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Public invited
to upcoming
information
sessions on
proposed Fire
District facility

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

Following the vote, the District sent out two separate Requests for Proposal for professional services related to the project. We are pleased to announce that the District has entered into agreements with two firms to assist us in moving this project forward. On June 18, the Fire Com-



Shire, a senior at Bow High School, has been visiting the Tilton Senior Center, getting to know the participants, attending informational sessions, programs, and classes that are held here. She is working on her senior project that focuses on supporting the elderly population through meaningful service. It's been a pleasure getting to know Shire, and everyone at the Center wishes her all the best! Photo courtesy of the Senior Center's Facebook page.

*Sanbornton Historical Society hosting program on
portraitist Walter Ingalls*

SANBORNTON — On Thursday, Sept. 10 at 7 p.m., one of Sanborn-ton's illustrious citizens, Walter Ingalls, distinguished portrait painter of the mid-19th century, will be Sanbornton Historical Society's program topic.

Ingalls, born in Canterbury in 1805, moved to Sanbornton in 1818 and, along with his brother, became a cabinetmaker. That profession was short-lived when Walter's true talent for painting became his career. Over the next 41 years, he travelled the world painting portraits of kings, Popes, emperors, statesmen, and, of course, numerous Sanbornton family members of the



Walter Ingalls' portrait of Sarah Coffin Burleigh, 1834.

1800s. President George Washington's portrait in our New Hampshire State House is Walter Ingalls' work. Ingalls also served as Town Moderator from 1840 - 1847, and was a member of the General Court, Concord State House, 1847 - 1848.

Come to Lane Tavern, 520 Sanborn Rd. (Route 132), for historic information delightfully presented by Brendan Morrison and Karey Caldwell. We are handicapped accessible and meet in air-conditioned space. Light refreshments, after. The program is free, with donations towards historical society costs appreciated. All are welcome.

A graphic for Labor Day featuring the words "LABOR DAY" in large, bold, red, sans-serif capital letters. The text is flanked by decorative elements: on the left, a blue star with white dots and a blue gear; on the right, a blue star with white dots, a blue gear, and a red, white, and blue striped banner. Below the main text, the words "Early deadlines for Labor Day" are written in a black, serif font, with "Early" on one line, "deadlines for" on the next, and "Labor Day" on the third line.

LABOR DAY

Early
deadlines for
Labor Day

The offices of the Winnisquam Echo will be closed Monday, Sept. 7 in observance of Labor Day.

To ensure that our Sept. 10 edition arrives in subscribers' mail boxes on schedule despite the holiday, the submission deadline for any press releases and letters to the Editor intended for publication next week has been moved up to Thursday, Sept. 3 at 4 p.m. Submission can be e-mailed to the Editor at brendan@salmonpress.news.

Late Gilford goals sink Raiders in opener



Gilford's Zach Osman and Belmont's Wyatt Bamford battle for the ball in season opening action last Thursday.

BY JOSHUA SPAULDING
Sports Editor

GILFORD — In a game fitting of two rivals at the start of a new season, the host Gilford soccer boys used two goals in the final minutes to edge visiting

Belmont by a 2-0 score on Thursday, Aug. 27.

The Raiders had early pressure in the zone but could not convert and Gilford came back with a cross from Carter Bruneal that was cleared by Bel-

mont's David Mahoney. The Golden Eagles had the game's first corner that Belmont's Brennan Geoffrey cleared and Kyle Waldron went the other way with a chance but could not get a shot on net.

Gilford had another corner that Omario Brooks headed on net with Belmont goalie Kyle Monasky making the save. Brooks had a crossing pass and then Ben Coapland connected with Owen Wolpin for a chance that was stopped by Monasky. Waldron made another run that Gilford goalie Gavin Forest snared and Gilford had another corner kick chance.

Brody Ennis had a bid go high for the Raiders and Niko Smith had a good defensive stop for the Raiders as well. Wolpin made a run that Sam Binder was able to stop in the Belmont defense and Bronson Glines and Evan Martinez teamed up for a chance that Forest stopped. Mahoney and Derik Matthews had good defensive stops for Belmont and Waldron had a

chance that Forest raced out to grab. Skyler Kohout had a cross for Gilford and Jevan Beale had a chance denied by Monasky.

Declan White had a nice crossing chance for the hosts that Matthews cleared and White had another chance that the defense of Geoffrey and Aaryn Durand helped to turn away. Monasky stopped a Wolpin shot and Easton St. Cyr sent a shot over the net. Ennis came back with a chance for Belmont that Forest stopped and the game went to half-time with no score.

Beale had a direct kick chance for the hosts to start the second half and Luke Javalgi had a long direct kick chance as well. Wolpin had a bid denied by Monasky and also sent a shot wide. After Gilford had a corner that missed

the mark, the Raiders came back with their own corner, with Waldron's shot stopped by Forest.

Copland and Bruneau teamed up for a chance that Monasky stopped and Bruneau had another shot that the Belmont goalie snared. White headed on a chance from Brooks and Beale sent a shot wide of the net as the Golden Eagles threatened with another corner. Mahoney made a run for the Golden Eagles that was stopped by the defense of Oskar Karlsson and Binder had a good clear for the Raiders.

Mahoney sent a shot high on a Belmont corner kick and then Ennis ripped a shot off the crossbar. Zayn Morris had a chance denied by Forest and Wolpin went the other way with a shot that went wide.

Bridge to Recovery Walk returns Sept. 20 to support mental health and substance use recovery

FRANKLIN — Concord Hospital Health System (CHHS) invites community members to come together in support of individuals and families affected by mental health and substance use disorders at the annual Bridge to Recovery Walk, taking place Sunday, Sept. 20 at Concord Hospital – Franklin.

The approximately two-mile walk brings together people in recovery, their families and friends, healthcare professionals, community members, and supporters to raise awareness and funds for mental health and substance use disorder programs and services at Concord Hospital – Franklin and Concord Hospital – Laconia. The event will also feature live music, a patient speaker, and a complimentary pancake breakfast prepared by Dr. Paul Racicot and Boomer’s BBQ.

“The Bridge to Recovery Walk is about showing people that they don’t have to face recovery alone,” said Philanthropy Officer for Concord Hospital Trust and Bridge to Recovery Event Coordinator Heidi Smith. “Every person who walks, donates, volunteers, or sponsors this event helps create a visible community of support around our patients and families. It’s an uplifting morning that



The Concord Hospital Trust partnered with volunteers from throughout Concord Hospital Health System and the community, including Dr. Paul Racicot and Boomer’s Barbeque, to host the Bridge to Recovery walk in 2025. The event raises money to help patients access services and resources that support them throughout their recovery.

reminds us how much can happen when a community comes together with compassion and a shared purpose.”

In 2025, the Bridge

to Recovery Walk raised more than \$50,000 for Concord Hospital Recovery Clinics in Franklin and Gilford, helping patients access services and resources that support them throughout their recovery. Funds raised have helped cover insurance co-pays and care for uninsured patients, provide gas cards for transportation to appointments, support basic personal necessities, and fund scholarships for local fitness programs.

For Corey Gately, MLADC, director of Substance Use Services at the

Recovery Clinics and Laconia Doorway at Concord Hospital – Franklin and Laconia, that practical assistance can help address barriers that may otherwise make recovery more difficult.

“Recovery looks different for every person, and it rarely happens through one service or one moment,” said Gately. “People need access to treatment, but they also need connection, encouragement, and practical support that helps them continue moving forward. The Bridge to Recovery Walk shows our patients

that there is an entire community standing beside them and believing in their ability to build a healthier future.”

Participants are encouraged to form teams with family members, friends, neighbors, coworkers, and others who want to show their support. The walk is designed to welcome people at every connection to recovery; whether they are celebrating their own journey, supporting someone they love, honoring someone they have lost, or simply demonstrating that help and hope are available.

