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THURSDAY, OCTOBER 2, 2025

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FREE

Caitlin Frost named Library Director of the Year

NEW DURHAM—The Town of New Durham, along with the Library Trustees and the Friends of the NDPL, proudly announces that Library Director Caitlin Frost has been named the 2025 Library Director of the Year by the New Hampshire Library Trustees Association. This honor recognizes Frost's extraordinary dedication, creativity, and leadership in making the New Durham Public Library a true hub of community life.

During her time as director, Frost has transformed the library into a vibrant gathering place where residents can not only check out books, but also learn, connect, and celebrate together. In her first month as director, Frost secured grant funding to install new playground equipment at the town ballfields. Since

then, NDPL has secured more than \$117,000 in grants to fund a variety of programs and initiatives that bring people through the doors, with more grants to come. These include Tuesdays at the Park, an outdoor summer music series; significant technology upgrades; and the flourishing community garden.

Frost has also expanded the library's role in community-wide events and initiatives. NDPL was instrumental in helping to launch National Night Out in town, giving families a chance to come together with local organizations for an evening of fun and connection. The library has become a key resource for homeschool families, offering specialized programming and support that enriches their educational experience. Whether it's hosting story hours, hands-on



Caitlin Frost

COURTESY PHOTO

makerspace workshops, or community celebrations, Frost has worked tirelessly to make the library a busy, welcoming space for all.

In addition to programs, Frost has directed her efforts toward ensuring that the library itself is accessible and welcoming to every member of the community. Through grant funding, NDPL is undertaking a major renovation of its entrance, which includes removing the awkward front entryway, installing electronic door openers, and adding a new ADA-approved wheelchair-height circulation desk. These improvements will make the library easier to use for all visitors and will stand as a lasting example of the town's commitment to accessibility.

To celebrate both the

renovations and Frost's recognition as Library Director of the Year, the New Durham Public Library, along with the Friends of the Library and the Board of Trustees, will host a special Grand Reopening and Award Ceremony on Tuesday, Oct. 28, from 3:30-6:30 p.m. The public is cordially invited to drop in during those hours to enjoy light refreshments and explore the library's updated spaces. At 5:30 p.m., a ribbon cutting will take place, followed by the formal award presentation to Caitlin Frost.

The Town of New Durham along with the Trustee Board and the Friends of the Library is deeply proud of Frost's achievement and grateful for the passion, vision, and energy she brings to her role and the community.

Alton getting ready for partial Route 11 detour

BY ERIN PLUMMER
ernews@salmonpress.com

ALTON — A small section of Route 11 will be closed for most of October as the state completes a construction project. The town is now looking at ways to clarify some confusion about the detour route with signage and public outreach.

The New Hampshire Department of Transportation has been doing work on Route 11 near Keewaydin Drive including clearing, excavation, and partial replacement of the culvert. According to the DOT work has been done between 6 a.m.-6 p.m. and would involve

temporary lane closures through Oct. 3.

That section of the road will be fully closed from Oct. 6-25 with traffic being rerouted through Routes 140, 107, and 3.

Full directions for the detour and a map can be found at <https://www.dot.nh.gov/news-and-media/daytime-lane-closure-alton-44456>.

During their meeting on Sept. 23, town officials discussed concerns expressed by residents about the detour and access to Rand Hill Road.

Town Administrator Ryan Heath said Rand Hill Road would be open for local traffic only. He

said there were some concerns among residents about tractor trailers being detoured up Rand Hill Road and whether a weight limit should be established for that road.

Heath spoke with Department of Public Works Director Seth Garland about this, who then did some research.

Heath said the selectmen have the authority to set temporary weight limits on any town road. Rand Hill Road, however, is not the primary detour route for the project. Heath said the state cannot set its primary detour on a local road and Route 140 will be the primary

detour.

Heath also said if they set a temporary weight limit for Rand Hill Road the police will likely run into enforcement issues.

Rand Hill Road has never been posted with weight limits for any reason, including during the winter, and 18-wheelers have been free to go down that road daily. Posting roads during the winter is usually done based on temperature changes in the road base that could cause damage. He said if that road has never been posted the court could ask what the issue is now that would lead to that

SEE DETOUR, PAGE A11

Selectmen approve lower assessment for Gilford Village Knolls II

BY ERIN PLUMMER
ernews@salmonpress.com

GILFORD — Gilford Village Knolls 2 is now responsible for tax assessments, but the selectmen approved a lower assessment considering the property's many obligations and to try to keep rents from increasing.

Gilford Village Knolls consists of three properties that provide housing for seniors. Recently Gilford Village Knolls II was purchased by a private company, which makes it ineligible for a Payment in Lieu of Taxes and it will now be subject to taxation. The property was recently assessed at around \$975,000, but representatives from Gilford Village Knolls said that assessment was too high and was calculated based on the property being a market rental. Knolls representatives said an assessment of around \$782,800 would better fit.

During the Sept. 24 selectmen's meeting, board chair Kevin Hayes said the selectmen requested that representatives from Gilford Village Knolls speak with them over concern that the change in taxes will be passed onto the residents.

Gilford Village Knolls board member Tony Feruolo said after Gilford Village Knolls III was completed in 2018 the board of trustees has largely diminished except for a few projects. In 2021 the investment group for Knolls II triggered its 15-year buyout. Stewart

Property Management, who had been managing the complex, purchased the investment and later purchased the general partnership interests from the trustees. The Stewarts have also been interested in purchasing Knolls I and III.

"For 38 years, we've all been very happy and fortunate to have Stewart Property Management carrying and taking care of our properties," Feruolo said.

Ryan Stewart of Stewart Property Management said the company purchased the property for \$1 and assumed all of its debts and the seller's legal expenses. He said all of this was done out of pocket and none of the costs were passed to the residents.

Stewart said all of the residents at Knolls II are receiving some sort of assistance. He said the US Department of Agriculture is providing rental subsidies for 21 of those units.

"For years that subsidy is always subject to annual appropriation by Congress," Stewart said. "We've never been particularly concerned about that being disrupted, now we just don't know. There's a great deal of uncertainty as you might suspect in terms of housing programs generally and also appropriations for subsidies of this sort, so we just don't know."

He said the other three residents receive Housing Choice vouchers through Housing

SEE KNOLLS II, PAGE A11

Golden Eagles spoil Homecoming in Meredith

Selectmen approve lower assessment for Gilford Village Knolls II

BY JOSHUA SPAULDING
Sports Editor

MEREDITH — The two Division III football teams in the Lakes Region took to the field under the Homecoming lights in Meredith on Friday night and the visiting Gilford Golden Eagles showed a little muscle, shutting down the Inter-Lakes/Moulton borough offense and taking a 28-0 win.

"We challenged the guys throughout the week," said Gilford coach Brandt O'Hara. "And we had a lot of guys who we asked to step up and they did it."

"They beat us in every aspect of the game, give them credit," said ILMA coach Guy Donnelly. "They were hungry and came out and showed it."

The Lakers went four and out on the first drive of the game and Gilford came out and marched 82 yards down the field for the first touchdown. Liam Butler and Lucas Raleigh got early carries and Raleigh caught a Mark Uicker pass for a first down. Lukas Diaz joined the running at-



JOSHUA SPAULDING

Lucas Raleigh hauls in an interception during his team's game in Meredith on Friday night.

tack and Henry Sleeper caught a Uicker pass for another first down. Diaz then caught a screen pass from Uicker and went in from 14 yards out with 2:18 to go in the first quarter. The Lakers blocked the extra point and Gilford had the 6-0 lead.

It didn't take the Golden Eagles long to add to that lead, as Raleigh leaped and intercepted a Laker pass and returned it 60 yards the other way for the touchdown. Butler carried in for the two-

point conversion and the visitors led 14-0 with 1:49 to go in the first quarter.

The Lakers again went three and out on the next drive and Gilford took the ball back to close the first quarter. Raleigh made a great catch for a 50-yard pickup on the second play of the second quarter and Butler carried a couple of times before Raleigh caught a six-yard touchdown pass from Uicker with 9:05 to go in the first half. The two-point conversion was

no good and the Golden Eagle lead was 20-0.

The Lakers had to punt again, but this time the Laker defense was able to hold the Golden Eagles, as O'Brian Murray got in the backfield for a loss and the visitors punted. The Lakers were able to pick up a first down with a Kiernan Donnelly pass to Jackson Downs, but Sleeper broke up another pass attempt and the Lakers had to punt again. Gilford was able to run down

SEE FOOTBALL, PAGE A11

Alton Parks and Recreation Community Connection

Trick or Treat hours

The Town of Alton Trick or Treat hours are Friday, Oct. 31 from 5-7 p.m. Plan to stop at the Gilman Museum on Main Street between 4:30-6 p.m. for the Monster Mash Costume Runway- there will be treats and a chance to walk through the Halloween lights. Great photo opportunity at our spooktacular place.

Hit the Trail!

