

Photos taken "Around Tilton" sought for upcoming book



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Bonnie Randall, Carol Stone and Dennis Evans sort through old photos of Tilton on a recent visit to Town Hall as part of their research for an upcoming book, "Around Tilton," scheduled to be released by Arcadia Publishing next June. The three are seeking help from the public in locating other photos from 1850-1950 to be included in their photographic history of the town.

BY DONNA RHODES
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TILTON — Three avid enthusiasts of the history of Tilton have contracted with Arcadia Publishing Company to preserve a glimpse of the past for the future of the town.

The trio are asking for help in locating nostalgic photos people may have tucked away in their homes to help them make their upcoming book, "Around Tilton," portray life in Tilton from 1850 through 1950.

Carol Stone, Bonnie Randall and Dennis Evans have been combing through archives at Hall Memorial library, Tilton Town Hall, and even in their own family collections to gather images of Tilton's past.

In 1969, Stone and Randall compiled and co-authored "Tilton, New Hampshire Centennial," and later realized there was much more not included in their first publication.

"The first book didn't cover much of the Lochmere and Winnisquam areas, and we found some misinformation, which we want to correct in this book," said Stone.

Stone and Randall said they both married men with deep roots in the community, whose families had gathered a wealth of photos and stories of Tilton over the years. Evans, a new resident to Tilton, said he has a devout interest in architecture and has been involved in researching history of other Tilton's past.

SEE PHOTOS, PAGE A12

Inside the Spaulding Youth Center

BY DONNA RHODES
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NORTHFIELD — Situated on 470 sprawling acres of prime real estate, Spaulding Youth Center has been serving children's needs for more than 50 years, providing special education needs, housing, support and encouragement to children and families who face extraordinary challenges due to neurological diseases, behavioral challenges, autism and more.

"We don't limit our service to one particular area of need, as some facilities in the state do," said Joanne Piper Lang, marketing and

communications director for Spaulding Youth Center.

Spaulding began as an orphan's home after the Civil War, moved on to become a dairy farm, and in 1958 became a residential and day school for challenged youth which today resembles a scenic New Hampshire college campus. A central quad with green grass, play equipment and sculptures is surrounded by academic, residential and administrative buildings, with a view that extends for miles across the rolling hills, fields and mountains of central New Hampshire.

Offering both day school

and residential opportunities, SYC has 51 beds available in five cottages, which are staffed around the clock. One third of the children and youth at the facility, whether residential or a day student, have been diagnosed with autism, but Lang said there is a growing population of children with educational difficulties who are now coming to the school. Each is treated as an individual and taught according to their own needs.

"Our mission is to help these kids heal, grow and move on to a less restrictive environment, whether that's school, home or foster

care," Lang said.

The school itself is comprised of teachers certified by the state in Special Education, along with a strong support staff. In the classroom, students are assisted by their aides when necessary, and Lang said sometimes, there are as many adults in a room as there are students.

"Besides the school staff, we have nurses and consultants for Occupational Therapy, Physical Therapy and speech and language. Whatever a child needs, we provide it," she said.

While the trend in special

SEE SPAULDING, PAGE A11



COURTESY
Receiving recognition for excellence in community heritage endeavors in Belmont were Holly Smith, Ginger Wells-Kay, Ken Knowlton, chef William Walsh of the Food for Thought Café, and Robert Ferguson. The inaugural awards were given by the Heritage Commission during the selectman's meeting on Monday evening in honor of New Hampshire History Week.

Belmont residents honored for preserving community's heritage

BY DONNA RHODES
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BELMONT — In conjunction with the first New Hampshire History Week, Belmont's Heritage Commission presented Community Heritage Excellence awards to five people whom they deemed to have made an impact on preservation or promotion of the heritage of Belmont during Monday evening's regular selectmen's meeting at Corner Meeting House.

Following a salute to all community volunteers who have helped make a difference in Belmont from Selectman Ron Cormier, the ex-officio representative to the commission, presentations were then made by Heritage Commission vice chairman Linda Frawley, and Chairman Wallace Rhodes handed out framed certificates to the recipients.

Among those recognized was Ken Knowlton for his volunteerism with the Conservation Commission, both the 1996 and 2010 PlanNH Charrettes, the Master Plan for Belmont and the construction of Belmont's newest landmark, Penstock Park, among many other town projects.

Another certificate was presented to Belmont High School sophomore Holly

Smith for youth leadership. Smith was recently named one of New Hampshire's "Young Preservationists," and the Heritage Commission also recognized her for her artistic rendering of the Belmont bandstand.

"Miss Smith's detailed artwork of the historic bandstand was showcased during its 2009 Centennial and prominently displayed at the Belmont Middle School, Lakes Region Community College's Food for Thought Café and in the Winnisquam Echo," Frawley said.

