



Another successful Thrift Clothes Closet Fashion Show was held at the Tilton Senior Center! Models showed off the awesome, affordable clothing and accessories one can purchase at the Thrift Clothes Closet, which is located at 357 Central St. in Franklin. The store is operated by a team of volunteers with all profits given to individuals and programs in the Three Rivers neighborhood. Their hours of operation are Wednesday thru Friday, 9 a.m. to 3 p.m. and Saturday, 10 a.m. to 1 p.m. For more information, call 603-934-2423.

COURTESY

Explore the ‘haunting’ history of Tilton at cemetery walk

TILTON — The Tilton Historical Society proudly presents the History and Haunting Tour of Park Cemetery on Saturday, Oct. 11 at Park Cemetery, West Main Street, Tilton, promptly at 1 p.m. (rain date will be Sunday, Oct. 12, at 1 p.m.).

Join us for a walk down “Memory Lane” where we will talk about Tilton and Northfield “celebrities” before continuing into the cemetery. There you will get to learn about other prominent residents of the area. You will also be treated to several comedy skits along the way. At the conclusion of the tour free refreshments and free limited edition Memory Lane souvenirs will be available for those attending on a first come first served basis.

This event is free and open to the public, but donations are always gratefully accepted. Your donation helps support the all-volunteer historical society and allow us to continue to present events like this one. Parking will be at the High School across the street. For more information, contact Kathy Yeo at 603-369-7154 or John Ciriello at 617-519-0366.

Sanbornton Public Library celebrates 200th anniversary of Woodman Sanbornton Academy Building

SANBORNTON — Built in 1825, this year marks the 200th anniversary of the Woodman Sanbornton Academy building. This historic building was built as a school and after various iterations, became the town’s library in 1949. The town continues to care for and honor this historically significant building.

To mark this special occasion, the library is hosting two historical programs, “The History Lover’s Guide to New Hampshire” with Kathleen Bailey on Thursday, Sept. 26 at 6 p.m. and the “History of the Woodman Sanbornton Academy” with Mae Williams on Thursday, Oct. 9 at 6 p.m.

Kathleen Bailey will walk us through our fiercely independent state. From breaking baseball’s color barrier with the Nashua Dodgers in 1946, to historic

SEE 200TH PAGE A9

Franklin VNA and Hospice to host Fourth Annual Hospice Ball

FRANKLIN — Franklin VNA & Hospice will be hosting our 4th Annual Hospice Ball on Saturday, Nov. 1 from 5 to 10 p.m. at the beautiful Newfound Lake Inn in Bristol.

This not-to-be-missed event is our largest fundraiser of the year. Our ball specifically benefits the hospice program with all proceeds dedicated to providing hospice care to patients who are uninsured or underinsured. This event brings together community members for an evening of dinner, dancing, and music provided by DJ Carl Smith, along with a live and silent auction presented by the evenings auctioneer, Fred Caruso.

For more than 80 years, Franklin VNA & Hospice

SEE BALL PAGE A9

Desrochers takes the win in Belmont

BY JOSHUA SPAULDING
Sports Editor

BELMONT — The Winnisquam cross country team made the short trek to Belmont last Thursday to compete with the host Raiders.

Eloise Abbott led the Winnisquam girls during last week’s race in Belmont.

Bella Dalzell runs during last Thursday’s race in Belmont.

Lazar Arbutina runs for Winnisquam during last week’s race at Belmont High School.

Prospect Mountain, Berlin, White Mountains, Kearsarge, Inter-Lakes and Moultonborough.

Cullen Desrochers took the lead early and never looked back on his way to taking the win in a time of 19:41. Lazar Arbutina finished in seventh place in a time of 21:46, Kyren Whitmore was 23rd overall in 24:55, Kobe Lloyd was 35th in a time of 30:22 and Chris Collins rounded out the scoring in a time of 31:30. Andrew Paquette finished in 31:47 for 41st place overall.


Eloise Abbott led the way for the Winnisquam girls, finishing in 10th place in 26:48 while Bella Dalzell was 26th in 32:02 and Kyra Russell was 27th in 32:26. Natalie Wolfe ran to 30th place in a time of 33:25 and Penelope McCareeness was 35th in 35:34. Ariana Maxwell finished out the field of Bears in 40:04 for 38th place.

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




PAID ADVERTISEMENT

September Lunch and Learn: Intro to Tai Chi and Qigong for Wellness and Inner Peace with Reikibliss NH



Dianne Mros, M.Ed., Reiki Master and Tai Chi/Mindfulness Instructor at Reikibliss NH, will lead Golden View’s free Lunch and Learn, Intro to Tai Chi and Qigong for Wellness and Inner Peace, on Thursday, September 18, from noon–1:30 p.m. in the Woodland Community Room. The program covers tai chi/qigong benefits, breathwork for wellness, and simple exercises.

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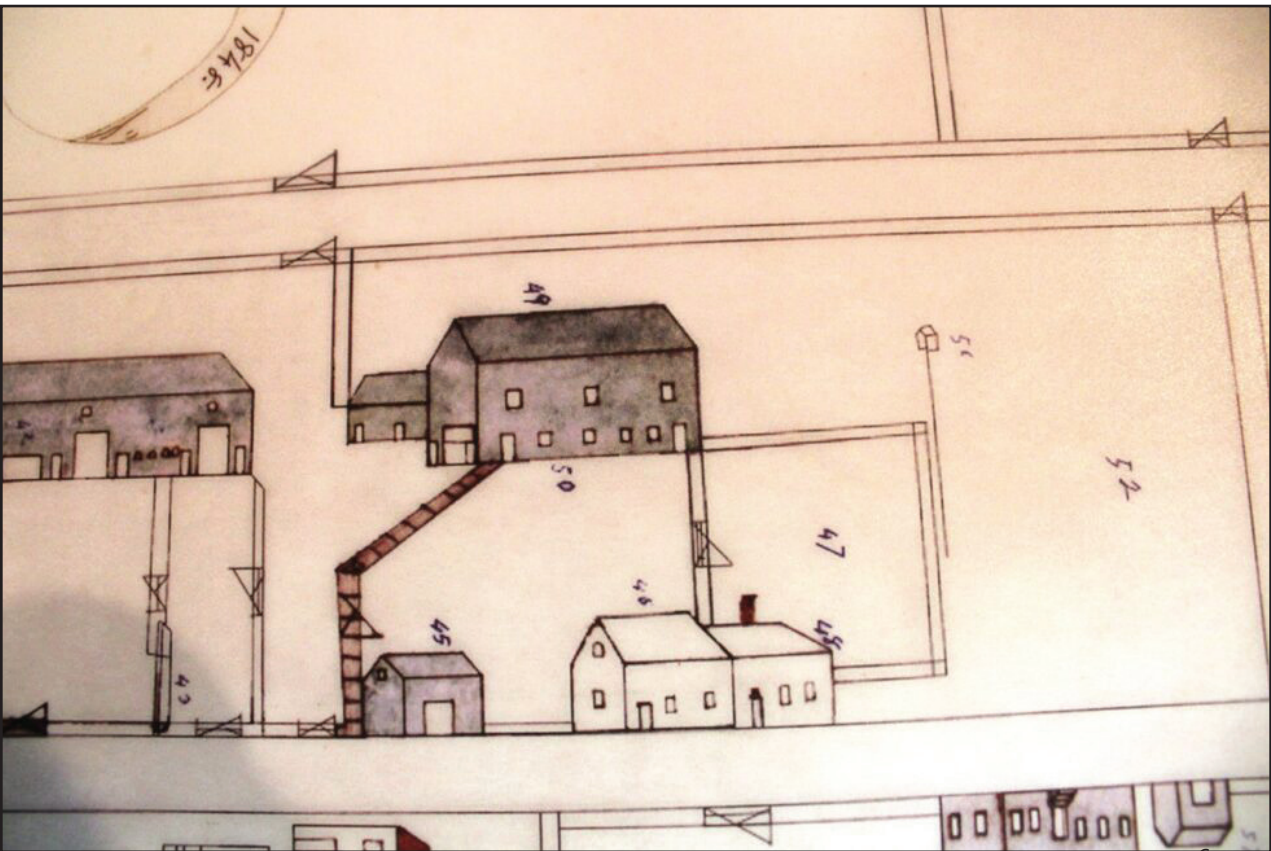
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Revolutionary War veteran’s journey from battlefield to Shaker Village highlights NH’s role in American story