Hiking Programs offered for all levels
Join hiker, Bonnie Dodge, for beginner focused hikes on Fridays

or progressive hikes on Wednesdays. Hikes start at 10 a.m. at the trail head in Alton and surrounding Towns.

Beginner Friday hikes are a great opportunity for hesitant folks to discover the wonderful world of hiking and learn about the best trails in the area- the program is focused on hikes for beginners. Sign up at parksrec-asst@alton.nh.gov or 603-875-0109 the Wednesday before the hike day.

Progressive Wednesday hikes are for those that are looking for a hiking chal-

lenge. The hikes will gradually increase in difficulty each week- making this a great way to be outside and exercise. Sign up at parksrec-asst@alton.nh.gov or 603-875-0109 the Monday before the hike day.

Bring water, comfortable walking/ hiking shoes, and a snack. A new trail location will be announced each week to the group. Program is free.

Line dancing lessons

Line dancing lessons with Jane Corbett are held on Thursdays now through Oct. 30 from 1-2 p.m. for beginners, and 2:10-3:10 p.m. for experienced dancers at the Alton Bay Community Center. Adults of all ages and abilities are welcome, \$15/season. Register on site.

**Paint Night
With Anne Morrell**

Alton Parks and Recreation is sponsoring a Paint Night with instructor Anne Morrell at the Pearson Road Community Center on Wednesday, Oct. 22 from 6-7:30 p.m. Scene is "Last Leaf" depicting a fall/ winter scene under the evening moon. All supplies are included, \$25 for adults; \$15 for children 12 and under. View the painting

example on the Alton Parks and Recreation Face Book Page or ask for a copy to be emailed to you. All abilities are welcome. Bring a friend or sign-up solo. Please RSVP with your name and contact information to parksrec-asst@alton.nh.gov or call 603-875-0109. Register early as space is limited.

**Weight training classes
Mondays and
Wednesdays
Starts Oct. 6**

The Alton Parks and Recreation Department is sponsoring Weight Training Classes on Mondays and Wednesdays, with AFAA Certified Instructor Kellie Troendle, from 1:30-2:30 p.m. at the Gilman Library for adults of all ages and abilities starting Oct. 6. Build strong muscles and bones, increase flexibility and develop better balance. Bring light hand weights, a mat and water. For more information, contact parksrec@alton.nh.gov or 603-875-0109. Try a class for free. \$20 per month/session or \$5 drop in.

**Walking Group
Tuesdays**
Alton Parks and Recreation is sponsoring a walking group

for ages 10 and up on Tuesdays from 9-10 a.m. Are you looking to get active but running or hiking may be too much? Join us for a walk led by Sam from Alton Parks and Recreation each Tuesday morning. The group will start at the Parks and Recreation office (328 Main St.), continue around Alton, and loop back. Each walk will be roughly an hour at an easy pace. Supportive shoes are recommended. Contact parksrec-asst@alton.nh.gov or 603-875-0109 to sign up.

**Fusion Belly
Dancing
Starts Oct. 7**

The Alton Parks and Recreation Department is sponsoring Fusion Belly Dancing Classes with Katie Hynes on Tuesdays starting at 5:30 p.m. at the Pearson Road Community Center for adults. Classes start on Oct. 7. Create a unique and evolving artform with traditional belly dance movements and influences from various other dance styles. No registration required. Just drop in \$15/class. For more information contact parksrec@alton.nh.gov or 603-875-0109.

Guided Meditation
The Alton Parks

and Recreation Department and Friends of the Gilman Library are sponsoring Guided Meditation with Karen Kharitonov on Thursdays, Oct. 16 and 30 from 6:30-7:15 p.m. at the Gilman Library, Agnes Thompson Meeting Room. Meditation is helpful for reducing stress and slowing our bodies down to breathe. The program is free, donations accepted to benefit local charities. For more information contact Alton Parks and Recreation at parksrec@alton.nh.gov or 603-875-0109.

**Pilates Classes in
Alton Bay Tuesdays
and Thursdays**

The Alton Parks and Recreation Department is sponsoring Pilates classes at the Alton Bay Community Center on Tuesdays and Thursdays, 9:30-10:30 a.m. with certified instructor Donna Lee. All level adults are welcome for a full body, low impact class that will improve muscle tone, flexibility, balance and strength. Pre-registration is \$10 per class or \$15 drop in. Bring a mat and water. For more information/ register contact Donna at breathepilates1@yahoo.com or parksrec@alton.nh.gov. Class will not be held Oct. 7, 9, 14, or 16.

Meghan Stodden pursuing Bachelor's degree at Muhlenberg College

ALLENTOWN, Pa. — Meghan Stodden of Laconia has joined Muhlenberg College this fall to pursue a bachelor's degree, as a member of the Class of 2029. A graduate of Holderness School, Stodden is joined by more than 420 first year and transfer students.

Muhlenberg's incoming students join the Allentown community from 26 states and 13 countries around the globe. In fact, 64 percent have come to the college from out of state.

With an average GPA of 3.51 (on a 4.0 scale), the academically-minded new students' interests are widely split between the fields of natural sciences (23 percent),

social sciences (21 percent), and accounting/ business/economics/ finance (21 percent). Another 16 percent intend to pursue the arts. Student-athletes make up 38 percent of the incoming class. A quarter of Muhlenberg's new arrivals will be the first in their families to attend college.

Founded in 1848, Muhlenberg is a highly selective, four-year residential, liberal arts college in the city of Allentown, Pa., with nearly 2,000 bachelor's and master's degree-seeking students. The college's curriculum and experiences are designed to open doors to new ideas, discoveries, friendships and a lifetime of personal and intellectual growth.

Local student makes a difference through Emmanuel day of service

BOSTON, Mass. — Cormack Welch of New Durham joined with more than 360 first-year students at Emmanuel College to make an immediate impact in the community through the New Student Day of Service.

Rising early on the last day of summer vacation, the students volunteered at food shelves, homeless shelters, and other organizations that meet vital community needs through the day of service.

In addition to encouraging new students to embrace Emmanuel's rich history of serving the common good, the day of service helped them connect with Boston and each other.

"By engaging with the city from day one, our new Saints began their Emmanuel journey grounded in service, connection, and purpose," said Emmanuel VP of Mission & Ministry Fr. Federico Cinocca. "It sets the tone not only for their year, but for their entire Emmanuel experience."

With more than 80 majors and areas of study, Emmanuel College combines outstanding classroom instruction and real-world experience to prepare students for lives of achievement, learning, and purpose. Voted the #1 college location in America by Niche.com in 2023, 2024, and 2025, Emmanuel offers easy access to world-class medical, cultural, and business organizations from 400 The Fenway in Boston. Learn more at Emmanuel.edu.

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Please drive carefully.

Land cleared, foundation work starting on DPW project

BY ERIN PLUMMER
mnews@salmonpress.news

GILFORD — Construction continues on the new Department of Public Works facility with work taking place on the site, the foundation, and fire suppression system among others.

DPW Director Meghan Theriault has posted regular updates on the department's Facebook page and the project website. As of Sept. 9, tree removal was completed on the site. Lyman Construction was working on several different sitework projects including installing utilities, hammering ledge, parking lot grading and paving, and cuts and fills.

The design team was working on the sewer pump station and setting up the pump for the fire suppression system.

Theriault gave the board of selectmen another update during the Sept. 24 meeting.

Theriault said Lyman Construction is on-site and preparing the foundation. There will be more than 20 different concrete pours and Theriault said to expect seeing the concrete truck come by a lot.

They were recently told the construction process won't blast the ledge underneath the property. A stone layer will be put six inches above the smallest high-point of the ledge.

Theriault said rebar is being out down as well and some testing will be done by a new subcontractor.

Design work is underway on the fire suppression pump system. Theriault said Bonnette,



The cleared land for the new DPW facility project.

COURTESY PHOTO



COURTESY PHOTO

A timelapse video showed the progress made on Gilford's new Department of Public Works facility. Crews cleared the land of trees and stumps before doing sitework.

Page, and Stone requested some more information, and work is being done to design a heating system to protect it from the weather. Town Administrator Scott Dunn said he found out that day that the plan will out the pump in the cistern, saying the suppression system has to be heated to be covered by warrantee.

"The hope is that this is going to save money because instead of hav-

ing a very deep hit for the pump in the building with a deep concrete pit, now we have to buy a housing structure," Theriault said, saying the housing will be similar to a plastic utility enclosure.

The project is now getting prices for the design concept of the pole barn, which Theriault said they want to be able to use all year. The DPW has block heaters that will be put in the barn to keep trucks some-

back down and figure out what to do," Theriault said.

They are also waiting to hear from a contractor on whether they can use crushed glass from the recycling facility as concrete mix. Theriault said they are hoping it can be used under the sidewalks behind the retaining wall.

She said the glass can't be used under the slab or at the skating rink project because they use vapor barriers that crushed glass can cut up.

One of the PFAs monitoring wells required by DES will be relocated because of construction.