Smith also created a whimsical map of the downtown area for the "Deck the Village" festivities, and will do so again this year to help guide residents and visitors to various destinations and

SEE BELMONT, PAGE A11

New exhibit gives a voice to those fighting breast cancer

BY DONNA RHODES
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LACONIA — The battle with cancer means something different to everyone — those in the fight, their families, loved ones, and even their caregivers. Now a special traveling art exhibit, Lilly Oncology on Canvas, gives others a glimpse into these feelings through their art and photography.

October is National Breast Cancer Awareness Month, and LRGHealthcare was pleased to collaborate with the Belknap Mill in order to bring the exhibit to Laconia, sharing the thoughts and artistic renderings of some of the 400 entries in the 2010 biennial competition.

Since 2004, Lilly Oncology on Canvas has received more than 3,600 stories of the journey with cancer through painting, drawing, mixed media and photography by those who can tell the story best, in an effort to bring understanding to others. Each piece is accompanied by written thoughts and feelings of the artist, expressing the struggles, hopes, fears and sometimes, the sadness for the loss of a loved one through cancer.

"Question Mark" is a simple but touching photo of a



Donna Rhodes
Shirley Stokes pauses by two of the many works of art which are a part of the Lilly Oncology on Canvas exhibit currently traveling the country. The exhibit was brought to the Belknap Mill through the collaboration of LRGHealthcare, and will be on display until Oct. 27.

blue dinner plate holding ragged cutouts of words which express the inner struggle of one cancer patient. The artist from Missouri wrote, "Every day when I ask what's for dinner, I wonder what's for life? How many more years, days, hours will I receive?"

Another telling photo is

that of a turtle by a Florida resident who titled the piece "Pushing Forward."

"Slow and steady wasn't my first attitude," the artist wrote about their cancer treatment. "Hopefully my cure is in the future, but for now I am happy to be in the race."

Shirley Stokes was a visitor

to the exhibit last week, and knows much of what the artists speak. She herself is a breast cancer survivor, having received successful treatment and "awesome" care at LRGHealthcare.

"Some people back then thought maybe I should have

SEE EXHIBIT, PAGE A11

INDEX

Volume 4 • Number 42
22 Pages in 2 Section

Editorial Page.....	A4
North Country Notebook.....	A5
Schools.....	A9
Culture.....	A7
Obituaries.....	A6

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SPAULDING

CONTINUED FROM PAGE A1

educational needs is moving away from residential facilities, Lang said there will always be a need for some children to have a place such as Spaulding, where they can develop and thrive to the best of their capabilities.

"They feel accepted and safe here," Lang said. "They can build friendships and self-esteem, and take away skills to use in the future."

Mentoring, in fact, is an important part of what happens at SYC, and Lang cited many examples of children who benefited tremendously through the attention and friendship of their peers. One 15-year-old student was able to discover his own self-worth when he reached out to a younger child with autism.

"He came here with a lot of difficulties but realized he could make a difference by caring about someone else. It was astounding. He left here a different person," she said.

Children who are nonverbal usually become verbally mentored by others who befriend them and become their advocate. The symbiotic relationship is rewarding to both in nearly every instance.

Other programs at SYC



DONNA RHODES

New Hampshire sculptor Emile Birch has been a frequent visiting artist at Spaulding Youth Center in Northfield, and several of his works adorn the 470-acre campus. This piece, situated on the quad, incorporates Spaulding's Star Rising logo with tiles made by students, and serves as a sundial.

are equally inspiring to students. The center is home to an award-winning arts program, and stresses the importance of physical education, requiring all students to participate despite any disabilities or special challenges. The grounds have hiking and biking trails, as

well as a rope course to challenge the minds and physical capabilities of each child. The Experiential Challenges Outdoors program is headed up by ten-year SYC veteran Jayson Sterner, who, with his staff, take students on trips to trails and other natural des-



DONNA RHODES

During lunch break, students can enjoy the playground and grassy lawns at Spaulding Youth Center before heading back to classrooms and lessons designed to meet their individual needs, whether that be autism, neurological diseases and injuries, or emotional disabilities.

tinuations where they learn skills and unwritten rules of the outdoors, such as "Leave No Trace." Pairing science with physical education, the program is popular with most students.

"We go kayaking or for hikes to places like Knowles Pond and other sites nearby to teach students about the outdoors, or we challenge them on the rope course and other facilities here on campus," Sterner said.

Each Thursday during lunch, teachers, staff and Principal Colleen Sliva recognize those who had a "Gotcha Card" submitted for being caught in the act of being safe, respectful, responsible or even making "wellness" decisions in any given day. From the "Gotcha Cards" collected, names are drawn, and the students are called up with a round of applause to select an item from

a prize box. Classroom awards are also handed out each week.

Teacher Mirjana Karic congratulated one student for good behavior with visitors in the classroom.

"Student of the week! You did a fabulous, awesome, exceptional job. A real role model," she praised before the packed dining hall. "Keep it up!"

Others received awards for eating more vegetables, following directions, getting right to task during NECAP testing, and other improved behaviors.

SYC services youth from the age of five until 21 if needed. Sometimes students are able to move from residential care to foster care while maintaining day student services.