CANTERBURY — Peter Ayers fought at Bunker Hill, Saratoga, and Yorktown before finding his calling at Canterbury Shaker Village, where he served for 65 years until his death at age 97. His remarkable journey from Revolutionary War battlefield to religious community exemplifies how individual stories shaped both New Hampshire’s heritage and America’s broader narrative.

Ayers’ story is the latest installment in the New Hampshire Heritage Museum Trail’s “25 Stories for 250 Years” initiative. Each month leading up to the 250th anniversary of the Declaration of Independence in 2026, The Trail shares stories about unique people, places, and events that demonstrate how New Hampshire’s story is America’s story.

Born in Connecticut in 1760, Ayers was already a battle-tested veteran at age 20 when he first encountered Shaker leader Ann Lee in 1780. Though intrigued



A rendering of Peter Ayers’ house.

by the Shakers’ vision, he returned to military service for the decisive Battle of Yorktown. After three more visits with Shaker leadership, Ayers converted and became a missionary for the Society.

In 1792, he accompanied Elder Job Bishop to

formally establish Canterbury Shaker Village. Former New Hampshire Governor Isaac Hill described the 80-year-old Ayers in 1840 as “a most extraordinary man” with remarkable energy, noting “there was no scripture he could not quote in defense of his belief.”

“Peter Ayers’ story demonstrates the diverse paths that shaped early American communities,” said Erin Hammerstedt, Executive Director of Canterbury

Shaker Village. “From defending our nation’s independence to helping establish one of New Hampshire’s most significant pacifist religious communities, his life shows how individu-

al journeys contributed to our shared heritage.”

The “25 Stories for 250 Years” is a monthly series that invites audiences to learn more about the Granite State and its cultural institutions, weaving together stories that connect local heritage to the national American experience.

The New Hampshire Heritage Museum Trail connects the public with culturally rich heritage institutions across the state’s Lakes Region, White Mountain Region, Merrimack Valley, and Seacoast. Member museums showcase diverse heritage from art and history to science and industry, offering unique stories and unforgettable experiences for all ages.

For more information about Trail member museums and fall programming, visit nhmuseum-trail.org.

SNHU announces Summer 2025 President’s List

MANCHESTER — It is with great pleasure that Southern New Hampshire University (SNHU) congratulates the following students on being named to the Summer 2025 President’s List. The summer terms run from May to August.

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

Nicholas Skafidas of Northfield
Julie Amico of Northfield
Sydney Bixby of Tilton
Justin Gargano of Tilton
Kaitlin Matte of Tilton
Jayde Groz of Tilton
Allison Auger of Sanbornton

Renee Cullen of Sanbornton
Gabe Knowlton of Sanbornton
Victoria Ribeiro of Belmont
Daniel McNulty of Belmont
Nicolette Pike of Belmont
Taylor Jakobsson of Belmont

Southern New Hampshire University (SNHU) is a private, nonprofit, accredited institution with a 92-year history of educating traditional-aged students and working adults. Now serving more than 200,000 learners worldwide, SNHU offers approximately 200 undergraduate, graduate, and certificate programs, available online and on its 300-acre campus in Manchester, NH. Recognized as one of the «Most Innovative» regional universities by U.S. News & World Report and one of the fastest-growing universities in the country, SNHU is committed to expanding access to high quality, affordable pathways that meet the needs of each learner.

Sept. 18 – Sept. 25
Thursday, Sept. 18
Tilton Conservation Commission meeting, 6:30 p.m., Tilton Town Hall, 257 Main St.
Sanbornton Select Board meeting, 5 p.m., Sanbornton Town Office, 573 Sanborn Rd.
Friday, Sept. 19
NASCAR Hauler Parade, 1 p.m., downtown Concord (Gov. Kelly Ayotte waves the green flag), trucks continue up Route 106 toward New Hampshire Motor Speedway, Loudon.
Saturday, Sept. 20
Belmont Library Storytime, 10:30 a.m., Belmont Public Library, 146 Main St.
New Hampshire Motor Speedway, Loudon: NASCAR Whelen Modi-

fied Tour and Craftsman Truck Series races, all day.
Tilton Farmers Market special fall harvest fair, 10 a.m.–2 p.m., Next to Tilton Police Station, 45 Sanborn Rd.
Sunday, Sept. 21
NASCAR Cup Series Playoffs, “The Magic Mile,” New Hampshire Motor Speedway, Loudon.
Laconia Congregational Church Fall Concert, 4 p.m., 18 Veterans Square, Laconia.
Monday, Sept. 22
Belmont Planning Board meeting, 6 p.m., Belmont Corner Meeting House, 16 Fuller St.
Tilton-Northfield Rotary Club weekly meeting, noon, Northfield Town Hall, 21 Summer

St.
Tuesday, Sept. 23
Grand Opening of The Lake Estate on Winnisquam, Tilton. Ribbon cutting and events scheduled throughout the day.
Tilton Farmers Market, 3:30–6:30 p.m., 45 Sanborn Rd., Tilton.
Wednesday, Sept. 24
Canterbury Community Farmers Market, 4–6:30 p.m., Canterbury Center.
Northfield Board of Selectmen meeting, 5 p.m., Northfield Town Hall, 21 Summer St.
Thursday, Sept. 25
Sanbornton Historical Society lecture: “Life in Early Sanbornton,” 7 p.m., Lane Tavern, Sanbornton Square.