Dunn said they asked if that well could be removed entirely, but said that proposal wasn't accepted. It will cost around \$13,000 relocate that well, which Dunn said will come from the building project's budget.

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Power Outage Tips

BEFORE

- Follow directions from local officials
- Check flashlight and radio batteries
- Charge mobile devices
- Add warm clothes and blankets to emergency kit
- Keep gas tank full
- Take cash out (ATM's may not work)

DURING

- Conserve energy
- Go to community warming shelters & check on neighbors, family, seniors and homeless
- Only use generators in open areas away from windows and home to prevent carbon monoxide poisoning

AFTER

- Throw out unsafe food

www.Ready.gov/blackouts

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We Will NOT be Undersold

Volunteers keep our towns alive

Across the Lakes Region, fall is one of the busiest seasons of the year. Town boards begin the long process of drafting budgets. Schools settle into routines. Churches, libraries, and senior centers fill their calendars. At the heart of nearly all of these activities is something our towns cannot do without: volunteers.

Whether it's the fire department's on-call crew answering late-night alarms, the library trustees raising money for new programs, or the youth coaches organizing soccer games on Saturday mornings, the list of unpaid, often unseen efforts is endless. In smaller towns, these volunteers are not a luxury—they are the engine that keeps civic life moving.

But here is the hard truth: that engine is under strain. Fewer people are stepping forward to fill long-standing roles. Many groups rely on the same handful of volunteers, year after year, to run fundraisers, staff community suppers, or even serve on planning and zoning boards. When those few burn out, retire, or move away, the work can grind to a halt.

Our region's identity has always been built on neighbors helping neighbors. It is what sustains food pantries in Barnstead, conservation projects in Gilmanston, and recreation programs in Gilford. It is what allows Alton and New Durham to host parades, festivals, and Old Home Days that bring families together. None of these things appear out of thin air. They happen because ordinary residents are willing to put in their time.

There are plenty of ways to help, and not all of them require a large commitment. A few hours spent helping at a local cleanup day, reading to children at a library, or joining a school booster club can make a real difference. For those with more time, there are open seats on committees across the region. Local government depends on citizens stepping up.

The benefits go both ways. Volunteering is not only good for the community; it strengthens personal connections and reminds us why these towns are worth calling home. In an era when so much of life is online and impersonal, showing up in person—whether at a firehouse, a town hall, or a youth field—reaffirms the ties that bind us together.

As this busy season unfolds, let's make a renewed commitment to give what we can. Even small contributions of time and energy add up. The vitality of our towns depends on it.



COURTESY PHOTO

Soccer shoot

Laconia Elks held its annual Soccer Shoot on Sunday, Sept. 21. Kids from around the Lakes Region came and competed in one of two events. The five-goal contest for seven and under; three shots each on five goals ranging from 48" to 17" scoring points for each successful goal with a maximum score of 48. The other contest for ages 8 to 15 is a grid goal contest, 15 shots on the goal with points earned based on location of successful goal for a maximum score of 75. The winners from Laconia Elks #876 will advance to the State Soccer Shoot on Oct. 5 at 10 a.m. at the Plymouth Regional High School. Winners included Axtyn Lamontagne (U8 boys) and Everlee Tibbetts (U8 girls), Parker Cullen (U12 boys), Elizabeth Knowlton (U12 girls) and Lucas Blais (U14 boys). Laconia Elks invites local youth to join in the fun next year.

LETTERS FROM EDWIN

Harvest

Help me please. I can't eat all these vegetables! It happens every year at this time. The harvest comes in and it's hard to deal with it all. That must be one of the most difficult things to deal with for a real farmer. All that abundance brought about by so much effort that ends up going to waste. I know that nothing really goes to waste on a farm, but it still must be heartbreaking.

It happens to me too, only on a much smaller scale. Throwing all the spotty and rotty produce into the compost pile. It'll all turn around and end up as fertilizer to try

it all again. It's how God designed it. The more we follow his plan, the easier things become.

If I just left things be as they are, my garden would just be so so. When I add in what I glean from my worm and compost piles, my plantings flourish magnanimously. It's the best fertilizer going, and it's free.

There are lots of farmers out there trying to do exactly what I do on a larger scale. They've given it a name you may have heard, permaculture. It's trying to use natural practices that return fertility to the soil, community to the critters and

wholesomeness to the food produced. I've put over thirty years into my garden patch, and right now, it's a gardener's dream. Rich deep dark earth that grows everything. Thank you, Lord.

I could probably even forgo adding compost to it next season and start working up a new garden patch and it would still retain its productivity. It would probably continue for a couple of years. It's that good. But unfortunately, my body is telling me to plant less, not more. I hesitate to spread the composted products on my wild weed lawn as it would then be trans-

formed into a totally crazy mad overgrowth of insane proportions. It's already a haymaker's delight. Which in turn is my 20-inch push mower and my despair.

As it is, without much of any fertilizer at all, it's managed to go from basically beach sand to flourishing weed heaven. At least it's green. Now imagine if I put some worm magic on it? It could be dangerous.

If I were twenty or thirty years younger, I could maybe consider adding some animals to the mix, and even build a barn. Then they'd prob-

SEE EDWIN, PAGE A8

Psychic driving!

POSITIVELY SPEAKING TOBY MOORE

In the late 1950s, patients walked into Montreal's Allan Memorial Institute expecting treatment for anxiety, depression, or everyday struggles of the mind. What many of them encountered instead was the work of Dr. Ewen Cameron, a psychiatrist with an outsized reputation and a dangerous obsession with "reprogramming" the human brain. Cameron believed he could break down a person's mind and rebuild it from scratch. His methods were as crude as they were cruel.

He called it "Psychic Driving." Patients were put under heavy sedation, often for weeks at a time, and then forced to listen to negative phrases looped again and again through speakers or headphones. Sometimes the messages ran for 16 hours a day.

The results were devastating. Patients developed crippling fear, confusion, and dependency. Families reported that their loved ones came home like strangers—haunted not by their original illnesses, but by the relentless flood of negative suggestions that had hollowed them out.

One former patient described her experience years later. She recalled being placed in a hospital room, sedated, and wired to a tape recorder that played commands, accusations, or statements of worthlessness, repeated until they carved themselves into her mind like grooves in a record. "You are weak. You will never get better. You're worthless!" Hour after hour, day after day, the messages ran until they became the background noise of her mind.

While most of us were never subjected to cruel experiments, many of us know what it's like to live with words that cut deep. Some of those words didn't come from strangers in a lab coat, but from the people closest to us. The child who was told "you'll never amount to anything" grows into an adult who whispers the same phrase to themselves before every job interview. The athlete who was told, "you always choke under pressure," starts to believe it, replaying the line before every big game until it becomes a self-fulfilling prophecy.

The student who constantly hears "you're not smart enough" can carry that soundtrack into adulthood, replaying it in moments of stress until it feels like the truth.

I recall a history teacher in high school who would stand in front of the class and call us "a bunch of losers." He didn't just say it once—he said it often, as if repeating it might make it accurate. Thankfully, I'd been raised to believe otherwise.

For years, psychologists have documented what happens when people are repeatedly exposed to harsh or abusive words. Over time, those external voices get internalized, turning into the person's own inner critic.

Researchers at UCLA found that repeated negative self-talk actually reshapes the brain. The brain begins to treat your own words like weapons. A single negative phrase repeated often enough rewires your entire system of motivation, and the only way to cope is to shut down and detach.

But here's the good news—those stories aren't permanent. Psychic driving can work both ways. As hard as it feels at the moment, you can interrupt them.

The next time you catch yourself repeating the same old phrases, flip the script. Tell yourself: "I'm a winner. I'm strong. I'm healthy. I am loved.

I'm rising higher. I have what it takes."

You won't believe it at first; it will feel fake, as if you're lying to yourself. But keep saying it—because the more you speak life over yourself, the more your mind and spirit will begin to believe it. You'll feel empowered; you'll see opportunities where you once only saw dead ends.

Repetition works both ways. If negative words can burrow deep and take root, then positive ones can heal, strengthen, and grow.

While we can't all be star athletes or famous actors, every one of us carries strengths that no one else can duplicate. It may be your creativity, kindness, or ability to solve problems in ways others can't.

When you begin to recognize and honor those gifts, you stop measuring yourself against someone else's spotlight and start shining on your own. That's when success becomes inevitable—not because you copied anyone else's path, but because you walked on your own with confidence. I believe in you. Now it's your turn to think the same.

Toby Moore is a columnist, the star of Emmy-Nominated A Separate Peace, and the CEO of Cubestream Inc.

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.

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SPORTS

Golden Eagle, Timber Wolf anglers compete in state qualifying tourney

BY JOSHUA SPAULDING
Sports Editor

CENTER HARBOR — The NHIAA bass fishing tournament qualifier took place on the waters of Lake Winnepesaukee on Thursday, Sept. 25.

For the fourth year in a row, the anglers not only had to deal with the waters of the state's biggest lake, but also had to deal with Mother Nature's monsoon that drenched the Lakes Region throughout the day.

