and beyond. NHTrust is an independently managed affiliate of New Hampshire Mutual Bancorp, which also supports Meredith Village Savings Bank, Merrimack County Savings Bank, and Savings Bank of Walpole. For more information, visit [NHTrust.com](http://NHTrust.com).

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# Laconia Golf Classic raises more than \$107,000 for cancer care in the Lakes Region

LACONIA — The 2026 Laconia Golf Classic brought together 141 registered participants on Monday, Aug. 31, raising more than \$107,000 to support the return of cancer care services to the Lakes Region.

Hosted by Concord Hospital Trust, this year's event surpassed its \$75,000 fundraising goal by more than \$32,000, demonstrating strong community support for expanding access to cancer care in the Lakes Region.

Proceeds will support infusion and outpatient cancer services at CHL, helping bring vital treatments closer to home and reducing the need for Lakes Region patients to travel farther for care.

"We set an ambitious goal because we know how important the return of cancer care is to this community, and the response exceeded anything we could have hoped for," said Concord



Hospital Trust Philanthropy Officer and Laconia Golf Classic Event Coordinator Heidi Smith. "To raise more than \$107,000 is an incredible accomplishment, and it belongs to every golfer, sponsor, donor and volunteer who believed in what this event could make possible for patients in the Lakes Region."

Participants enjoyed a full day on the course, along with contests, raffles and opportunities to come together around a shared commitment to local health care.

"This was one of those days that really demonstrated the spirit of the Lakes Region," Smith said. "We had beautiful weather, a wonderful group of partici-

pants, and so much enthusiasm around supporting local

COURTESY PHOTO (Left) Participants prepare to play at Laconia Country Club in support of the 2026 Laconia Golf Classic on Aug. 31. A total of 141 registered participants raised more than \$107,000 to support the return of cancer care services to the Lakes Region.

Concord Hospital Trust extends its gratitude to our Benefactors Circle Members, Presenting Sponsor Daniels Electronic Corpora-

tion, event sponsors, donors, volunteers, community partners and golfers whose participation made this year's Golf Classic a success. A full list of sponsors is available at <https://www.concordhospital.org/trust/events/laconia-golf-classic/>.

"Surpassing our goal by this much tells us how strongly this community believes in this effort," Smith added. "We're incredibly grateful for that generosity and excited about the impact these funds will have as we work to expand cancer services for patients and families here in the Lakes Region."

## Meredith Fine Craft Gallery hosting falling leaf earrings class with Deb Ryan

MEREDITH — Join us at the Meredith Fine Craft Gallery on Saturday, Oct. 3 from 10 a.m. – 1 p.m. for a Falling Leaf Mixed Metal Earrings Class with jewelry artist Deborah Ryan.

Join Deb Ryan in this fun three-hour jewelry class, where students will make leaf-themed earrings while learning to work with brass, copper and silver metals. Choose from one of Deb's designs or forge, cut, and fire your own path while exploring a new design. Various types of materials will be provided to let you customize your piece, such as brass, silver, chains, pearls, and wire. This class is great for beginners looking to make a unique piece of jewelry to wear or give as a one-of-a-kind gift!

Tuition is \$40 per student, plus a \$25 materials fee, or higher depending on materials used for custom designs, to be paid cash or check to the instructor on the day of class.





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Space is limited and pre-registration is required. Those who wish to take the class must sign up by Wednesday, Sept. 30.

To register for this workshop call the Meredith Fine Craft Gallery at (603) 279-7920 or visit the Gallery at 279 Daniel Webster Highway in Meredith.

For more details, visit our Web site at <http://meredith.nhcrafts.org/classes/> and our Facebook page at <http://www.facebook.com/nhcraft/>.

The Meredith Fine Craft Gallery is located at 279 DW Highway, Meredith, and is dedicated to the education and support of NH's fine craft tradition since 1932.