"We look to place children in loving homes when necessary, and so we also of-

fer Foster Care training right here at Spaulding. We're one of the state's child placement agencies, and while we try to place our own students who need foster care first, we also work with others in the state," Lang said.

The 24-hour-a-day, seven-days-a-week, 365-days-a-year facility employs more than 180 people from Northfield and surrounding towns. Each, Lang said, is dedicated to the well-being and growth of the children in their care.

"They're the utmost of professionals here at Spaulding, very dedicated and caring individuals. It's a fabulous place," she said.

More on the facilities and services available at Spaulding Youth Center can be found at www.spauldingyouthcenter.org.

BELMONT

CONTINUED FROM PAGE A1

activities for the event.

Ginger Wells-Kay was thanked for her contributions in conservation, outdoor education and her donated time and expertise in gardening. She and her crew from Garden Artisans have also been instrumental in various other beautification initiatives in Belmont.

Frawley said, "Ginger has donated plantings for the Belmont Mill, daffodils and (her) time for Make A Difference Day efforts at Province Road Meeting House, Sargent Park, the Library and other Village locations."

Wells-Kay has also been involved in the gardening designs and plantings for Penstock Park, among many other projects in the area, she noted.

Food for Thought Cafe at the Belknap Mill was also recognized for contributions to the community. As one of the first tenants of the refurbished Belmont Mill, the students of Lakes Region Community College have brought a great dining

experience to the village, Frawley said.

"The professional staff and students of the Culinary Arts Program provide our community a unique destination, and outstanding hospitality for Belmont visitors and events," she said.

Residents Robert and Susan Ferguson were given recognition for the refurbishment of their historic home, located across Fuller Street from the Corner Meeting House. Built in 1830 by Jonathan Fuller, the Fergusons purchased the home in 1991, and have done extensive work on the property, thus earning the certificate for "Renovation Excellence-Private Residence" by the commission.

Ferguson said he was both surprised and pleased to earn the distinction, and said he felt it an honor to live in and restore a historic home.

"I'm flattered. I didn't do this for any awards. It's a hobby for me that I really enjoy," he said.

A contractor by trade, Ferguson and his wife have slowly but surely restored or rebuilt features in their

home which were covered up or destroyed in prior renovations, and during the modernization of the residence, when electricity, plumbing and other features were installed. Ferguson once worked in Portsmouth's Strawberry Banke district on restoration projects, and said he loves the history of older homes.

"If you think about it, this place was built when Abraham Lincoln was only a teenager. I love that idea," he said.

The Heritage Commission, comprised of Rhodes, Frawley, Shayne Dugan and Margaret Normandin, felt the first New Hampshire History Week was important to the heritage of all New Hampshire communities and therefore wanted to recognize those who have contributed locally toward preservation efforts.

"It's well worth celebrating, and we wanted to give thanks to some of the people who have given extraordinary time and energy in the name of Belmont's history," Frawley said.

EXHIBIT

CONTINUED FROM PAGE A1

gone somewhere else, to Hanover or somewhere like that, but I had a wonderful experience at LRGH, and I'm now involved in their support groups and cancer conferences," she said.

Stokes herself has been inspired to add a new concept to Motorcycle Week with an auction for artistic plaster casts of both women and men who have had breast cancer. Each piece will be an anonymous casting, which will then be adorned with meaningful scenes painted on them by local artists for the "Treasured Chests Project" next June.

She said the exhibit at the Belknap Mill was both comforting and meaningful, as she observed the many facets of a cancer diagnosis and treatment others expressed on canvas.

"I've spent a lot of time look-

ing at the art and reading the stories. I can relate to a lot of them. Everyone touched by cancer has a story," Stokes said.

Some of the paintings and photos also expressed feelings of friends and family as they support patients in their battle. One example is a piece done by the close friend of a breast cancer patient in Pennsylvania, titled "Pink Tears." In it, she shows her sadness through a black and white portrayal of half of a woman's face with a single pink tear streaming down the cheek.

"This was done to remember her and all women and men who suffer from breast cancer all over the world. Let it be known: God will wipe away all tears. Fight for the cure," accompanies the art.

A few of the paintings depict the current ratio of one in every eight women being diagnosed with breast cancer. A South Carolina resident painted

ed a bouquet of flowers, seven pink blossoms with one lone yellow flower in the bunch. Titled, "One in Eight," she wrote that she herself was a yellow flower, and now her daughter joins her in her own fight as "one of the eight."

Belknap Mill employee Todd Frazier said visitation to the gallery has been very steady with many people taking time to view and read each of the many works on display. The gallery is open Monday through Friday from 9 a.m. until 5 p.m., and from 9 a.m. until 3 p.m. on Saturdays. The final day for Lilly Oncology on Canvas will be Oct. 27.

The exhibit is sponsored every other year by Eli Lilly and Company and the National Coalition for Cancer Survivorship. For more information on the tour and how to participate in the 2012 contest, which begins in November of this year, visit www.lillyoncologyoncanvas.com.

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