Kaden Jewell named to SNHU Dean’s List

MANCHESTER — Kaden Jewell of Belmont has been named to Southern New Hampshire University’s Summer 2025 Dean’s List. The summer terms run from May to August.

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

Southern New Hampshire University (SNHU) is a private, nonprofit, accredited institution with a 92-year history of educating traditional-aged students and working adults. Now serving more than 200,000 learners worldwide, SNHU offers approximately 200 undergraduate, graduate, and certificate programs, available online and on its 300-acre campus in Manchester, NH. Recognized as one of the «Most Innovative» regional universities by U.S. News & World Report and one of the fastest-growing universities in the country, SNHU is committed to expanding access to high quality, affordable pathways that meet the needs of each learner.

BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests during the week of Sept. 1-8.
Drew William Blake, age 29, of Attleboro, Mass. Was arrested on Sept. 1 for Criminal Trespassing and Breach of Bail.

Nicole L. Tarbox, age 40, of Webster was arrested on Sept. 2 in connection with a warrant.
Daniel Joseph Pinkham-Breslin, age 27, of Andover, Vt. was arrested on Sept. 4 for Disobeying an Officer and Reckless Operation.
Daniel Albert Mason,

age 42, of Tilton was arrested on Sept. 4 for Issuing Bad Checks.
Alishia Brook Brissette, age 43, and Brandon William Blake, age 33, both of Laconia, were arrested on Sept. 7 for Criminal Trespassing.

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Gunstock prepares for winter with more improvements

GILFORD — As summer turns to autumn, Gunstock Mountain Resort’s operations team has its sights set on improvements for the winter of 2025/2026, and beyond.

Gunstock is planning to invest heavily in resort upgrades over the next few years. More than \$3 million is earmarked for lifts, \$2.5 million for snowmaking and grooming equipment, and more than \$4 million for general infrastructure improvements that include electrical systems.

Refurbishing the Panorama quad lift, anticipated to be a two-year process, began in the spring with upgrades to key components starting with the communication lines that transfer critical safety information between operators at the terminals and at every tower along the line. The computerized chair-spacing system that resulted in a disruption in lift service last spring has been replaced. These upgrades



COURTESY

Improvements have been happening all summer long as Gunstock prepares for a new winter season.

are critical elements of a larger investment in the full renovation of the Panorama lift. The lift will include further enhancements to include new lift structures to house lift components, and shelter lift attendants at the base and

summit.

The haul rope has been replaced on the Ramrod lift. Gunstock’s Pistol lift gear box was newly upgraded for the season ahead. Tiger, Pistol, and Ramrod lift drive replacements are scheduled to be complet-

ed when Gunstock opens for the season in early December. In addition, resort electrical systems have been inspected and upgraded as needed to ensure reliability.

Snowmaking improvements for this winter include the in-

stallation of 24 new energy-efficient HKD Impulse tower guns that provide high production output of quality snow through a wide range of temperatures, and Klik hydrants that improve snowmaking utility and efficiency. When it

comes to managing the snow surface, Gunstock will reinforce its reputation for superlative conditions with the help of two new grooming machines – one equipped with a winch for managing the snow on Gunstock’s steepest terrain.

Winter enthusiasts who prefer to earn their turns will be happy to learn that Gunstock is extending uphill access hours this winter and has joined Uphill New England, a local non-profit organization that has created the first ever multi-mountain pass, building a community of engaged, responsible, and empowered uphill enthusiasts. In addition to offering Gunstock-only uphill-access season passes, the resort has joined 21 resorts to offer a multi-mountain uphill season pass.

More information about Gunstock’s ongoing improvements can be found at gunstock.com.

Ricky Craven named pace car driver for Mobil 1 301 at NHMS

LOUDON — On Sunday, Sept. 21, Ricky Craven, two-time NASCAR Cup Series (NCS) race winner and Newburgh, Maine native, will get behind the wheel of the official Toyota GR Supra pace car as he leads 36 of NASCAR’s best to the green flag for the Mobil 1 301 NCS race at New Hampshire Motor Speedway (NHMS).

“I’ve been looking forward to my return home for several months,” said 1995 NCS Rookie of the Year Craven. “This was, during my driving days, and will always be my absolute favorite racetrack. Each time I returned to New Hampshire to compete in a NASCAR event, I had the advantage of feeling as though I was racing with a home field advantage. I am so grateful for the opportunity to get back behind the wheel to lead the Cup Series field to the green flag.”

In addition to serving as the Honorary pace car

driver for Sunday’s Mobile 1 301 NCS Playoffs race, Craven will participate in a variety of appearances throughout New England’s only NCS Playoffs weekend:

Saturday, Sept. 20
5-6 p.m. – Autograph session with the Tide car he won at Darlington Raceway with on display

6:15-7 p.m. – Guest on “The Magic Mile” Happy Hour Show with Kurt Busch, hosted by NASCAR personality Jose Castillo and fellow New Englanders Mamba Smith and Alan Cavanaugh at The Groove

Sunday, Sept. 21
10:30-10:45 a.m. – Guest at the Wicked Good Live Auction and Raffle to benefit the New Hampshire Chapter of Speedway Children’s Charities on “The Magic Mile” Entertainment Stage

11:45 a.m. – 12 p.m. – Guest on Trackside Live, hosted by Kenny Wallace and John Roberts, on “The Magic Mile” Enter-

tainment Stage

“Ricky is a pride of New England, and I can’t wait to see him back on ‘The Magic Mile’ behind the wheel of the official Toyota GR Supra pace car to lead the field of NASCAR’s stars to the green flag,” said New Hampshire Motor Speedway Executive Vice President and General Manager David McGrath. “We’re excited to welcome him for the whole weekend to engage with New England race fans back on his home turf.”

Throughout his career, Craven achieved two NCS wins, including the famed March 16, 2003 win at Darlington Raceway with a margin of victory of only .002 seconds over Kurt Busch – the closest finish in NCS history until April 17, 2011 when Jimmie Johnson tied this margin of victory over Clint Bowyer at Talladega Superspeedway. That record has since been broken by Kyle Lar-

son with a .001-second margin of victory over Chris Buescher at Kansas Speedway on May 5, 2024.

From 1991 to 2004, Craven made 278 NCS starts, earned two wins, 17 top-fives, 41 top-10s and six poles and led 1,075 laps. From 1986 to 2006, he made 142 NASCAR Xfinity Series starts, earned four wins, 27 top-fives, 57 top-10s and seven poles and led 1,579 laps. After retiring from the NCS, Craven made 26 NASCAR CRAFTSMAN Truck Series (NCTS) starts from 2004 to 2005, earned one win, four top-fives and nine top-10s and led 114 laps.