When all was said and done, the teams from Moultonborough and Kingswood earned the right to compete again in the state meet, which will be held on Newfound Lake.

Kingswood finished in seventh place overall on the day, with the team of Kaden Meattey and Connor Biggart hauling in seven fish for a total weight of 15.51 points. Their haul also included the largest fish of the day, a 6.06-pound luncker.

Moultonborough finished in ninth place overall for their eight fish. The team of Hayden Weeks and George Lincoln weighed in at 15.35 pounds overall, with the largest fish weighing in at 2.4 pounds.

The Gilford Golden Eagles finished in 19th place overall with their three fish weighing in at 6.03 pounds, with a large fish of 2.95 pounds. The Gilford team included



The Gilford team of Anthony Davis, Ryan Hooper, Jake Merrick and Carson Rogers pose with their fish at the state qualifying tournament last Thursday in Center Harbor.



The Prospect Mountain team of Chase Lank, Cyrus Tesseyman, Camdon Drolet and Gavin Dewitt show the fish they caught in last week's qualifying tournament.

Anthony Davis, Ryan Hooper, Jake Merrick and Carson Rogers.

The White Mountains Regional team was right behind Gilford in 20th place. The team of Liam Robarts, Easton Ingerson, Mason Samson and Parker Colby hauled in four fish weighing a to-

tal of 5.48 pounds and the largest fish at 1.41 pounds.

Prospect Mountain rounded out the field of local competitors, finishing in 21st place overall with 5.14 pounds on four fish. The largest fish for the team of Chase Lank, Cyrus Tesseyman, Cam-

don Drolet and Gavin Dewitt was 2.04 pounds.

Bow won the qualifying meet with 21.23 pounds of fish with Sunapee, Keene, John Stark and Lebanon rounding out the top five. Also qualifying for the championship were teams from Monadnock, Hins-

dale, Mascoma and Coe-Brown.

The state championship tournament will take place on Saturday, Oct. 4, on Newfound Lake. Teams will take off from and return to

the public boat launch in Wellington State Park, with launch at 8 a.m. and weigh-in at 2 p.m.

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

Bassett sees Gilford soccer girls taking the right steps

BY JOSHUA SPAULDING
Sports Editor

GILFORD — Coach Karen Bassett knew there would be a few growing pains for the Gilford girls' soccer team as the Golden Eagles adjusted to a new coach and looked to overcome a lot of graduation losses.

"As a new coach stepping into a team who had a large graduating class last year, these girls have worked hard to learn a new system and gain confidence going into this season," Bassett said. "They are learning how to support each other and play as a team."

"They are competitive, they are starting to really play well together and they are becoming dangerous on the pitch, spreading out goals amongst several players," the Golden Eagle coach continued. "They are becoming a force and we are really looking forward to the second half of the season when we face some of the other strong teams in our league."

Returning players that Bassett will be leaning on include senior captain Abby Watson and junior Caroline McClare on the defensive side of the ball where they provide strength, leadership, speed and composure. In the midfield, senior captain Ava Wilson's strong field sense and strength to support the attack will be key while senior captain Molly Alessandro and junior McKenna Howard provide experience and determination and a strong work ethic. Up front, juniors Aubrey Vliet, Mia Macaione and Macy Sawyer are a pow-

erful trio, all dangerous and skilled with lots of speed on the outside and power in the middle.

Sophomore Lily Bishop steps between the pipes for the Golden Eagles, bringing a strong, confident and vocal style to the pitch with plenty of potential.

For newcomers, ninth grader Penny Flanders is seeing some strong minutes in the midfield and forward with good foot skills, field awareness and composure while sophomore Lexi Kulcsar is developing into a strong defender with great decision making skills and field awareness.

The Golden Eagles struggled in the preseason jamboree and in the first couple of games, but they have bounced back with a five-game winning streak, outscoring their opponents 32-2 in those games.

"They have grit, determination, focus and a desire to improve," Bassett said.

The team is raising funds for equipment upgrades through the Snap! Raise Fundraiser (raise.snap.app/donate/Gilford-girls-soccer-2025).

Gilford will be at Belmont for a 4 p.m. game today, Oct. 2, and will be hosting Campbell for Homecoming at 1 p.m. on Saturday, Oct. 4. They will be hosting Newfound on Wednesday, Oct. 8, at 4 p.m.

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

PSU softball sets dates for fall and winter clinics

PLYMOUTH — The Plymouth State University softball program will host its annual pitching, hitting and defensive clinics this fall and winter, head coach Mike Bernier announced on Thursday.

The fall pitching clinics are scheduled for

*Play Like a Panther
lax clinic set for
Oct. 26 at PSU*

PLYMOUTH — Plymouth State University women's lacrosse head coach Becky Dale announced the program will hold its annual Play Like a Panther clinic for high school players this October.

The popular clinic for girls in ninth-12th grades will take place from 12 to 3 p.m. on Sunday, Oct. 26, at Panther Field, with on-site registration and check in beginning at 11:30 a.m.

Designed for players interested in competing at the next level, attendees will work one-on-one with the PSU coaching staff and current student-athletes. The clinic will take place outdoors, so attendees are encouraged to bring weather-appropriate clothing, lacrosse protective equipment – goggles, mouth guards, goalie equipment – sticks, cleats, and water bottles.

The clinic rate is \$50 per player. To expedite the check-in process, athletes should also bring printed, signed waivers.

Online registration is required for all Plymouth State Athletics camps and clinics. Registration and waiver links are available at athletics.plymouth.edu/camps.

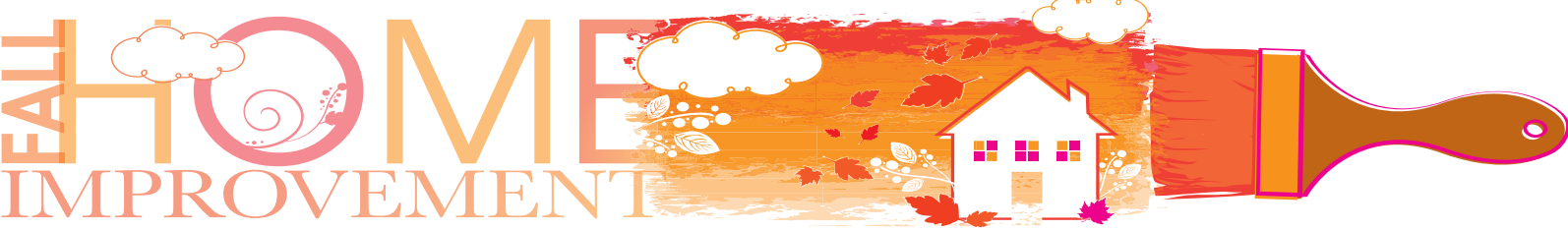
three Sundays in November – Nov. 2, 9, and 16 – at the Bank of New Hampshire Field House at ALLWell North. Open to players in grades 6-12 of varying ability levels, the sessions will cover proper warm-up drills, pitch grips, and the mental approach to pitching. Clinics run from 2 to 4 p.m., with on-site registration beginning at 1 p.m. Pitchers should bring a personal catcher. The cost is \$75 per session, with dis-

counted rates available for athletes who register for multiple sessions. Indoor footwear is required.

The hitting and defense clinics will be held in February – Feb. 1, 8, and 15 – also at the Bank of New Hampshire Field House. Designed for students in grades 6-12, the sessions will focus on throwing, fielding, hitting, and baserunning, with instruction provided by PSU coaches

and players. Clinics run from 11 a.m. to 2:30 p.m., with on-site registration opening at 10:45 a.m. The cost is \$80 per clinic, with discounts available for multiple sessions. Participants should bring gloves, bats, sneakers, and water.

For more information and links to the mandatory online registration and waiver forms, please visit athletics.plymouth.edu/camps.



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Wolfeboro Friends of Music presents Liam Purcell and Cane Mill Road



WOLFEBORO — Wolfeboro Friends of Music’s 90th Anniversary Season continues with a concert by Liam Purcell and Cane Mill Road Saturday, Oct. 18, at 7 p.m. in Anderson Hall on the campus of Brewster Academy.

Liam Purcell & Cane Mill Road twine innovation, tradition, and excellence into a unique musical experience. Though only in his 22nd year, North Carolina’s Liam Purcell has already established a name for himself in the world of American String Band music. Growing up less than a mile away from the legendary guitarist Doc Watson, Purcell was steeped in Appalachian Old-Time and Bluegrass

traditions from an early age. Taking inspiration from the local Deep Gap legacy, Liam began writing, performing, and storytelling from an early age.

Entering the professional bluegrass circuit during his teenage years, Purcell formed the string band-super group “Cane Mill Road.” He would go on to lead the virtuosic ensemble through regional appearances, building a fanbase across the Southeast and bringing his homespun rapport to some of the most revered festivals in the scene. By the time Purcell was 17, the project had seen multiple entries on the Billboard Top 10 Bluegrass charts, performed

in 25 states, and was recognized by the International Bluegrass Music Association in 2019 as the recipient of their Momentum Band of the Year Award. Through this concert, Wolfeboro Friends of Music affirms its commitment to excellence in Traditional North American Music, “The real deal!”