CHHS’s recovery services connect patients with treatment and ongoing support while helping address individual barriers to recovery.

“Every registration represents more than participation in a walk,” Smith said. “It helps us provide resources that can make a very real difference for someone trying to take that next step. We hope people throughout the Lakes and Three Rivers Regions will join us in September and help make sure our neighbors know support is here.”

To register, create a team, donate, or learn more about the Bridge to Recovery Walk, visit <https://runsignup.com/Race/NH/Franklin/BridgetoRecoveryWalk>.

The event also provides an opportunity to raise awareness of the resources available locally for people experiencing substance use disorders and their fam-

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PETS OF THE WEEK
Meet City!



Meet City, a handsome medium to large breed boy with a heart full of love and excitement for the important people in his life. Once City knows you’re his person, he is sure to show you with happy wiggles, a big personality, and plenty of enthusiasm. He is always ready for a walk, an adventure, or simply spending time with the people he loves.

City can be a little nervous when meeting new people, so he will need a patient adopter who is willing to

take the time to build a relationship with him. We will require a few meet-and-greets before he goes home to make sure everyone feels comfortable and that a strong bond can begin to form.

This sweet guy is looking for someone who can match his energy, understand that trust takes time, and appreciate the wonderful companion he is. With a little patience and a lot of love, City is ready to become someone’s loyal best friend and adventure buddy.



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LCHIP celebrates 25 years of preserving New Hampshire’s special places

[SUBHEAD] Anniversary celebration marks major milestones, honors founding leaders, looks ahead to next 25 years

CANTERBURY — U.S. Sen. Jeanne Shaheen and former U.S. Senator Judd Gregg were honored by the New Hampshire Land and Community Heritage Investment Program (LCHIP) as it celebrated its 25th anniversary Wednesday evening at Canterbury Shaker Village.

The celebration, which featured a “25 Stories for 25 Years” exhibit highlighting a selection of the nearly 650 conservation and preservation projects funded by LCHIP, brought together more than 150 current and former state leaders, LCHIP board members and staff, conservationists, preservationists, community partners and project representatives.

LCHIP Board Chair Ben Wilcox announced three significant milestones reached by the program as it marked its 25th anniversary: more than 250,000 acres conserved, more than 200 historic structures rehabilitated, and the completion of LCHIP-supported projects in 210 of New Hampshire’s 234 communities—more than 90 percent of the state’s communities. Wilcox noted that these numbers tell a larger story about what New Hampshire communities can accomplish when they

come together around places they value.

“Over the past 25 years, LCHIP has demonstrated what can happen when state investment, local matching funds, private philanthropy, and community commitment come together around a shared purpose,” Wilcox stated. “LCHIP projects succeed because people across New Hampshire are willing to invest in the places they care about.”

“Twenty-five years ago, New Hampshire created something truly distinctive—a program that puts resources directly into the hands of communities to protect the places that matter most to them,” said Paula Bellemore, LCHIP Executive Director. “What we celebrate today is not simply 25 years of grants. It is 25 years of people coming together to make sure the farms, forests, historic buildings, working landscapes and community places that define New Hampshire remain part of our future.”

The anniversary celebration also recognized two individuals whose leadership was instrumental in establishing and advancing LCHIP. Former Governor and U.S. Sen. Judd Gregg, and former Governor and current U.S. Sen. Jeanne Shaheen received LCHIP’s inaugural Legacy Award, presented by two former LCHIP Board members: noted historic preservationist Elizabeth Durfee

Hengen and former State Sen. Rick Russman.

Hengen, a founding LCHIP Board member and longtime historic preservation leader, recognized Gregg for his early role as a bipartisan champion of LCHIP and for his subsequent efforts to secure federal funding that complemented LCHIP investments. Among the projects highlighted were the 5,300-acre 13 Mile Woods community forest in Errol, nearly five miles of Merrimack River frontage, and Webster Farm in Franklin.

Russman, also a founding LCHIP Board member, recognized Shaheen’s leadership in establishing the program and signing the legislation creating LCHIP into law while serving as Governor. He also highlighted her longstanding commitment to conservation and her partnership with Gregg on the Connecticut Lakes Headwaters project, which ultimately protected 171,000 acres in northern New Hampshire.

“Helping establish LCHIP is one of my proudest achievements as Governor, and 25 years later I’ve been so proud of all that the program has been able to accomplish to preserve the treasured sites across New Hampshire that give our state its distinct character,” said Shaheen. “LCHIP was founded with the belief that conservation and preservation support economic vitality and enrich community life. I thank everyone

who has helped LCHIP live up to this founding vision and am excited to witness all that comes next.”

Gov. Kelly Ayotte recognized the milestone by issuing a proclamation commemorating LCHIP’s 25th anniversary, which read in part “this anniversary provides an opportunity to recognize LCHIP’s longstanding commitment to conservation and stewardship and to celebrate its continued investment in a stronger, more vibrant New Hampshire for generations to come.”

The evening also included a panel discussion with founding LCHIP Board Chair Tom Burack, former executive director Dijit Taylor, and current board member Senator Debra Altschiller, who reflected on what makes LCHIP distinctive.

“What LCHIP understood from the start, in doing something no other state had done, is that putting historic preservation and land conservation under one roof makes sense, because they both answer the same question — what do we owe this place that made us?” said Sen. Debra Altschiller.

The anniversary gathering emphasized that LCHIP’s accomplishments are ultimately the result of community action. State investment and LCHIP grants provide critical resources, but it is local organizations and residents who raise matching funds,

restore buildings, conserve land and take responsibility for caring for these places over the long term.

As LCHIP enters its next 25 years, the program remains focused on helping New Hampshire communities protect the landscapes and historic resources that contribute to the state’s quality of life, economy, and sense of place.

State Sen. Howard Pearl closed the evening, saying, “LCHIP’s greatest accomplishment isn’t measured in acres conserved or buildings restored. Its greatest accomplishment is that, 25 years later, communities across New Hampshire are still coming together to say, ‘This place matters—and we’re willing to do something about it.’ That is what makes LCHIP special, and that

is what gives me so much confidence in its next 25 years.”

About LCHIP
The New Hampshire Land and Community Heritage Investment Program (LCHIP) is an independent state authority that provides matching grants to municipalities and nonprofit organizations to conserve and preserve New Hampshire’s most important natural, cultural, and historic resources. Since 2000, LCHIP has invested \$68 million through 646 grants across the state, helping communities protect more than 250,000 acres and rehabilitate more than 200 historic structures. More at LCHIP.org

Motorcyclist dies following crash in Salisbury

SALISBURY — A Belmont man died after crashing his motorcycle in Salisbury.

At 6:37 a.m., Friday, Aug. 28, State Troopers assigned to the Troop D barracks responded to a home in Warner for a medical assistance call. Upon arrival, they found an adult male deceased.

The preliminary investigation determined that the deceased, identified as Charles McWilliams, 58, of Belmont,

had been involved in a motorcycle crash on Route 127 in Salisbury earlier in the day. McWilliams did not report the crash or seek medical attention. An autopsy later determined that McWilliams died as a result of injuries suffered in the crash.

Anyone with any information about the incident is asked to contact Trooper Nicole Stone at (603) 931-9023 or

Nicole.J.Stone@dos.nh.gov.

Allison Jope of Belmont graduates from University of Rhode Island

KINGSTON, R.I. — The University of Rhode Island celebrated more than 4,000 of its newest alumni during the University’s 2026 Commencement. Approximately 3,800 undergraduate degrees and 900 graduate degrees were conveyed to students during the ceremonies which took place May 15-17.

Allison Jope of Belmont

was among the graduates, receiving a Master of Library and Information Studies.