On-track action kicks off Friday, Sept. 19, with practice and qualifying sessions for the NASCAR Whelen Modified Tour (NWMT) and NCTS plus Sig Sauer Academy Dirt Duels at The Flat Track. The action continues on Doubleheader Saturday with the Mohegan Sun 100 NWMT race, the Team EJP 175 NCTS Playoffs race and NCS practice and qualifying. The on-track action culminates Sunday with the NCS taking on “The Magic Mile” to kick off the Round of 12 with the Mobil 1 301. Don’t miss all of the exciting off-track action including “The Magic Mile” Happy Hour Show, Trackside Live, The Groove fan

hangout, concerts from Draw the Line and Being Petty: The Tom Petty & The Heartbreakers Experience, Family Movie Night featuring “Captain America: Brave New World,” driver appearances, a variety of live performances, fireworks and much more.

For a full NASCAR weekend schedule, visit NHMS.com/Events/NASCAR-Cup-Series/Schedule/.

For tickets and camping for New England’s only NASCAR Playoffs weekend, featuring the Mobil 1 301 NCS and Team EJP 175 NCTS Playoffs races, Mohegan Sun 100 NWMT race and Sig Sauer Academy

Dirt Duels, fans should visit NHMS.com or call 833-4LOUDON. Tickets for kids 12 and under are just \$10 on Sunday, free on Doubleheader Saturday and start at \$10 on Friday.

Keep track of all of New Hampshire Motor Speedway’s events by following on Facebook (@NHMotorSpeedway), X (@NHMS) and Instagram (@NHMS). Keep up with all the latest information on the speedway website (NHMS.com) and mobile app.



COURTESY

Come and celebrate the fall at the Lakes Region Fall Craft Fair on Sept. 20 & 21 at the Tanger Outlets, Saturday 10 a.m.-5 p.m. and Sunday 10 a.m.-4 p.m.! There will be a vast array of beautiful arts & crafts including various jewelry styles, seasonal crafts and amazing Halloween headbands, surveillance birdhouses, beautiful wooden American flags, 3D art, handsome custom leather belts/bells and totes, laser creations, NH maple syrups, chainsaw sculpted artistic creations & demos by Elise, hand poured soy candles, handmade soaps & skincare products, gourmet food items including scones/honey/hot sauce/cookies/breads/whoopie pies/scones etc., children & adult books with authors, luminaries, artistic apparel, primitive and country decor, sublimated tumblers, CBD products, fresh produce & homemade pastries, and lots more!!! Friendly, leashed dogs welcome! Food! Free admission! Rain or shine under Canopies! For more information, call Joyce at (603) 387-1510. Presented by joycescraftshows.com. See you there!

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Opinion

Letter submission policy

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

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

A season of change, a season of opportunity

September always feels like a hinge on the year. The tourists have mostly gone home, the mornings grow cooler, and our towns shift gears into routines that carry us through autumn. For the Winnisquam region, that change is marked not only by the school calendar, but by the rhythms of civic life.

This week marks the official grand opening of the new Lake Estate on Winnisquam, a \$90 million project that represents one of the largest investments in our region in decades. Whatever your feelings are about its appearance on the scene, the resort is now part of our landscape. It will bring jobs, draw visitors, and no doubt change the way our shoreline feels in the years ahead. The challenge for us, as neighbors and residents, is to shape that change so it strengthens the communities we already are.

New development always raises questions. How will local roads handle more traffic? Will small businesses benefit or be overshadowed? How do we balance economic vitality with the quiet beauty that makes this part of New Hampshire so special? Those are not questions answered by a ribbon cutting—they are questions that will take months and years of thoughtful planning by our select boards, planning boards and engaged residents.

But opportunity is here, too. When our towns are vibrant, our young people see reasons to stay. When visitors discover not only lakefront resorts but Main Street shops, farmers markets, concerts and local libraries, they leave with a sense of the authentic Lakes Region. Growth can amplify what makes us unique if we work deliberately and collaboratively.

September is also budgeting season for schools and town governments. In the weeks ahead, committees and boards will be sharpening pencils and looking hard at what can and cannot be afforded. The conversations will not always be easy, but they are vital. Public meetings are not spectator sports. The more voices are at the table, the stronger our decisions will be.

As the leaves begin to turn, we are reminded that change is natural. Our task is to meet it with balance — to welcome what is new without losing sight of what roots us. Whether it is a grand new resort, a school budget, or a Saturday soccer game, the future of our community depends on our willingness to show up, listen, and work together.



COURTESY

The Unitarian Universalist Congregation of Franklin's Minister, Rev. Michael Hall, welcomed the newest member, Michele Lomartire, to the congregation at their Ingathering Service on Sunday, Sept. 7. "What brought me to this congregation is the knowledge that regardless of one's religious background, all are welcomed here," Lomartire said. "What kept me here is witnessing the congregation's belief in the worth and dignity of all people, how much they care about the community and for the Earth." For more information, visit uucfranklin-nh.org.

Track your progress!

Motivation. We all want it, but half the time it feels like it walked right out of the front door. It has a way of slipping through your fingers. One minute you're fired up, ready to conquer the world. Next, you're sprawled on the couch, scrolling through your phone, telling yourself you'll "start tomorrow."

What is it? Testosterone? Purpose? Willpower? Is it in the food we eat, or is it some mystical force that appears from time to time?

Here's the truth: motivation isn't magic, and it isn't a mood. It's not some lightning bolt from the gods. Motivation is a pattern your brain runs, a rhythm you can learn to catch. The real question isn't "Where did it go?"—it's "How do you make it show up tomorrow, the next day, and the day after that?"

We've all started the project with lots of motivation, but it often disappears before the finish line.

Scientists recently discovered something fascinating about motivation. In September 2024, researchers hooked participants up to brain monitors while they worked on learning tasks. What they found was striking: the instant

someone realized they were making progress, their brain lit up like a switchboard. Focus sharpened. Distractions faded. Engagement skyrocketed.

Think about that for a second, it isn't about standing at the finish line—it's about noticing that you're moving forward. Each time you recognize progress—no matter how small—your brain tosses you a reward—effort feels lighter. Momentum builds.

But here's where some of us get stuck. We're so focused on how far we have to go, we forget how far we've come.

I'm not a mountain climber, but I have hiked some challenging trails. It's easy to start at the trailhead with determination, but when you're only halfway and passing out on a boulder from exhaustion, complacency can take over fast. Perhaps you didn't want to reach the top. Still, maybe you did, and you just lost motivation. Why?

It's called finish line fixation. When you only measure yourself against the summit, your brain feels incompetent. When you've been hiking for 14 hours, night is approaching, and you still have another 14 to

go, it's easy to feel inept, to think, "I thought I'd be at the peak by now!"