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**WINNISQUAM REGIONAL SCHOOL DISTRICT**

The WRSD Budget Committee has two vacant seats it seeks to fill, one for the town of Tilton and one for Sanbornton until the 2027 annual meeting of the School District. Registered voters from the towns of Tilton and Sanbornton who are interested in applying for these position may submit a letter stating their intentions to:

**Chairperson**

**Winnisquam Regional Budget Committee**

**433 West Main Street, Tilton, NH 03276**

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VOLLEYBALL

CONTINUED FROM PAGE A1

answered with a nice tip for the Lakers but Belmont came back with hits from Sturgeon and Emily Anstey to go up 18-8.

Avery Holmes had a good hit for the Lakers that was answered by a hit from Daley on the other side of the net. Stephens had another hit for the Lakers before the Raiders closed out the win with an ace from Lillian Sheehan as they took the 25-12 win and the 1-0 lead.

The Lakers jumped out to a quick 7-1 lead in the second set with hits from Katy Bivollic, Stephens and Ivy Evans and a couple of aces from Holmes. Belmont bounced back with a couple of hits from Sturgeon to cut the lead to 8-4 before the Lakers got a service ace from Evans to maintain the lead. Anstey had a couple of hits for the hots sandwiched around one from Stephens on the other side of the net and the Lakers led 14-6.

Daley had another hit for the Raiders and Bivollic responded with a nice tip at the net for the Lakers. Lilian Sheehan had a service ace for the Raiders and



JOSHUA SPAULDING

**Gabby Murphy goes up for a hit during action against Inter-Lakes last Thursday afternoon.**

Holmes responded with a service ace for the visitors. Stephens added another hit as the Lakers went up 18-10 before Belmont came back with hits from Sturgeon and Gabby Murphy. Alyssa Snow made a diving save for the Lakers and Anstey responded with a pair of hits for the Raiders. Stephens

added a couple of aces from the service line and a tip from Hamill and a hit from Holmes rounded out the 25-17 win for the Lakers, tying the match at one.

After Stephens had a hit early in the third set, Belmont came back with an ace from Daley. Stephens added a couple of hits as In-



JOSHUA SPAULDING

**Molly O'Connell celebrates with her parents after recording the 500th dig of her career in last week's win over Inter-Lakes.**

ter-Lakes stayed in the set. Murphy went on a good service run, getting a couple of aces while Sturgeon added a hit at the net. The Lakers got kills from Izzy Stoia before Evans came up with a couple of blocks and Snow added an ace to cut the lead to 11-9.

Anstey had a service ace for the Raiders but the Lakers bounced back with a hit from Evans and an ace from Holmes. Sheehan had a block for Belmont as the Raiders maintained the lead but an ace from Evans kept the Lakers close, as they cut the lead to 17-16. Rowan Sottak had a serve ace for the Raiders and after a hit

from Anstey and a tip from Daley, Belmont closed out the win with a trio of aces from O'Connell and took the 25-18 win and the 2-1 lead.

The fourth set went back and forth out of the gate, as Bailey Powell had a block for the Raiders and Holmes had an ace for the Lakers. Evans added a couple of hits, Holmes had another ace and Stephens had a hit as the Lakers built the lead to 12-3. O'Connell got the Raiders back on the board, Anstey added a block and Sturgeon had a hit while two aces from Murphy cut the lead to 13-8.

Belmont got hits from

Sheehan and Daley as the Raiders cut into the lead before Stoia had a hit and a block and Hamill added an ace to stretch the lead to 18-11. Sheehan had an ace for the Raiders and Snow had a great get for the Lakers while Stephens added a nice tip to open the Laker lead to 21-16. Murphy added a hit for the Raiders and Snow had a great return on the other side of the net before Sottak had a service ace and Anstey came up with a big block as the Raiders cut the lead to 23-20.

Another Anstey block helped the Raiders pull even at 23 and then take the 24-23 lead before the Lakers tied things up at 24. However, hits from Murphy and Anstey closed out the 26-24 win and the 3-1 victory for the Raiders, with O'Connell closing out the day with her 500th career dig.