About the University of Rhode Island

The University of Rhode Island is a diverse and dynamic community whose members are connected by a common quest for knowledge. As a global education leader and the state of Rhode

Island’s flagship public research institution, URI offers distinctive opportunities designed to meet the global challenges of today’s world and the rapidly evolving needs of tomorrow. Founded in 1892, URI now enrolls more than 18,000 students and offers more than 200 degree programs across nine schools and colleges. As a land- and sea-grant insti-

tution, URI is a key driver of economic development in Rhode Island and contributes significantly to the health and vitality of the state, the New England region, and the nation. To learn more, visit: uri.edu.



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Opinion

Letter submission policy

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

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

A decision worth getting right

There are few municipal investments more consequential than the buildings that house a community’s emergency services.

Tilton and Northfield are now moving steadily toward such a decision, as the Tilton-Northfield Fire District develops plans for new and improved fire facilities. The process could ultimately lead voters to consider a significant construction proposal at the March 15, 2027 District Meeting.

Between now and then, residents have an important role to play.

The need for the discussion is difficult to ignore. The district’s headquarters on Center Street in Tilton is approximately 160 years old. Firefighting has changed dramatically since that building was constructed, from the size and complexity of apparatus to the equipment firefighters carry and the safety standards governing modern emergency service facilities.

At the annual District Meeting in March, voters approved funding for design, engineering and architectural work associated with possible construction, additions or renovations. Since then, the Fire Commission has selected SMP Architecture for design and engineering services and Laconia-based Bonnette, Page & Stone Corp. for construction management.

The current concept calls for replacing the Center Street headquarters with a new facility while constructing a smaller addition adjacent to the Park Street substation in Northfield.

Those are substantial plans, and substantial plans deserve substantial public scrutiny.

That is why two upcoming information sessions are particularly important. The first will be held Tuesday, Sept. 29, at 7 p.m. at the Center Street Fire Station, 12 Center St. in Tilton. The second is scheduled for Wednesday, Oct. 7, at 7 p.m. at the Park Street Fire Station, 149 Park St. in Northfield.

Residents will have an opportunity to see initial schematic designs, speak with representatives of the architectural and construction management firms, ask questions of Fire Commission members and department leadership, and tour the existing facilities. Those tours may prove especially valuable.

It is one thing to hear that a fire station is outdated. It is another to walk through it and see how firefighters and emergency personnel operate within the available space. Residents considering a major public investment should understand both the deficiencies of the existing buildings and what a proposed replacement is intended to accomplish.

At the same time, aging infrastructure by itself should never end the conversation about cost, scope or design. Residents have every right to ask what is necessary, what is desirable and what taxpayers can reasonably afford. They should ask about projected construction costs, financing, long-term operating expenses, anticipated service life and whether proposed facilities account for the future needs of both communities.

Those questions are not obstacles to progress. They are part of responsible local government.

The district also deserves credit for bringing residents into the process while designs are still being developed rather than waiting until a finished proposal is placed before voters. Public participation is most meaningful when there is still an opportunity for community concerns and suggestions to influence the outcome.

Tilton and Northfield residents have months before they are likely to face the larger decision at the 2027 District Meeting. That time should be used wisely.

Emergency facilities must serve firefighters and residents for generations. Whatever is eventually constructed will likely outlast many of the people participating in today’s debate.

That makes this a decision worth studying carefully, questioning thoroughly and, ultimately, getting right.



A crew from the Tilton-Northfield Fire District offered tours of one of the department’s engines during the Touch-A-Truck event at the Tanger Outlets on Aug. 7. Photo courtesy of the district’s Facebook page.

LETTERS TO THE EDITOR

Karishma Mansur honors the sacrifices those like Rachel Corrie

To the Editor:

“Canned” support I hear for Rep. Chris Pappas becoming Sen. Chris Pappas. Kudos to anyone earning “fighter” compliments now before our September 8 primary, but fighting for a list of Democratic-party, people-oriented values, isn’t enough.

We’re in a war-uglified time. Unforgiveable — my District 1 Congressman Pappas never recognized the fact of horrifying genocide in Gaza. Decades of Israeli leadership letting farming-Palestinians be harassed, driven off their farms, killed, preceded the Hammas attack of October, 2023. Pappas’ shameful quiet links to his accepting AIPAC money, our taxpayer dollars aiding criminal genocide.

Newly, NPR is interviewing the surviving brave and good, gone to Gaza to give medical help. They’re my people.

Franklin First means working together

To the Editor:

Franklin deserves representatives who are acutely aware of the supreme importance of communal/state participation without unnecessary political theater.

We are Representatives: Ernesto Gonzalez and Mike Visconti, Republican candidates for the two New Hampshire House seats serving Merrimack District 3, in all three of our wards in Franklin.

Our personal origins and experiences belong to different generations and backgrounds, but we share one common commitment:

Franklin First as a vehicle of pertinency in all aspects—including our families who are already experiencing the increasingly high costs of living.

Our schools need determined, accountable representatives who will strongly support quality education while respecting the will of taxpayers.

Providing local businesses with less intrusive state government barriers, while avoiding the creation of new overbearing incumbrances.

Furthermore, the opioid crisis with their present levels of intolerable manifestations requires decisive and incisive concentrated attention within Franklin and all adjacent communities..

Subsequently, Franklin needs the type of representatives who will consistently commit to bringing city concerns to the House of Representatives.

Mr. Gonzalez brings experience as a current state representative, educator and through service of his invaluable offerings in life-related experiences.

Mr. Visconti brings a unique perspective as a small-business owner. His strong interpersonal skills, providing incalculable benefits impressing as a true representative of our state motto: “Live Free or Die.”

ple. On Sept. 8, the good choice is Karishma Mansur. She supports «strict oversight of military aid.» She promises to speak out against war profiteering and forced starvation, as in Gaza and now Trump’s maybe further weaponizing of starvation in Iran and Middle Eastern neighbors. Mansur’s statement — “Just like Granite Staters, the people of Gaza deserve peace, dignity, and justice” — the ones who remain, still hanging on to life amid war’s ruins, I add.

On my kitchen wall — a photo of student-age Rachel Corrie, bulldozed to her death in 2003 by a soldier-driven Israeli tank as it destroyed a Palestinian family’s home. I support Karishma Mansur, remembering Rachel Corrie’s protest and sacrifice.

Sincerely,

Lynn Rudmin Chong
Sanbornton

Together, we offer experience, energy and a shared promise to remain accessible and accountable to our constituency and state necessities.

Even though we may not agree on every single detail, we will always agree that the People of Franklin will consistently come first without any reservations.

As a final appeal, in the Sept. 8 Republican primary, we respectfully ask voters to choose both Ernesto Gonzalez and Mike Visconti for Franklin state representatives.

Ernesto Gonzalez
Mike Visconti
Franklin



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PRESIDENT & PUBLISHER
FRANK G. CHILINSKI
frank@salmonpress.news

BUSINESS MANAGER
RYAN CORNEAU
(603) 677-9082
ryan@salmonpress.news

OPERATIONS DIRECTOR
JIM HINCLEY
(508) 764-4325

DISTRIBUTION MANAGER
JIM HINCLEY
(603) 279-4516

MANAGING EDITOR
BRENDAN BERUBE
(603) 677-9081
brendan@salmonpress.news

PRODUCTION MANAGER
JULIE CLARKE
(603) 677-9092
julie@salmonpress.news

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Red Cross and Hello Kitty® and Friends join forces to help save lives

REGION — The American Red Cross urges people to celebrate the power of kindness by making an appointment to give life-saving blood or platelets. Every donation is critical to helping prevent the next blood shortage.

The Red Cross and Hello Kitty® and Friends are partnering in September to remind donors that comfort and care are always better when shared. Just one blood or platelet donation can help more than one patient enjoy a happier future. As a thank-you, those who come to give Sept. 1-20, 2026, will get an exclusive Red Cross x Hello Kitty plush mascot clip and surprise sticker pack, while supplies last. For details, visit RedCrossBlood.org/HelloKitty.