It's no good to beat yourself up, especially when you're giving it your all.

A 2018 study found that people do best when they keep two things in mind: big, meaningful goals and the small victories along the way.

So when you're only part of the way towards your goal, and frustration sets in, look back at the ground you've already covered. That perspective shift turns discouragement into momentum.

There have been many studies on motivation, and the science is clear: People are far more successful when they regularly track progress. Recognize how far you've come.

The summit matters, but so does the trail. Looking back at the challenges you've overcome thus far and recognizing your progress produces the dopamine your brain needs to gather more steam.

The brain doesn't hand out dopamine for nothing—it's a survival mechanism. Progress signals that you're learning, adapting, and moving closer to a reward, which is exactly what kept our ancestors alive. That same wiring

still runs the show today: every step forward tells your brain, "This path is working—keep going."

Your brain doesn't reward perfection—it rewards progress. That's why some people quit inches from the breakthrough—not because they weren't moving, but because their brain couldn't recognize how far they've come. No receipts equals no motivation.

Of course, there will still be days when even focusing on your progress feels like it's not helping. That's when you pitch a tent, take a break, and start climbing again the next day.

So, here's my challenge. Don't wait for a spark. Don't wait for the mood to hit. Today, write down one thing you've already done that proves you're moving. Then take another step forward. Track it. Tomorrow, repeat it.

Do this long enough, and you'll stop wondering where motivation went.

Because motivation doesn't reward the dreamers. It rewards the doers.

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

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GOING OUT OF TOWN

From Old Home to Old Home: A sunny Saturday in Portsmouth



Looking out at the Portsmouth Tugboats on an early Saturday evening.

The concept of Old Home Day is one I've been familiar with while working this job, but I've always thought it is a lovely concept. From the beginning, it's been a way to bring people who've lived in a community back home for a day. I've mostly lived in cities especially a few on the Seacoast when I was a kid, the kinds of places that have community events but nor a formal Old Home Day. Right after this year's Gilford Old Home Day I made a little excursion to the Seacoast that kind of felt like my own Old Home Day in a way but in a different form.

Gilford Old Home Day is always a fun time, but it's usually one of the more physically demanding assignments I have all year. It usually involves getting up early, walking up and down Belknap Mountain Road more times than I can count, and I can't remember a year when it wasn't at least 80 degrees or sometimes hotter. It's a great workout, but usually by 2 p.m., I have enough notes and photos for two stories. At this time, I usually head right home with enough energy for a shower and some quality time with my couch. This year, however, my energy level was a lot higher than usual and the thought of just going home didn't have that much appeal. I was already on the Route 11 corridor anyway I figured it was a good day for a run to the Seacoast.

As I traveled down the Spaulding Turnpike, I realized this was the earliest in the day I had been in this area in a long time. Lately, I've been going down in early evening to get some time at the Fox Run Mall and neighboring stores and then take a walk around downtown Portsmouth. I realized I was actually going to be in the area at a time when most everything was open.

My first stop was Tendercrop Farm in Dover, just a few miles from the General Sullivan Bridge. Tendercrop Farm is a farmstand located at the former Tuttle Farm which has been standing since around 1780 and is the oldest farm building in the city of Dover. I remember my parents tak-

ing me here when I was a kid. At one point I stood in the greenhouse and vividly recalled being in that exact same spot when I was five years old. Inside the main store it was so hard to just pick a few goodies to walk away with. I walked away with a bag of produce including graffiti eggplant, Romanesco, rainbow potatoes, and of course a big slice of S'mores cake.

After debating what my next stop would be, I decided to go right to downtown Portsmouth and take advantage of finally seeing this place in daylight after too long.

As expected, downtown Portsmouth was bustling on a warm Saturday afternoon. I found a parking spot at the High/Hanover Garage and was walking out on Market Square and joining the crowds.

By this point, it had been a few hours since having that slice of lovely apple pie with ice cream at the Gilford Public Library and I figured it was a good time for lunch/dinner/whatever. After weighing the many dining options I had at this earlier hour, I decided on the French-style café Maison Navarre. I have been to this place a few times, but only recently discovered they have a full menu. I ordered a crepe called "L'Alpine" with goat cheese and bacon with a side salad and washed it down with an Americano. It felt so nice to sit in a little dining room and people watch while scarfing down a delicious crepe and coffee.

After finishing, I went next door to Diversions Puzzles & Games and perused their great selection of puzzles and roleplaying game paraphernalia. I got a few some 100-piece puzzles depicting scenes around Portsmouth the last time I was here. This time I found another 100-piece puzzle showing a map of the New York subway system on one side and a MetroCard on the other. I have a similar puzzle set from the MBTA so they might get mounted side by side.

I decided it was the perfect time to head to Prescott Park. I know the park isn't that far from Market Square,

but I usually do a loop around State Street before walking in the direction of the Piscataqua. I popped in and out of a few small shops on State Street and got some info on some fun events happening in the area. I then overheard one of the shopkeepers talking to a customer about a jazz festival and noticed a lot of people walking to Prescott Park with lawn chairs. I love that park anyway but I knew there was some more fun stuff happening.

There was in fact a jazz festival going on through the afternoon as part of the Prescott Park Arts Festival.

The Prescott Park Arts Festival is a non-profit organization that brings music, theater, and other kind of events to Prescott Park especially over the summer. On this exact day I had arrived in time for the 42nd annual Seacoast Jazz Festival. I've been getting more into jazz music lately, so this was a great opportunity to experience some new bands and great music. I wished I had brought a folding chair, but I was content to find a spot of granite curb to park on.

I got there as Matt Wilson's Good Trouble took the stage and let myself get lost in the drums, piano, saxophone, clarinet, and vocals. I played clarinet in school and have been trying to get back into it, this experience might have given me an extra push in that direction. I also admired what Wilson did on the drums with some unique sounds created with drumstick brushes. At one point he unscrewed the snare drum from his kit and sang into the drumhead, probably the most unique use of it I've seen.

After a few songs my body wasn't happy with sitting on a granite slab, so I got up and walked around the park. This



A view of the Piscataqua River and the Memorial Bridge from Prescott Park.



Matt Wilson's Good Trouble takes the stage at the Seacoast Jazz Festival.



A stop at Tendercrop Farm in Dover.

has always been a peaceful place for me right by the river and the addition of jazz music and applause made it even more special. I spent some time with the lovely music and the salty air, then decided to head back to Market Square. All the activity that day was now starting to make me want that trip home.

I had to stop by Izzy's Frozen Yogurt and Ice Cream on Bow Street. I got a big scoop of peppermint cookie ice cream and walked down the stone steps to the little park off Ceres Street right by the famous tugboats. The big red tugboats now owned by Moran Towing are a famous sight in Portsmouth and I try to come down here every time I'm downtown.