Belmont is slated to be in action again on Saturday, Sept. 26, at Newfound at 2:15 p.m. Monday, Sept. 28, at home against Raymond at 6:15 p.m. and Wednesday, Sept. 30, at Sunapee at 6:15 p.m.

The Lakers are scheduled to be in action on Friday, Sept. 25, at Moultonborough at 6:30 p.m. and Wednesday, Sept. 30, at 5:15 p.m. at home against Epping.

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

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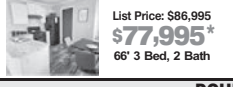


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# Registration now open for Lakes Region Scholarship Foundation’s Annual Pumpkin Figure Contest!

GILFORD — Registration is now open for the Lakes Region Scholarship Foundation’s Annual Lakes Region Pumpkin Figure Contest fundraiser.

“Get ready to let your patriotic spirit shine!” said Executive Director Chris Guilmett. “As America celebrates its 250th birthday and LRSF marks its 70th anniversary, we invite you to bring your most creative red, white, and blue ideas to life. This year’s pumpkin figures will be judged on how proudly and creatively they celebrate America.”

Kim Lacasse, the Foundation’s Assistant Director, said she is excited to build on the success of the annual Pumpkin Figure Contest. “The time participants put in, the creativity they show, and their willingness to share their creations with the community are wonderful to see,” she said. The seasonal fundraiser has become a community-wide



derful to see,” she said. The seasonal fundraiser has become a community-wide tradition. Along with the patriotic theme, entries will be judged in several categories, with prizes awarded.

“Over the years, we have seen amazing entries

from families, businesses, schools, individuals, and non-profit organizations, and we are excited to see this year’s creations,” Guilmett said.

Registration is available through the Pumpkin Figure Contest tab on the Foundation’s Web site. Visitors can also purchase tickets for two additional fall fundraisers: the popular Cakes ’n Sweets Calendar Raffle and the new Harvest Gift Card Haul Wreath Raffle. Pumpkin Figure Contest participation is not required to buy raffle tickets.

The contest is open to individuals, families, schools, businesses, and nonprofits. Each pumpkin figure must include at least one pumpkin. To qualify, entrants must live in the Lakes Region, and entry forms must be received by Lakes Region Scholarship Foundation by Oct. 9. Judging will take place Oct. 15, 16, and 17. An interactive map of pumpkin figure locations will be available to download from the Foundation’s website for those planning a fall outing.

To register for the Annual Lakes Region Pumpkin Figure Contest, view Harvest Gift Card Haul Wreaths, or purchase raffle tickets for the Cakes ’n Sweets Calendar Raffle or Harvest Gift Card Haul Wreath Raffle, please visit [www.lrscholarship.org](http://www.lrscholarship.org).

## Safe Haven Ballet brings “The Nutcracker” to the Colonial stage

LACONIA — The Colonial Theatre of Laconia will present the Safe Haven Ballet’s “The Nutcracker” on Sunday, Nov. 29, at 4:30 p.m. Tickets to the show are on sale now at [ColonialLaconia.com](http://ColonialLaconia.com) or by calling 1-800-657-8774.

Safe Haven Ballet is thrilled to bring our spirited, full-length ballet of “The Nutcracker” to The Colonial Theatre of Laconia! This dynamic performance includes all of your favorite characters including a strong-minded Clara to the eccentric Drosselmeyer, the spooky Rats, as well as our beloved Sugarplum Fairy danced by artistic director, Lissa Cur-

tis. In the Land of Sweets you will be introduced to a variation unique to Safe Haven Ballet called The Brave American. Come sing and clap along to this spirited, patriotic piece!

SHB is located in beautiful Portsmouth, New Hampshire and exists to offer free trauma sensitive classes to survivors of sexual/domestic violence and trauma. Many of these brave survivors will be in the production as they help bring the magic of the season to you. We would love your energetic applause!