Thanks to the generosity of thousands of people who rolled up a sleeve this summer, the blood supply continues to recover from critically low levels. As we enter September, the blood supply remains vulnerable — especially as we approach new seasonal challenges such as back-to-school activities

that can cause donors to be less available to give, and the ongoing potential for tropical systems in the Atlantic, which can further threaten the blood supply by disrupting blood drives. By making and keeping appointments now, donors can help the Red Cross ensure lifesaving blood products are on hand wherever they are needed, including communities where donations may not be possible due to severe summer weather and natural disasters.

One small act of kindness can travel far. Spark joy and book a time to give blood or platelets by visiting RedCrossBlood.org, downloading the Red Cross Blood Donor App, or calling 1-800-RED CROSS.

Upcoming blood donation opportunities Sept. 1-20:

Belknap	
Belmont	Sept. 15: 12:30 - 5 p.m., St. Joseph Church, 96 Main St.

Gilford	Sept. 10: 11:30 a.m. - 4 p.m., First United Methodist Church, 18 Wesley Way
Laconia	Sept. 16: 1 p.m. - 6 p.m., Granite VNA, 780 N. Main St.
Meredith	Sept. 9: 9 a.m. - 1:30 p.m., St. Charles Borromeo, 300 NH Route 25
Tilton	Sept. 5: 9 a.m. - 2 p.m., Tanger Outlets, 120 Laconia Rd. Sept. 19: 9 a.m. - 2 p.m., Tanger Outlets, 120 Laconia Rd.
How to donate blood	Simply download the American Red Cross Blood Donor App, visit RedCrossBlood.org , call 1-800-RED CROSS (1-800-733-2767) or enable the Blood Donor Skill on any Alexa Echo device to make an appointment or for more information. All blood types are needed to ensure a reliable supply for patients. A blood donor card or driver's license or two other forms of identification are required at check-in. Individuals who are 17 years of age in most states (16 with parental consent where allowed by state law), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also have to meet certain height and weight requirements.
Blood and platelet donors can save time at their next donation by using RapidPass® to complete their pre-donation reading and health history questionnaire online, on the day of their donation, before arriving at the blood drive. To get started, follow the instructions at RedCrossBlood.org/RapidPass or use the Blood Donor App.	
About the American Red Cross:	The American Red Cross shelters, feeds and provides comfort to victims of disasters; supplies about 40% of the nation's blood; teaches skills that save lives; distributes international humanitarian aid; and supports veterans, military members and their families. The Red Cross is a nonprofit organization that depends on volunteers and the generosity of the American public to deliver its mission. For more information, please visit redcross.org or CruzRojAmericana.org , or follow us on social media.
About Sanrio®	Sanrio® is the global lifestyle brand and home to Hello Kitty®, created in 1974, and many other beloved character brands such as My Melody™, Kuromi™, LittleTwinStars™, Cinnamoroll™, Pompompurin™, gudetama™, Aggretsuko™, Chococat™, Badtz-Maru™ and Keroppi™. Sanrio was founded on the philosophy that a small gift can bring happiness and friendship to people of all ages. Since 1960, this philosophy has served as the inspiration to offer quality products, services and activities that promote communication and inspire unique consumer experiences across the world. Today, Sanrio's business extends into the entertainment industry with several content series, gaming offerings and theme parks. Sanrio boasts an extensive product lineup which is available in over 130 countries. Sanrio hopes to bring smiles to everyone's faces with their vision of "One World, Connecting Smiles." To learn more about Sanrio, please visit www.sanrio.com and follow @sanrio and @hellokitty on Facebook, Instagram, Twitter, TikTok, Pinterest and subscribe to the Hello Kitty and Friends YouTube Channel.

Second annual woodworking fundraiser to support local food pantries

MEREDITH — The Lakes Region woodworking community is coming together on Friday, Aug. 28 for an evening of craftsmanship and community impact at Art Of Turning's Second Annual Woodworking Competition & Fundraiser, hosted at Twin Barns Brewing Co. in Meredith. The event runs from 6 - 8 p.m., and is open to the public, with all proceeds benefiting local food pantries.

Makers from across the region have spent the summer preparing their handcrafted entries. From segmented turnings to precision joinery and functional pieces built with care. In the days leading up to the event, Art Of Turning is sharing sneakpeek photos on social media showing the dedication and craftsmanship behind each project coming to life.

"This fundraiser is about more than woodworking," said event organizer Andrew Eaton, owner of Art Of Turning. "It's about neighbors supporting neighbors. Every maker brings their best, and every attendee helps strengthen our community."

Guests will have the opportunity to view all 20 submitted pieces, meet the makers, and purchase raffle tickets where each item will be taken home that evening. All funds raised will directly support food pantries serving families throughout the Lakes Region.

This year's event is made possible through the generous support of Twin Barns Brewing Co., Meredith Village Savings Bank, and White Birch Gifts, whose commitment to community continues to make a meaningful difference.

Art Of Turning's Woodworking Fundraiser promises an evening of local talent, good company, and charitable impact. The event is open to the public. Friday, Aug. 28 from 6 – 8 p.m. at Twin Barns Brewing Co. in Meredith.

For more information, visit ArtOfTurning.com.

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

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

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

Andrew Polec originated the role of Strat in Bat

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

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

"Do not miss this! This is the closest you could

possibly get... This is not a tribute band, but Meat's incredible, actual band and this band rocks!" raves Sir Brian May of Queen.

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

About The Colonial Theatre of Laconia

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

About Spectacle Live

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

Granite VNA offers Caregiver Connection in Belmont

BELMONT — Granite VNA offers Caregiver Connection on Wednesday, Sept. 16 from 9:30 to 11 a.m. at Tilly Market Café at the Belknap Marketplace at 96 Daniel Webster Highway.

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

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

About Granite VNA

Granite VNA is a not-for-profit licensed and certified home health and hospice care provider. The agency serves people of all ages in 72 communities across the Greater Capital Region and Central New Hampshire by providing home care, hospice care, pediatric and maternal child health services, and wellness programming. The agency has offices in Concord, Laconia

and Wolfeboro. Formed through the merger of Concord Regional VNA and Central New Hampshire VNA & Hospice, Granite VNA has served New Hampshire since 1899. For more information about

and Wolfeboro. Formed through the merger of Concord Regional VNA and Central New Hampshire VNA & Hospice, Granite VNA has served New Hampshire since 1899. For more information about

Granite VNA, visit www.granitevna.org.

BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests during the week of Aug. 17-24.

Kayla M. Guest, age 34, of Concord was arrested on Aug. 18 for DUI-Impairment and driving at a rate of speed 16-20 mph over a posted limit of 55 mph or less.

Noah R. Miller, age 18, of Laconia was arrested on Aug. 22 for Breach of Bail.

David Charles Duprey II, age 39, was arrested on Aug. 23 in connection with a warrant.

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

GILFORD — Registration is now open for the Lakes Region Scholarship Foundation's Annual Lakes Region Pumpkin Figure Contest fundraiser. "Get ready to let your patriotic spirit shine!" said Executive Director Chris Guilmett. "As America celebrates its 250th birthday and LRSF marks its

70th anniversary, we invite you to bring your most creative red, white, and blue ideas to life. This year's pumpkin figures will be judged on how proudly and creatively they celebrate America."

Kim Lacasse, the Foundation's Assistant Director, said she is excited to build on the success of the annu-

al Pumpkin Figure Contest. "The time participants put in, the creativity they show, and their willingness to share their creations with the community are wonderful to see," she said. The seasonal fundraiser has become a community-wide tradition. Along with the patriotic theme, entries will be judged in several categories, with prizes awarded.

"Over the years, we have seen amazing entries from families, businesses, schools, individuals, and nonprofit organizations, and we are excited to see this year's creations," Guilmett said.

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



raffle tickets.