The pier was busy with people at the neigh-

boring restaurants and milling in and out of the park. Humans and dogs weren't the only ones here at that time: the moment I walked in the park I saw a woman with a large rabbit on a little harness. The big, gray bunny was laying on a bench enjoying the warm weather and not minding all the people coming up to ask questions and give pets. From what I gathered from just sitting and listening, this bunny was a mix of different breeds that was found on Craigslist un-

der a meat listing. His mom had rescued rabbits before and got him as a companion. I had to ask to pet the bunny too and gave some little scratches on top of his head.

I finished my ice cream and walked back to the parking garage, feeling sweaty and tired from all the day's activities but content. Maybe this was a version of Old Home Day for me in my old haunts, or maybe it was just a lovely Saturday in an amazing city.



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Signs it's time to replace gutters

Home improvement projects run the gamut from complex undertakings like room additions to simpler renovations like a new front door. Some home renovations excite homeowners more than others, but all improvements are a way to make a home safer, more comfortable and/

or more functional. A gutter replacement might not inspire the same level of excitement as a room addition or an overhaul of an outdoor living space, but new gutters can help to prevent roof damage and make properties safer by ensuring rain water is directed away from

walkways. Homeowners who suspect it might be time for a gutter replacement can look for these signs of fading gutters.

- Cracks or splits: Cracks or splits at the seams of the gutters where two pieces connect is a telltale sign they need to be replaced. Cracks or splits are can

slowly lead to separation of gutter pieces, which will lead to leaks. But not all cracks or splits are found at the seams. In fact, some homes feature seamless gutters, which also can crack or split. Regardless of where they're found, cracks or splits are a warning signs of fading gutters.

- Rust: Rust is rarely a good sign whether you're looking at a vehicle or even garden tools. Rust also is a bad sign in relation to gutters. Gutters are painted, and not only for aesthetic purposes. Paint on gutter also serves to protect them from water. When paint begins to flake, gutters will begin to rust and may even produce noticeable rust flakes



on the ground below. Rust on gutters and rust flakes beneath them are indicative of gutters that need to be replaced.

- Gutters pulling away from the home: Gutters that appear to be pulling away from the home is a sign that they need to be replaced. Gutters are fastened to a home

during installation, which ensures they can withstand rain and water. Over time, those fasteners can wear down, ultimately leading to gutters that appear to be pulling away from the home. Though gutters can be refastened, eventually they will need to be replaced.

- Pooling water: Pooling water in a gutter may just be a sign that gutters need to be cleaned. However, pooling water on the ground directly beneath gutters indicates they're not effectively directing water away from the home.

- Water damage inside: A home's interior might not be the first place homeowners look when inspecting for damaged gutters, but a flooded basement or crawl space could indicate a gutter problem. Gutters and downspouts are designed to direct water away from a home when functioning properly. When that isn't happening, water can pool beneath the foundation, leading to pooling water and other water damage in basements and crawl spaces.

Gutter replacement projects may not be exciting, but new gutters can make a home safer and prolong the life of a roof and other features on a property.

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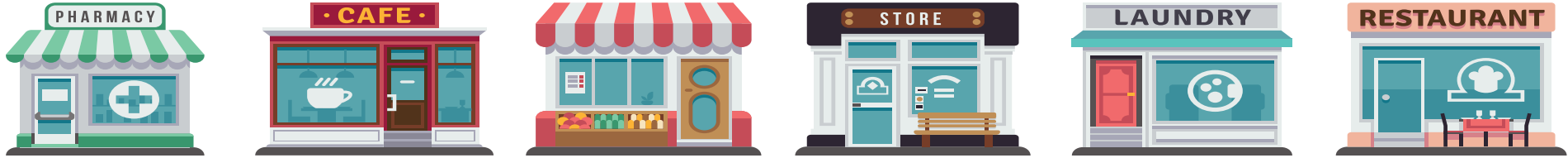
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Raiders put up a fight against defending champion Lakers

BY JOSHUA SPAULDING
Sports Editor

MEREDITH — The Inter-Lakes and Belmont volleyball teams had the crowd inside the Meredith gymnasium worked into a frenzy with an intense back and forth first set on Monday, Sept. 8.

While the Lakers came back and eventually won that set by a 26-24 score, the tone was seemingly set for a back and forth battle that could last well into the evening.

However, the defending champions seemed to find their groove in the second set and easily pulled away for the 25-12 win and then hung on as the Raiders staged a late rally in the third set, taking the 25-20 win to earn their third sweep of the season with the 3-0 win.

The Raiders came out strong, scoring the first three points of the first set and after the Lakers got on the board, Liv Chandonnait answered with a big hit for the Raiders. Kiera Moynihan rose up at the net for a big block for the hosts but Belmont's Sadie Sturgeon got a great back row hit to answer on the other side of the net.

A Moynihan hit cut the lead to 6-3 before the Raiders ran of four points in a row to open the lead to 10-3, the last point coming on a nice hit from Meg Soucier. Moynihan got the Lakers back on the board with a hit and Stevie Poehler added another Laker hit. The Raiders picked up a couple more points but Moynihan and Avery Holmes added hits for the Lakers ad they climbed back into the set, cutting the lead to 13-11.

Chandonnait answered for the Raiders with a hit but Holmes added one for the Lakers and Moynihan chipped in with a block. A great play in the back row from Sturgeon allowed Belmont to open the lead



JOSHUA SPAULDING
Belmont's Lily Sheehan and Inter-Lakes' Stevie Poehler both rise up to the net during action last Monday in Meredith.

to 16-13 before the Lakers crawled back, eventually tying things at 16 on a nice tip from Gracie Stephens. A Moynihan hit gave the Lakers their first lead of the game and the defending Player of the Year added a block as the Lakers extended the lead. Emily Doda made a great play to extend the lead to 20-16 before Belmont battled back, led by a hit from Soucie that cut the lead to 21-19.

The two teams were tied at 21 before Lillian Lybrand delivered a point for the Lakers. Belmont bounced back to tie the set at 22 and took the lead on a hit from Gabby Murphy, but a hit from Poehler pulled Inter-Lakes even again. The Lakers took a one-point lead before Sturgeon pulled Belmont even at 24. Inter-Lakes was able to get the final two points and took the 26-24 win for the 1-0 lead.

The Lakers came out strong in the second set, scoring the first seven points. Moynihan and

Lybrand had good hits at the net and Alyssa Snow added a service ace. Belmont responded with a couple of service aces from Sturgeon and cut the lead to 7-3, but a Lybrand block helped spark another Laker Run that saw then stretch the lead out to 16-3, with Doda adding a couple of service aces.