This is the second of nine concert performances comprising the current WFOM season running through June, 90 years of artistic excellence in service to New Hampshire’s Lakes Region, Mount Washington Valley and beyond!

Our season sponsors support Wolfeboro Friends of Music: Diana and Greg Jonas,

Paul Zimmerman, Susan and James Scarborough, John Sandeen, The Kalled Gallery, Bradley’s Hardware, Carroll County Landscape, and YFI Custom Homes.

Tickets are available for \$39.50 at the exciting new Web site: www.wfriendsofmusic.org or by email at info@wfriendsofmusic.org, and at the door on the day of the concert.

High School students with ID will be admitted free of charge.

Children accompanied by an adult ticket purchaser will be admitted free of charge.

For additional information, visit us at www.wfriendsofmusic.org.



Speare Expands Breast Cancer Education During Awareness Month

PLYMOUTH, NH – September 2025 – October is Breast Cancer Awareness Month, a time to spotlight the importance of early detection, advanced treatment, and ongoing support for women and families facing breast cancer. At Speare Memorial Hospital, those priorities come together in both the technology offered in our women’s imaging center and in the educational resources we are working to provide for our community.

Accredited by the American College of Radiology, Speare’s imaging center offers 3D mammography and image-guided breast biopsies, giving patients access to the latest tools in early detection and diagnosis. Image-guided biopsy is a minimally invasive procedure that allows radiologists to pinpoint suspicious areas of breast tissue with precision. Compared to traditional surgical biopsy, this approach is faster, safer, and less stressful for patients.

But care does not end with diagnosis and treatment. Many women struggle with questions about how to live well after breast cancer—managing side effects, reducing the risk of recurrence, and rebuilding strength both physically and emotionally.

To meet this need, Speare is developing new educational materials focused on two areas:

Image-guided breast biopsies—to help patients feel informed and reassured before undergoing the procedure.

Living healthy after cancer treatment—resources that offer guidance on wellness during survivorship.

“We know that information can be empowering,” says Linda Nestor, director

of imaging services at Speare. “When patients understand their procedures and have the tools to take care of themselves after treatment, it makes a real difference in their confidence and recovery.”

This October, Speare is inviting the community to help bring these educational efforts to life. Donations will directly support the printing and distribution of these materials, ensuring patients and families have access to clear, compassionate information when they need it most.

Those interested in supporting this project can visit www.speare-hospital.com/donate/breast-cancer-awareness/ or scan this QR code.

By working together, we can make sure women in our community not only receive top-tier imaging care but also the knowledge and resources to move forward with strength and hope.

Speare is dedicated to providing central New Hampshire communities with the same high-quality imaging services available in larger cities. By combining advanced technology with a personal touch, Speare ensures that women in the region receive top-tier care close to home. With a patient-centered approach, state-of-the-art imaging technology, and a commitment to personalized care, Speare Memorial Hospital remains a trusted partner for women’s imaging services in rural New Hampshire.

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One person injured in utility vehicle rollover

BY ERIN PLUMMER
mnews@salmonpress.news

ALTON — Three people were thrown from an off-road utility vehicle after it rolled over, resulting in one person going to the hospital.

On Sept. 21, NH Fish and Game was notified about an Off-Highway Recreational Vehicle (OHRV) that had over-

turned in Alton.

According to a statement from Fish and Game, Charles Hooper, 39, of Wolfeboro was operating a side-by-side OHRV on private property with three passengers. Hooper lost control of the vehicle and the passengers were thrown off.

Justin Page, 24 of Middleton, was injured and

was transported to Huggins Hospital in Wolfeboro for treatment.

The other passengers, 25-year-old Jordan Henderson of Farmington and 24-year-old Athena Coleman of Barrington, were uninjured.

Fish and Game said in its statement that the accident appeared to be caused by speed and

reckless operation.

Additionally, Fish and Game said that none of the vehicle's occupants were wearing safety equipment.

"NH Fish and Game would like to remind operators to always wear proper safety equipment and to ride within your capabilities, especially with passengers," read the statement from Fish and Game.

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SPORTS

Eastern Propane and Oil returns as Runaway Pumpkin 10K and 5K sponsor

LACONIA — Eastern Propane and Oil returns this year as the presenting sponsor for the 10th annual Runaway Pumpkin 10K and 5K Run/Walk - a community fundraiser for the WOW Trail - at Opechee Park on Saturday, Oct. 25, as part of the New Hampshire Pumpkin Festival.

“We’re thrilled to lace up our sneakers and join the celebration for the 10th annual Runaway Pumpkin 10K and 5K,” says Whitney Cloutier, brand and marketing manager at Eastern Propane and Oil. “There’s something truly special about watching the Lakes Region come alive with energy and community spirit - all in support



COURTESY PHOTO
The Runaway Pumpkin 10K and 5K will take place in Laconia on Oct. 25.

family to get out and have some fun while supporting the WOW Trail. The Kids Fun Run, put on annually by the Downtown Gym, is a big hit. We also invite all ages to come in a Halloween costume or just wear orange for fun.”

Participants are encouraged to register by Oct. 10 to receive a Meredith Village Savings Bank sponsored long-sleeve tech shirt.

For event details and online registration, visit wowtrail.org. For more information, e-mail info@wowtrail.org.

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HIGH SCHOOL SLATE

Thursday, Oct. 2 BELMONT Girls' Soccer vs. Gilford; 4 GILFORD Girls' Soccer at Belmont; 4 WINNISQUAM Field Hockey vs. Sanborn; 6:30 Friday, Oct. 3 BELMONT Cross Country at Kearsarge; 4 Volleyball at Farmington; 6:15 WINNISQUAM Volleyball vs. Fall Mountain; 6 Saturday, Oct. 4 BELMONT Boys' Soccer at Gilford; 11:30 GILFORD Boys' Soccer vs. Belmont; 4 Field Hockey vs. Newfound; 12 Football vs. Campbell; 7	Girls' Soccer vs. Campbell; 1 Volleyball vs. Kingswood; 4 WINNISQUAM Football at Mascoma; 2 Monday, Oct. 6 BELMONT Golf at Farmington Country Club; 4 GILFORD Golf at ConVal; 4 Tuesday, Oct. 7 BELMONT Cross Country at Gilford; 4 GILFORD Cross Country Home Meet; 4 Field Hockey at Hopkinton; 4 WINNISQUAM Boys' Soccer vs. Prospect Mountain; 4 Wednesday, Oct. 8	BELMONT Boys' Soccer vs. Berlin; 4 Girls' Soccer at Berlin; 4 Volleyball vs. Farmington; 6:15 GILFORD Girls' Soccer vs. Newfound; 4 Volleyball at Winnisquam; 6 WINNISQUAM Volleyball vs. Gilford; 6 Thursday, Oct. 9 GILFORD Boys' Soccer at Somersworth; 4 WINNISQUAM Boys' Soccer vs. Newfound; 4 Field Hockey vs. Hopkinton; 4 Volleyball at Prospect Mountain; 6 All schedules are subject to change.
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HIGH SCHOOL SLATE

Thursday, Oct. 2 KENNETT Field Hockey at Kingswood; 6 Golf at Bow; 3:30 KINGSWOOD Field Hockey vs. Kennett; 6 Golf at Milford; 3:30 PROSPECT MOUNTAIN Girls' Soccer vs. Stevens; 7 Friday, Oct. 3 KENNETT Boys' Soccer at Laconia; 4 Cross Country at Plymouth; 4 Football at St. Thomas; 7 Girls' Soccer at Laconia; 4 Volleyball at Laconia; 6 KINGSWOOD Boys' Soccer at Campbell; 4 Cross Country at Plymouth; 4 Football vs. Pembroke; 7 Volleyball at Gilford; 6 PROSPECT MOUNTAIN Boys' Soccer vs. Stevens; 7	Coss Country at Hillsboro-Deering; 4 Saturday, Oct. 4 KINGSWOOD Girls' Soccer vs. Keene; 1 Monday, Oct. 6 KENNETT Volleyball at Oyster River; 6 KINGSWOOD Boys' Soccer vs. ConVal; 6:30 PROSPECT MOUNTAIN Girls' Soccer vs. Monadnock; 4 Golf at Farmington Country Club; 4 Volleyball at Manchester Central; 5:30 Tuesday, Oct. 7 KENNETT Boys' Soccer at Plymouth; 4 Field Hockey at Merrimack Valley; 4 Girls' Soccer vs. Plymouth; 4 KINGSWOOD	Field Hockey vs. Souhegan; 6:30 Girls' Soccer at ConVal; 4 PROSPECT MOUNTAIN Boys' Soccer at Winnisquam; 4 Wednesday, Oct. 8 KENNETT Volleyball at Plymouth; 6 KINGSWOOD Field Hockey vs. Laconia; 3:30 Volleyball vs. Prospect Mountain; 6 PROSPECT MOUNTAIN Volleyball at Kingswood; 6 Thursday, Oct. 9 KINGSWOOD Girls' Soccer vs. John Stark; 6 PROSPECT MOUNTAIN Boys' Soccer vs. Conant; 4 Girls' Soccer at Conant; 4 Volleyball vs. Winnisquam; 6 All schedules are subject to change.
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EDWIN

(continued from Page A4)

ably need more grazing space which would require cutting and stumping a bunch of trees, something that would transform my little log cabin in the woods into a fledgling small farm. A perfect place to raise some kids, but my time for that kind of stuff is pretty well spent. Maybe the next owners.