The contest is open to individuals, families, schools, businesses, and nonprofits. Each pumpkin figure must include at least one pumpkin. To qualify, entrants must live in the Lakes Region, and entry forms must be received

by Lakes Region Scholarship Foundation by Oct. 9. Judging will take place Oct. 15, 16, and 17. An interactive map of pumpkin figure locations will be available to download from the Foundation's website for those planning a fall outing.

To register for the Annual Lakes Region Pumpkin Figure Contest, view Harvest Gift Card Haul Wreaths, or purchase raffle tickets for the Cakes 'n Sweets Calendar Raffle or Harvest Gift Card Haul Wreath Raffle, please visit www.lrscholarship.org.



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Belknap House to host annual golf tournament to raise funds that help provide safe shelter for homeless families

LACONIA — Belknap House is looking for community partners to sponsor our 12th Annual Golf Tournament which will be held on Monday, Sept. 14 at the Laconia Country Club. The golf tournament is Belknap House’s biggest fundraiser of the year, which helps provide vital shelter and resources for homeless families in our community.

At Belknap House, we believe in the power of community support and connections to drive meaningful change. 2026 will be our 12th year hosting a golf tournament fundraiser to sustain our mission of providing shelter and resources for homeless families in our community. As we continue to expand our programs and provide shelter for families in need, we rely on the generous support of event sponsors to help us build a brighter future for families in need.

Partnering with Belknap House allows your or-

ganization to build strong connections within the community, demonstrating your commitment to social responsibility. Community partners will have the opportunity to reach new audiences through our website, social media, and at the event, showcasing your partnership and support for

a worthy cause.

Information about the golf tournament can be found on our website belknaphouse.org or by connecting with the Executive Director, Shawna Zechman by email or phone (details below).

About Belknap House

Belknap House provides safe shelter to families with children experiencing homelessness in Belknap County and empowers families to become self-sufficient and independent by providing educational opportunities and access to community resources.

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Raiders bring back wealth of experience to the pitch

BY JOSHUA SPAULDING
Sports Editor

BELMONT — Veteran Belmont soccer coach Mike Foley knows his team has the ability to play with anyone in Division III, it’s

just a matter of what team shows up when the whistle blows.

“The team goal is to make a deep run into the playoffs and build chemistry as we go,” Foley said.

“We just need to get a few guys up to speed and healthy.”

The Raiders return a lineup that features plenty of experience from a year ago, including some guys

who have won championships on other Belmont teams over the last couple of years and can bring that winning attitude to the table.

Returning seniors on the roster include forward Kyle Waldron, midfielder and forward Brody Ennis, midfielder Wyatt Bamford, defenders Niko Smith and Deryk Matthews and goaltender Ryan Monasky. For juniors, Aaryn Durand returns in the midfield and Brennen Geoffrey returns on the defensive side of things while David Mahoney will split time in both spot. The sophomores

returning to the pitch for Foley in his 27th season at the helm are Sam Binder on defense and Bronson Glines and Evan Martinez at midfield and forward.

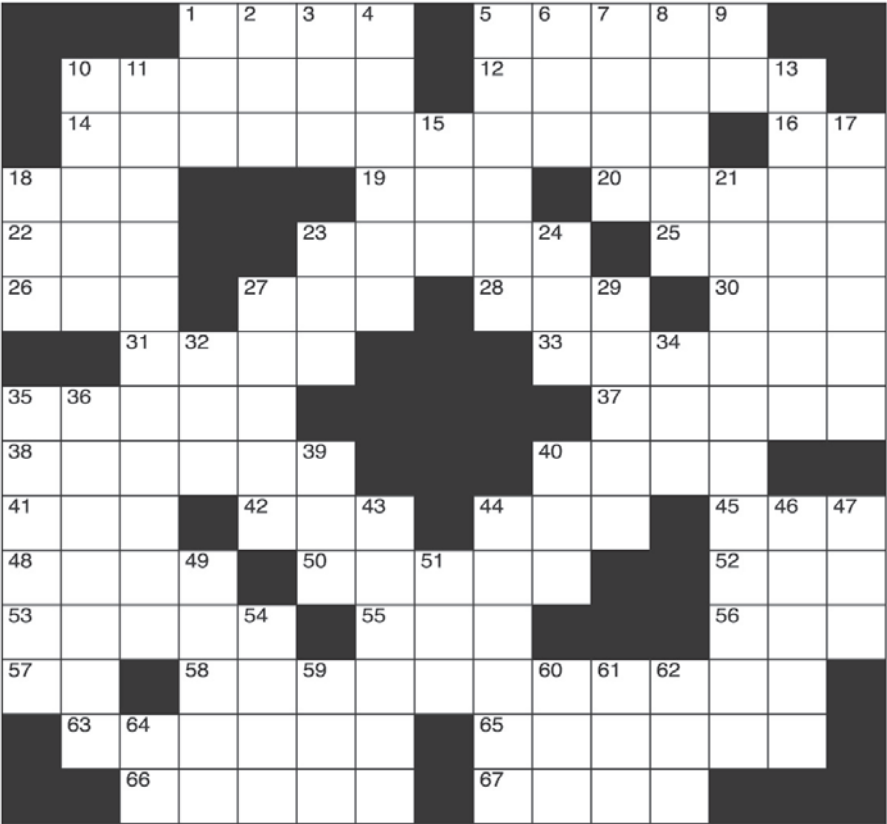
The Raiders will also add some talent to the mix in the form of sophomore defender and midfielders Dane Smith and Devlin McPherson and freshman defender and midfielder Zayn Morris and defender Sebastian Vaughan.

Belmont will play a schedule that includes two games each with rivals Winnisquam and Gilford and will play single games against Trinity, Somers-

sworth, Inter-Lakes, Raymond, Conant, Berlin, White Mountains, Stevens, Laconia, Derryfield, Hillsboro-Deering and Pelham.

The season kicked off in Gilford on Aug. 27 (see separate story) and continued after deadline Tuesday against Trinity. The Raiders will be at Conant on Friday, Sept. 4, and at Laconia on Tuesday, Sept. 8, both at 4 p.m.