Chandonnait got Belmont back on the board with a hit and Hayden Blanchard added a service ace for the Raiders. After the Lakers went up 18-8, Lily Sheehan added an ace for the Raiders to get them back on the board. Murphy answered a Lybrand hit with one of her own and then Moynihan and Sturgeon exchanged points as well. Poehler got a nice block for the Lakers and then added two service aces as Inter-Lakes closed out the 25-12 win and took the 2-0 lead.

Belmont got out to a 3-1 lead in the third set before a good service



JOSHUA SPAULDING
Liv Chandonnait goes up for a hit during her team's game with defending champion Inter-Lakes last Monday evening.

run from Snow, including a couple of aces, got Inter-Lakes out to the 7-3 lead. Moynihan and Doda teamed up for a block and Moynihan also added a hit in that run.

Moynihan and Stephens continued to help Inter-Lakes open the lead up to 12-5 and Moynihan added an ace for the 13-5 lead. Belmont came back with a great diving play from Brooke Varnum, only to see Moynihan put down a big hit on the other side. The Lakers eventually worked the lead out to 17-7 and 19-8 on a Moynihan block.

However, Belmont was not done. After Moynihan made it 20-10, Chandonnait got Belmont going with a couple of solid hits as they climbed back into the match. Adelina Gasque made a nice play off the ceiling for the Lakers, but hits from Murphy and Soucie brought the

Divers, Laramie lead Raiders in home race



JOSHUA SPAULDING
Brayden Townsend runs for Belmont during his team's home meet last Thursday afternoon.



Jenna Laramie and Lyla McSheffrey run during last week's home race.



Jack Crockford crowns the hill during action his team's home race last week.



Riley DeGange runs for Belmont during action last Thursday afternoon.

and Zoe Perlett was 37th in 38:42.

Wyatt Divers led the way for the Belmont boys with a third place finish in 20:31 and Sean Andrews was right behind him in fourth place in 21:00. Brayden Townsend was 10th in 22:36, Jack Crockford was 13th in 22:31 and Lucas McSheffrey was 19th in 24:27 to finish out the scoring. Henry Ashworth was 31st in 28:12 and Daniel Tripp finished in 39th place in 31:18.

The Raiders are slated to be in action on Monday, Sept. 22, at Newfound and Thursday, Sept. 25, at home, both at 4 p.m.

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

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BY JOSHUA SPAULDING
Sports Editor

BELMONT — The Belmont cross country kids welcomed a host of teams to their home course on Thursday, Sept. 11, with Gilford, Moultonborough, Inter-Lakes, Prospect Mountain, Winnisquam, Berlin, White Mountains and Kearsarge joining in on the fun.

The Belmont girls were led by Jenna Laramie in eighth place in 26:32 while Lyla McSheffrey was 11th in 27:24 and Riley DeGange was 12th in 27:36. Hailey Clairmont was 14th overall in 28:23 and Violet Smith finished in 18th place in 30:01 to round out the scoring. Alianna Steele was 21st overall in a time of 30:22, Charlotte Ekberg was 29th in 33:22

BALL

Continued from page A1
has helped individuals remain independent at home, manage newly diagnosed or complex medical conditions, and recover from surgery. When an illness is terminal, Franklin VNA & Hospice's hospice team enables patients to live with dignity throughout the end-of-life journey and provides support to loved ones before and after their loss.

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200TH

Continued from page A1
homes that give a portrait of life in colonial and Revolutionary times to museums, festivals and more. Bailey offers a trip through the past and present of the Granite State's most memorable sites.

The library will also welcome local historian, Mae Williams with her presentation on the

history of the Woodman Sanbornton Academy building. Williams is a history preservation consultant working to survey, assess, and sustain historic sites in New Hampshire. She authored the 2020 Sanbornton Historic Preservation District Survey. Williams will help us uncover the history of this iconic building. In addition, we will learn more about resources that can be used to research our

own home or family history.

Join us upstairs in the historic academy building at the Sanbornton Public Library. There is an elevator lift available if needed. This program is free and open to the public, light refreshments will be provided.

For more information, contact the Sanbornton Public Library at (603) 286-8288 or splnhcirc@gmail.com. Web site: splnh.com.

HIGH SCHOOL SLATE

Thursday, Sept. 18
GILFORD
Field Hockey at Bishop Brady; 4
Golf at Derryfield; 2
Friday, Sept. 19
BELMONT
Boys' Soccer vs. Derryfield; 4
Girls' Soccer at Derryfield; 4
Volleyball at Newfound; 6:15
GILFORD
Boys' Soccer at Prospect Mountain; 4
Girls' Soccer vs. Prospect Mountain; 4
Volleyball at Prospect Mountain; 6
Saturday, Sept. 20
GILFORD
Cross Country at Manchester; 9
Football at Epping-Newmarket; 2
WINNISQUAM
Football vs. Raymond; 2
Monday, Sept. 22
BELMONT
Boys' Soccer at St. Thomas; 4
Cross Country at Newfound; 4
Girls' Soccer vs. St. Thomas; 4

WINNISQUAM
Boys' Soccer vs. Bishop Brady; 4
Volleyball vs. Hanover; 6
Tuesday, Sept. 23
BELMONT
Golf at Shattuck Golf Club; 4
GILFORD
Field Hockey vs. Mascoma; 4
Wednesday, Sept. 24
GILFORD
Volleyball at Manchester Memorial; 6
WINNISQUAM
Boys' Soccer at White Mountains; 4
Volleyball vs. Manchester West; 6
Thursday, Sept. 25
BELMONT
Cross Country Home Meet; 4
Volleyball at Raymond; 6:15
GILFORD
Cross Country at Belmont; 4
Field Hockey at Conant; 4
Golf at Pelham; 3

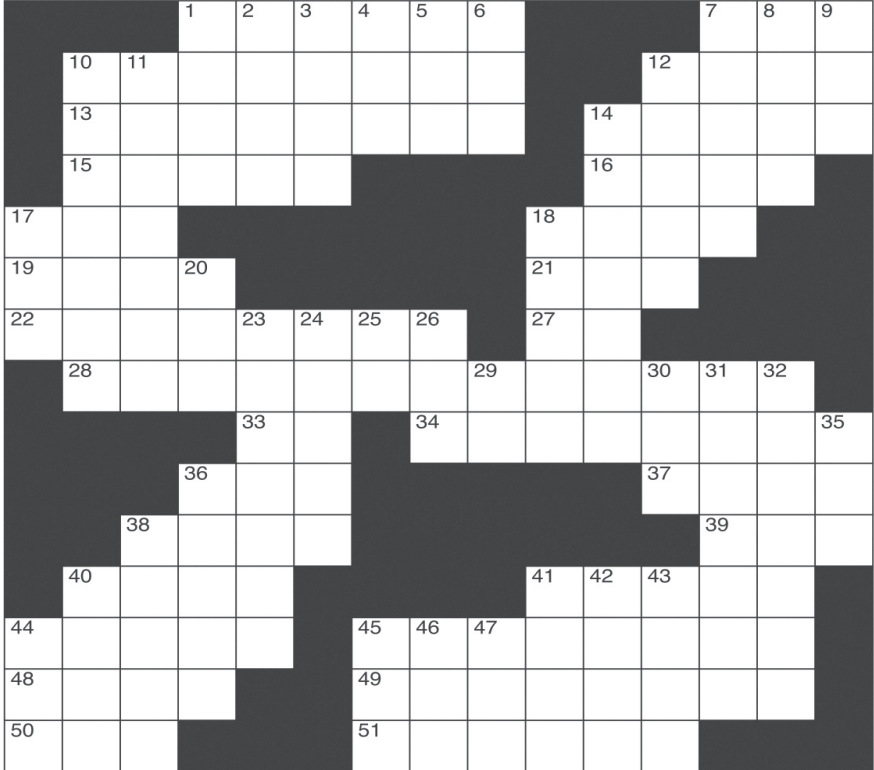
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CLUES ACROSS