The original owner of the Colonial Theatre, Benjamin Piscopo, was from Italy, and the theatre fea-

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

at 609 Main Street, Laconia, NH 03246. [www.coloniallaconia.com](http://www.coloniallaconia.com)

Founded in 2012, Spectacle Live offers venue operations, booking, programming, marketing, and production services across New England from offices in Lexington, MA, Lowell, MA, and Laconia, NH. The company partners with over a dozen venues to manage facilities and promote a variety of events, including concerts, comedy, theater, and family entertainment. For more information, contact Pete Lally at [plally@spectaclelive.com](mailto:plally@spectaclelive.com) or 617-531-1257. [www.spectaclelive.com](http://www.spectaclelive.com)

**PLAYGROUND**

CONTINUED FROM PAGE A1

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This is a full-time position. We offer competitive pay, a full benefit package including paid vacation, holidays, health & dental insurance, 401 (K), and profit sharing.

Minimum requirements:

N.H. Service Technician Gas Fitters License

Qualified applicants should mail or email a resume to:

White Mountain Oil & Propane

Attn: Service Manager

PO Box 690, North Conway, NH 03860

Fax: (603) 356-7181

[jobs@whitemountainoil.com](mailto:jobs@whitemountainoil.com)

You may also find our application at [www.whitemountainoil.com/jobs](http://www.whitemountainoil.com/jobs)

\*No phone calls please\*

White Mountain Oil & Propane is an equal opportunity employer

LRAA Gallery hosting Paint & Sip with juried artist Susie French

TILTON — The Lakes Region Art Association will host a Paint & Sip on Friday, October 2, from 6 to 8 p.m. at the Lakes Region Art Gallery in the Tanger Outlets, 120 Laconia Rd., Suite 300, Tilton.

Juried artist Susie French will lead guests through an 11-by-14-inch painting of an autumn canopy seen from the forest floor—dark trunks rising toward a blue sky, with red, orange, and gold leaves. No painting experience is required. All skill levels are welcome.

The fee is \$40 per person. The full amount is a donation to the LRAA Gallery. Light refreshments will be served. Registration information will be announced shortly.

The Lakes Region Art Association, founded in 1940, is a nonprofit sup-



porting Lakes Region artists through exhibits, classes, and community events at its Tilton gallery.

Event details  
Date: Friday, October 2, 2026  
Time: 6:00–8:00 p.m.  
Location: Lakes Region Art Gallery, Tanger Outlets, 120 Laconia Rd., Suite 300, Tilton, NH 03276

Instructor: Susie French, juried artist

Project: 11" x 14" "October Canopy"

Fee: \$40 (donation to LRAA Gallery)

Refreshments: Light refreshments provided

Registration: <https://www.lakesregionartgallery.org/paint-sip>  
[lakesregionartgallery.org](https://www.lakesregionartgallery.org)

Wolfeboro's  
Great  
Pumpkin  
Hunt 2026

Join the Fun!  
September  
25 – 27

**Find the Pumpkins & Enter to Win:**  
Follow the self-guided map to discover pumpkins around town. Find all for a chance at \$100 in Chamber Dollars\*, or find at least ten for a shot at \$25.

\* Spend them like cash at any member business of the Wolfeboro Area Chamber of Commerce!

**Vote for Your Favorite Pumpkin:**  
Choose the pumpkin you love most and help crown the Best Overall Pumpkin!

**Bonus Fun: 9/25 - 9/26**  
Guess how many pieces of candy are in the jar at the Chamber of Commerce in the former railroad station!  
Closest guess wins the candy and a chocolate pumpkin!

**More Weekend Events:** Sidewalk Sale Days, Flower Festival, Fall Festival, KYC Chili Challenge, and the Winni Chase Regatta.

**A weekend full of fall excitement in Wolfeboro!**

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Dan Uhlman, General Manager  
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