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



CLUES ACROSS

1. Longtime *Vogue* editor Wintour

5. A Spanish title of respect

10. A way of looking

12. Properly

14. Rolled steel

16. Not down

18. Law degree

19. Consume food

20. Intermediate ecological stage

22. Old world, new

23. Dispense justice

25. Stiff hair-like structure

26. Ethiopia

27. Cool!

28. Father

30. An enthusiastic devotee of sports

31. Holm oak

33. Be united

35. Rattling breaths

37. Supermarket chain
38. Provided with a quality

40. Samoan monetary unit

41. Swiss river

42. Hill (Celtic)

44. Have already done

45. ATM company

48. Syngman __, Korean president

50. Very willing

52. Arctic explorers (abbr.)

53. Food listings

55. Bachelor's place to crash

56. Big Blue

57. Sports magazine

58. Relating to a place north of south of the equator

63. Female follower of Bacchus

65. A type of laugh

66. Slovenly women

67. Large jug

CLUES DOWN

1. Boxing's GOAT

2. Zero

3. Midway between north and northeast

4. Concurred

5. Added flavor

6. Amount of time

7. Eggs of parasitic insects

8. S-shaped moldings

9. Atomic #45

10. __ d'art: small artistic item

11. A godparent's "kids"

13. Nocturnal burrowing lizard

15. Hit lightly

17. Aircrafts

18. Witness

21. Alluding to something

23. Take to the limit

24. Baglike structure in a plant or animal
27. Start over

29. Administered

32. Romanian monetary unit

34. Unit of liquid capacity

35. Equips with weapons again

36. Disney town

39. Female deer

40. Title of respect

43. A place to go rafting

44. A way to conclude

46. Type of television

47. Georgia rockers

49. Leonhard __, Swiss mathematician

51. Slang for gun

54. River in Bosnia and Herzegovina

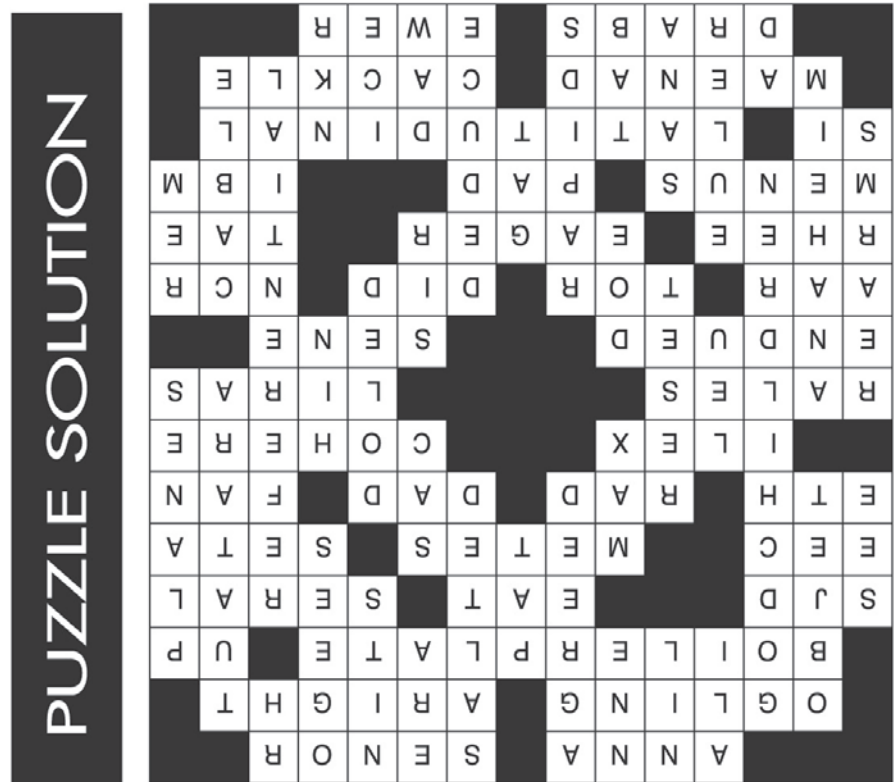
59. Bar bill

60. Small, gray-headed crow

61. Frozen water

62. Norwegian krone

64. Commercial



BY JOSHUA SPAULDING
Sports Editor

CANTERBURY — The Belmont golf team made its presence known in the first match in Division III play on Wednesday, Aug. 26.

The Raiders, playing on their home course at Canterbury Woods, finished with 84 points on the day to best the four-school field. Derryfield finished in second with 79 points, Gilford was third with 69 points and Hillsboro-Deering rounded out the scoring with 46 points.

Coach John Mattes noted that it was the first time

since the program’s restart three years ago that the Raiders had four golfers score 20 points or more in a single match.

Senior Max Ryder shared medalist honors with 22 points on the day from the second spot in the Belmont lineup. Ben Girard in the fifth spot and Jordan DeFrancesco in the fourth spot both finished with 21 points and Alex Rowley rounded out the scoring with 20 points from the top spot in the lineup.

Jacob Akerstrom in the third spot and Jasper Sotak in the sixth spot both

finished with 15 points and Jack Mitchell finished with four points from the seventh spot in the lineup.

Mattes offered up his thanks to Laura Margeson and Kerri Mull for putting together food for the teams following the match.

The Raiders were back at it after deadline Monday at Claremont and will be at Campbell’s Scottish Highlands on Tuesday, Sept. 8, for a 3 p.m. match.

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

New England Wolves kicking off a new season of hockey

LACONIA — The New England Wolves are set to begin the 2026-27 season with their first Junior practices on Sept. 7, and Youth team practices on Sept. 8. All practices are at the Merrill Fay Arena in Laconia. The Wolves will finish their first week of training with all teams on the ice for their annual Opening Weekend event on Sunday, Sept. 13, from 6 to 9 p.m. at home in Laconia. Food trucks, refreshments, drawings and prizes, equipment and apparel orders all will be available on Sept. 13.

The Youth program is becoming the fastest growing program in the state of New Hampshire with over 140 athletes participating from 8U to 18U in 2026-27. Combined with the more than 50 athletes in the Wolves Junior program (NCDC and USPHL Premier) and the anticipated 50+ signups coming up for their annual Mischa’s Lit-

tle Stars learn to play program, the Wolves are consistently seeing growth and opportunities for hockey playing players and families in the Lakes Region.

The Junior Program left the Tier III Eastern Hockey League last season in favor of the Tier II NCDC and Tier III USPHL Premier. This move elevated the Wolves program to be in competition with some of the top programs in the nation. Their USPHL Premier team returns standouts from last year in Anrijs Krumins, Sheldon Maoirano and Adam Hirs. The NCDC team is strongly poised for success as well, with Cam Plumb, Charles-Etienne Roy, Madi Zhaparov and Felipe Miguel- Miron all returning. The team is coached by Boston College alumnus and 2008 National Champion Tim Kunes. Fans in the Lakes Region will see a new, higher level of Ju-

nior hockey through the NCDC, which they haven’t seen before, with great programs such as the Boston Jr Bruins, South Shore Kings, Jersey Hitmen, and PAL Jr Islanders all taking on the Wolves.

The Junior team will play its first official games on Sept. 25 and will be accepting food donations for the Salvation Army all weekend in lieu of the gate fee. Special games are set for later in the year with their annual NH Humane Society supply drive, and Food Drive to benefit the Lakes Region Vineyard Church. The Annual JBT Game is set for Jan. 9 as the Wolves host the Boston Jr Bruins.

The aforementioned Mischa’s Little Stars program began taking registrations on the Wolves official website on Sept. 1 (www.ne-wolveshockey.com). This program is free to all skaters and comes with a free jersey and oftentimes free equipment is available through the Wolves equipment swap. Coaching this program is John McKenzie and Andrew Trimble. Reach out to these individuals to get involved, sign up, or acquire gear at scoringconcepts@gmail.com.

Stop by the Merrill Fay Arena or follow the Wolves on social media for more info.



Raider girls can't keep up with Gilford attack



JOSHUA SPAULDING

Belmont's Devyn VonKadich and Gilford's Nora Scott battle along the baseline in season opening action last week.

BY JOSHUA SPAULDING
Sports Editor

GILFORD — The Gilford girls' soccer team used a strong showing from senior Macy Sawyer and a solid team defensive effort to cruise past rival Belmont by a 7-1 score in the season opener for both teams on Thursday, Aug. 27.

Sawyer had an early cross into the box that Belmont's Ella Stevens cleared out and the Golden Eagles sent a shot wide of the net. Mia Macaione made a run in for the Golden Eagles but Belmont's Josephine Shoemaker was able to turn her away. Belmont goalie Jaime Walker snared a bid from Macaione and Sawyer sent a shot wide. Walker stopped a bid from Aubrey Vliet

and Devyn VonKadich was able to clear the ball out for the Raider defense.

The Golden Eagles got on the board with 32:52 to go in the first half with Sawyer finishing off a feed from Nora Martinez Bermejo for the 1-0 lead. Macaione had another bid denied by Walker and Avery Thurber had a nice defensive stop on a Sawyer bid.

The host Gilford girls upped the lead to 2-0 with 28:04 to go in the first half with Sawyer picking up her second goal of the game and Macaione came back with a chance that went wide of the net. Shoemaker cleared a Gilford corner kick from the box and Penny Lewis had a bid stopped by Walker. VonKadich cleared another

Gilford chance while Macaione headed a Sawyer cross over the top of the net. Sawyer had another bid denied by Walker and the Belmont defense cleared away the rebound.

Walker stopped another Sawyer chance and the Golden Eagles had another shot go off the crossbar while Emma Sylvestre got a crossing pass from Sawyer that Walker stopped. Vliet had another chance go wide and Macaione had a bid denied by a charging Walker.