I'm just trying to maintain the place and keep things running. I've finally got myself two years' worth of wood in the que. One's all dry and stacked in the shed for this winter, the second is piled outside, seasoning. To be stacked into the shed in the spring for next winter. It's been about 23 years since I had that luxury. That's when I built the wood shed and have been squeezing by with cutting it in the winter, and splitting and stacking it in the spring. Lately, the stacking has been getting done way too late, occasionally producing hissing and steaming logs. I'd like to get back to logs you can practically light with a match.

All around me, I see beautiful farmland and

wild animal habitat getting inundated with foundations, footings, and septic systems. Once those things are installed, returning the land to any kind of productivity is greatly hampered. Removing all the rocks that show up around here from under the ground is hard enough, adding to that massive manmade cement structures makes it majorly prohibitive.

Now that it's officially fall, it's been getting too cold and dark to eat breakfast on the porch. Supper time may still be light enough, but afternoon temperatures out there is getting chilly too. All the flowers that I would be looking at out there are now nothing but brown seed pods. Everything is calling it quits. There are trees changing colors already, and some even dropping their leaves. It came on very quickly. I'm sure the dry weather has a lot to do with it. Having just cleaned out the chimney, we're all ready to light the stove soon.

E.Twaste

Correspondence welcome at edwintwaste@gmail.com

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October events, Top Ten requests, and new titles at the Gilman Library

ALTON — The Gilman Library, at 100 Main St., Alton, currently has three Friends of the Gilman Library fundraising raffles. Raffle #1 is the Outdoor Family Movie Raffle package valued at over \$400, which includes the indoor/outdoor projector and screen, two anti-gravity chairs, lap robes, snacks, beverages, and a total of over 30 items, to ensure the best family night. Raffle #2 is the Blueberry Cozy basket raffle, including a book, tea, and jam, and two beautiful handmade items, an afghan and a shawl. Raffle #3 is the Celebrating Nature mini-basket containing a book and a plant, and a few other items.

Come in and see them displayed at the circulation desk. Each raffle winner will be drawn after its 100th ticket has been sold.

Other events scheduled at the library for October include:

Thursday, Oct. 3, 1 p.m.: Theater Thursday Classic Movie Matinee

Thursday, Oct. 3, 3 p.m.: Friends of the Gilman Library monthly meeting

Every Friday, Oct. 4, 11, 18, & 25, 10 a.m.: Mahjong Club

Every Saturday, Oct. 5, 12, 19, & 26, 11 a.m.: Sit & Stitch

Tuesday, Oct. 14, 7 p.m.: Alton Book Chat

(Discussing “Beneath a Scarlet Sky: A Novel” by Mark Sullivan)

Pick up a copy now and get in on the discussion. Browse the newest additions to the collection or reserve a copy of one of the popular titles that are checked out.

Current Top Ten Circulating Titles

1. “The Women” / Kristin Hannah
2. “The Waiting” / Michael Connelly
3. “The House Across the Lake: A Novel” / Riley Sager
4. “The Price of Malice: A Joe Gunther Novel” / Archer Mayor

5. Think Twice” / Harlan Coben

6. “Woman 99: A Novel” / Greer MacAllister

7. The Magdalen Girls” / V.S. Alexander

8. “25 Alive” / James Patterson

9. “Broken Country” / Claire Leslie Hall

10. “Nobody’s Fool” / Harlan Coben

New Additions to the collection

• “Something I Keep Upstairs: A Chiller” (2025) / J. D. Barker (NH author)

• “The Red Queen” (2025) / Martha Grimes

• “Lethal Prey” (2025) / John Sandford

• “Tom Clancy’s Line of Demarcation” (2025) / M.P. Woodward

• “Bogey Spades”

(2025) / Jack Stewart

• “Outlaw” (2024) / Jack Stewart

• “Deep Lake House” (2024) / DJ Geribo (Alton author)

• “Up-island Harbor” (2024) / Jean Stone

• “The Mart” (2023) DJ Geribo (Alton au-

thor)
• The Seaside Library” (2023) / Brenda Novak

These and more are available and waiting for you. See you at the library!

Gilford Public Library Top Ten requests (plus two)

1. “Billion Dollar Ransom” by James Patterson
2. “The Correspondent” by Virginia Evans
3. “The Academy” by Elin Hilderbrand
4. “The River is Waiting” by Wally Lamb
5. “Apostle’s Cove” by William Kent Krueger
6. “All the Colors of the Dark” by Chris Whitaker
7. “Book Club for Troublesome Women” By Marie Bostwick
8. “The Girl With Ice in Her Veins” by Karin Smirnoff
9. “Broken Country” by Clare Leslie Hall
10. “Deadly Storms” by Christine Feehan
11. “My Friends” by Fredrik Backman
12. “The Frozen River” by Ariel Lawhon

Gilford Public Library Classes & Special Events Oct. 2 – Oct. 9

Thursday, Oct. 2
Geri Fit, 9-10 a.m.
Living with Grief, 10-11 a.m.
French Club, 4-5 p.m.

A Search for the Biggest Redwood, 5:30-6:30 p.m.
Hike along with for-ester Ned Therrien as we explore the California wilderness for the world’s oldest and largest sequoias and red-woods. Therrien’s intimate account shows us that the earth still holds great wonders to be discovered.

Friday, Oct. 3
Senior Sculpt, 9-10 a.m.

Bridge, 10 a.m.-noon
Harvesting Hope: A NE Chair Yoga Cele-bration, 10-11 a.m.

Preschool Story-time, 10:30-11:30 a.m.

Hand & Foot, 12:30-2:30 p.m.

Happy Crafters, 1:30-2:30 p.m.

Advanced Conversational German, 2:30-3:30 p.m.

Lower Intermediate Line Dancing, 4-5 p.m.

Beginner Line Dancing, 5:15-6:15 p.m.

Saturday, Oct. 4
Beginner Line Dancing, 10-11 a.m.

Monday, Oct. 6
Fun and Fitness With Joyce, 9-10 a.m.
Baby Storytime, 10-10:30 a.m.

Bits & Bytes: Com-puter Literacy, 11 a.m.-noon

Mahjong, noon to 3 p.m.

Writing Wizards, 4-5 p.m.

Tuesday, Oct. 7
Geri Fit, 9-10 a.m.
Senior Sculpt, 10-11 a.m.

Bridge, 10 a.m.-noon

Preschool Story-time, 10:30-11:30 a.m.

Death Cafe, 1-2 p.m.

Dungeons and Drag-ons, 3-4:30 p.m.

Do you like wiz-ards? Do you like wizards who fight dragons and sail the seas and spelunk the vastest of caverns? If you said yes to any of these, you will like our Dungeons and Dragons group! Start-ing Sept. 9, DND will be held every other Tuesday 3-4:30 p.m. in the Teen Room. Cos-tumes are not manda-tory but are appreci-ated, flaming swords and cursed battle axes are prohibited.

Intermediate Line Dancing, 4-5 p.m.

Wednesday, Oct. 8
Senior Stretch Yo-gaaah!, 9-10 a.m.
Card Games, 10 a.m.-noon

Check out an Ex-pert, 10 a.m.-noon

Understanding Dia-betes, 10:30-11:30 a.m.

Join your Han-naford Dietitian for a close look at the pre-diabetes & diabe-tes diet. Explore the role nutrition plays in managing blood sugar, reducing risk factors, and lowering risk of diabetes side effects, particularly in type 2 diabetes.

Paint Group, 1-3 p.m.

Graphic Novel New-bies: Spooky Edition, 3:30-4:30 p.m.

Join Miss Erika in learning and creating your own graphic nov-el!

Thursday, Oct. 9
Geri Fit, 9-10 a.m.
Now Showing: Coraline, 3-5 p.m.

Join us in the Teen Room for a showing of this spooky fall favor-ite, “Coraline!” Based off Neil Gaimon’s best seller, this whimsical tale stars Dakota Fan-ning and is rated PG

French Club, 4-5 p.m.

“Blessing of the Animals” Sunday, October 5



At noon on October 5 on the church lawn, Father Bob Cole will do the traditional “Blessing of the Animals” in celebration of Saint Francis of Assisi’s feast day.

Harkening back to medieval Italy, the ceremony recalls the deacon Saint Francis’s love of all creatures and his *Canticle*: “All praise to you, Oh Lord, for all these brother and sister creatures.”