- 1. Carved into
- 7. ___ Rogers, cowboy
- 10. Unruly locale
- 12. Edible mushroom
- 13. Influential noblemen
- 14. Rattling breaths
- 15. David ___ George, Brit. P.M.
- 16. Musician Clapton
- 17. Small Eurasian deer
- 18. Invests in little enterprises
- 19. Perimeter
- 21. Chicago ballplayer
- 22. Animal body part
- 27. It's everywhere these days
- 28. Fictional ad exec
- 33. Mr. T character Baracus
- 34. Against the current
- 36. Subway rodent
- 37. Armor plate
- 38. Hair on the head
- 39. Strong insect
- 40. Swollen lymph node
- 41. A way to lessen
- 44. Walter White poison
- 45. Sleeveless garment
- 48. Long accompanied song
- 49. Without features
- 50. Yankee great Mattingly
- 51. Removes from record

CLUES DOWN

- 1. Root of taro plant
- 2. Those ones
- 3. Appliances have one
- 4. A way to sing
- 5. Midway between east and southeast
- 6. Animal dwelling
- 7. An object that as survived from the past
- 8. Oil cartel
- 9. Affirmative
- 10. Foul smell
- 11. Brisk tempo
- 12. S. American indigenous person
- 14. Restored
- 17. Official
- 18. Skin lesions
- 20. Electroencephalograph
- 23. Middle Eastern country
- 24. Extremely angry
- 25. Title used before a woman's name
- 26. British thermal unit
- 29. By the way (abbr.)
- 30. Anger
- 31. Nullifies
- 32. Ones who acquire
- 35. Time zone
- 36. Arabic name
- 38. Protein in mucus
- 40. Ballpoint pen
- 41. Mimics
- 42. Humans have a lot of it
- 43. Expressions of good wishes
- 44. Cool!
- 45. One point east of due south
- 46. City of Angels football team (abbr.)
- 47. A way to save for retirement

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Raider golfers finish second in pair of matches

PSU soccer ID clinics set for Nov. 23

BY JOSHUA SPAULDING
Sports Editor

BELMONT — Three of the four teams competing at Ponemah Green Golf Center in Amherst finished within one point of each other last Tuesday afternoon, Sept. 9.

Belmont and Hillsboro-Deering both finished with 73 points and the Hillcats got the tie-breaker to earn the overall win with 74 points. Fall Mountain finished with 72 points to take third overall and the host Wilton-Lyndeborough Warriors finished

in fourth place with 58 points.

Jacob Akerstrom led the way for the Belmont squad out of the top spot in the lineup, earning 23 points while Max Ryder scored 21 points from the second spot in the lineup. Jasper Sottak had 15 points from the third spot and Brayden Pucci's 14 points out of the sixth spot in the lineup rounded out the scoring for the Raiders. Jack Binder in the fourth spot and Jordan DeFrancesco in the fifth spot both finished with 13 points on the day.

Belmont hosted Hop-

kinton, Newport and Prospect Mountain at Canterbury Woods on Wednesday, Sept. 10, and finished with 65 points to finish second on the afternoon. Hopkinton won the match with 71 points, Prospect Mountain was third and Newport was fourth.

The Raiders are slated to be at Shattuck Golf Club on Tuesday, Sept. 23, for a 4 p.m. match.

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

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

The half-day clinics are geared toward high school players aged 16-and-up with an interest in playing at the collegiate level. Both clinics are scheduled for Sunday, Nov. 23, with the girls' clinic running from 9:30 a.m. to 12:45 p.m., and the boys' from 2:15 to 5:30 p.m. An optional, joint admissions tour for both groups is scheduled for 1 to 2 p.m.

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

access to video footage from the two technical/tactical training sessions.

The clinics are run by head coaches Rob Wright and Sammy Blizard Bogardus and their staffs and are limited to 28 participants. The registration fee is \$85, and a multi-child discount is available.

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

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Bears drop battles with Sabers, Bears

BY JOSHUA SPAULDING
Sports Editor

TILTON — The Winnisquam volleyball team matched up well against Souhegan on Monday, Sept. 8, splitting the first four sets before the Sabers pulled out the win in the fifth set for the 3-2 win.

“This was a well-played game against two evenly matched teams,” said coach Mark Dawal-

ga. “I was very pleased with our effort all night.”

The Sabers won the first set by a 25-21 score before Winnisquam battled back and won the second set by a 25-18 score. The Sabers edged the Bears 25-18 in the third set and Winnisquam came back and won 25-19 in the fourth set to force a fifth and deciding set.

The Sabers made a

couple more plays than the Bears in the fifth set and took the 15-9 win for the 3-2 victory.

Caidyn Carter had 12 kills, 20 digs, two aces and three blocks, Sophie Fair had nine kills, three digs, four aces and three blocks, Danica Weymouth had three kills, 17 digs, two aces and two blocks, Abby Meunier had 14 assists, Anna Drinkwine had 10

assists, Alexis Mingolla had four kills and 12 digs while on defense, Addie Bernier had five digs, Alissa Jean had six digs and Kenzie Nelson had three digs.

On Wednesday, Sept. 10, the Bears dropped a 3-0 decision to Hanover, 25-19, 25-19, 25-23.

“I thought we came out a little slow in the first set,” said Dawalga. “As we talk about every

day, especially on the road, our energy needs to be ready from the get go.”

The Bear coach noted that things picked up midway through the first set, which helped them close the gap a little.

“We really are growing as a team and tonight I thought we took a big step forward against a very good Hanover team on the road,” Dawalga

added.

The Bears are slated to be in action on Monday, Sept. 22, at home against Hanover and Wednesday, Sept. 24, at home against Manchester West, both at 6 p.m.

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

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