With 17:02 to go in the first half, Vliet added a third goal with a long shot that went just over Walker's outstretched hands for the 3-0 lead. Penny Flanders had a bid denied by Walker and Gilford had a pair of



Daylan Henry bodies the ball down during her team's season opener at Gilford last Thursday afternoon.

corner kicks, with Brooke Varnum clearing one out of the box and Walker saving another bid from Mahi Patel. VonKadich cleared a Sawyer cross, Thurber had a nice defensive stop on a Martinez Bermejo bid and Stevens made another good defensive stop as the first half came to a close with Gilford up 3-0.

The Golden Eagles had an early corner that was cleared out by Sarah Cribbie and VonKadich and Walker stopped a Sawyer bid. Gilford upped the lead to 4-0 with 33:30 to go, as Sawyer sent a shot off the goalie and the crossbar and Flanders was able to put the ball in the net for the fourth goal.

Sawyer scored two more goals within in a

minute of each other just more than 10 minutes into the second half, upping the lead to 6-0. Walker made a nice grab on a chance from Macaione and stopped another bid from Vliet. Daya Sottak made a run in for the Raiders and Walker stopped another Sawyer bid and a chance from Sylvestre. Gilford had a trio of corners but could not convert and Sylvestre had another bid stopped by Walker.

Gilford upped the lead to 7-0 with 16:29 to go in the game with Martinez Bermejo getting the goal on an assist from Sylvestre. Nora Scott had a couple of chances for the Golden Eagles that Walker stopped and Flanders also had a chance denied by the Bel-

mont goalie.

The Raiders got the final goal of the game with 9:15 to go, with Sottak collecting the tally for the 7-1 final score

The Raiders are slated to be in action on Friday, Sept. 4, at home against Conant and Tuesday, Sept. 8, at home against Laconia, both at 4 p.m.

The Golden Eagles will be in action on Tuesday, Sept. 8, at home against Prospect Mountain at 4 p.m.

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

Seasoned Bear runners poised for strong season

BY JOSHUA SPAULDING
Sports Editor

TILTON — New coach Jeff Whitmore welcomes a solid stable of runners as he takes over the Winnisquam cross country team this fall.

"Having trained with a

handful of these student-athletes for five years, I've seen tremendous personal growth and athletic development," Whitmore said. "I'm looking forward to a season of continuous improvement and building a lasting love for running

that will flourish long into adulthood."

The boys' team is the larger group and is a highly competitive squad of 16 runners, with only two of them in the senior class. Whitmore notes that seniors Luke Larrabee and

Chris Collins have been great teammates over the years going all the way back to their middle school days.

As the Bears kick off the season, Whitmore expects that the top seven will consist of Cullen Desrochers, Lazar Arbutina, Ryan Courtney, Carter Lloyd, Owen Bakis, Lucas Durphey and Kyren Whitmore.

"But with nine runners pushing them hard at practice, this lineup will surely evolve throughout the season," Whitmore noted.

On the girls' side of things, the Bears will

have four seniors running in Katherine Allen, Ariana Maxwell, Penelope McSweeney and Natalie Wolfe.

"Nearly two weeks into training, the team is clearly pushing hard toward their personal goals and looking forward to our first meet," Whitmore said.

In addition to the group of seniors that have been working together for a few years, the team will welcome Clara Sancho Yague, an exchange student from Spain.

And early on, returning sophomore Eloise Abbott appears poised to lead the

squad on the course with Allen not far behind her.

The Bears will run in races at Newfound, Merrimack Valley, Monadnock, Newport, Mascoma, Moultonborough, Manchester, Hillsboro-Deering and Newport.

The season officially kicks off on Saturday, Sept. 5, at Newfound at 10 a.m. and continues at Newport on Tuesday, Sept. 8, at 4 p.m.

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

HIGH SCHOOL SLATE

Thursday, Sept. 3
BELMONT
Volleyball at St. Thomas; 5:45
WINNISQUAM
Field Hockey vs. Derryfield; 4
Volleyball at Conant; 6
Friday, Sept. 4
BELMONT
Boys' Soccer at Conant; 4
Girls' Soccer vs. Conant; 4
GILFORD
Boys' Soccer vs. Somersworth; 4
Field Hockey at Mascenic; 4
Football at Stevens; 7
Girls' Soccer at Somersworth; 4
Volleyball at Pelham; 6
WINNISQUAM
Boys' Soccer at Laconia; 4
Saturday, Sept. 5
GILFORD
Cross Country at Oyster River; 10
WINNISQUAM
Cross Country at Newfound; 10
Football at Sanborn; 1
Tuesday, Sept. 8

BELMONT
Boys' Soccer at Laconia; 4
Girls' Soccer vs. Laconia; 4
Golf at Campbell's Scottish Highlands; 3
Volleyball at Kearsarge; 5:15
GILFORD
Boys' Soccer vs. Prospect Mountain; 4
Girls' Soccer vs. Prospect Mountain; 4
Golf at Passaconaway CC; 3:30
WINNISQUAM
Field Hockey vs. Newport; 4
Wednesday, Sept. 9
BELMONT
Golf at Apple Hill Golf Course; 3:30
Volleyball vs. Mascenic; 6:15
GILFORD
Field Hockey at Sanborn; 4
Golf at Apple Hill; 3:30
Volleyball vs. John Stark; 5:45
WINNISQUAM
Field Hockey vs. Pelham; 4
Volleyball vs. Mascoma; 6

All schedules are subject to change.



COURTESY

Come and celebrate Labor Day Weekend Gunstock Craft Fair, Sept 5 & 6, at Gunstock Mountain Resort in Gilford! Hours are Saturday and Sunday, 10 a.m. to 5 p.m. both days! Buy American made arts & crafts! There will be several demos including rug loom demos, chainsaw demos, and pottery demos. There will be more than 115 awesome exhibitors, including many different media such as handsome inlaid furniture, amazing beautiful resin art, fabulous metal animation and signage, amazing chainsaw wood carvings, custom leather belts & beautiful totes/pocketbooks, gourmet oils & vinegars, NH maple syrups, hand poured soaps, soy candles, several jewelry styles, quilts and quilted wall-hangings, pottery, handcrafted textiles, charcuterie boards, children's chalkboard mats, custom signs, amazing baked goods, and lots more! Live music with North River both days! Rain or shine under canopies! Free admission & free parking! Friendly, leashed dogs are welcome! More Info Call Joyce (603) 387.1510 GPS Address: 719 Cherry Valley Rd., Gilford. See you there! More information at joycescraftshows.com.



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SESSIONS

CONTINUED FROM PAGE A1

mission voted to partner with Sheer McCrystal Palson Architecture (SMP) for Design and Engineering services.

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

pertise to the Tilton-Northfield Fire Department.

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

ty plans ahead of the Spring 2027 District vote.

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

The District will be hosting two public information sessions to share the initial schematic designs with the community

and give our citizens an opportunity to ask questions, provide input, and tour the current facilities. Both SMP and BPS along with the Fire Commission and Fire Department leadership will be at both information sessions.

• The first session will take place at the Center Street Fire Station, 12 Center St., Tilton, at 7 p.m. on Tuesday, Sept. 29

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

The District will be

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

We would like to thank our community for its con-

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

OPENER

CONTINUED FROM PAGE A1

of the net.

Gilford got on the board in the final five minutes with Wolpin tipping the ball past Monasky for the 1-0 lead and then White added the second goal just a couple of minutes later and Gilford held tight for the 2-0 win.

Gilford is slated to be in action on Friday, Sept.

4, at home against Somersworth and Tuesday, Sept. 8, at home against Prospect Mountain, both at 4 p.m.

Belmont is scheduled to be in action on Friday, Sept. 4, at Conant and Tuesday, Sept. 8, at Laconia, both at 4 p.m.