You and your dog, cat, horse, bird, or other pet or domestic animal are welcome. You need not be Catholic to participate.

It’s a fun and inspiring way for all members of your household—two-legged and four-legged—to be closer to our Creator.



BUSINESS DIRECTORY

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18 Depot St. Alton, NH 03809

PETS OF THE WEEK

Meet Jessie!

Jessie is a quiet lady who loves to cuddle. Her hobbies include sunbathing in the warm sunshine, receiving endless affection, and getting tons of tasty treats.

If you're looking for a cat that is laid back then Jessie is for you.

Meet Winnie!

Winnie is a 6-year-old with a quiet spirit and a heart full of love just waiting to bloom. This sweet girl is on the shy side and takes a little time to warm up, but once she feels safe, her gentle nature shines through. She enjoys soft voices, slow walks, and a cozy spot to curl up and watch the world go by.

Winnie would thrive in a calm, patient home where she can come out of her shell at her own pace. She's not the life

of the party—but she'll be your loyal shadow, happy just to be near you. She is hesitant about new people entering her household and can become protective of her people.

If you're someone who understands that trust takes time and love is quiet, Winnie might be the perfect companion for you. Come meet this tenderhearted girl and let her show you how special a shy dog's love can be.

NH Humane Society

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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alton	N/A	N/A	\$1,750,000	Lucinda H. Lee 1999 Trust and Madeline J. Lee	Andrew A. Allen
Barnstead	Half Moon Pond	N/A	\$533,000	Steven T. and Emily D. Wilson	Mary Ohagan and Walter Myette
Barnstead	Vail Road	N/A	\$150,000	Kyle Holmes	RF Downing Homes LLC
Barnstead	N/A	N/A	\$439,000	Bulens Grandchildrens Fiscal Trust and Maribeth McNamara	Joseph and Claire Morin
Gilford	108 Cherry Valley Rd., Unit 3	Condominium	\$225,000	Edgar L. Kinglsey, Jr. and Danielle M. Walter	Deborah and Robert J. Fitzpatrick
Gilford	120 Cherry Valley Rd.	Single-Family Residence	\$845,000	Fourteen Rocky Point LLC	James B. Balloch
Gilford	108 Mountain Dr.	Multi-Family Residence	\$740,000	Soumo Nandi	Edgar L. Kingsley, Jr. and Danielle Walter
Gilford	Old Route 11	N/A	\$475,000	Barbara H. Brixner	Little Lake House LLC
Gilford	Route 11	N/A	\$460,000	Peter Drop	Renee M. and Ross W. Cupples
Gilford	Runway 3517 Condo Unit 1A	Condominium	\$318,000	Runway 3517 LLC	Continental Jet Aviation
Gilford	92 Terrace Hill Rd.	Res.-Mtl. Bldg.	\$6,950,000	Debbie-Lyn Trager	Tbhd Realty LLC
Gilmanton	N/A	N/A	\$25,000	Jo-Ann B. Shattuck	Lynn A. O'Connor 2019 RE'T
New Durham	147 Brackett Rd.	N/A	\$659,933	J Two Custom Homes LLC	Stephanie and Curren Hebert
New Durham	34 Saint Moritz Dr.	Single-Family Residence	\$460,000	Katherine L. Crossan	Sean and Tracy Rooney

ABOUT THE REAL REPORT

Here are recent real estate transactions in Alton and the surrounding areas. These sales summaries are informational only, not a legal record. Names shown are usually the first listed in the deed. Sales might involve additional parties or locations. Prices are usually based on tax

stamps and might be inaccurate for public agency sales. Refer to actual public documents before forming opinions or relying on this information. Additional publicly recorded information on these sales, prior sales and data from Department of Revenue Administration forms is available at www.real-data.com or 669-3822. Copyright 2011. Real Data Corp. In the column "Type": land=land only; L/B= land and building; MH= mobile home; and COND=condominium.

Gilford Parks and Recreation news

BY BRITTNI STEWART

Director

Gilford Parks and Recreation

Oct. 4 (Saturday) – Oktoberfest dinner

As a fundraiser for our 2026 Gilford Old Home Day celebration, the Gilford Parks and Recreation Department is hosting a full Oktoberfest event – food, buffet, music, fun, and much more! The buffet will feature a Jagerschnitzel Pork Cutlet with Mushroom Gravy, Beer Bratwurst, Sauerkraut, German Potato Salad, Sourdough Pretzels, and a Chef's

Choice Dessert. Beverages are BYOB, but we will have water available. The dinner will be held at the Gilford Community Church, Fellowship Hall at 6 p.m. Tickets are available in advance (\$15) at the Parks and Recreation Department Office.

Boston Celtics bus trip scheduled for Feb. 11, 2026

The Gilford Parks and Recreation Department is sponsoring a Bus Trip to Boston to see the Celtics take on

the Chicago Bulls on Wednesday, Feb. 11, 2026. Cost of the trip is \$150 per person, and includes round trip motor coach from Gilford and your ticket (section 320 of the balcony) to the game. Our deluxe motor coach will depart from Gilford High School at 4 p.m. for the 7:30 p.m. game. You will have time to visit the pro-shop and get dinner on your own prior to the game. Seats are limited; a registration form must be completed accompanied by pay-

ment and tickets are non-refundable.

For more information, please contact the Gilford Parks and Recreation Department at 527-4722 or visit their Web site at www.gilfordrec.com.

Coed Adult Volleyball begins Tuesday, Sept. 30

The Gilford Parks and Recreation Department is sponsoring a pick-up co-ed volleyball program for adults ages 18 and up, to be held every Tuesday evening from 7 –

9 p.m. in the Gilford Middle School Gymnasium. This program begins on Tuesday, Sept. 30 and runs each Tuesday through the spring. There is a \$1 fee per participant, per evening. No pre-registration is required.

For more information, please contact the Parks and Recreation Department at 527-4722.

Adult fall hiking program continues on Tuesday mornings

The Gilford Parks and Recreation De-

partment is sponsoring some fall hikes for any adults looking for fresh air, fun, exercise and beautiful foliage on Tuesday mornings this fall. Participants will gather each morning at 9:30 a.m. in the Gilford Town Hall Lobby before departing for the hike. All interested participants must RSVP at least one day in advance to each trip.

For more information or to RSVP, please call the Parks and Recreation Office at 527-4722.



Equal Housing Opportunity

All real estate advertising in this newspaper is subject to The Federal Fair Housing Law which makes it illegal to make, print, or published any notice, statement, or advertisement, with respect to the sale, or rental of a dwelling that indicates any preference, limitation, or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination.

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

This paper will not knowingly accept any advertising which is in violation of the law. Our readers are hereby informed, that all dwellings advertised in this newspaper are available on an equal opportunity basis.

To complain of discrimination call HUD toll free at 1-800-669-9777

For The Washington DC area, please call HUD at 275-9200. The toll free telephone number for the hearing impaired is 1-800-927-9275.

You may also call The New Hampshire Commission for Human Rights at 603-271-2767 or write The Commission at 163 Loudon Road, Concord, NH 03301

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

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Open House Sat 10/4 10am-1pm
Grand custom built home in Mountain Shadows with 4,000+ SqFt, 4BR/3BTHs, and nestled on 1.13 level acres. A quality home with 1-level living potential! **\$799,000**

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List Price: \$130,995
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\$379,900
MLS# 5023301
Gilford: Two office condos sold together in Gilford Professional Park. Total 3,038± sqft, ground-floor access, parking, one unit leased. Ideal for professional, medical, or office use near Laconia and Gilford.

\$269,900
MLS# 5062280
Laconia: Affordable Lakes Region living! This turnkey 2-bed, 2-bath furnished condo features open-concept living, balcony, updated kitchen, washer/dryer, pool, courts, and more. Perfect rental, vacation, or year-round home.

\$264,900
MLS# 5062278
Laconia: Don't miss this upgraded condo near Weirs Beach! Features open-concept living, updated kitchen, private balcony, two bedrooms, pool, tennis, and more. Ideal as a primary home, vacation retreat, or income-producing rental.

\$724,000
MLS# 5062482
Thornton: Views! Stunning log home on Cone Mountain with breathtaking Sandwich Notch views. Features cathedral-ceiling great room, marble gas fireplace, deck, patio with hot tub, and outdoor fireplace. Primary suite with balcony, finished lower level with bar.

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FOOTBALL

(continued from Page A1)

the clock to close out the first half and took the 20-0 lead to the break.

Gilford got the ball to start the second half and Jaydin Marsh had a nice defensive stop for the Lakers on the first play of the half. Raleigh caught a pass for a first down and Diaz picked up another on a nice run. But a sack from Finn McIntosh and Grayson Boxer on fourth and eight gave the Lakers the ball back. Mekhai Hackett ran for 18 yards on the first play of the next drive, but a sack from Liam Sullivan forced the Lakers to punt again.

Diaz, Raleigh and Butler moved the ball for the Golden Eagles to close out

KNOLLS II

(continued from Page A1)

and Urban Development that provides a rental subsidy based on 30 percent of income. That subsidy applies as long as those residents live in those units. Stewart said if those residents leave, the apartments will go back to the full rental price.

Stewart said the property received an assessment that he said was excessive. He said the assessment formula was applied based on regular market housing and didn't take into account the many different obligations the property is currently under.

The property is under a 50-year loan from USDA. The loan cannot be prepaid and they must remain in the program until at least 2056. As a result it is subject to review by USDA and they have to submit reports and answer questions for them every year.

"They allow one percent of the revenue stream to land at the bottom one percent cashflow and that's it with so many things that can go wrong for expenses," Stewart said. "(We) don't have much margin for error."

The property is also under two loans from the New Hampshire Housing and Finance Authority and are subject to their regulatory and land use agreements. This binds the building's owner to maintain affordability for a set period of time.

Stewart said with these extensive obligations, it's unfair to compare the Knolls to a market-rate property.

"We have a number of restrictions and obligations that market properties do not have," Stewart said.

Admission to the Knolls comes with income limitations. They are encouraged to take applicants who are at or below 50 percent of median income. They also have to verify residents' income each year. Residents also have appeal rights and the program requires mediation in the event of a dispute.

Stewart said since this property is "very visible" in the village, a few extra projects are done on the building grounds.

The property also has to receive regular audits that cost around \$9,500 a year and a regular deposit of \$12,500 into a reserve fund.

The Knolls has paid a PILOT of around \$8,000 every year. This year Stewart said they budget-

ed with the anticipation they would be subject to full taxation.

"I'll be very honest — when it was owned by the trustees in the limited partnership, we never paid attention to the assessment because we were paying the PILOT, just the town and county portion of the tax rate," Stewart said.

The 2025 budget was done with the assumption of a \$12,000 tax burden, though Stewart said they didn't know what the property would be assessed.

Currently rents for one-bedroom units run around \$945 to \$1,000 a month. There is one two-bedroom unit that goes for \$1,100 a month.

Hayes asked what would happen if they are assessed a higher number. Stewart said if the residents who receive vouchers remain there, that would result in having to go over the housing authority's maximum and the difference in cost will be passed to the residents. If those residents leave the units will not receive any assistance and would be subject to the full rental price.

"I think at the end of the day we have to be cautious because we're passing on this to our most vulnerable part of our population which is our seniors," said selectman Gus Benavides. "So, whatever decision we make we have to be pre-

pared that they're going to have to make up the difference."

Stewart said if tax costs go up and they cannot rent to people with a 50 percent median income they will be allowed to rent to people with a median income of 50-80 percent. He said they have a long waiting list of people wanting to get into Knolls I and II, the vast majority are within the 50 percent median income range. He said if expenses go up too much many people won't be able to afford to live there, especially in those three units not receiving direct assistance.

Hayes asked about the option of meeting somewhere in the middle of those two figures.

"The \$782,000 number that you supplied to me seems low for the property, but with the restrictions that you have inherited or purchased some of it makes sense," Hayes said.

Town Administrator Scott Dunn said if the report is appraised at \$782,800 and if, hypothetically, the tax rate increased by 10 percent from the previous year, they would see a tax expense of \$10,600, which is below their \$12,000 budget.

After more discussion, members of the board agreed with the \$782,800 assessment and approved that assessment in a unanimous vote.



JOSHUA SPAULDING

Liam Butler rushes the ball down the field during action Friday night in Meredith.

going to get better each week.

"As disappointed as they are to lose, I know they're hungry to get better," he continued. "We'll move forward and we can do a better job coaching them this week and get

them ready.

"They're (Gilford) a good team and we're better than we played to-night," Donnelly added.

Gilford will be hosting Campbell on Saturday, Oct. 4, at 7 p.m.

Inter-Lakes/Moulton-

borough will be on the road on Friday, Oct. 3, at 7 p.m. at Fall Mountain.

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

DETOUR

(continued from Page A1)

road being posted.

There is also a concern that if a driver who is unfamiliar with the area sees that weight limit sign might do a three-point turn on the road that could cause damage.

Selectman Paul LaRochelle asked if the town could ask the state to direct truckers down Route 140. Garland said in meetings with the DOT it has been established that Route 140 is the primary detour route, and signs would be put on Rand Hill Road saying it is to be used for local traffic only. He said more signs would be put at the Route 140 intersection designating it as the detour.

Heath said there has also been talk about blocking some of the street parking spaces at that intersection to give

trucks more room to turn.

LaRochelle said he received calls from residents concerned that trucks going down Rand Hill Road would cause damage to the road that the town would have to repair.

Garland said he didn't think that would be an issue because the detour was only going on for a short time. He also said he's not aware of any deficiencies in the bridge.

"I think the key is going to be the state having adequate signage early enough to direct these tractor trailers the long way around," said selectman Drew Carter.

LaRochelle said there is signage up around Alton Bay about the coming detour that has been causing confusion. Garland said the signs were put there because

that is the only spot large enough to put it. He said he knows that the sign is causing confusion.

"People are under the impression the bridge is being closed," Garland said.

Selectman Richard Shea said there is also confusion that people who live on Rand Hill Road can't get to their road without taking Route 140 all the way west and then turn east.

"I think we need some kind of information on our Web site that assures people locally that they can get where they want to go and the only place that Route 11 is really closed is where the work is being done," Shea said.

Garland said his office has been getting a lot of calls about the detour and have posted about it on the town website and social media.

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HELP WANTED

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SCHOOL NURSE

EMPLOYMENT OPPORTUNITIES

Shaker Regional School District has an immediate opening for a Registered Nurse or LPN at Belmont Elementary School. This position qualifies for our comprehensive benefit package. Please visit <https://employer.school-spring.com/jobs/?iframe=1&employer=12749%22> to apply for this position.

Shaker Regional School District is seeking Substitute Nurses. Please visit https://www.sau80.org/departments/human_resources or call 603-267-9223 for a substitute application.

Successful completion of a criminal background check is required. Shaker Regional School District is an equal opportunity employer

LEGALS

THE SEARCH IS ON FOR TILTON'S OLDEST RESIDENT

Town Officials are searching for the oldest Tilton resident so that they can present that person with the Boston Post Cane, continuing the tradition that began over 110 years ago. The last cane was presented to Cecile Robert in 2019. Cecile passed away earlier this year at age 97.

One of the criteria set by the Board of Selectmen is that the recipient has been a resident of Tilton for at least 10 years in order to be eligible.

When the cane is presented, the recipient will receive a certificate noting that he or she is the oldest resident, along with a replica of the Boston Post Cane. A name plaque honoring the recipient will be added to the cane's case at Town Hall, where the original Boston Post Cane is on display.

Anyone knowing of an eligible candidate for oldest resident must submit a nomination form to the Tilton Town Clerk at 257 Main Street or email ksowles@tiltonnh.org. The submission must include the nominee's name, date of birth, and an original or certified copy of the nominee's birth certificate. Also, please include the nominator's contact information.

Nominations must be received by Wednesday October 15. Nomination forms can be found on the Tilton website www.tiltonnh.org and at Town Hall. If you have any questions please contact Kim Sowles, at 286-4425 ext. 104.

Crews tackle small fire in Gilford

GILFORD — On Friday, Sept. 26 at 2:19 p.m., Gilford companies were toned to a fire alarm sounding at 6 Cumberland Rd. Subsequent calls alarms sounding and smoke showing from Unit 24. Responding units requested an additional engine from Laconia

to respond. Upon arrival, crews entered the unit and found heavy smoke on the second floor. A hoseline was stretched and a small fire was discovered in a second floor bedroom. The fire was quickly extinguished, and the area was overhauled. No fire extension was found. The Laconia companies were returned. The fire was contained to the source of ignition and a piece of furniture. There was smoke and water damage throughout the second floor and minor water damage on the first floor. Companies remained on scene until 3:15 p.m. Gilford companies were assisted on scene by Gilford Police. The fire is under investigation by the Gilford Fire-Rescue and appears to be accidental in nature. The area of origin contained a charging unit which is believed to be the source of the fire. Chief Stephen Carrier stated, “Early notification and solid firefighting made quick work of this one. Although some repairs will be necessary, the fire damage was relatively minor.” There was nobody home when the fire started. A neighbor heard a smoke detector that had activated in the unit and called 911. Subsequently, the building’s fire alarm activated. Further information or clarification may be available during business hours by contacting the Gilford Fire-Rescue.



Do you ever ask yourself...

- What is the meaning of my life?
- How can I be a better person?
- What can I do about the loneliness I feel?
- How can I come to know God’s love?
- How can I know the path God has in store for me?

If you are asking these questions, or questions like them, join us for a casual, drop in Question and Answer session

Thursday, October 2nd
7pm to 8:30pm

St. Katharine Drexel Parish Hall

Please let us know you may be coming and email gertrude.hammond@stkdxel.org or call 603-875-2548

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