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



Derik Matthews turns the ball up the field during season opening action against Gilford last week.

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~ Comfort Keepers ~ Identifying the Early Signs/ Symptoms of Alzheimer's

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

The importance of early detection
It should come as no surprise that the world of Alzheimer's research and awareness is as big as it currently is. Millions across the nation and around the world have been affected by the disease in some form, whether in dealing with their own diagnosis or that of a loved one. When it comes to Alzheimer's awareness, one of the most vital components is education, not only on what Alzheimer's is, but what research is being done to find a cure. Early detection, one of the aspects of Alzheimer's education that was once less emphasized, is now receiving more attention. That's because further research and testing is being conducted on how

the brain starts to change years before severe symptoms occur in Alzheimer's patients.
As a result of this research, organizations are aiming to increase the number of people who are aware of their diagnosis. An Alzheimer's diagnosis is extraordinarily difficult for everyone involved, but identifying it sooner rather than later can often make a significant impact on quality of life. Early detection not only allows for the possibility of participating in clinical trials, but it also provides patients and families the chance to plan for what's to come and to find the appropriate level of care.
Early signs/symptoms of Alzheimer's Below are some of the common early symptoms and signs of Alzheimer's that senior clients and

family caregivers can be on the lookout for. If clients or family caregivers notice any of these signs, they should immediately schedule a physician appointment.
Forgetting recently learned information, important dates/events, or repeatedly asking for the same information
Expressing worry or concern about memory capabilities
Trouble managing finances or solving problems
Reluctance to plan for future events, especially for those who typically volunteer their time to plan
Becoming lost while driving, especially on familiar roads
Disengaging from work, favorite pastimes/hobbies, or social events
Increased change in mood and personality

Poor judgement or decision making
Difficulty following or joining a conversation, struggling with vocabulary, and using the wrong words for everyday things
Inability to judge distance/space and understand visual images
Easily – and frequently – losing track of time
Sleep problems (falling or staying asleep)
Misplacing items and lacking the ability to retrace steps to find them
Increased anxiety or feelings of depression
Difficulty completing familiar tasks at home
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Comfort360™ suite, delivering 24/7 response, proactive support, and added peace of mind for clients and families. Proudly serving New Hampshire since 2005, Comfort Keepers is committed to elevating the human spirit through compassionate, personalized care. To learn more, call 603-536-6060 or visit NHComfortKeepers.com.
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Belknap Mill Quilters Guild to host 49th Annual Harvest of Quilts Show in Laconia

LACONIA — More than 150 handcrafted quilts will be on display when the Belknap Mill Quilters Guild presents its 49th Annual Harvest of Quilts Show on Saturday and Sunday, Sept. 19-20, at Lakes Region Community College.

The annual event, one of the Lakes Region's premier quilting showcases,

will be held at LRCC, 379 Belmont Road, Laconia. Show hours are 10 a.m. to 5 p.m. on Saturday, Sept. 19, and 10 a.m. to 4 p.m. on Sunday, Sept. 20. Visitors will have the opportunity to view more than 150 quilts created by guild members while also enjoying vendors, hand-made gifts, quilting supplies and prize drawings

throughout the weekend
One of the highlights of the show is the popular vote competition, where attendees determine the winning quilts. Voting closes at 5 p.m. on Saturday, with winners announced following the close of balloting.
In addition to the quilt exhibition, guests can browse the Attic Corner,

featuring gently used quilting supplies, and Quilted Treasures, offering hand-made gifts crafted by guild members. Multiple door prizes will also be awarded during the event.
The celebration extends beyond the college campus through the Mysterious Quilt Journey, which features quilts displayed in dozens of downtown

Laconia businesses from Sept. 11 through Sept. 20. The community-wide exhibit encourages visitors to explore local shops while enjoying a variety of quilt designs throughout downtown.
The guild will also raffle its 2026 quilt, "Mountain View," a 70-inch by 84-inch quilt featuring a pattern designed by Edyta Sitar for Laundry Basket

Quilts. Raffle tickets are \$1 each or six for \$5, and participants do not need to be present to win.
Admission to the Harvest of Quilts Show is \$10 for adults. Children younger than 12 are admitted free with a paid adult admission.
For more information, contact the Belknap Mill Quilters Guild at info@bmqg.org.

HIStory Show brings the music of Michael Jackson to The Colonial

LACONIA — The Colonial Theatre of Laconia will present The Michael Jackson HIStory Show on Wednesday, Oct. 14, at 7:30 p.m. Tickets to the show are on sale now at 10 a.m. at ColonialLaconia.com or by calling 1-800-657-8774.

Showtime presents this spectacular music tribute and full-scale stage production honoring the one and only King of Pop, Michael Jackson.

Celebrate Jackson's creative genius and unsurpassed talent with riveting live performances covering his early days as a member of the Jackson 5, his groundbreaking theatrics in the 80s and his continued domination of Pop culture into the 21st century.

See the famous music videos come to life, and hear all the hits performed live, including Thriller, Billie Jean, Smooth Criminal, Bad, Beat It, ABC, Don't Stop Til You Get Enough, Human Nature, PYT, They Don't Really Care About Us and many more.

Garth Field is electrifying in his role as Jackson, accompanied by a live band, choreographed dancers, authentic costumes, state-of-the-art sound and theatrical lighting, vision and effects.

Truly a mind-blowing stage production – book now to secure your seats close to the action!

*This is a tribute show, and is not associated with the Estate of Michael Jackson.

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

the Colonial. The newly reopened Colonial Theatre has a seating capacity of 750 and plays host to various performances, including music, theatre, comedy, and civic events. Spectacle Management manages the Colonial Theatre and is home to the Powerhouse Theatre Collaborative. The Colonial Theatre is located at 609 Main St., Laconia, 03246. www.coloniallaconia.com

Founded in 2012, Spectacle Live offers venue operations, booking, programming, marketing, and

production services across New England from offices in Lexington, Mass., Lowell, Mass., and Laconia, New Hampshire. The company partners with over a dozen venues to manage facilities and promote a variety of events, including concerts, comedy, theater, and family entertainment. For more information, contact Pete Lally at plally@spectaclelive.com or 617-531-1257. www.spectaclelive.com

Advisory Budget Committee

The Shaker Regional School District is seeking community members to serve on the Advisory Budget Committee. The board will select 3 members from Belmont and 3 members from Canterbury to serve on this committee at its September 25, 2026 board meeting. All members must be registered voters for the town in which they are serving. Please visit www.sau80.org to review the charge of this committee. Please submit a letter of interest to Debbie Thompson, Business Administrator at dthompson@sau80.org or Shaker Regional School District, 58 School Street, Belmont, NH 03220 no later than September 20, 2026. Please contact Ms. Thompson at 267-9223 ext. 5303 with any questions.

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Celebrate an Irish Christmas at the Colonial

LACONIA — The Colonial Theatre of Laconia will present Irish Christmas in America on Sunday, Dec. 20, at 5 p.m. Tickets to the show are on sale now at ColonialLaconia.com or by calling 1-800-657-8774.

Celebrating its 21st year, popular holiday show “Irish Christmas in America” brings a fascinating performance of music, song, dance, and stories of seasonal Irish traditions. Produced by Sli-

go fiddler Oisín Mac Diarmada, the long-running show features top Irish music, song and dance in an engaging performance rich in humor and boundless energy.

The holiday show was first conceived in 2005 with past tours featuring such stellar guest vocalists as Niamh Farrell, Séamus & Méabh Begley, Teresa Horgan, Lumiere. Mac Diarmada enthuses about the

program as a way to bring traditional and often unknown Irish customs to the States. “One of the most heartfelt themes of Irish Christmas is emigration,” says Mac Diarmada. “Music was a way that people stayed close to home.”

A sparkling tradition among holiday events, Irish Christmas in America is a special show to see this season. For more information, visit irishchristmas.com.



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